

Vernon



Head



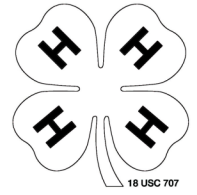
Heart



Hands



Health



THE VOICE OF 4-H

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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 system to the people of Vernon County.



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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Reminder!



*Upham Woods
Summer Camp
July 24-26, 2016*



*Vernon County L/P Federation Cookout
Celebrating Volunteers
Annual Pie & Ice Cream Social
July 10th, 2016—6:00 p.m.
Vernon County Fairgrounds*

Volunteers are the strength of the 4-H program and we plan to celebrate them in style on July 10th as part of our annual Recognition Celebration and 4-H Pie and Ice Cream Social, held at the Vernon County Fairgrounds! Everyone is welcome! Please join us in celebration of our Vernon County 4-H program & volunteers!



Congratulations 2016 Clothing Revue Participants!



Gladys Erickson-Traastad Award & State Fair Clothing Revue Delegates: Left to Right Teresa Falter, Paula Fanta and Christina Primmer



Front Row Left to Right: Madison Kumlin, Teresa Falter, Wynne Roberts, Shawna Haakenson, and Hannah Falkers

Back Row Left to Right: Christina Primmer, Paula Fanta, April Haakenson, and Abby Diehl.



Merit Winners Left to Right: Abby Diehl, Christina Primmer and Madison Kumlin



Enterprise Eagles—Morgan Sagler

May: Our last meeting was held on May 1, 2016 at 1:00pm at the Chaseburg Village Hall. Twenty-seven members were present and President Sabrina Servais called the meeting to order. Whitney Mislivecek and Brigitta Haugen 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 Coon Valley Memorial Day Parade, the Vernon County cows, flowerbeds and the sewing project. Then we discussed new business which included the T-shirt orders, shooting sports, the cook out and pie social, and summer camp. Jackson Servais made a motion to adjourn the meeting and Jeremiah Wieczorek second it. The meeting ended at 1:31pm. After the meeting we started to construct our entry for the Vernon County cows.

June: Our last meeting was held on June 5, 2016 at 1:00pm at the Chaseburg Village Hall. Thirty members were present and President Sabrina Servais called the meeting to order. Gretchen Gettelman and Tricia Klum 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 Coon Valley Memorial Day Parade, the Vernon County cows, the sewing project, and T-shirts. Then we discussed new business which included shooting sports, summer camp, and trout fest. Tricia Klum made a motion to adjourn the meeting and Gina Klum second it. The meeting ended at 1:41pm. After the meeting we paired up for a nature scavenger hunt and after that we set up our entry for "Cows are out in Vernon County."

Springville Super Stars—

June: Mary-Beth Marx called the meeting to order at 6:32 P.M. She discussed safety rules for the activity, and also talked about the upcoming pancake breakfast. The first station of the activity was a tour of the airport including the runways and hangers. Next, there was a video on the one-week-wonder plane, a video with planes taking off in extremely short amounts of time, and a video about the tools you need to build your own plane. Last, we went to a hanger and each of the members were given a wood rubber band plane. Joseph Roethel called the business meeting to order at 8:34. Jonah Jepsen gave the secretary's report, and Bethany Roethel moved a motion to approve. The motion was passed and seconded. Greta Olson and Angie Roethel gave the club leader's report. Unfinished Business- There was a report given by Joe Roethel about the Highway clean-up. New Business- The parent leader federation meal was discussed. You can nominate club leaders to be recognized at the meal. June 18 is the dairy breakfast, and members have the opportunity to paint a milk can for auction. Eli Jepsen moved a motion to adjourn the meeting, and Ryan Kowalczyk seconded that. The motion was passed and the meeting was adjourned.

4-H State & Youth Conference

I really enjoyed going to 4-H State & Youth Conference. The food was amazing and the leaders were fun and helpful. I learned a lot about how club meetings run and the roles of the officers. I also learned how to sail and got to on Lake Mendota. I will bring back pictures I took and some things I learned to my club. Thank you to the Leader/Parent Federation for allowing me to go on this wonderful trip.

Joseph Roethel





2016 Vernon County Fair—September 14th—18th

Fair entry deadline is Wednesday, August 3rd, 2016. No late entries will be accepted.

Please Note: All Junior Fair entries must be submitted via the on-line program.

