

Vernon



Head



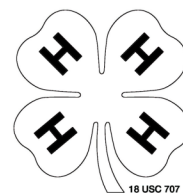
Heart



Hands



Health



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Extension

October/November

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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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**2016 National 4-H Window/Business
Display Challenge Reminder!
October 23rd - 29th, 2016**



This is a voluntary Club Level Challenge

Entry Deadline: Monday, October 17, 2016

Complete information can be found on our website: <http://vernon.uwex.edu>

Vernon County 4-H Award Trip Deadline Reminder!



Interested in applying for a Vernon County 4-H 2017 Award Trip? The members online enrollment/re-enrollment for the current 4-H calendar year of 2016-2017 must be completed! The application deadline of November 1st is fast approaching! Complete information and trip award packets are available on our website at <http://vernon.uwex.edu>.



Space Camp Reminder!

April 20-24, 2017

<http://fyi.uwex.edu/wi4hedopp/space-camp/>

Correction: Registration for Space Camp deadline is December 31, 2016



Delegates are to register via 4honline anytime between October 3—December 31, 2016. The members online enrollment/re-enrollment for the Current 4-H calendar year of 2016-2017 must be completed first! Estimated cost for 2017 Space Camp is \$550 - This trip is generously funded by Vernon County 4-H L/P Federation, with \$200 towards cost for the six first time trip participants.



We have fair projects and ribbons here at the Extension Office that were not picked up after the fair. Please check with your club leader to see if they have picked up these items or if you need to come to the Extension Office yourself. All projects and ribbons still here at the Extension Office, must be picked up before Wednesday, November 30th. Items still here after the 30th may be donated or thrown away !

4-H Calendar Raffle!



Listen for 4-H calendar raffle winners on WVRQ AM 1360 Radio Station, 12:15 p.m. News Monday—Friday October 3rd—31st! Winners listing will be updated weekly on our website, <http://vernon.uwex.edu>





Countywide 4-H Meeting Attendance Requirement

All 4-H families recently received a letter about the new minimum 4-H club meeting attendance policy which goes into effect with this year's 4-H enrollment.

Early in 2016 the 4-H Leader Parent Federation took steps to ensure consistent participation in 4-H by proposing a 50% minimum club attendance policy. Each 4-H family was polled for their thoughts on such a policy. Overwhelmingly, 4-H families support this policy (80% of respondents). This county wide attendance policy will take effect in as you enroll or re-enroll in 4-H this year. This will not overrule current requirements a 4-H club has in place, unless the 50% requirement is more than what a 4-H club currently has in effect. The clubs have a right to set more stringent requirement if they choose. This policy change may impact your children's eligibility to show at the Vernon County and State Fairs as a 4-H member.

Working together, the Leader Parent Federation thanks you for helping make Vernon County 4-H a valued educational experience for your children.

Colleen Pulvermacher
4-H Youth Development Educator

4-H Club News



Mapledale Motivators/Rt. 56—Christian Nelson



September: The Mapledale Motivators/ Rt. 56 4-H club met at the Vernon County Fair Grounds 4-H Food Stand on September 11th, 2016. 22 club members were present. A potluck lunch was shared and club members talked about the upcoming 4-H fair that starts this week. Elections were held for new club officers. Darby Wagner was voted club president, Joshua Rebhahn was voted club vice president, Andrew Quackenbush was voted club treasurer, and Ricky Wagner was voted club secretary. The new officers will start their term next month. The next club meeting will be held on October 9th, 2016 at the Vernon Memorial Healthcare meeting room.

Save the Dates!

4-H Arts Fest

Saturday, March 4th, 2017

Westby Area High School




Watch for complete entry information!

Upham Woods Camp





July 20-22, 2017





Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Project Reports, Friend of 4-H, Spec. Ldr. Trip & Key Awards DEADLINE	2	3	4	5 Fall Forum
6	7	8	9	10	11 Horse Leaders Conference	12 
13  L/P Meeting Horse Leaders Conf. Ends	14	15 DEADLINE 4-H Enrollment	16	17	18	19
20	21	22	23	24  Office Closed	25 Office Closed	26
27	28 Volunteers In Preparation Class	29	30 Entries left at Fair pick up at Ext. Ofc! DEADLINE			



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11 L/P Federation Meeting 	12	13	14	15	16	17
18	19	20	21	22	23 Office Closed 	24
25	26 Office Closed 	27	28	29	30	31  Office Closed Mon., Jan. 2nd!



