

Vernon



Head



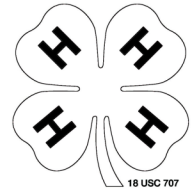
Heart



Hands



Health



# THE VOICE OF 4-H

Vol. 2017 Issue 317

## 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.

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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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*Save the Dates!*

*Considering Volunteering?  
Great! 4-H Adult Volunteer  
Orientation— March 23rd.  
For complete information  
contact the UW- Extension  
Office 637-5276.*



**4-H Arts Fest**  
**Saturday, March 4th, 2017**  
**(Snow Date— March 11th)**  
**Westby Area High School**  
**Nerison 4-H Concession Stand**



**Upham Woods**  
**Summer Camp Counselor!**  
Camp dates for 2017 are set for **July 20-22, 2017**  
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! Application for this amazing leadership opportunity can be found on pages 5 & 6 of this month's newsletter.**



## Vernon County 4-H Leader/Parent Federation



Hello to one and all,

As we start new terms for the 4-H Leader/Parent Federation, I felt this would be a good time to introduce myself. I am Cheryl Rebhahn. I am the incoming President of the Federation. I have been one of the general leaders of the Mapledale Motivators/ Rt 56 for many years. Some of you may know me too well or not at all. I hope to be a resource to anyone that asks as well as learn more from others along the way.

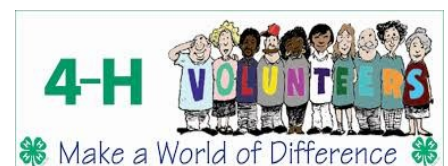
I was fortunate to become involved in 4-H when my oldest son decided to join. When I was a child I lived in town and was told I couldn't join 4-H because that was only for country kids. I didn't like that answer. I told them I thought that was unfair because country kids weren't the only ones who need to learn how to sew, cook, and do arts and crafts. I am now proud that 4-H serves all youth, whether country or city. I enjoy the ability to teach youth a variety of things, which include all the items I mentioned before along with leadership, community service, and any other project they want to try.

I want to thank all the volunteers, whether you be a parent or youth that has been involved in 4-H yourself. I feel 4-H is a family project. Parents can learn at the meetings as well. We not only bring our youth to the meetings but we can help bring more opportunities to them by becoming involved as well. I value everyone's time since I am a working person as well. If we don't give of ourselves, how do we teach our youth to be the best they can be?

I hope to visit every club in the county this year so I can hear suggestions and what is working for the club or what we as a Federation can work on for change in the future. We need to keep 4-H active for our youth so they stay interested and willing to try new things. Please do not be afraid to let me know your concerns, what has been good for your family or what you think could be better.

Welcome to the 2017 year of 4-H and let's work together for our youth.

Cheryl Rebhahn  
President, 4-H Leader/Parent Federation





### **Nerison—Payton Sawyer**

**November**—Claire Hawthorne called the November 28th meeting to order. Pledges were said, and roll call was taken. Secretaries report was given by Claire Hawthorne. Motion made by Michaela Palm to approve the report, 2nd by Bridget Palm. The Treasurers report was given by Evan Bekkum. Motion made by Michaela Palm to approve the report, 2nd by John Falter. Motion passed. New officers were installed: President - Dominic Falter; Vice President - Michaela Palm; Secretary - Payton Sawyer; Treasurer Evan Bekkum; Historians - Bridget Palm, Gaberial Palm, and John Falter. Clover bud leader was left open with Ruth Pennington as adult leader. Dominic notified group of yearly dues, and the option of officer training by the extension office. Christmas party was discussed for 12/7/2016 at the Hawthorne's house, 6:00pm potluck, ornament exchange for kids and parents. Motion by Claire Hawthorne to approve party, 2nd by Agnes Falter. Motion passed. Dairy breakfast discussed for the 1st week of June. Lisa and Tim Servais are hosting. Both Enterprise Eagles and Nerison 4-H are scheduled to help serve. Coon Valley Lions Club and food pantry donation discussed. Motion made by Kaylee Bekkum to donate \$50. 2nd by Bridget Palm. Motion passed. Motion to adjourn by John Falter, 2nd by Mark Leis. Motion passed.

### **Springville Super Stars—Erin Torgerson,**

**December**—Numbers present: Members—22, Leaders—3, Parents—10, Total present—35

Meeting called to order by President Joe Roethel at 2:01 pm, with the Pledges lead by the Officers.

Secretaries report given by Erin Torgerson. Kaylee Swenson made a motion to approve with Ben Roethel seconding the motion for approval. Trista Rumppe gave the Treasures report with our club balance of \$ 362.46. With a motion made by Eli Jepson to approve and Seconded by Cody Campbell. The club leader report was given by Angie Roethel with the following information given. The Arts Fest deadline will be January 14<sup>th</sup>, any interest in this please get ahold of one of the club leaders.






