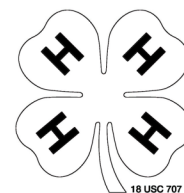


THE VOICE OF 4-H

Vernon County 4-H Family Newsletter



Head



Heart



Hands



Health

Vol. 2016 Issue 309

Extension

February

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Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so 10 days before the program activity so that proper arrangements can be made.

An EEO/Affirmative Action Employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and DA. Extending the resources and knowledge of the University of Wisconsin



4-H Focuses on.....

- Decision Making
- Problem Solving
- Relating to Others
- Planning and Organizing
- Learning to Learn
- Communicating with Others
- Leading Self and Others
- Relating to Change
- Applying Science & Technology
- Developing Self

Mental and Physical Health

Life Skills



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**The first Vernon County
State Fair Dairy Meeting
will be held in April, 2016.**

**Further information
coming soon!
Ralph Hendrickson ,
State Fair Dairy
Coordinator**



Save the Date!

**Shooting Sports Certification Training
Coming to Vernon County!
April 29-30th, 2016**

*See page 8 of this newsletter for
further information!*



**Save the Date!
Upham Woods
Summer Camp
July 24-26, 2016**



**Reminder!
4-H Arts Fest
Saturday, March 5th, 2016
Entry deadline, Friday,
January 29th !**

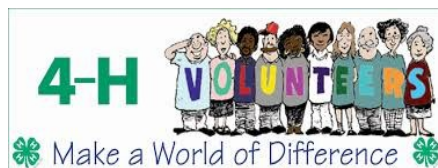


**Save the Date!
Celebrating
Volunteers
April 16th, 2016**

**Upham Woods
Summer Camp Counselor!
Application Deadline March 1st!**



Are you in 9th—12th grade? Would you like to make a difference in the lives of young 4-H members? Would you like to meet new people, learn new skills and have more fun than you could imagine?! Consider applying to be a 4-H summer camp counselor! Check your calendar, as camp dates for 2016 are set for *July 24-26th*. Camp counselor training (dates TBD) is required. Application will be available on our website: <http://vernon.uwex.edu>



**4-H Volunteer Leader Retreat
Saturday, February 13th 10 a.m. – 2 p.m.**

**Vernon Memorial Healthcare Community Room
(Enter through hospital entrance and proceed to lower level.)**

Topics will include:
County wide attendance requirement
Poultry project fee
Volunteer Appreciation event
Volunteer Orientation changes and more!
Potluck lunch (please bring your recipe!)



Please RSVP by February 11th, to cdaniels@vernoncounty.org or by phone, 637-5276
Adult representation for this event from each 4-H Club is important and needed!



4-H Club News



Enterprise Eagles—Morgan Sagler

November—Our last meeting was held on November 1, 2015 at 1:00pm at the Chaseburg Village Hall. Forty-three (43) members were present and President Sabrina Servais called the meeting to order. Brigitta Haugen and Paige Mendiola led pledges and I did roll call. Katie Mislivecek read the Treasurer's report and I read the Secretary's report. Both were approved as read. We discussed old business which was the window display. Then we discussed new business which was the Christmas tree lighting, the gourd project with Sue Ann and the December cookie walk. The Leader Update included the Activity Dics and new members. Jeremiah Wieczorek made a motion to adjourn the meeting and Genevieve Haugen second it. The meeting ended at 1:32pm. After the meeting we had a presentation on Denmark from Kelly an exchange student from Denmark, who is also a member of our club.

December—Our last meeting was held on December 6, 2015 at 1:00pm at the Chaseburg Village Hall. Thirty-seven members were present and President Sabrina Servais called the meeting to order. Tricia Klum and Paige Mendiola lead pledges and I did roll call. Katie Mislivecek read the Treasurer's report and I read the Secretary's report. Both were approved as read. We discussed old business which was the Christmas tree lighting in Chaseburg and the gourd project. Then we discussed new business which was the Chaseburg Trail Days parade, Arts fest, 4-H banquet and our winter activity. The leader update included new members and the can bin. Gus Klum made a motion to adjourn the meeting and Paige Mendiola second it. The meeting ended at 1:38pm. After the meeting we did the cookie walk. The cookie walk is where every member brings a dozen cookies and we share them with all the other members.

January—Our last meeting was held on January 3, 2016 at 1:00 pm at the Chaseburg Village Hall. Thirty-nine members were present and President Sabrina Servais called the meeting to order. Brigitta Haugen and Paige Mendiola lead pledges and I did roll call. Katie Mislivecek read the Treasurer's report and I read the Secretary's report. Both were approved as read. We discussed old business which included the Chaseburg Trail Days parade, the 4-H banquet, and our winter activities. Then we discussed new business which included Arts Fest at Westby High School. Brigitta Haugen made a motion to adjourn the meeting and Whitney Mislivecek seconded it. The meeting ended at 1:34 pm. After the meeting we had snack and Jayne Anderson gave us a presentation on taking baked goods and preserved foods to the fair.