The on-line entry site is active and can be found at www.vernoncountyfair.com for both Junior Fair and Open Class. You must register first, pick your entries and submit. Jr. Fair entries are to be printed and a copy turned into your 4-H Club Leader. If you participated in Arts Fest and/or plan on participating in the Premium Shoot on August 28th, make sure to include your classes on your fair entry!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>CHAT Program @ McIntosh Library</p>	<p>2</p> <p>Radio Ad Recording</p>	<p>3</p> <p>Vernon County Fair Entry</p> <p>DEADLINE</p> <p>Vernon County FAIR September 12-15th, 2016</p>	<p>4 1st Day Wisconsin State Fair!</p> <p>WISCONSIN STATE FAIR Presented by US Cellular</p>	<p>5</p>	<p>6</p> <p>H&P Project Trail Clinic</p> 
<p>7</p> <p>WISCONSIN STATE FAIR Presented by US Cellular</p>	<p>8</p> <p>CHAT Program @ McIntosh Library</p>	<p>9 Extension Day @ Wisconsin State Fair!</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>Family Fest</p>	<p>13</p>
<p>14</p> <p>Wisconsin State Fair Ends!</p> <p>WISCONSIN STATE FAIR Presented by US Cellular</p>	<p>15</p>	<p>16</p>	<p>17</p> <p>Lindsey's Last Day!</p>	<p>18</p>	<p>19</p> <p>Wild West Days Parade</p> 	<p>20</p> <p>Wild West Days Continues</p> <p>H&P Project Camping/Ride</p> 
<p>21</p> <p>Wild West Days Ends!</p> <p>H&P Project—Camping/Ride Shooting Sports—Practice Shoot</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Club Charters Due!</p> <p>DEADLINE</p>	<p>27</p>
<p>28</p> <p>Vernon Co. Fair Premium Shoot</p> 	<p>29</p>	<p>30</p>	<p>31</p>			

Congratulations Participants of the 2016 Tractor & Machinery Certification Course!

Forty-six area youth participated in this years event.

*Thank you to the Instructors, Vernon County UW-Extension Office,
Vernon County Fairgrounds and the many Sponsors of this program!*



Top Scores Recipients From Left to Right:
 Ty Allert – Wauzeka - Stuben Driving
 Dylan Nottestad – Westby Written
 Jacob Curti – Viroqua Overall



Dairy Project Area Animal Science Days



The Vernon County Dairy Judging Team had a great showing at the southern region Area Animal Science Days Contest, which was held Friday, July 1 in Monroe, WI. Taking home awards were:

Senior team consisting of Brianna Hall, David Petersheim, Sam Krause and Austin Hall: 5th place team overall

Brianna Hall- 7th place individual overall, 3rd in reasons and advancing to the state contest.

Junior Team consisting of Emilie Brose, Ty Harbaugh, Patrick Keenan and Reagan Klinkner: red ribbon award for group reasons.

Emilie Brose: 2nd place overall and headed to the State Contest

Showmanship: Krista Hall-Overall Champion Showmanship

Left to right:
 Front row: Reagan Klinkner,
 Emilie Brose, Patrick Keenan
 Center row; Krista, Brianna and
 Austin Hall
 Back row: Sam Krause, Grant
 Fremstad, David Petersheim, Ty
 Harbaugh

Congratulations to all of Vernon County's youth on a great day at the contest. Best of luck to Brianna and Emilie as they compete at the State Dairy Judging Contest, which will be held Monday, July 18 at the Jackson County Fairgrounds.

Good Luck to our Vernon County 4-H Livestock Exhibitors at the 2016 Wisconsin State Fair!



Beef

Mapledale Motivators/Rt 56
Max Dach

Nerison
Claire Hawthorne



Dairy

Kickapoo Rustlers
Austin Hall
Brianna Hall
Krista Hall



Dairy Continued

Liberty Pole Boosters
Dalton Hardy
Tahmara Hendrickson
Lexi Wagemester

Lucky Clovers
Ty Harbaugh
David Petersheim
Hope Petersheim

Mississippi Steamers
Samuel Krause

Seas Branch Smithies
Courtney Moser



Dairy Continued

Springville Super Stars
Gabe Eng
Mikayla Lepke



Sheep

Enterprise Eagles
Michael Krause

Mapledale Motivators/Rt
56

Joshua Rebhahn

Three Chimneys Rockies
Katelyn Dunnum



Horse & Pony Project News

**2016 VERNON COUNTY SUMMER 4-H HORSE SHOW
(STATE QUALIFYING)**

Wild West Days Grounds - Viroqua, Wisconsin

Judge: Pat Stevenson

SATURDAY, JULY 9, 2016

Registration will begin at 8:00 A.M. - Show starts promptly at 9:00 A.M.

(Rain or Shine!)

\$2.00/class or \$15.00 All Day Single or \$20.00 All Day Family

SHOW IS OPEN TO VERNON COUNTY 4-H HORSE & PONY PROJECT MEMBERS!

Reminder! H&P project will have box stall project days on Mondays, July 11 and July 18th at 6:30 pm. Please come and help finish! Most of the hard work is completed, we just have a few end jobs to complete.