***Notes from the 4-H Leader Parent Federation:
Adult volunteers serve our 4-H youth in many ways.
Please consider the following opportunities.***



Recognition Committee new member needed – 3 year term, starts this fall

Focus: Assist in the annual selection process for 4-H youth award trips and Key award recipients

The Recognition Committee is a subcommittee of the Vernon County Leader/Parent Federation. Any 4-H volunteer in good standing may serve as a recognition committee member. There are three representatives serving staggered three year terms so that a new member is joining the committee each year. The committee typically meets 2-3 times each year- after the application deadline to score paperwork and set up interview times, to conduct interviews and then to wrap up the year if needed.

Scholarship Committee new member needed – 3 year term, starts spring of 2017

Focus: Assist in the annual selection process for 4-H Scholarship recipients

The Scholarship Committee shall consist of three members serving a term of three years. Thus, a new member will be selected each year by the Federation. The person with the most seniority shall serve as chairperson of the committee. Their responsibilities will include public relations, making scholarship forms available to applicants, naming the Selection Committee, and revising the form when deemed necessary. Please note: The Scholarship Committee may not be the same as the Scholarship Selection Committee. It is possible that an individual may be on both, but no parent of an applicant or anyone with close ties to an applicant shall be on the Selection Committee. The committee typically meets 1-2 times per year.

Leader Parent Federation Officers Needed – 2 year terms

- 4-H Adult Volunteers with knowledge and experience in our county 4-H program, along with a willingness to learn, are well positioned to enjoy serving on the Federation.
- An interest in serving all aspects of the county 4-H program, as opposed to a specific project, best serves our 4-H youth.
- Consistent attendance is needed at the monthly 4-H Leader Parent Federation Meetings. (Held on the 2nd Sunday evening of the month, 6 p.m. at the UW-Extension Office. Meetings generally last about an hour).
- Computer access and proficiency with Microsoft word and e-mail is essential.

Vice President

The role is a two year term, the first year being a support to the President of the federation and the second year to moving into the President role. Duties include: Filling in for executive officers that may not be able to attend a meeting, including leading the Federation meeting if the President is not able to attend. Serve as chairman of the promotion committee. Assist in providing 4-H officer training.

Secretary

This position is a two year term. Duties include: Shall keep minutes of the meeting of the General Membership and Federation Board meetings. The secretary shall work with the Extension Office in getting out special correspondence and communications as necessary.

***For further information or if you have questions regarding these volunteer opportunities, contact:
UW-Extension Office, 637-5276, Hassan Fortney, 790-0476 or Cheryl Rebhahn, 637-2209.***

2016-2017 4-H Calendar Year Re-Enrollment Reminder!



Registration for all 4-H enrollments are done online at <https://wi.4honline.com>. All fees will be collected at the club level. An adult 4-H leader will not show “actively” enrolled until enrollment is submitted and “accepted”. A 4-H member will not show “actively” enrolled until all fees have been paid to and “confirmed” by your club leader and subsequently turned into the Extension Office to be “accepted”. A \$5.00 late fee applies to all re-enrollments received by the Extension Office after November 15th deadline.

4H ONLINE Re-Enroll Members/Leaders September

GETTING STARTED

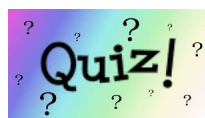
To get started with the re-enrollment process, go to <https://wi.4honline.com> and log in with your family email and password. (If you do not remember your password, contact Cindy at the Extension Office, 637-5276. A temporary password will be sent to you.) On the family home screen, click on the orange button labeled **Continue to Family**. On your Member/Volunteer list, find the family member you wish to re-enroll and click on Edit next to their name.

RE-ENROLL

At the bottom of the next screen, click on the button for **Enroll for 2016-2017**.