**Unfinished Business:** The November bake sale that was held at Village Market on November 12<sup>th</sup> had a good response with \$235.00 being made for donation to the Vernon County Humane Society, which is changing their name to Driftless Humane Society. Way to go everyone, what a great cause to help. **New Business:** A vote was taken at this meeting on what to give Cornerstone Christian Academy for letting us use their facility for our monthly meetings to be held. This year's choice was a Cheese and Sausage Tray with a motion to be made by Bethany Roethel and seconded by Tessa Rumppe. The discussion was brought up today about where we are donating the tie blankets we are making today. Our options were Bethel Butikk or Vernon Manor. A motion was made to donate to Vernon Manor by Lauren Campbell and Seconded by Elaine Nemes. The Rumppe family volunteered to deliver the items to Vernon Manor from our 4-H group.

On our January 2, 2017 meeting you are all asked to please bring a perishable food item for donation. Please remember to help out any way you can. Greta Olson announced that the January 2017 Federation Banquet is on January 15<sup>th</sup>. We have been asked as a group to help out this year. Workers and food will be needed, more information to follow as Greta hears more on this. (snow date January 29<sup>th</sup>) The Westby High School Robotics will be speaking at our January 2<sup>nd</sup> 7pm meeting. Jepson and Olson families will be responsible for set up and taken down at January meeting. Meeting was adjourned at 2:17 with motion made by Eli Jepson and Seconded by Loren Kowalczyk After meeting was adjourned we decorated cut out cookies and also made tie blankets and played the spoons game. Fun was had by everyone, Thanks so much for all you do to make this group a great one. We wish you a Merry Christmas and a Happy New Year!

### **Rainbow Reachers— Abigail Wileman**

**January**—The Rainbow Reachers 4-H Club had a meeting on January 8, 2017. Jared Jones led the Pledge of Allegiance. Asher Fortney led the 4H Pledge. Ella Fortney did Roll Call and the Secretary's Report. Paula Fanta did the Treasurer's Report. Ella Fortney made a motion to keep the same 4-H officers until early fall. Tommy Jones seconded the motion. The motion was passed. Those who did projects for the Vernon County Fair in 2016 were given their checks. We discussed the upcoming Fine Arts Fest, which will be on March 5. We discussed making new 4-H sweatshirts and sweatshirts for the club. We also discussed the Federation Banquet. Christine Jones made a motion to make a donation to Franklin Town Hall for letting us use the facility. Jared Jones seconded the motion. The motion was passed. Addie Hillestad made a motion to donate money to the family of Drake Kumlin, due to his cancer diagnosis. Tommy Jones seconded the motion. The motion was passed. We discussed our 4-H Club's brat sale, which will be on May 13 at Nelson Agri-Center. Tanner Wileman made a motion to have our next meeting on February 12 instead of February 13 due to the Super Bowl. Asher Fortney seconded the motion. The motion was passed. Christine Jones made a motion to adjourn the meeting. Tommy Jones seconded the motion. The motion was passed.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Vernon Co. 4-H Scholarship <b>and</b> Camp Counselor Application <b>DEADLINE</b></p>	2	3	4 Arts Fest!
5	6	7	8	9	<p>10 4-H Leader Retreat RSVP <b>DEADLINE</b> Central WI Shooting Sports Event- Marshfield</p>	<p>11 Arts Fest Snow Date!  Central WI Shooting Sports Event- Marshfield</p>
12	13	14	<p>15 WI 4-H Foundation Scholarships <b>DEADLINE</b></p>	16	17	18 4-H Leader Retreat 
<p>19 L/P Federation Mtg </p>	<p>20 Volunteer Orientation— Registration <b>DEADLINE</b></p>	21	22	<p>23 Volunteer Orientation </p>	24	25
26	27	28	29	30	<p>31  National Eagle Center Trip— Registration <b>DEADLINE</b></p>	



# CRAWFORD, RICHLAND, AND VERNON COUNTY

## 4-H CAMP COUNSELOR APPLICATION

Open to Youth in Grades 9-13

Training—TBD

Upham Woods 4-H Summer Camp — July 20-22, 2017

Name: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_ email: \_\_\_\_\_

Phone: \_\_\_\_\_ Current Grade: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent(s) or Guardian(s): \_\_\_\_\_

T-Shirt Size: (Please Circle)	Youth Sizes:	Small	Medium	Large	X-Large
	Adult Sizes:	Small	Medium	Large	X-Large

Suggested Camp Theme: \_\_\_\_\_

1. Why do you want to be a camp counselor? What do you hope to learn from the experience?

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2. What level of swimming instruction have you received, if any?