Rainbow Reachers—Abi Wileman

December—The Rainbow Reachers 4-H Club had a meeting on December 6, 2015. Paula Fanta said the American pledge. Ella Fortney said the 4-H pledge. Ella Fortney did roll call. Each person said what they wanted for Christmas. Ella Fortney did the secretary's report. Each person who made 4-H projects for the Vernon County Fair got a check. We talked about a brat sale at Nelson Agri Center. We discussed raffle tickets and turning in the money. They read through the 4-H newsletter from November, since we haven't received the December newsletter yet. Thomas Jones made a motion to have the next meeting at High Rollers in La Crosse at 1:30. Jared Jones seconded the motion. It was decided that we would pay for the admission and the club would pay for the pizza. The motion was passed. Abi Wileman made a motion to adjourn the meeting. Paula Fanta seconded the motion. Afterward, we had a gift exchange, followed by several Christmas related games and a potluck meal. We also donated food for the food pantry and toys for Toys for Tots.

Rainbow Reachers—Abi Wileman

January—The Rainbow Reachers 4-H Club met at High rollers in La Crosse on January 3, 2016. Leader Pam Fanta talked about the volunteer banquet on Sunday, January 10, and to make sure to register by January 4. Pam also informed us of the Arts Fest on March 5th. Make sure to give Pam the registration by January 29. 4-H members who are seniors should apply for the 4-H scholarship. Applications are due on March 1. Members of the 4-H club enjoyed roller skating and pizza.







Required 4-H Adult Volunteer Orientation

1st Floor Conference Rm., UW-Extension

6:30 p.m. -Thursday, February 18th, 2016

**Email cdaniels@vernoncounty.org or call (608) 637-5276
to register on or before Tuesday, Feb. 16th.**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Vernon Co. 4-H Scholarship— <u>Deadline</u> Camp Counselor Application <u>Deadline</u>	2	3	4	5 Arts Fest
6	7	8	9	10	11 Central WI Shooting Sport Invitational 	12 →
13 L/P Federation Mtg 	14	15 4-H Foundation Scholarship— <u>Deadline</u> 	16	17	18	19
20 Grant County Rabbit Show 	21	22	23	24	25 Iw2k! Registration <u>Deadline</u> Dairy Promotion Scholarship— <u>Deadline</u>	26
27	28	29	30	31		

***The Vernon County 4-H Leader/Parent Federation
2015 Vernon County 4-H Leadership Banquet
Sunday, January 10, 2016—Viroqua VFW
Winter Wonderland of 4-H!
Thank you to our hosts,
Liberty Pole Boosters & Nerison 4-H Clubs!***



Federation Treasurer—
Deb Primmer



Courtney Moser -Rhonda Wrobel Lilyquist
Memorial Youth Leadership Award Recipient

Betty Nigh—Receives 20 year pin from
Secretary , Cordell Sagler

2015 President –Cheryl Rebhahn



Renae Diehl-Receives 5 year pin



***Congratulations to all adult volunteers
and youth who were recognized for
achievements and contributions to
our Vernon County program 4-H in 2015!***

Martin Chapin presents the Cecil Chapin
4-H Photography plaque to Cheryl Rebhahn.



Awards & Plaque Table



Cheryl Rebhahn 2015 Federation President &
Hassan Fortney, 2016 Federation President



Seas Branch Smithies Best Window Display Award-
Presented by Joanne Dach & accepted by Courtney Moser



Courtney Moser—Key Award Recipient



Karen Diehl—Receives 10 year pin



Friend of 4-H—Kelcie Fortney



Monroe County 4-H Welcomed Vernon Co. 4-H Members to



CLOVER COLLEGE

For all
Cloverbuds & Explorers



Thirty-Two enthusiastic Cloverbuds from Vernon and Monroe Counties enjoyed Clover College where they learned about horses, animal tracks, took on a lego challenge, made tasty treats, a puff painting and had a blast sledding! Leaders for the event were Monroe County youth leaders, who also had fun while developing their leadership skills. Vernon County Cloverbuds included Ivy Clark and Lane Klinge. We hope more Vernon County 4-H Cloverbuds and youth leaders join this fun event next year!



VERNON COUNTY 4-H SCHOLARSHIP



Eligible applicants: 2016 graduating seniors and 2015 or older graduates
Application due in Extension Office by: 4:00 p.m., March 1, 2016

Checklist:

Class of 2016

Vernon County 4-H Scholarship Application (3 pages)

- ___ Essay
- ___ Two Photographs
- ___ High School Transcript
- ___ Three (3) Current Letters of Recommendation (___ one from 4-H Leader)

Post-high School Applicant

- ___ High School and/or College Transcript
 - ___ Three (3) Current Letters of Recommendation
- Complete guidelines and applications will be available at the Extension Office and on the Vernon County UW-Extension Website <http://Vernon.uwex.edu>.



**Celebrating Volunteers
April 16th, 2016**



**Happy National
Volunteer Week!**



Volunteers are the strength of the 4-H program and we plan to celebrate them in style on April 16th! Everyone loves a good story and we want to know your story! Think about experiences with 4-H volunteers —things you learned, funny things that happened, activities and events with a few surprises and memories that you'll always treasure. Please tell us ***what difference a volunteer has made in your life?***

To help us in organizing the celebration, please complete the information below. Please copy this form and nominate several volunteers!