July 9: State Qualifying Show, Wild West Grounds, starts promptly at 9:00 am

August 4: Trail Clinic with Pat Stevenson AND **Camping at Park registrations due**

August 6: Trail Clinic with Pat Stevenson, Fairgrounds, 1:00 pm

August 19: Wild West Days Parade, fairgrounds lower parking lot, 6:00 pm

August 20-21: Camping at Park (location TBD: Wildcat or Rockton?) Pre-Register!

September 14-18: Vernon County Fair!!

For more information regarding these events contact:

Sally Brose—606-4756

Gail Bolstad – (608)788-8806

Winning trail class?
It's a stretch!



Vernon County Horse & Pony Project 2016 Trail Clinic

Saturday, August 6, 2016

Begins at 1:00 p.m. sharp

Wild West Grounds

Instructor: Judge Pat Stevenson

Registration Deadline—Wednesday, August 3

Individual pre-registration form for *each* participant is needed . This is for 4-H Vernon Co. Horse & Pony Project members only. There is no charge for this event, but **donations** to the Vernon County Horse & Pony Project would be appreciated! Please mail your completed form (s) to: UW-Extension Office, 318 Fairlane Dr., Suite 392, Viroqua, WI 54665

NOTE : MOUNTED PARTICIPANTS- COGGINS PAPERS ARE REQUIRED
BOTH THE ORIGINAL AND COPY FOR OUR FILES

The registered clinic participant is the only person allowed to ride their animal while at the clinic. Boots with a 1/2” cutout heel and ASTM/SEI approved helmet, buckled, are mandatory while mounted.

(Please print or write legibly)

Clinic Participant Name: _____

Will be a mounted participant? ***Circle one*** Yes No

Address: _____

Phone: _____ Email _____

I, _____ (Participant), acknowledge that I am voluntarily participating in this event either as a Vernon County 4-H Horse & Pony project member. I am aware that the above described activities may be hazardous and agree to assume any and all risks of bodily injury, death or property damage and do not hold the Vernon County 4-H Horse & Pony Project responsible.

Youth Signature

Parent/Guardian Signature



EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Please make request for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.



Vernon County Dog Project

2016 State 4-H Dog Show

The 2016 State 4-H Dog Show is being hosted by Grant, Iowa and Crawford Counties. It will be held at the Grant County Fairgrounds, in Lancaster, WI. The dates are July 29th -31st. Complete details, rules, guidelines and entry forms can found on the State 4-H website or by following this link: 2016 State 4-H Dog Show Guidelines and Rules Questions should be directed to the State Show Chairpersons: Karolyn Levin 608-604-3375 or karolynlevin@yahoo.com Marcia Cordts 608-732-7836 or marcialjewelry@hotmail.com



Vernon County Photography Project

Love Photography?! Want to Take Better Photos?!

Do Not Miss These Two Great Opportunities to Improve your Photography Skills!

1: Wednesday July 27- 6:00-7:30pm:

“Introduction to Photography”

Topics Covered: Composition: How a Photo is Put Together- Rules of Thirds, Background, Focus, Lighting, Angles

Location: Vernon County Extension Office Meeting Room

2: Sunday July 31-3:00-7:30pm:

“Photo Hike and Picnic Dinner”

Topics Covered: Nature Photography, Portraits, Landscape Photography, Fair Photo Critiques

Location: Esofea Park, County B

What to Bring:

Wednesday: Bring your readiness to learn and questions about photography! Bring a photo to be critiqued.

Sunday: Bring a camera and any fair photos that you would like critiqued. Wear comfortable clothes to hike in. Bring a dish to pass for picnic dinner.

Open to Members of Vernon County 4-H Photography Project.

Registration Deadline is July 13, 2016. Call the UW-Extension Office, 637-5276 or email cdaniels@vernoncounty.org with your RSVP today! Please include the following information with your RSVP: Youth name, phone #, club name and which date you are RSVPing for.



Reminder Poultry Members: It is time to think about getting your pre-showing requirements completed in order to show at the Vernon County Fair. As you purchase your birds, please purchase them from a NPIP Certified Flock. If you have no other birds on your premises, please send in the Associate Flock Application to the WI Department of Agriculture, Trade and Consumer Protection. This form can be obtained at <http://datcp.wi.gov/Animals?Poultry/Index.aspx>. WI DATCP will then

send you an Associate Flock Certificate which you will need to enter your birds to the Vernon County Fair. If you have other birds on your premises, your flock will need to be tested for Pullorum Typhoid disease. This disease is caused by Salmonella Pullorum. This disease is highly fatal to young chicks or pullets, causing young birds to die soon after hatching without exhibiting any observable signs. Mortality in such outbreaks may approach ninety percent if left untreated. I plan to do the Pullorum Typhoid testing in July of this year. Please contact me at 608-606-3353 or home 689-2633 or email bnigh@vernoncounty.org to schedule your needed testing. If you have any questions regarding your poultry, please feel free to contact me.



