



Cloverline

4-H is a **community** of **young people** across **America** who are **learning leadership, citizenship, and life skills.**

March 2026

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- Expressive Arts
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- Roll into Leadership with 4-H (Skate Night)
- ...and much more!

Back to...normal.

We do this regularly – hype up some awesome event or thing. Then when it's over, or even before it's over, we experience this crushing let down of disappointment. With the Olympics, we had this brief two-week session of comradery and positivity that we could all tangentially participate in. And now, it's done. Sigh.

It's not just the Olympics; my son was excited for a hotel trip our family took in January and the day before the trip, he already was expressing angst at it's ending. MAN do I feel that. A lot. How do we move past that and still honor those feelings?

- Acknowledge they are normal and don't take it too hard, your body is literally adjusting to a stress hormone crash. Even positive stress hormones have surges and crashes.
- Appreciate the joy or accomplishment you just experienced. What just happened and do you want to do it again?
- Set realistic expectations. Life is not always wonderful, balance your good and bad. We can't go on vacations all the time. The Olympics can't go on forever, or it wouldn't be special.
- Set another fun adventure for a future date! Moving on is healthy. And we all need things to look forward to. (this info was gathered from an article on Psychology Today by F. Diane Barth L.C.S.W. from November 2021)

I'm dreaming of spring and thunderstorms. I hope you find something happy, too.

Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



UW-MADISON EXTENSION
LA CROSSE COUNTY

Big Thank You goes out to volunteer Alex Kunce, who designed our March 2026 Cloverline issue!



MARK YOUR CALENDARS

Wisconsin 4-H

SUMMER ACADEMY

JUNE 14-18, 2026



UW-Madison Campus

REGISTRATION OPEN

MARCH-APRIL 2026

Grades 8-11 • ~\$600 •
Registration opens March 6



Youth Ambassador Meeting

Date: Sunday, March 22, 2026
Time: 6:00 p.m.
Where: County Admin Center Rm 0430
(212 6th St N, La Crosse)

We'll discuss our recent trip to Madison and develop a planning framework for future trips!

Leaders Board Meeting

Date: Thursday, March 12, 2026
Time: 7:00 p.m. (6:45 Open Forum)
Location: Hamilton Town Hall
(N5281 WI-108, West Salem)

We will be reviewing our by-laws to ensure they are up to date. Erin will lead us in a training to help us be more inclusive to kids. And we are still looking for three parents or volunteers to join us as representatives. Interested? **Reach out to Emily!**

animal sciences

Horse Project Meeting

Date: Thursday, March 16, 2026
Time: 6:30 p.m.
Where: Bangor First Responders

Horse Project: County Classic

Date: Saturday, August 22, 2026
Time: 8:00 a.m.
Where: La Crosse Fairgrounds, West Salem

Goat Project Meeting

Date: Sunday, April 26, 2026
Time: 3:00-5:00 p.m.
Where: Halfway Creek Lutheran Church,
Holmen WI

Dog Project Meeting

Date: Sunday, March 15, 2026
Time: 4:00 p.m.
Where: West Salem American Legion,
148 Leonard St West Salem WI

Pork Producers Meeting

Date: Monday, March 9, 2026
Time: 6:00 p.m.
Where: Hunter's Bar and Grill Banquet Hall
(140 Leonard St S, West Salem WI)

You are invited to the Pork Producers Annual Meeting, an educational event that can fulfill a requirement for participating in the livestock auction at the fair.

Should you have any questions about the event, please reach out to Mike Gillster - 608-790-1261

shooting sports

Spring Archery & Pellet Gun Program

When: Sundays April 12, 19, 26 and May 3, 17, 31 | Time: 9:00 a.m., 10:00 a.m., or 11:00 a.m.

Where: Arrows in the Square (N7681 Casberg Coulee Rd, Holmen)

Who: Youth in grades 3+ for Archery, Youth MUST be in grades 4+ for Pellet Gun

Cost: \$10 for 4-H member, \$15 for community member

Supplies are provided, youth are welcome to bring their own bow.

Youth will learn safety and shooting basics with support from trained program leaders. The experienced archer will also have the opportunity to refine their skills, too. Participants will practice in a fun, engaging way with the opportunity to compete in some friendly competitions. In addition, participation in this program will help youth fulfill the safety session requirements needed to compete in the La Crosse Interstate Fair Archery Tournament. Youth do not need to bring their own equipment for the Archery Program. All needed equipment is available for use.

This popular program fills up fast and spots are awarded on a first-come, first-served basis. No spots will be held without payment received in full.

4-H members must be enrolled in 4HOnline for the 2025-2026 year at the time of registration for this program to be eligible for the 4-H member prices. Because extra insurances are provided, proof of hunter's safety certification is not required for pellet gun participation. **IMPORTANT RULES:** No sandals or open toed shoes will be allowed, long hair needs to be tied back, and no loose clothing should be worn to the program. Attendance on the first day of pellet gun will be required as the safety session will only be offered on the first day, or your spot and application fee will be forfeited.

Registration is available on our website here: <https://lacrosse.extension.wisc.edu/4-h-youthdevelopment/>

[4-h-projects/shooting-sports/](https://lacrosse.extension.wisc.edu/4-h-projects/shooting-sports/) Registrations are due by 4:30 p.m. Thursday, April 2, 2026.

Please direct any questions to the Extension Office at 608-785-9593 or lacrossecounty4h@lacrossecounty.org.

Upcoming

2026 Summer Camp

Here are all the dates for everything to do with Summer Camp:

• **March 16–June 1, 2026** Counselor and Chaperone

Applications, Camp Registrations **OPEN** an email will go out to all eligible youth!