Name of the volunteer you wish to recognize: _____

4-H club or project they support(ed): _____

Are they currently active in 4-H? _____

Do you have a picture with them or of them for recognition display? _____

Please note below how this person has impacted yours or others 4-H experience: (add pages as needed)

Would you be willing to talk about this volunteer at our Volunteer Appreciation Dinner? _____

**Please return this completed form on or before, April 1st, 2016 to: UW-Extension Office
318 Fairlane Dr, Suite, 392
Viroqua, WI 54665**



Horse & Pony Project News



The **January 17th** meeting of the Vernon County 4-H Horse & Pony project, was attended by Emilie Brose, Kerbie Brose, Natalie Bolstad, Eli Bolstad, Bethany Roethel, Ben Roethel, Carmen Jarzemski, Kyle Jarzemski, Drew Dravis, Olivia Strasser, April Roth, Anna Roth, Bella Roth, Lucy Boisen, Raina Schultz, and Olivia Abt. The meeting was started with **Old Business**: Topic discussed was the status of the Vernon County Fair horse barn remodel. All of the box stalls have been started, with the 2nd half of the barn not yet completed. Work on the stalls at this time, is being done by Lloyd Hardy and the Viroqua High School Ag students. **New Business**: Scheduling events for 2016 was talked about. Tentative dates are in place, which we will be finalizing at the February meeting. Some of the events being planned: Gymkhanas that would include inviting surrounding counties. They would be held at the Wild West Grounds, possibly every other Tuesday or Thursday. Other events being planned are: Camping at Wildcat, Trail Riding at Duck Egg, Overnight Clinic at the Fairgrounds, Spring Fun Show, Summer Fun Show (State Qualifying), Trail Clinics with Pat Stevenson, Drill Team, Brat Sale, and Duck Egg Renovations. Watch future 4-H Newsletters and Horse & Pony Project postings and emails for more information! New officers will be voted on at the February meeting. The meeting was concluded with the announcement of our top 7 winners for the End of Year awards! This was determined by how many scheduled 4-H Horse & Pony project events the member had attended in 2015, as well as outside "horse related" events, ie. trail riding (off their home place), gymkhana, shows, clinics, camps, etc. Winners are noted below. We would like to thank Linda Ulm from Circle U Tack for donating a Halter and Lead Rope and a Billy Cook Saddle Pad, and Kim Dravis for donating a soft saddle towards our end of year Award prizes. Additional award prizes were purchased by the Horse & Pony Project.

Next meeting is scheduled for February 21 at 1:00 p.m., 1st floor conference room. Hope to see you there!

That is all for now,

Sally Brose, Vernon County Horse & Pony Project Leader



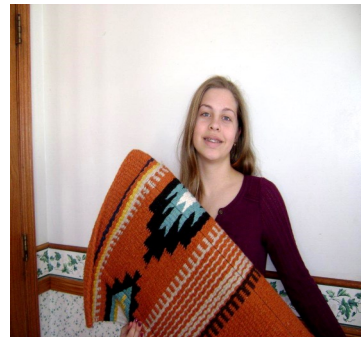
Congratulations to our 2015 Award Winners!



1st Place: Emilie Brose
Recipient of Halter & Lead Rope. Donated by Linda Ulm, Circle U Tack Shop.



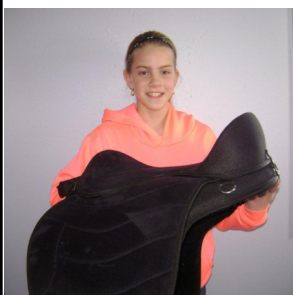
2nd Place: Kerbie Brose
Recipient of Horse Scene Blanket. Donated by the 4-H Horse & Pony Project.



3rd Place: Natalie Bolstad
Recipient of a Billy Cook Saddle pad. Donated by Linda Ulm, Circle U Tack Shop.

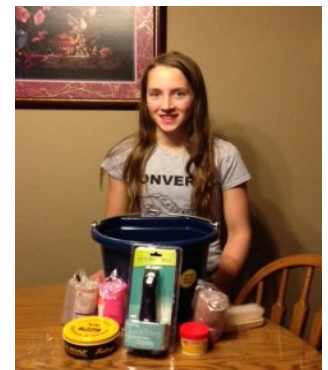


4th Place: Eli Bolstad
Recipient of Horse Scene Blanket. Donated by the 4-H Horse & Pony Project.



5th Place: Bethany Roethel
Recipient of a soft saddle. Donated by the Dravis family.

6th Place: Raina Schultz
Recipient of a Grain Bucket, Body Brush, Vet Wrap and Mini Cordless Clipper. Donated by the 4-H Horse & Pony Project.



7th Place: Bella Roth,
Recipient of a Bucket, Body Brush, Vet Wrap, Clippers, Saddle Soap, Misc. Grooming Supplies. Donated by the 4-H Horse & Pony Project.



Shooting Sports News



Shooting Sports Certification Coming to Vernon County!

Planning ahead? Vernon County will be hosting a Shooting Sports orientation at the Coon Valley Conservation Club **April 29-30th** for archery, rifle, shotgun and muzzleloader. Coordinator training may also be offered if there is interest.