20th ANNUAL 4-H SHOOTING SPORTS COMPETITION SUNDAY, JULY 17, 2016



Sponsored by Vernon County 4-H Shooting Sports

(Vernon, Monroe & Richland Counties)

Coon Valley Conservation Club, S1005 Knudson Lane, Coon Valley

Directions: 2 miles west of Coon Valley on Hwy 14 - Turn left on Hwy 162 –

Drive 2 ½ miles – turn left on Knudson Lane. Look for signs!

PRE-REGISTRATION ENTRY FEE - \$5 or \$15.00 For Family Over 3

Must be 4-H Shooting Sports Project Member

PRE-REGISTRATION DEADLINE: July 13, 2016

(Registration Cost Day of the Shoot - \$8.00)

- Air Rifles - Must furnish own guns and ammo (Eye/Ear Protection Required/No Slings or Supports)
- Archery - Field points only. Must furnish own bow and arrows (No Crossbows)
- Shot Gun - Must furnish own guns and ammo. (Eye/Ear Protection Required)
- 22 Rifle - Must furnish own firearm and ammunition (Eye/Ear Protection Required/No Slings or Supports)

**** Registration begins at 11:30 a.m. ****

Competition to begin at Noon

**MUST HAVE HUNTER SAFETY CERTIFICATION & BE 12 YEARS OF AGE
BY DAY OF COMPETITION TO COMPETE IN SHOT GUN AND .22 EVENTS**

Spectators Must Wear Ear Protection During Shooting Events

Snacks will be served on grounds - Hot dogs, Chips, Candy Bars, Pop

All entrants must be enrolled and received instructions in Shooting Sports in their club or county

Medals for 1st, 2nd and 3rd. Participation ribbons for all others.

DOOR PRIZES AT END OF DAY!

- (1) 22-20 Gauge Shot Gun Combination
- (2) Bow Gift Certificate
- (3) MANY smaller door prizes!

COMPETITION

- *All Around Top Shooter—Plaques
- *Team Trophy—4 members per team
1 in each event

NAME _____ PHONE# _____ GRADE _____

ADDRESS _____ CLUB _____

SPORT _____ COUNTY _____

HOLD HARMLESS AGREEMENT

The undersigned on behalf of him/herself, his/her heirs, successors, assigns, plus the undersigned parent, parents, or legal guardian of _____ hereby specifically agrees to hold Vernon County, Wisconsin, its agents, representatives, volunteers, employees and elected officials harmless from any and all liability for injury, death, or property damage which may occur as a direct or indirect result of participation in the Vernon County 4-H Shooting Sports Project and Activities. This release is binding on the participant, his/her heirs, successors and assigns and if the participant is a minor, this release is binding on the participant, parent, parents, or legal guardian and heirs, successor or assigns of the same.

Dated this _____ day of _____, 2016

Parent/Guardian Signature

**Make check payable to Vernon County 4-H Shooting Sports and mail registration form to:
Vernon County Extension Office, 318 Fairlane Dr., Suite 392 - Viroqua WI 54665**



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Shooting Sports News

4-H Shooting Sports Project Save The Dates



Practice Shoots:

6:00pm: July 10th & Aug. 21st

Other Event Dates:

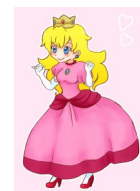
Noon: Sun., July 17—20th Annual 4-H Shoot

Noon: Sun., Aug. 28th—Vernon County Fair Premium Shoot

Please Note: All practices, 4-H competitions & the Vernon County Fair Premium Shoot will be held at the Coon Valley Conservation Club. Crossbows will not be allowed at practice shoots or competitions. Vernon County 4-H members that participate at the practice shoots, annual competition and premium shoot, can put their name in drawing for a gift certificate toward the purchase of a .22, or a bow.

If planning on participating in the Vernon County Fair Premium Shoot, you must enter this discipline on your Vernon County Fair Entry!

Vernon County Fairest of the Fair 2016 Official Entry Rules



Entry Deadline: Monday, July 18, 2016 by 4:30 pm to the Vernon County Extension Office, Erlandson Office Building, 318 Fairlane Dr., Suite 392, Viroqua, WI, 54665. No late applications will be accepted.

Contest Date: Saturday, July 30, 2016, with interviews beginning at approximately 8:00 am. Selection will take place at the Ferris Wheel Pancake Breakfast. Additional details about the event will be sent to the applicants.