If the youth is over 17 years old, a box will appear asking if you wish to enroll as a youth or an adult. If the youth is graduating from 4-H and wants to continue as an adult leader, then choose **Enroll As Adult**, otherwise select **Enroll as Youth**. (Note: Additional steps must be taken and completed such as participating in the **Volunteer Orientation class** before someone can be accepted as an adult 4-H Leader.) You will now see the Personal Information that you entered when you first enrolled. Look over the information and make any corrections. If the youth was in 12th grade last year, you must select the grade for this year, either **Post High School Education** or **Not in School**. When you are done, click on **Continue**. Next is the Additional Information screen where you will need to accept the agreements and answer the Photo Release and Accommodations questions. Click **Continue** when done. The Health Form for members is optional at enrollment, but you could be asked to complete it in the future if you attend any events that require one. Click **Continue** when done. On the Participation -> Club screen, confirm the correct club is listed. If you serve in a volunteer role (but not as a project leader) click on **Edit** and select the volunteer type. Click on **Update** to save the change. Click on **Continue** when done. On the Participation -> Projects screen, confirm all the projects you are enrolled in are listed. Add any missing projects. If you are dropping a project, click on **Edit** for that project and then click on **Delete**. After making sure all your projects are listed correctly, click on **Submit Enrollment**.

~~~~~  
Interested in becoming an 4-H Adult Volunteer? Great! Please see the quiz question and answer regarding steps needed to complete the enrollment process.



**Question**—I’m new to 4-H and have enrolled in 4honline. I’m good to go, right?

**Answer**— No! Enrolling in 4honline is a starting point. Now you need to go back to 4honline and complete the mandated reporter training. (Make sure to print the certificate of completion!). Now call the Extension office to schedule a VIP (Volunteers in Preparation) class. (Formally known as Volunteer Orientation).

**Why does this matter?** Without being an official 4-H volunteer you have no liability protection. It puts you at risk!

*See Page 15 of the August/September Newsletter for complete instructions on the adult enrollment process.*

## Photography Project News

### Vernon County 4-H Photography In Focus:

Welcome Shutterbugs! I had the opportunity to host two photography events for 4-H members throughout the county this summer. We had an informational session one evening and then took an afternoon to put that information to work while we hiked at Esofea Park. Both days we had about 8 members and we all learned so much. Thank you to those that took time out of your busy schedule to attend. I also want to commend all of the 4H members that entered photography in the Vernon County Fair. I saw some great photo entries!



**Above: Using different angles to get up close and personal to their subject.**

### A recap of my 4-H Photography In Focus Lesson—Preparing an exhibit

When you enter a photo exhibit at the county fair, you'll be showing the public, and the judge, what you've learned. Make your exhibit the best it can be. Here are my top 10 tips:

1. Don't worry about the type of camera you use. You can take interesting, well-composed photographs with any camera.
2. Hold your camera steady.
3. Get close to your subject. Fill the viewfinder.
4. Watch the background behind your subject. Keep it simple.
5. Place your subject off center, which is more interesting than in the middle of your photo. This is called the "Rule of Thirds."
6. Use leading lines to lead your eye to the subject.
7. Include something in the foreground that "frames" your subject within the photo.
8. Follow Vernon County Fair Mounting Requirements: correct photo size, board, matting, and adhesive.
9. Follow exhibit layout rules: no distracting artwork, photos mounted straight, title and captions clear and simple
10. Provide technical information: type of camera, type of film, and setting details.

Be on the lookout for some more photo opportunities within the county and remember "You don't take a photograph, you make it."- Ansel Adams



Arena Kvamme (Bark), 4-H Photography Leader

**Right: Vernon County 4-H Photographers walking on the trails at Esofea Park looking for the perfect photo opportunity!**



## 2016 Vernon County Fair Photography Awards

Each county may enter up to three photos to be included in the 4-H & Youth State Photo display (only one entry per person.) The entire State Photo Display will be exhibited for the first time at the Wisconsin State Fair.