Cost: \$70.00— for two day workshop (Please note: The Vernon County 4-H Leader/Parent Federation will cover the cost for certified Vernon County Adult Volunteers. To become certified, volunteers must enroll in 4Honline and complete the 4-H Volunteer Orientation Class. Any questions regarding these requirements, please call Colleen Pulvermacher, 4-H Youth Development Educator at 608-637-5276.)

Course registration Contact: Doug Thompson, phone #920-391-4657 or via email dougthompson@ces.uwex.edu.

A **Wisconsin 4-H Shooting Sports Leader** may be certified in archery, coordinator, muzzleloader, pistol, rifle and shotgun disciplines. ***Leaders may only teach in the discipline in which they are certified.*** An adult leader cannot provide hands-on or safety instruction without a certified leader supervising the range.

Our Vernon County 4-H Shooting Sports Project needs additional adult leadership. Please consider taking advantage of having the required training held here in Vernon County, and assisting in this very popular and successful 4-H project. If you have any questions about being a volunteer for this project, please call Keith Mathison, Vernon County Shooting Sports Leader at 608-769-0113.

Other Shooting Sports Events

Central Wisconsin 4-H Shooting Sports—6th Annual Winter Invitational—March 11& 12, 2016

Central Wisconsin Sportsman's Club (CWSC), Marshfield, Wisconsin

(This is also a 4-H National Invitational qualifying opportunity. Must compete in Wildlife for scores to qualify)

Registration form and fees deadline: March 5, 2016

Complete information is available at the Extension Office or online <http://fyi.uwex.edu/wi4hshootingsports/files/2015/12/2016-Winter-Invite-Registration-Form.pdf>

Tri-County Tournament—Date: April 1st-2nd, 2016

Location: Washington County Fair Park, 3000 Hwy PV, West Bend WI (Hwy 45 South of West Bend)

Cost: Varies **Questions?** Contact: Norb/Barb Yogerst Phone: 262-677-2379 Email: nbyogerst@gmail.com

*This is a **National Qualifying Event** (NQE)

3rd Annual Eau Claire County Invitational—Date: April 30th, 2016

Disciplines: Air Rifle (silhouettes and 3-position), Air Pistol (slow and rapid/times fire), Archery (3-D and target), Wildlife

Location: Mondovi Conservation Club

Cost: varies **Contact:** Jake Henning **Phone:** 715-828-6554 **Email:** jakehenning1@gmail.com

*This is a **National Qualifying Event** (NQE)

***National Qualifying Event (NQE) -4-H Shooting Sports National Championships Qualification**

Wisconsin Requirements for State 4-H Shooting Sports Team. Team members are selected annually through competitive shoots offered to 4-H members across the state. Members who meet the criteria for eligibility earn their place on the team by recording the highest scoring percentage in a discipline. Members who qualify but forfeit their National trip allow the next highest scoring individual to move up. Teams shall be comprised of no more than four individuals. Team selection is determined in the fall. Qualifiers who are age eligible will receive a letter of invitation the end of November which explains the application process for the National Shoot.

Meat Animal News

Vernon County Beef & Sheep Weigh-in & Hog Identification 2016

Save the dates!



Steer Weigh-in

Friday, April 15th, 2016—4-8 p.m.

Saturday, April 16th, 2016—8 a.m.-Noon

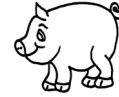
Watch for further
information in the
March Newsletter!!!



Lambs/Hogs Weigh-in

Friday, May 20th, 2016—4-8 p.m.

Saturday, May 21st, 2016— 8 a.m.-Noon



VERNON COUNTY 4-H LEADER/PARENT FEDERATION

Monthly Meeting

February 14, 2016

6:00 p.m. – *new time!*

Erlandson Office Bldg. – 1st floor conference room

A G E N D A

Call to Order/Roll Call

Pledges - Introductions

Approval of Previous Meeting Minutes

Correspondence

Treasurer's Report –

Review report

Approval of bills

Committee Reports

Constitution

Budget/Finance

Recognition

Scholarship –membership update

Unfinished Business:

Volunteer Celebration Event

Arts Fest

New Business:

Installation of Officers

Educator Report - regional shooting sports certification training, UW-Ext downsizing update

Adjourn

Next Meeting - March13, 2016 at 6:00 p.m.

The mission of the Vernon County Parent-Leader Federation is to promote learning and leadership opportunities to empower Vernon County 4-H youth to reach their full potential, to make the best better.



UW-Extension Downsizing

Last year, state legislators approved a \$250 million cut to the UW-System. UW-Extension falls under the umbrella of UW and is subject to these cuts. Given the nature of the cut, a complete re-design of the way UW-Extension serves the communities of Wisconsin is necessary.

County extension offices will be regionalized into clusters made up of 4-5 counties. Vernon county will be in a region with Crawford, Richland and Monroe counties. Implementation is planned to begin in July 2016, with personnel changes taking place towards the end of 2016 and early 2017. We don't know the specifics of how this plan will look moving forward, such as what type of educators each county will have and who will fill those positions.

More details will be shared as decisions are made at the state level. Thanks for your patience through our reorganization process.



Skillet Lasagna

A popular family favorite made easy!