Requirements:

- Applicant must be a resident of Vernon County, or the majority of their fair activities take place in Vernon County, and a Wisconsin resident for at least one year prior to application.
- Applicant must be 18 years of age by January 1, 2017 and possess a valid driver's license, as the applicant may be required to travel.
- Applicant must be able to attend the Vernon County Fair, September 14-18, 2016. Applicant gives permission to have their photo published on the Vernon County Fair website, in newspapers, and in the Vernon County Fair official premium list.

Responsibilities:

- Vernon County Fairest of the Fair must be able to represent Vernon County in the Wisconsin Association of Fairs *Fairest of the Fairs* state contest held January 8-11, 2017. Two banquet tickets for the state contest will be provided by the Fair Board.
- The Vernon County Fair Board reserves the right to ask the Fairest representative to step down from their position if their behavior and actions do not portray a positive image for the Vernon County Fair and the county's youth. The Fair Board provides an expense allowance for activities as Fairest of the Fair.

To Apply: Find a sponsor for the contest such as a business, youth organization, or civic organization. The sponsor fee is \$30.00 which covers one breakfast ticket for the sponsor, one ticket for the applicant and contest expenses. Sponsor checks should be written to the Vernon County Ag Society. Complete the entry form and submit to the Vernon County Extension Office. Please include two photos, with name and address written on the back for newspaper use. Photos will be returned to you. The public is welcome to attend the Ferris Wheel Pancake Breakfast on Saturday, July 30th from 7-11 am with the selection of the 2016 Fairest at approximately 10:00 am.

Newly selected Fairest will be asked to attend State Fair Reunion in Milwaukee on Monday, August 8, 2016

- **THE FAIREST RECEIVES A \$1000 CASH AWARD AT THE COMPLETION OF THE YEAR.**

Complete entry information is available at the Vernon County UW-Extension Office.

Baking With *Lindsey*

Hello everyone! I know we have all had our ups and downs while baking, so below I have listed my top ten pieces of advice. These tips will help you become a better baker! I have learned everything I know about baking from practice, advice from others, and never giving up. I hope this helps, good luck!

1

Always read the recipe all the way through before you start baking. Then you will be familiar with the recipe and have an idea what is going to happen next.

2

Make sure to have all your ingredients you need before you start baking. It is not fun to have to stop in the middle of baking to run to the store.

3

Take your time when measuring all your ingredients. Baking is a science, so you want to measure correctly!

4

Do not overmix your batter.

5

Resist the urge to open the oven door to check on your baked goods. Use the oven light if you want to sneak a peek.

6

Take your cupcakes or cake out of their pans to cool. Your baked goods will continue to cook if left in the pans.

7

Allow your baked goods to completely cool before frosting them. Be patient or you will have a melted mess if you do not wait.

8

To keep your cupcakes moist make sure to frost the entire top of the cupcake.

9

Research how to properly store your baked goods so you can enjoy them longer.

10

Plan ahead! Take your time! And never give up!





Ingredient Substitutions



Have you ever been in the middle of making a recipe and realize you are missing an ingredient? These substitutions may just save you from ruining the recipe or help you avoid an extra trip to the store!

- **Mayonnaise** (1 cup) = sour cream or plain yogurt (1 cup)
- **Garlic** (1 clove) = 1/8 teaspoon garlic powder
- **Buttermilk** (1 cup) = 1 cup milk + 1 Tablespoon white vinegar
- **Tomato Juice** (1 cup) = 1/2 cup tomato Sauce + 1/2 cup water
- **Tomato Soup** (10.75 oz. can) = 1 cup tomato sauce + 1/4 cup water

For a printable list of ingredient substitutions, go to: food.unl.edu/documents/IngredientSub.pdf

Source: *University of Nebraska-Lincoln Extension*

Nutrition Basics

Every five years, a new edition of the Dietary Guidelines is published. The purpose is to provide recommendations for Americans on healthy eating patterns to promote health and prevent chronic disease.

Key Recommendations

- **Vegetables**—Eat a variety of vegetables, dark green, red and orange, legumes (beans and peas), starchy, and other.
- **Fruit**—Eat a variety of fruits, especially whole fruits.
- **Grains**—Consume at least half of all grains as whole grains.
- **Dairy**—Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.

- **Protein**—Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use oils to replace solid fats where possible.
- Limit saturated fats, *trans* fats, added sugars and sodium.

Source: *Dietary Guidelines 2015-2020*

Easy Roasted Vegetables

Try this recipe in the oven or on the grill.

- 5 cups assorted vegetable pieces cut in chunks, (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms, asparagus)
- 1 tablespoon oil (canola or vegetable)
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt



1. Heat oven to 425°F. Line a 9"x13" pan with aluminum foil or create a foil packet for use on the grill.
2. Spread vegetables in pan or in foil packet. Sprinkle oil on vegetables. Stir. Sprinkle with Italian seasoning, pepper, and salt. Stir. For grill—Fold sides of foil together tightly to seal.
3. Bake uncovered 45 minutes. Turn every 15 minutes. **OR** Grill over medium-high heat about 15-20 minutes or 8-10 minutes on High. Turn once.
4. Serve hot. Open grill packet carefully to allow steam to escape.