### 2016 Vernon County Fair 4-H Youth State Photo Display Selectees

**Anna Dregne Grade 3-5—East Ridge Beavers 4-H Club**

**Elias Bolstad Grade 6-8 —Nerison 4-H Club**

**Arabella Roth Grade 9-13—Davis Diggers 4-H Club**



### 2016 Cecil Chapin 4-H Photography Award

**Elias Bolstad—Nerison 4-H Club**





4-H youth enjoyed learning about commodities through the Grow A Hog game at the County Fair! A special thank you to teen helpers Rachel Nigh and Aimee Harnish.



## Dog Project



Jump!



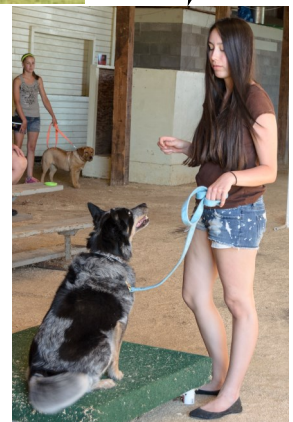
Sit!  
Good  
Dog



### *Participants of 2016 Summer Dog Obedience Program*

*Pictured below from left to right:*

*Allyson Brunette, Paula Fanta, Hope Petersheim,  
Bella Roth, Dominic Falter, Rebecca Wileman,  
Ben Roethel and Cheryl Rebhahn*





## Large Animal Project News



### Dairy

#### *Vernon County Dairy Youth Invited On Dairy Industry Tour*

Thanks to proceeds from the Vernon County Dairy Youth Fund, there is an upcoming educational tour scheduled for Saturday, October 29<sup>th</sup> inviting all Vernon County dairy youth that are members of 4-H, FFA and dairy breed organizations to attend. Parents/guardians are also welcomed based on room availability or their own transportation provided. The intent of the tour is to expose dairy youth and broaden their horizons of the dairy industry. There is no cost for the youth to attend. The transportation and lunch are provided by the Dairy Youth Fund. The schedule is as follows:

#### **Dairy Youth Tour Schedule**

#### **Saturday, October 29th, 2016**

7:00 a.m. Leave, Vernon County Extension Office Parking Lot (the group will travel in vans).

9:30-National Dairy Shrine Visitors Center, Fort Atkinson, WI

11:00-Leave/Travel

11:15-Nasco Farm Store, Fort Atkinson

11:45-Leave/Travel

12:00-Lunch, Followed by Hoard's Dairyman Farm Tour

2:00-Leave/Travel

2:30-Sunshine Genetics, Whitewater

3:30-Leave/Travel to Viroqua

6:30 p.m. Arrive in Viroqua, Vernon County Extension Office Parking Lot

If you are interested in attending, please RSVP by Tuesday, October 25th to Gail Klinkner at [608.606.0183](tel:608.606.0183)/[galwub@hotmail.com](mailto:galwub@hotmail.com). The Vernon County Dairy Youth tour is made possible by the proceeds from the Dairy Champion Ribbon Sale at the Vernon County Fair and with the support of the Vernon County Dairy Youth Fund Committee. This committee was formed with the purpose of providing financial support to enhance the dairy youth development and activities of all dairy youth involved in Vernon County 4-H, FFA and dairy breed organizations.

Julie Larson

Sent on Behalf of the Vernon County Dairy Youth Fund Committee

### **2016 Vernon County Fair Jr Dairy project members showing how it is done! Congratulations to all Jr. Fair Exhibitors!**

Pictured Below: Hannah Fremstad  
showing for Jr Champion Jersey



Pictured Below: Reagan Klinkner and Grace  
Fremstad showing for Jr Champion Jersey



Pictured Below: Reagan  
Klinkner waiting to sell his  
reserve Jr champion  
Guernsey ribbon at the sale







## Congratulations to Vernon County Fair 4-H Horse & Pony Project Members! A great time was had by all!!

Project members and leaders participate in the annual Vernon County Fair Cricket Spitting Contest!

From left to right:

Front row: Natalie Bolstad, Kirbie Brose

Back row: Eli Bolstad, Project Leader Gail Bolstad, Emilie Brose, Bethany Roethel, Olivia Strasser, Project Leader Sally Brose.



Pictured above Horse at Halter Class: Olivia Strasser 1st Place

### Vernon County 4-H Wild Riders Drill Team!

Below From Left to Right: Kirbie Brose, Bethany Roethel, Natalie Boldstad, Eli Bolstad, Olivia Strasser and Emily Brose



Pictured below Horseless Horse Halter Class: Jade Bjerkos 1st place - 2nd Place Grace Fremstad



Pictured above: Showmanship Grand Champion, Kirbie Brose



Pictured above Trail Class: Emilie Brose, 1st place



Pictured to the right: Reserve Showmanship Champion, Natalie Bolstad





## Horse Project News



*Hello Project Members/Families and Newsletter Recipients!*