INGREDIENTS:

- 1/2 pound ground beef
- 1/2 onion, chopped (about 1/2 cup)
- 3 cups spaghetti or pasta sauce (24 ounces)
- 2 cloves garlic, minced, or 1/4 teaspoon garlic powder
- 1 cup water
- 8 ounces egg noodles
- 1 package (10-ounce) chopped spinach, thawed
- 1 container (12 ounces) low fat cottage cheese
- 1/2 cup mozzarella cheese, shredded

DIRECTIONS:

1. Cook ground beef and onion in a large skillet or electric fry pan. Drain grease.
2. Add spaghetti sauce, garlic, and water to skillet. Bring to a boil. Add uncooked noodles. Stir and cover with lid. Turn down the heat and cook 5 minutes.
3. Add thawed spinach to the skillet. Cover and simmer 5 minutes.
4. Spoon cottage cheese over the top. Sprinkle with mozzarella cheese. Put the lid on and let it heat another 5 to 10 minutes until heated through and noodles are tender.

Make Celebrations Fun, Healthy, and Active!

Holidays are a time to enjoy friends, family, and food. If we're not careful, it also can be a time for over-eating and weight gain. Eating healthy and being physically active can help us avoid those extra pounds and be a fun part of holiday parties and events.

- **Include all five food groups in your menu.** Use ChooseMyPlate.gov for ideas on adding whole grains, vegetables, fruits, fat-free or low-fat dairy, and lean protein.
- **Shop smart to eat smart.** Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.
- **Try out some healthier recipes.** Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. See Sue Keeney's article for more information.
- **Savor the flavor.** Avoid overeating by taking the time to pay attention to the taste of each bite of food.
- **Make moving part of every event.** Dancing, moving, and playing active games add fun to any gathering. Give gifts that encourage others to be physically active.
- **Set an example for healthy habits.** Keep in mind that children follow what the adults around them do - even at even at parties.

Source: *Make Celebrations Fun, Healthy & Active, Choose MyPlate 10 Tips Nutrition Education Series*

<http://fyi.uwex.edu/foodsense/>



Grant County Happy Hoppers Rabbit Club Spring Youth Show

March 20th, 2016

Eckstein Exhibit Hall at the Grant County Fairgrounds in Lancaster, WI



Registration: 7:30-9:00am **Show starts:** 9:00am **Entry Fee per rabbit before March 1st:** \$2.00
Entry Fee per rabbit after March 1st: \$3.00 **Showmanship per exhibitor:** \$1.00

Show Rules:

1. The latest rules of the ARBA will govern this show.
2. Carrying cages with bottoms are required on all cages.
3. Entries close when breed is called.
4. Ribbons will be given out at the show, none will be mailed. All checks are void after 60 days.
5. Grant County Happy Hoppers Club is not responsible for loss from fire, theft or accident.
6. Entry sheets and remark cards are to be used.
7. All rabbits must be PERMANENTLY EAR MARKED in the left ear.
8. No refunds.
9. No limit on entries per exhibitor grades 3-13.
10. Pet, Fryer, Roaster and Meat Pen Classes are included. Single Fryer- Not over 69 days or 5 lbs. Single Roasters- between 70 & 180 days and 5-8 lbs. Meat pen- Not over 69 days or 5 lbs. (3 rabbits of the same breed and variety)



Send Entry Forms to:

Patti Fry (labsrus429@yahoo.com)
 2948 Weinbrenner Rd.
 Fennimore, WI 53809
 (608) 822-5325

Trophies For:

Best in Show/Reserve
 Best of Breed

Rosettes For:

Best Opposite

Showmanship 1st place awards:

Beginner : 24x24 Cage
 Intermediate: Show Table
 Senior: Two Show Chairs

**Complete entry information
 available at the Ext. Office!**

**Food Stand available with
 beverages all day. Get a chance to
 win the raffle, the silent rabbit and
 the pie/dessert auctions!
 Supply vendor, Moeller Rabbit
 Equipment**

GRANT COUNTY HAPPY HOPPERS SHOW

MARCH 20TH, 2016

EXHIBITORS NAME: _____
 ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
 PHONE NO.: _____ E-MAIL: _____

	Ear No.	Breed	Variety	Class	Sex
1					
2					
3					
4					
5					
6					
7					

Showmanship Class: Junior (Grades 3-5) _____
 Intermediate (Grades 6-8) _____
 Senior (Grades 9-13) _____

Showmanship Entry Fee \$1.00 = \$ _____
 Entry Fee \$2.00 (postmarked by 3/1/2016) x _____ (number entered) = \$ _____
 Entry Fee \$3.00 (postmarked after 3/1/2016) x _____ (number entered) = \$ _____

TOTAL FEE \$ _____



2017 Citizenship Washington Focus Presidential Inauguration (CWF PI) Program



DATE: January 10, 2016
FROM: Kay Hobler, WI 4-H Outreach Specialist
TO: Wisconsin 4-H Teens

Interested in participating in the 2017 Citizenship Washington Focus Presidential Inauguration (CWF PI) program in Washington, D.C. in January 2017? We are passing along registration information from National 4-H Council to you. Registration is a **two-step process**, register in your wi4honline account and return signed expectation forms. Participants will also be asked to complete a WI 4-H Online health form at a later date.