• We are taking the first 100 youth that sign up with payment, once June 1st comes and people have not paid the fee, their spot will be given to a youth on the waiting list.

• Chaperones – one child will have their camp fee waived.

You still need to register them AND YOU when registration opens. We are capping Chaperones and need everyone interested to apply so we can alert those who are accepted.

• Camp fees will remain steady this year to help offset food costs. Community member fee is \$180, 4-H youth fee is \$90. Chaperones and Counselors are free.

• Tuesday, June 9, 2026 – Counselor Training In-person – this is when our theme is chosen.

• Wednesday, July 1, 2026 – Pre-camp zoom for all families, counselors, chaperones, and staff

• July 29, 30, 31 – SUMMER CAMP!

Have questions? Ask Emily – 608.785.9761 or emily.crook@wisc.edu.

Dates: Wednesday, July 29–31, 2026

Where: Upham Woods, Wisconsin Dells

Campers: Grades 3–8

Counselors: Grades 9+

Chaperones: Ages 21+ (permissions can be granted to ages 18–21)

In need of counselors & chaperones!

Expressive Arts 2026

This event is moving away from a solo-ensemble framework and embracing a more talent-show focus. All performances will be on one stage, one at a time, for the full audience. Judges will have a more flexible rubric to follow. Mainly pay attention to performance times, so we can keep the show moving at a good pace, stretch your talent however you need to, have fun and do your best!

Note: we have discontinued the Art/Photography section for this event.

Event information and registration:

<https://tinyurl.com/4HExpressiveArts>

Registration deadline: Thursday, April 16, 2026

Date: Friday, April 24, 2026

Time: 7:00–8:00 p.m.

Where: Olivet Church on French Island
(2100 Bainbridge St, La Crosse-French Island)

Events

Save the Date

Clothing Revue

Dates: Thursday, July 8, 6:00 p.m.

Where:

Foods Revue

Dates: Tuesday, June 30, 5 p.m.

Where:

Food Stand Meeting

For all those who have ideas to improve the Food Stand for the 2026 Fair, please join us at the next Food Stand Meeting!

See you there!

Date: Thursday, March 26, 2026

Time: 5:00 p.m.

Where: Culvers

Still to come:

Watch for these annual experiences soon to appear in 4-HOnline! All of them are eligible for scholarship through the Leaders Board as well.

Roll Into Leadership with 4-H

Hosted by 4-H Ambassadors

When: Saturday, March 28, 2026

Where: High Roller Skating Rink
3624 East Ave S, La Crosse, WI 54601

Time: 7:30–9:30 PM

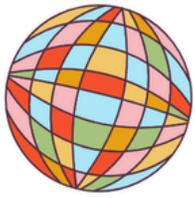
Who: Grades 6 and up

Cost: Free

Come skate, meet current 4-H members & Ambassadors, and learn how to get involved in leadership opportunities with 4-H!

Please RSVP By March 20th

<https://forms.gle/swAJpkvqkM3GF2dK6>



La Crosse County 4-H Shooting Sports

 **LOGO WEAR**



Use the link below or scan the QR Code to view all of the clothing designs!



www.4hshootingsports.com

All orders will need to be picked up directly from BB Graphics at 901 4th St. S., La Crosse. They will call you when your order is ready for pick up.

BB GRAPHICS
SCREENPRINTING • EMBROIDERY
901 4th St. S. - La Crosse, WI

Swag!

La Crosse County 4-H Shooting Sports program is offering merchandise once again!

Share it with family and friends – it makes great holiday, graduation, and birthday gifts!

<https://4hshootingsports.com>

Important Dates 2026

01-03, 01-17, 01-31, 02-14, 02-21, 03-07-26:
Archery Program, Omni Center

03-14 & 03-15: ArtBEAT!

03-28-26: Roll into Leadership with 4-H, Skate Night

04-12, 04-19, 04-26, 05-03, 05-17, 05-31: Arrows
In The Square Dates

04-24-26: Expressive Arts

06-14 through 06-18: Summer Academy

07-29 to 07-31-25: Summer Camp

Forms Section

Shooting Sports apparel form:
<https://bbgraphics.net/shop/ols/categories/lax4h>

Shooting Sports Form:
<https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/shooting-sports/>

4-H Ambassador Skate Night:
<https://forms.gle/EZfxhQQzgH4vYw2R7>

Matthew's Archery Tour:
<https://forms.gle/YvwZc6mLWeB8QjXk8>

March 2026

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7 Winter Archery Program
8	9 Pork Producers Meeting	10	11	12 Leaders Board Meeting	13	14 ArtBEAT!
15 Dog Project Meeting ArtBEAT!	16 Horse Project Meeting	17	18	19	20	21
22 Ambassador Meeting Horse Project: County Classic	23	24 Expressive Arts	25	26 Goat Project Meeting	27	28 Roll into Leadership Skate Night
29	30	31				

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NONPROFIT ORGANIZATION
U.S. POSTAGE PAID
LA CROSSE, WI
PERMIT NO. 588

The Cloverline 4-H Newsletter is produced monthly by the Extension La Crosse County Office, 212 6th St. N. Suite 2200, La Crosse, WI, 54601 in cooperation with the University of Wisconsin-Extension, Madison, WI. Wisconsin Relay-711.

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- LaCrosseCounty4H@lacrossecounty.org
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- 608.789.4808 (fax)

The Cloverline can be found in color and with hyperlinks online at:

<https://lacrosse.extension.wisc.edu/4-h-youth-development/cloverline-newsletter/>

We thank all who volunteer their time and talents to contribute to this newsletter.

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