Congratulations to all of our 4-H members with doing such an excellent job showing their horses as well as other projects at fair this year! I really saw the difference from last year. Your hard work, practicing and dedication really showed! I talked with many parents during the fair in regards to our continuing plans for barn improvements, and what our next step might be. We have roughly \$7500 at this time in our barn improvement account, so we do have many options to make our barn even better! Some of the ideas currently being looked at are: Replacing and expanding the old skylights for improved lighting in the building, fans for air circulation, new electrical system, and redoing our horse barn office with a display show case. The barn committee will be reviewing suggestions for our next step in improvements, so if you have additional ideas other than the ones noted, please email them to me. Hope to see you at the next 4-H Horse & Pony Project meeting, which will be held on Sunday, November 13th, 1:00 p.m., 1st Floor Conference Room, Erlandson Building.

Thank you and here's hoping our project members and families are able to get out and enjoy the trails this fall!

Sally Brose, Vernon County 4-H Horse & Pony Project Leader

## Sheep Project News

### 2016 Wisconsin State Fair



Above Photo:

Michael Krause with his Targhee Ram lamb, "Lawrence Levi", who received Reserve-Grand Champion Targhee Ram, and also received Reserve-Grand Champion Bred and Owned Targhee Ram.



#### Lower Left Photo:

From left to right: Jamie Dunnum, Joshua Rebhahn & Michael Krause

In this photo Michael Krause is charging Joshua Rebhahn with the keeping of the Vernon County "Lamb". This wooden lamb was made as a 4-H project in 2012 by Robert Krause, and has been displayed at the State Fair each year since to identify the Vernon County Sheep pens by being hung over them. Robert Krause was the keeper of the Vernon County Lamb in 2012 and Michael Krause 2013-2016. This was Michael's last year of showing as a Junior at the State Fair, so the honor of "Keeper of the Lamb" was passed on to Joshua.

**Kaitlyn Dunnum** is the daughter of Ryan and Jamie Dunnum of Westby. Kaitlyn began showing sheep at State Fair in 2015.

**Joshua Rebhahn** is the son of Ed and Cheryl Rebhahn, Viroqua. Joshua began showing sheep at State Fair in 2013.

**Michael Krause**, (shown) and Robert Krause are the sons of Forrest and Sue Ann Krause of Stoddard. Michael and Robert in 2012 were the first in recent years to show sheep at the Wisconsin State Fair.



## Registering for an event on 4Honline

### OVERVIEW

Registrations for some events are done in 4HOnline. This document walks you through registering for an event.

### FINDING THE EVENT

Log into your family account and look at your member list. Scroll to the bottom and find the section titled "Register A Member In An Event". Select the name of the member you want to register. Then select the event. A series of boxes will appear at the bottom of the screen. Click on the "Register" button.

### REGISTERING FOR THE EVENT

On the next screen you will be asked for specific information related to the event. This may include t-shirt size, cabin or seminar choices, etc. Any required fields are in bold. Click on the "Continue >>" button. If you missed any required fields, you will get an error message and the missing fields will be highlighted.

Verify your choices and click on the "Check Out >>" button.

On the Payment screen, the only selection is County/Club 4H Check. Click on the "Select Payment Method" button.

On the Confirm screen, check the box agreeing to the Pay By Computer Terms and Conditions. Click the "Confirm Order" button.

On the Finish screen, you can print your entry.

Follow the invoice instructions for submitting payment.



### Making Choices between Food Needs and Food Wants

**Food needs:** Basic food choices that are needed for health.

**Food wants:** Foods you'd like to have, but could survive without them—often convenience foods.

#### Get more for your food dollars:

- Plan meals and make your shopping list.
- Think about your food needs first, then make choices from your food wants list if you have enough funds to purchase them.  
**Example—Food needs:** Fruits and vegetables in season, whole chicken and oatmeal.  
**Example—Food wants:** Pre-made fruit smoothies, meat that is pre-cut or instant oatmeal in individual packages.
- Limit food wants that are low in nutrients but high in fat and calories. These are "once-in-a-while" foods.
- Try to limit convenience foods when planning meals.

Source: University of Maryland Extension



### Santa Fe Stuffed Potatoes

*Give your traditional baked potato a Southwest flair!*



- 4 medium potatoes
- 1 cup black beans (drained and rinsed if canned)
- 1 cup salsa
- 1 cup corn (canned or frozen)
- 1 cup low-fat shredded cheese

**TIP:** Reduce preparation time by cooking potatoes in the microwave for 15-17 minutes.

1. Preheat oven to 425°F.