Register for CWF PI on 4-H Online **between 6:00 p.m., March 1 and midnight March 16, 2016.**

(Complete instructions are available at the Vernon Co. Extension Office and on our website, <http://vernon.uwex.edu/>)

Program week assignments will be made on a **first come, first served basis** so hurry to be included.

National Code of Conduct and Media Release forms will be mailed to you in March in your confirmation letter. Return your signed forms postmarked no later than Friday, **April 1, 2016** to the State 4-H Youth Development Office. Thank you ahead of time for completing and returning forms as soon as you receive them!

WHAT? Wisconsin 4-H Youth are invited to participate in this citizenship program in Washington, DC. Through hands-on workshops; speakers; field trips to national memorials, historical sites, and museums; and experiencing Presidential Inauguration Day events, you will learn the importance of social responsibility and the meaning of the Democratic process. Explore the history of the Presidency, the election process, and the role of the press, discover the intricacies of the Executive Branch and careers in politics, and practice your role in citizenship through service, civic education, and engagement.

WHEN? Departure will be on Tuesday, Jan. 17, 2017 with return to Wisconsin on Saturday, Jan. 21, 2017. A mandatory orientation teleconference will be held between **7:30-8:45 p.m. Thursday, Nov. 17, 2016.** Invoices, details and a Participant Guide will be sent via mail. The Participant Guide will be posted for referenced at (<http://fyi.uwex.edu/wi4hedopp/cwf-delegate-info/>) Delegates will travel by commercial airline with qualified 4-H Adult Advisors to Washington, D.C. from points as convenient as we can arrange for you. Departure airports will be Madison, Milwaukee, and Minneapolis. In some cases, you may be able to carpool with other county delegates to the departure/return airport; otherwise you will be responsible for your own transportation to that location.

WHERE? National 4-H Center, Chevy Chase, MD and nearby Washington D.C. Participants will fly round trip on commercial airlines between Madison, Milwaukee, or Minneapolis and Washington, D.C. Return sites are the same. National 4-H Council will be responsible for transportation within the Washington D.C. area.

WHO? The program is open to thirty (30) enrolled Wisconsin 4-H members in good standing, age 14-18 as of Jan. 1, 2017, who carry county approval through time of program. UW Extension 4-H Youth Development Staff Advisors at a ratio of one per ten youth will accompany the youth from each airport and throughout the program.

Cost? *The cost for CWF will be **approximately \$1,300 per person** (the total will be determined as soon as transportation costs are confirmed.) It is up to you to work with your county 4-H office to determine just how much of this cost you will personally be responsible for paying. Your parents will be invoiced in March (deposit due June 30) and August (balance due Oct. 15).*

CWF PI Cancellation policy: If written cancellation to peter.nordin@ces.uwex.edu is received prior to 4:00 p.m., June 29, there will be no financial penalty. If you cancel after 4 p.m. June 29, you will be responsible for the entire program cost for your reservation if a substitute delegate cannot be identified. Substitute must be of the same gender. Cancellation must be sent **in writing (by e-mail or regular mail)** to your County 4-H Office and the State 4-H Office.

For more information, visit <http://fyi.uwex.edu/wi4hedopp/citizenship-washington-focus/>. If you have questions about CWF Presidential Inauguration 2017, please contact your county 4-H Youth Development Educator or call the State 4-H Youth Development office at (608) 262-1557 or (608) 262-0575.

2016 Wisconsin State Fair Market Animal Identification

Youth interested in showing market beef, sheep or swine at the 2016 Wisconsin State Fair *will need to get their animal projects DNA/RFID identified through the Wisconsin Livestock Identification Consortium (WLIC)* by the respective State Fair eligibility deadlines. WLIC is coordinating a statewide DNA/RFID identification program for Wisconsin County and State Fairs. This identification system allows animals which are DNA/RFID identified through the WLIC County and State Fair program to meet Wisconsin State Fair Identification requirements as long as the process is completed (all forms returned and samples on file) by the respective Wisconsin State Fair identification deadline postmark.

Wisconsin State Fair DNA/RFID identification deadlines (postmark):

Beef: Monday - February 8, 2016

Sheep: Monday - May 10, 2016

Swine: Monday - May 10, 2016

How do I get my animals identified?: Request DNA/RFID tag identification by going to the WLIC website at www.wiid.org. Click on the button "County Fair DNA/ID project" (right side). Print out, complete and mail the request form with payment to WLIC. Make sure you return DNA and required paperwork to WLIC by the Wisconsin State Fair identification postmark deadline listed above. Tags and paperwork are ONLY available through WLIC. The Wisconsin State Fair Office no longer processes DNA/RFID tag requests.

How much will DNA/RFID identification cost?: \$10 per animal identified for required DNA and RFID tag identification. If your animal has an existing 840 RFID ear tag you can purchase and submit a DNA envelope separately for \$5.00. Be sure to list the existing RFID ear tag number on the paperwork and DNA submission.

Will my County DNA/RFID tag qualify for Wisconsin State Fair?: Wisconsin State Fair will accept all DNA/RFID samples submitted through WLIC by the respective Wisconsin State Fair identification postmark deadline. Samples for Wisconsin State Fair postmarked after the Wisconsin State Fair identification deadline postmark will NOT be accepted. Please check the WLIC website (www.wiid.org) to verify which counties are participating in the statewide DNA/RFID identification program.