Source: *Iowa State University Extension*



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

Nominate a Volunteer from your County for the National 4-H Salute to Excellence Volunteer Recognition Award

Wisconsin has many outstanding volunteers: Here is your opportunity to nominate someone from your county to be considered for the Outstanding Lifetime Volunteer Award or the Volunteer of the Year Award. The descriptions of each category are below. Each year, state 4-H programs are invited to nominate two outstanding individual volunteers—one in each of two categories:

- The Outstanding Lifetime Volunteer Award is given to an individual who has spent 10 or more years volunteering for 4-H.
- The Volunteer of the Year Award is given to an individual who has volunteered for 4-H less than 10 years.

Selection Criteria

1. The **Volunteer of the Year Award** is for individuals who have served as 4-H volunteers for less than 10 years at the local, county, district or state level.
2. The **Outstanding Lifetime Volunteer Award** is for individuals who have served 10 or more years at the local, county, district or state level.
3. A completed nomination will consist of an overview resume of the applicant's 4-H and relevant community volunteer experiences and three (3) letters of recommendation. A template for the resume is provided and should be followed in developing the nomination packet. A packet missing any of the four components is eliminated (resume & 3 letters).
4. Nominations/letters of recommendation must address the following selection criteria:
 - *Positive impact the nominee has had on the lives of 4-H youth*
 - *Demonstrated ability to work with young people in a way that promotes youth empowerment, decision-making, problem-solving, meeting challenges, mastery.*
 - *Nominee's dedication to youth/adult partnerships and mentor-learner relationships*
 - *Nominee's innovative approaches to engaging youth and increasing diversity among participants*
 - *Dedication to a safe and inclusive environment*
 - *Nominee's innovative approaches to performing volunteer service, recruitment of additional volunteers, partnering with other youth serving agencies, fundraising, providing other resources for 4-H, advocacy for 4-H, etc.*
 - *Nominee's innovative approaches to performing volunteer service*
 - *Evidence of professional attitude, character, and morals*
 - *Personal growth from being a 4-H volunteer (that you have observed)*

Letter writers should be aware of the scorecard and address the relevant points in developing their documents.

Application Guidelines

1. Application materials must be submitted by a nominator to the nominee's State 4-H Office. Each State 4-H Office will select one nominee for each category from its pool of nominations, to be submitted for the regional award. Two recipients will be selected from each region; one for each category mentioned above. From the eight regional winners, one person from each category will be named the national award recipient.
2. Each completed application must be accompanied by three letters of recommendation. Letters of recommendation should be written by individual who can best describe the nominee's qualifications such as 4-H youth participant, another volunteer, 4-H staff person. **Letters should be no longer than 2 pages in length, in 12-point font with 1-inch margins.**
3. A resume of 4-H experiences and community service must be included and should follow the template provided. It is limited to 2 pages in length, in 12-font with a one-inch margin.

Award Information

Nominations are due no later than September 1, 2016 to:

Kandi O'Neil
Attn: Salute to Excellence
610 Langdon St, Room 436
Madison, WI 53703

Regional winners will be announced by February 1, 2017. Each regional winner will receive a personalized plaque, and \$200 cash award to be donated to a local 4-H program of their choice. National winners will be announced in April, 2017, National Volunteer Month and will be recognized on Friday of National 4-H Week during the 2017 Heritage Luncheon held at the National 4-H Center in Chevy Chase, Maryland. Each will receive a

Wisconsin 4-H Youth Livestock Update!

Dear 4-H Families enrolled in the Youth Livestock Animal projects in Wisconsin 4-H:

As a way of introduction, my name is Bernadette (Bernie) O'Rourke, the Extension Youth Livestock Specialist. I work with 4-H, FFA and other youth animal associations in the Beef, Sheep, Swine and Meat Goat areas. I provide leadership for youth animal projects by conducting events, programs; resource materials and research that increase knowledge and awareness. Alissa Grenawalt assists in supporting the youth livestock area as well as the other species specialists. If you'd like to learn more about us, please go to the link for more information. <http://fyi.uwex.edu/youthlivestock/about/>

We'd like to make you aware of some upcoming contests and events that we would love for you to participate in!