2. Scrub potatoes and prick with fork. Bake for 1 hour or until cooked through.
3. Stir together beans, salsa, and corn in a saucepan about 10 minutes before the potatoes are done. Heat over medium heat until simmering.
4. Remove potatoes from oven. Cut in half lengthwise on plates. Spoon bean mixture over the top of each potato.
5. Sprinkle 1/4 cup cheese over each potato.

Source: Iowa State University Extension



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





**VERNON COUNTY 4-H  
PROJECT-ACTIVITY REPORT**  
(Print Clearly)



Name of 4-H Member \_\_\_\_\_ Boy \_\_\_\_ Girl \_\_\_\_

Address \_\_\_\_\_

Telephone # ( ) \_\_\_\_\_ Name of Parent/Guardian \_\_\_\_\_

\_\_\_\_ Years Member of the \_\_\_\_\_ 4-H Club

School Name \_\_\_\_\_ Grade as of January 1 this year \_\_\_\_\_

**VERNON COUNTY MEMBER RECOGNITION PROGRAM**

All 4-H members are encouraged to apply for project-activity awards in any project they are currently enrolled in or an activity they participated in this year. The project-activity report is also used to note 4-H activities you have participated in during the 4-H calendar year, which is October-October.

- a. **FULLY COMPLETE the Project-Activity Report.**
- b. **Have your project leader or club leader make comments and sign form.**
- c. **Club leader must turn reports in by 4:30 p.m., November 1, 2016**
- d. **Project awards approved will be handed out at either a club recognition ceremony or the Leader/Parent Federation Banquet.**

**PROJECT LISTING**

List the project in which you wish to be recognized for. Please indicate the years have been enrolled and if presently enrolled.

| Project | Unit | Years in Project | Check (I) if presently enrolled |
|---------|------|------------------|---------------------------------|
|         |      |                  |                                 |

**SECTION 1: List reasons why you wish to be recognized for your participation in this project.**

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~Continued on page 13~

**SECTION 11:****4-H LEADERSHIP & 4-H ACTIVITIES**

(4-H activities you have participated in during the 4-H calendar year. Examples: Space Camp, Clothing Revue, Dairy Judging Team, Youth Ambassador Member, Tractor Safety, Summer Camp, Camp Counselor, Award Trip Recipient.)

These activities may be entered on your membership 4-H history

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**SECTION 111: NON 4-H ACTIVITIES**YearActivities

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**SECTION IV: OTHER 4-H ACTIVITIES SUMMARY  
(not reported elsewhere in this report)**YearActivities

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**Leader****Comments:** \_\_\_\_\_

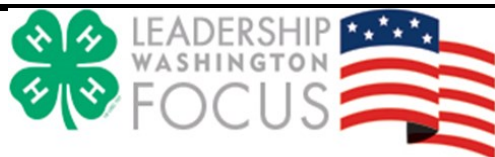
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\_\_\_\_/\_\_\_\_/\_\_\_\_  
**Date**\_\_\_\_\_  
**Leader's Signature**\_\_\_\_\_  
**Club**

1<sup>st</sup> year plaque requested \_\_\_\_\_ YES \_\_\_\_\_ NO  
Additional plaque requested \_\_\_\_\_ YES \_\_\_\_\_ NO



*July 16-21 2017*

## Wisconsin Delegation Overview

Leadership Washington Focus (LWF) is a 4-H leadership program for youth currently in grades 6-8 (2016-17 school year). The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border. For more than 50 years, thousands of 4-H'ers have participated in our high school program, Citizenship Washington Focus and now we are happy to introduce its precursor for middle school 4-H'ers, LWF.

### **Middle school 4-H delegates will:**

- Build confidence in their ability to motivate and direct others in meaningful action
- Practice effective communication with others through group discussion and public speaking
- Work with others to create and accomplish goals
- Develop an understanding of their own personal leadership style
- Exchange ideas, practice respect, and form friendships with other 4-H'ers from across the nation.
- Experience hands-on learning using the historical backdrop of Washington, D.C.

### **PARTICIPANTS WILL ENJOY:**

- Round-trip transportation on a deluxe motor coach
- Educational workshops that increase individual leadership capability and build lifetime skills for success
- Activities that encourage and form new lasting friendships with other 4-H youth
- An enthusiastic staff of young adults that work directly with them
- Participants are immersed in the culture and history of our nation through on-site workshops at D.C.'s most spectacular sights.

### **Destinations include, but are not limited to:**

- White House and Lafayette Park
- National Archives
- Presidential and American Leader's Memorials