What if my County is not participating in the statewide DNA/RFID program?: No problem! Request Wisconsin State Fair DNA/RFID identification through WLIC. Make sure you return DNA and required paperwork to WLIC by the Wisconsin State Fair identification deadline postmark listed above.

Do I need to let Wisconsin State Fair know I have my animal DNA/RFID identified?: No required DNA/RFID identification paperwork needs to be sent to Wisconsin State Fair. Wisconsin State Fair will receive eligible market animal identification numbers from WLIC after the Wisconsin State Fair DNA/RFID identification postmark deadline. Potential exhibitors are required to submit their Fair entries prior to the June (online or paper) entry deadlines by entering directly with Wisconsin State Fair. DNA/RFID identification is NOT your entry to the Fair.

Questions related to the DNA/RFID identification process contact: WLIC_helpdesk@wiid.org – 888.808.1910

Questions related to Wisconsin State Fair or entry procedures contact: entryoffice@wistatefair.com or 414.266.7000

2016 WI 4-H Foundation Scholarships

The Wisconsin 4-H Foundation will award more than \$10,000 in scholarships to outstanding Wisconsin students pursuing higher education in 2016. Wisconsin 4-H Foundation scholarships are awarded to students based on demonstrated personal growth, development and leadership, academic performance and future educational goals.

To be eligible for Wisconsin 4-H Foundation scholarships, students must have been a 4-H member for at least one year, have a grade point average of at least 2.5 on a 4.0 scale, and be enrolled or planning to enroll at a university, college or technical school during the 2016-2017 academic school year.

To be considered for financial support, applications (cover letter, résumé, project list and digital photo) must be received via email by the Wisconsin 4-H Foundation on or before **March 15, 2016**. For more details go to: <http://wis4hfoundation.org/support-4-h/538-2/>.

Wisconsin State Fair Dairy Promotion Scholarship

The Wisconsin State Fair Dairy Promotion Board is offering \$1,000 scholarships, for use during the second semester of the 2016-17 school year, to third and fourth-year college students pursuing dairy-related or food science degrees at one of Wisconsin's four-year universities. Additional \$1,000 scholarships will be made available to high school seniors planning to pursue a dairy-related or food science degree at one of Wisconsin's four-year universities or students studying in a two-year, technical school program related to dairy or food science. Applicants will be evaluated on involvement and leadership in dairy-related activities, scholastic achievement, and career objectives. Finalists will be interviewed in mid-April, with the recipients to be recognized at the 2016 Wisconsin State Fair.

The application is available at <http://wistatefair.com/competitions/dairy-promo-board/>.

Application deadline is Friday, March 25.

For more information, contact Katy Katzman at 262-903-6727 or katzman@idcnet.com.

2016 Livestock Learning Webinar Series—Updated!

UW-Extension and the UW Madison Animal Sciences Department will again be hosting a “Livestock Learning Webinar Series” starting in February 2016. Note date change from previous news release. This series is best suited for older youth to gain animal project & issue based information. Attendees will gain ideas about project based leadership and career goals with the species of Beef, Sheep, Swine and Meat Goats in mind. All families are encouraged and invited to attend. You can participate in these webinars from your home using a computer and your phone or at your local extension office, if your local Extension office plans to host. Sessions are scheduled to run from 6:00 PM to 7:30 PM, and the following dates and topics planned are as follows.

- **Feb. 25 (register by Feb. 23) – Beef/Swine**
- **March 31 (register by March 29) – Sheep/Meat Goats**

To participate, please register at this website no later than 2 days prior to each session: https://docs.google.com/forms/d/1rL09GIprTnUQ9pGiG9Ghv5_5U3Mdoc2wwd9Yfhmsns4/viewform?usp=send_form.

We ask that participants register no later than 2 days prior to each session, so there is time for connecting information to be sent. An email address is also required to receive materials and connecting information. There are a limited number of lines available so please register early.

Continue to visit this site as we confirm speakers. If you have any questions about this series please contact Bernie O'Rourke, Extension Youth Livestock Specialist at borourke2@ansci.wisc.edu.

Webinar programs are provided as a service of the UW Cooperative Extension and the UW-Madison Department of Animal Sciences, and are hosted by Bernie O'Rourke, Extension Youth Livestock Specialist. The webinar system provides a two-way voice & visual communication between speakers and listeners and are free to the public.



I WANT TO KNOW! CAMP

Do you like science, technology or engineering? Have you always wanted to know what makes things work? Would you like to do cool, hands-on experiments—including activities in food science, DNA, and electricity—and learn about the science of herpetology and more? If so, then I Want To Know! Camp is for you!

APRIL 29-30, 2016 6 pm arrival | 4 pm departure

Upam Woods Outdoor Learning Center — Wisconsin Dells, WI

Grades 6-8 | \$65 — Includes all meals, lodging, t-shirt and supplies

REGISTRATION DUE MARCH 25

Space is LIMITED! Registrations will be taken on a first come basis with a waiting list if necessary. Forms can be found at fyi.uwex.edu/wi4hstem/events/i-want-to-know-camp/. Sign up TODAY! Special financial circumstances will be handled on an individual basis. Contact Joanna Skluzacek at 608-265-2949 or Joanna.Skluzacek@ces.uwex.edu for more details.