1. #spillthebeans video contest

Members of Wisconsin 4-H and FFA grades 3-13 (as of January 1, 2016) are encouraged to participate in a new video contest opportunity highlighting the importance of soybeans in livestock projects. Winners can earn cash awards and be recognized at the 2016 Wisconsin State Fair! Get your smartphone, video camera or tablet ready and enter a two – minute (or less) video that addresses one of the following topics that revolve on the importance of soybeans in Wisconsin. Over \$2000 of award money is up for grabs! Can't wait to see what you create! Check out the link to see how you can submit your video:

<http://fyi.uwex.edu/youthlivestock/spillthebeans-video-contest/>

2. Premier exhibitor Wisconsin state fair

During the youth livestock time at state fair, there are contests for youth. Youth can test their knowledge of livestock through taking a written quiz, skillathon stations (identifying breeds, equipment, etc.), judging animals, a short industry interview and showmanship. Four of these events are added together for prizes and monetary awards for the top youth in each of the species areas. Check for more details coming out through our social media channels and state fair's website.

3. "Facebook Live" (real time happenings)

Look for many updates on social media channels, especially Facebook Live. Please follow, "Wisconsin Youth Livestock Program", click on "Like" drop down and click on the "On (All Posts) notifications, see the diagram. This will notify you when we will be doing some "Facebook Live" feeds from all the livestock judging events throughout the state this summer. Area Animal Science Days, the regional livestock judging contests, will be happening the end of June. The state livestock judging contest results will be occurring the end of July. Check out what we are up too!

For more information in the Youth Livestock Program Area:

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

1. Subscribe to receive information via email. Any updates that I do to the website you will receive in an email. Scroll down to the right of the page and type in your email address and click on subscribe.

2. Click on the social media icons and follow us on Facebook, Twitter, Instagram, etc.

Please pass this onto other youth enrolled in the beef, sheep, swine and meat goat project area.

Thanks,

Bernadette O'Rourke

Bernie O' Rourke
Extension Youth Livestock Specialist
Animal Science Recruitment
borourke2@ansci.wisc.edu
608-263-4304 (phone)
<http://fyi.uwex.edu/youthlivestock/> (website)



New Adaptive Kayak and Hand Pedaled Tricycle Available at Upham Woods



Assist Wisconsin, a non-profit organization from Wisconsin Dells has partnered with Upham Woods to bring a new adaptive kayak with two extra pontoons and a grip assist paddle, along with a hand pedaled off road tricycle for hiking around camp. If you know of any campers with disabilities who are on the fence about coming to camp, these tools can be the difference by turning obstacles into opportunities. If you would like to use these tools for your counties trip, please email Michael.Raymonds@ces.uwex.edu at least one week prior to your groups visit. Also check out [Assist Wisconsin](#) for more information.

2017 4-H and Youth State Photo Display

Each county may enter up to three photos in the 2017 4-H and Youth State Photo Display (only one entry per person.) The State 4-H Photo Advisory Committee will select the Top 12 photos to be highlighted in the display which will be exhibited for the first time at the 2017 Wisconsin State Fair.

The 2016 State Photo Display, which includes more than 140 photos from 61 counties from across the state, will be on view at the Wisconsin State Fair Youth Expo Hall from August 4-14th. It will also be requested for display during the Vernon County Fair, September 14th—18th, 2016. The 4-H Youth State Photo Display during fair can be found in the Youth Activity Building.

Vernon County 4-H entries are judged and selected during the Vernon County Fair. The description is noted below and can also be found under “J—Department 20—Photography” in the Vernon County Fair entry information.

Special Awards:

#3. The best photo from Class A, Class B, Class C, along with one alternate photo will be chosen for the State 4-H photo display competition and will be kept until the end of fair.

If your photo is selected to represent Vernon County 4-H in this competition, please check with the fair superintendent or the Vernon County UW-Extension Office for further instructions. Deadline to submit photo's at the County level is November 1st.

A photo entry is a single, color or black-and-white digital image. Photo's are to be submitted electronically to your county 1st. Typical files are between 5M or 10M jpeg or tiffs. The State 4-H Photo Committee will attempt to display images as uploaded, without correction, but may need to adjust large images to a smaller size to fit the display.

Photo entries are not returned to exhibitors and become the property of the State 4-H Office.

Fall Forum

Adult and Youth Leaders - Mark Your Calendars for Fall Forum and Hall of Fame Celebration

Don't miss out on a great statewide workshop for youth and adult leaders!!!

What: Fall Forum and Hall of Fame Celebration

When: November 4-6, 2016 (starting with registration at 6:00 p.m. Friday, November 4 and ending 10:30 a.m. November 6)

Where: [Green Lake Conference Center, Green Lake](#)

Who: Each county is encouraged to send a delegation of youth and adults

7th – 13th grade youth

Adult volunteer leaders

Staff are invited and encouraged to attend as your schedule permits

Cost:

Registration Fee (includes meals, breaks, facility fees and supplies)

\$85 registration fee per person (Friday – Sunday)

\$75 registration fee per person (Saturday - Sunday)

\$70 registration fee (Saturday (lunch and dinner)

\$50 registration fee (Saturday – lunch only)

Lodging:

Adults

\$45/night if there are two adults

\$75 - Single adult room

\$25/night with three or more adults per room

Youth

\$25/night with three – four youth per room

Note: The room cost increases if there is more than one person. This is why the room rates are not half of the single room rate.