- Smithsonian museums and more!

One of the week's signature events, called "Nightview," is a spectacular evening tour where delegates will reflect on the different types of leadership conveyed through the symbolism of our national monuments and memorials.

In between tours and workshop sessions, youth can relax at the National 4-H Youth Conference Center, Washington, D.C.'s premier youth and leadership hotel. The hotel is situated on a 12-acre campus, minutes from downtown D.C., featuring a hotel café all-you-can eat buffet, 24-hour uniformed security, a fitness center, full-court basketball and volleyball court, recreation room with pool tables and arcade games, free parking, and more.

*\*Some aspects of the program are subject to change.*

### **Trip Details**

Total trip cost is approximately \$1100 per youth participant. Individual county 4-H Leader's Groups and 4-H Clubs may offer financial support, check with your 4-H Agent or club leader for more information. Registration includes: Round-trip transportation. Leadership Washington Focus program registration (includes lodging and meals), and some incidentals. Chris Viau, Wood County 4-H Educator, is the trip Coordinator. Youth and parents will participate in a orientation session in the Wisconsin Rapids/Stevens Point area prior to the trip, in person or via technology.

For More Information, Please Contact:

Chris Viau, Wood County 4-H Youth Development Educator

Phone: 715.421.8439 or

E-mail: [chris.viau@ces.uwex.edu](mailto:chris.viau@ces.uwex.edu)

## National 4-H Youth in Action Awards!

The countdown is on for the 2017 4-H Youth in Action Awards Program! These awards are the highest honors National 4-H Council grants to outstanding 4-H'ers who embody 4-H youth empowerment and leadership. Are you a 4-H'er who wants to learn more about 4-H Youth in Action and how you can prepare a compelling application? Maybe you're a 4-H County Agent or Volunteer who wants to provide tips and support to a remarkable 4-H'er you serve? **All applications must be submitted by 5:00 PM ET on Monday, October 24, 2016.** For qualifications, application rules, and information on past honorees, please visit the 4-H Youth in Action web page:  
[http://4-h.org/4-h-legacy-awardsutm\\_medium=email&utm\\_source=blast2&utm\\_campaign=YIA17#!](http://4-h.org/4-h-legacy-awardsutm_medium=email&utm_source=blast2&utm_campaign=YIA17#!youth-in-action)  
youth-in-action



### 2016 Youth In Action Winner

#### Ruwanthi "Ru" Ekanayake

Ruwanthi "Ru" Ekanayake launched the first-ever 4-H Healthy Living blog, allowing 4-H'ers to share their stories, build bridges and create national discussions about health. She also organized a successful Healthy Living Summit across nine counties in California through the University of California Cooperative Extension, which led to more youth starting local healthy living programs including farm-to-table gardening and cyber safety programs. As a member of the National 4-H Healthy Living Ambassador Team, she is committed to helping people live their best lives by advocating a more holistic approach to healthy living that includes healthy nutritional habits, as well as mental and emotional well-being.

## Upham Woods Celebrates 75 Years!

Sunday, September 18, 2016 was a special day at Upham Woods. Multiple generations of Upham staff, participants, and supporters gathered to celebrate the rich history of the people, property, and programs that have impacted so many for the last 75 years. The blue skies and warm sun set the stage for a morning of playing games, singing songs, touring camp, and exploring the variety of historical artifacts about Upham Woods. After a picnic lunch, provided by Consolidated Management, guests made their way to the campfire circle for a ceremony rich with stories of Upham days past, reflections on the future, and a few camp songs, too.





| DAY                | DATE             | ACTIVITY                                                                                               | TIME             | LOCATION                                      |
|--------------------|------------------|--------------------------------------------------------------------------------------------------------|------------------|-----------------------------------------------|
| Sun.—Wed.          | Oct. 2-6         | National Dairy Conference                                                                              |                  | Madison, Wi                                   |