State 4-H News!

4-H ArtBeat!

It's time to start thinking about 4-H ArtBeat!

4-H Art Beat! was created for 4-H members in grades 3-5 and their parents and leaders and is the introductory program for Wisconsin 4-H Arts and Communication! ArtBeat! will be held March 18 and 19, 2016, at our State 4-H Camp, Upham Woods in the Wisconsin Dells. The weekend will feature a look at a variety of arts projects including music, drama, visual arts, and more!

4-H members will explore their own creativity while discovering the great variety of 4-H Arts & Communication experiences available to them now and in the near future. Session leaders will be 4-H older youth, adult leaders and 4-H staff members with a wealth of experience to share. Youth and adult participants will rotate through a variety of sessions which are hands-on and active and held at various sites throughout camp. Both youth and adult participants stay in the warm and cozy heated cabins! Camp begins Friday evening at 7 pm and ends Saturday afternoon at 3 pm.

The \$50.00 dollar fee will include all materials and supplies, (including a very cool ArtBeat! backpack!) special snacks, overnight lodging and breakfast and lunch on Saturday. Why not get a whole carload of youth and adults together from your county for some genuine 4-H bonding time?

Come join the excitement of this opportunity available to some of our youngest (and often most enthusiastic!) 4-H members!

Register early! This camp fills up fast!

Registration Deadline: February 19, 2016

Go here for additional information: <http://fyi.uwex.edu/wi4harts/artbeat/>

For more information contact Christina Rencontre, 4-H Youth Development Communication Arts Specialist, (608) 262-1536, christina.rencontre@ces.uwex.edu



Expand your world in 2016 by hosting an International friend!



Looking for some exciting fun for summer or the next school year? Have you considered hosting a young person from another country? Wisconsin 4-H offers four week and 10 month programs with a variety of countries. In summer 2016, visitors will come from Finland, Japan, Mexico, South Korea, and (tentatively) Costa Rica. Join the fun and learn about another culture without even stepping onto an airplane!

School year programs are expanding in 2016! Wisconsin 4-H families have hosted school year students for about 30 years from Japan. Students also come from numerous other countries: South Korea, Mexico, Ukraine, Kazakhstan, Turkmenistan, Azerbaijan, Republic of Georgia, Moldova, Romania, Czech Republic, Serbia, Montenegro, and many more.

Hurry since bios will begin arriving and host/delegate matches will begin in late February! Applications are due February 15 or till all delegates are placed. For more information and applications, visit <http://wi4hinternational.org/>.

Questions? Contact wi4hinternational@gmail.com or call 608-262-2491 or 608-262-1557.

DAY	DATE	ACTIVITY	TIME	LOCATION
Friday	Jan. 29th	Arts Fest Registration Deadline	4:30 p.m.	UW-Extension Office
Monday	Feb. 1	Coon Valley Conservation Club On-Line Hunter Safety Program—Registration		See page 8 of this newsletter!
Thursday	Feb. 11	Leader Retreat Registration—Deadline	4:30 p.m.	UW-Extension Office
Saturday	Feb. 13	Leader Retreat	10:00 a.m.—2:00 p.m.	Vernon Memorial Healthcare Community Rm
Sunday	Feb. 14	Leader/Parent Federation Mtg	6:00 p.m.	UW-Extension, 1st Floor Conference Rm
Monday	Feb. 15	International Host Application Deadline		See pg 16 of this newsletter
Tuesday	Feb. 16	Volunteer Orientation Registration Deadline	4:30 p.m.	UW-Extension Office
Thursday	Feb. 18	Volunteer Orientation	6:30 p.m.	UW-Extension Office, 1st Floor Conference Room
Friday	Feb. 19	4-H ArtBeat! Registration Deadline		See pg 16 of this newsletter
Sunday	Feb. 21	Horse & Pony Project Meeting	1:00 p.m.	UW-Extension Office, 1st Floor Conference Room
Tuesday	March 1	Vernon County 4-H Scholarship—Deadline	4:30 p.m.	UW-Extension Office
Tuesday	March 1	Upham Woods Sumer Camp Counselor—Application Deadline	4:30 p.m.	UW-Extension Office
Tuesday	March 1	2017 CWF PI Registration opens		See pg 13 of this newsletter
Saturday	March 5	Arts Fest	8:30 a.m.	Westby Area High School



What's Cookin' - February Recipe

Linda Morrison, UW-Extension Office

Linda's Perfect Pumpkin Pie!



Ingredients

1 (15 ounce) can pumpkin
 1 (14 ounce) can sweetened condensed milk
 2 large eggs
 1 teaspoon ground cinnamon
 1/2 teaspoon ground ginger
 1/2 teaspoon ground nutmeg
 1/2 teaspoon salt
 1 (9 inch) unbaked pie crust

Directions

Preheat oven to 425 degrees. Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth. Pour into crust. Bake 15 minutes. Reduce oven temperature to 350 degrees and continue baking 35-40 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Garnish as desired. Store leftovers covered in refrigerator.

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