The program kicks off Friday evening with over 15 interactive sessions. Saturday offers more than 25 workshops to choose from. Top off the night with a special celebration where up to 10 people will be inducted into the Wisconsin 4-H Hall of Fame. An evening of circle dancing and table games will follow the celebration. Plus an ice cream hospitality sponsored by Cedar Crest Ice Cream. Sunday morning brings a high energy program that you can use at the club or community level.

All youth participants need to have a chaperon who has completed Youth Protection identified when they register.

The top 10 reasons why youth and adult leaders will want to attend!

15+ interactive sessions Friday night... science, health, games, exploring Upham Woods,

25+ sessions Saturday from science and SPIN Clubs to Cloverbuds and team building

Hear the Vision for Wisconsin 4-H from State Program Director Dale Leidheiser

Get to meet adults and youth from around the state

See youth adult partnerships in action

Networking and idea sharing

Be part of Wisconsin's largest university youth outreach program!!

Great ideas and projects to take home to use in clubs, schools and community settings

Have fun!

Celebrate Wisconsin 4-H and learn more about Growing 4-H in Wisconsin!

Ask your county Extension Staff about registering today. Register through 4HOnline beginning early September.

Registration will end September 30.

This program is partially funded by the WI 4-H Foundation.

Adult and Youth Leaders - Mark Your Calendars for Fall Forum and Hall of Fame Celebration

DAY	DATE	ACTIVITY	TIME	LOCATION
Thursday	July 7	Leader Retreat	5:00 p.m.	UW-Extension 1st Floor Conference Rm
Saturday	July 9	Horse & Pony Project Summer Show	8:00 a.m.	Wild West Days Grounds
Sunday	July 10	Celebrating Volunteers/Pie & Ice Cream Social	6:00 p.m.	Youth Activity Building, Vernon Co. Fairgrounds
Sunday	July 10	Shooting Sports Practice Shoot	6:00 p.m.	Coon Valley Conservation Club
Thursday	July 14	Choose Health Action Teens (CHAT) Interviews	3:00 p.m.— 4:00 p.m.	UW-Extension Office
Sunday	July 17	Annual 4-H Shooting Sports Competition	11:30 a.m.	Coon Valley Conservation Club
Monday	July 18	Vernon County Fairest of the Fair—Entry Deadline	4:30 p.m.	UW-Extension Office
Monday	July 18	Camp Counselor & Chaperone Teleconference	8:00 p.m.	Teleconference
Wednesday	July 20	Choose Health Action Teens (CHAT) Training	All Day	Kickapoo Valley Reserve
Sunday— Tuesday	July 24-26	Upham Woods 4-H Summer Camp Vernon, Crawford & Richland Counties		Upham Woods, Wisconsin Dells
Wednesday	July 27	Introduction to Photography	6:00 p.m.— 7:30 p.m.	UW-Extension Office
Friday—Sunday	July 29-31	State 4-H Dog Show		Grant County Fairgrounds, Lancaster
Saturday	July 30	Vernon County Ferris Wheel Pancake Breakfast & Fairest of the Fair Coronation	7:00 a.m.— 11:00 a.m.	Vernon County Fairgrounds
Sunday	July 31	Photo Hike and Picnic Dinner	3:00 p.m.— 7:30 p.m.	Esofea Park, Cty B
Wednesday	August 3	Vernon County Fair Entry Deadline	4:30 p.m.	UW-Extension Office
Saturday	August 6	Horse & Pony Project Trail Clinic	1:00 p.m.	Wild West Grounds

What's Cookin' - July Recipe—

From: Joanne Hornby, Davis Diggers Club Leader
Cranberry-Walnut Bars

Ingredients

1/2 cup applesauce
2 large eggs
2 tablespoons water
1 22-ounce pkg sugar cookie mix
3/4 cup cranberries
1/2 cup English walnut pieces



Directions

Preheat oven to 350. Lightly grease a 9 by 13 “ baking pan with nonstick cooking spray; set aside. Combine applesauce, eggs and water in a large bowl. Add cookie mix and blend well. Stir in cranberries and walnut pieces. Spread cookie mixture into prepared pan and bake 30 minutes or until light golden brown. Makes 24 servings.

UW-Extension Office Vernon County
318 Fairlane Dr., Suite 392
Viroqua WI 54665
Tel (608) 637-5276 Fax (608) 637-5504
Web Page: <http://Vernon.uwex.edu>

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