| Wednesday          | Oct. 5th         | Carcass Evaluation Dinner                                                                              | 7:30 p.m.        | Viroqua High School                           |
| Sun. -Sat.         | Oct. 2—8         | National 4-H Week                                                                                      |                  |                                               |
| Sunday             | Oct. 9           | Leader Parent Federation                                                                               | 6 p.m.           | 1st Floor Conference Room<br>Extension Office |
| <b>Monday</b>      | <b>Oct. 17</b>   | <b>Window Display Challenge Entry Deadline</b>                                                         | <b>4:30 p.m.</b> | <b>UW-Extension Office</b>                    |
| Sun.—Sat.          | Oct. 23-29       | Window Display Challenge                                                                               |                  | Area Vernon County<br>Businesses              |
| <b>Monday</b>      | <b>Oct. 31</b>   | <b>4-H Calendar Raffle Ends!</b>                                                                       |                  |                                               |
| Monday             | Oct. 31          | Happy Halloween!                                                                                       |                  |                                               |
| <b>Tuesday</b>     | <b>Nov. 1</b>    | <b>Project Reports, Friend of 4-H, Special Leader, Award Trip Application &amp; Key Award—Deadline</b> | <b>4:30 p.m.</b> | <b>UW-Extension Office</b>                    |
| <b>Fri.—Sun.</b>   | <b>Nov. 4-6</b>  | <b>Fall Forum</b>                                                                                      |                  | Green Lake Conf. Center,<br>Green Lake, WI    |
| <b>Friday</b>      | <b>Nov. 11</b>   | <b>Veteran's Day—Office Closed</b>                                                                     |                  |                                               |
| Fri.—Sunday        | Nov. 11—13       | State 4-H Horse Project Leaders Conference                                                             |                  | UW-River Falls                                |
| Sunday             | Nov. 13          | Leader/Parent Federation Meeting                                                                       | 6 p.m.           | 1st Floor Conference Room<br>Extension Office |
| <b>Tuesday</b>     | <b>Nov. 15</b>   | <b>4-H Re-Enrollment Deadline</b>                                                                      | <b>4:30 p.m.</b> | <b>UW-Extension Office</b>                    |
| Monday             | Nov. 28          | Volunteers In Preparation Class<br>(Formerly known as Volunteer Orientation)                           |                  | 1st Floor Conference Room<br>Extension Office |
| <b>Thurs.—Fri.</b> | <b>Nov.24-25</b> | <b>Happy Thanksgiving! - Office Closed</b>                                                             |                  |                                               |
| <b>Wednesday</b>   | <b>Nov. 30</b>   | <b>Deadline to pick up fair entries left at the Extension Office!</b>                                  | <b>4:30 p.m.</b> | <b>UW-Extension Office</b>                    |

**What's Cookin' - November-December Recipe**  
 From :Cindy Daniels, UW-Extension 4-H Administrative Assistant  
***Parmesan Chicken Bake***

**Ingredients**

2 tablespoons olive oil  
 2 cloves garlic, crushed and finely chopped  
 1/4 teaspoon crushed red pepper flakes, or to taste  
 6 skinless, boneless chicken breast halves  
 2 cups prepared marinara sauce  
 1/4 cup chopped fresh basil  
 1 (8 ounce) package shredded mozzarella cheese, divided  
 1/2 cup grated Parmesan cheese, divided  
 1 (5 ounce) package garlic croutons



**Directions**

Preheat oven to 350 degrees F (175 degrees C).  
 Coat the bottom of a 9x13 inch casserole dish with olive oil, and sprinkle with garlic and hot red pepper flakes. Arrange the chicken breasts in bottom of the dish, and pour marinara sauce over chicken. Sprinkle basil over marinara sauce, and top with half the mozzarella cheese, followed by half the Parmesan cheese. Sprinkle on the croutons, then top with the remaining mozzarella cheese and remaining Parmesan cheese.  
 Bake in preheated oven until cheese and croutons are golden brown and the chicken is no longer pink inside, about 35 minutes to an hour, depending on the thickness of your chicken breasts.

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