Advanced \_\_\_\_\_ Intermediate \_\_\_\_\_ Beginning \_\_\_\_\_ Other \_\_\_\_\_

Organization examined by: Red Cross \_\_\_\_\_ Other \_\_\_\_\_

3. What level of first aid instruction have you had, if any?

Advanced \_\_\_\_\_ Intermediate \_\_\_\_\_ Beginning \_\_\_\_\_ Other \_\_\_\_\_

4. I prefer to work with this age group: Grades 3-4 \_\_\_\_\_ Grades 5-6 \_\_\_\_\_ Grades 7-8 \_\_\_\_\_

5. Describe what parents of 4-H campers expect of 4-H Camp staff when they send their child to 4-H Camp:

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6. If you have been a camp counselor, please note the following:

<u>Year</u>	<u>Name of Camp</u>	<u>Duties you were responsible for:</u>
_____	_____	_____
_____	_____	_____

7. The 4-H camp staff works as a team at camp. Describe the skill you will bring to the team:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. Describe leadership experiences you have had, especially those involving younger youth:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. Many parents have concerns that their children will be safe at 4-H camp. What things would you do to help 4-H campers feel safe?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Which of the following are you comfortable leading at camp? (Circle all that apply)

Arts and Crafts      Water Activities/Swimming      Campfire Programs      Music/Singing

Games and Recreation      Nature Activities      Flag Ceremonies      Relay Games      Science Activities

Others (describe) \_\_\_\_\_

APPLICATION MUST INCLUDE ONE LETTER OF RECOMMENDATION FROM AN ADULT IF YOU ARE NOT A RETURNING COUNSELOR. (Should describe ability to work as a team, with younger youth, etc.)

APPLICATIONS ARE DUE TO:      Vernon County Extension Office  
318 Fairlane Dr., Suite 392  
Viroqua WI 54665



RETURN BY:      March 1, 2017

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 as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

# VOLUNTEER WORKSHOP



All 4-H YOUTH and ADULT VOLUNTEERS Are Invited To:  
Meet Other Volunteers, Learn New Ideas & Have FUN!

Hosted by Crawford, Richland and Vernon Counties

February 18th, 2017 from 9:00am—12:00pm

UW-Richland Campus



In case of bad weather, listen to 102.3 WVRQ community announcements for updates. A decision will be made by 6:30 am.



## Schedule of Events:

8:30—9:00 a.m. Check-In Registration



9:00 a.m.

### Two Tracks:

~Volunteers In Preparation—Orientation for new 4-H volunteers  
~4-H Youth/Adult Partnerships

Learn how to strengthen youth/adult partnerships when planning and leading 4-H events

### Do—Reflect—Apply: Experiential Learning

Test out the experiential learning cycle

### Snack Break

### Make It Experiential!

Practice applying components of the experiential learning cycle to your own ideas

### The Idea Swap

Trade amazing ideas with youth and adults from throughout the region!

### Forming Links to 4-H

Reflect on how we can expand access to 4-H participation

### On Your Mark, Get Set, GO!

Make an action plan for using ideas in your club or project



11:45—Noon

**TO REGISTER: E-mail ([cdaniels@vernoncounty.org](mailto:cdaniels@vernoncounty.org)) or call the UW-Extension office (608-637-5276). Please include name, phone, email, youth or adult and morning session choice. Workshop registration deadline: February 10th.**

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**Vernon County 4-H Family  
Trip to the National Eagle Center  
Wabasha, MN**

**Monday, April 17, 2017**

**Motor Coach Pickup & Drop Off Site:  
UW-Extension, Erlandson Building Parking lot**

**Depart—8:00 a.m.**

**Return —4:00 p.m.**

**Noon Meal: Bring Your Own Bag Lunch!**

**Cost: Vernon County 4-H Members  
and Adult Volunteers: \$5.00—Guests: \$10.00**

*Have you ever wondered: How much does an eagle weigh? What it would be like to climb into an eagle's nest? Test your strength against an eagle's? How big is their wingspan? The answers and more await you in an engaging and entertaining live eagle program at the National Eagle Center in Wabasha, MN! Please join us for this outstanding educational adventure! This learning opportunity is open to 4-H youth, volunteers and their guests. Transportation generously provided by Vernon County 4-H. Check out the National Eagle Center by visiting their website: <https://www.nationaleaglecenter.org>*

**National Eagle Center Trip Registration Form**

**Due March 31st**

**Youth Registration:**

Name \_\_\_\_\_ Grade \_\_\_\_\_ (K-12)

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Vernon County 4-H Club Member (Circle One) YES NO Club Name: \_\_\_\_\_

Parent/Guardian Contact : Name \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_



**Adult Registration:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Send registration form and payment by MARCH 31ST to:**

**Vernon County UW-Extension Office  
318 Fairlane Dr., Suite 392  
Viroqua WI 54665**

**Make check payable to: Vernon County 4-H  
(Cost: \$5 for Vernon County 4-H members/leaders - \$10 for guests)**

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## 2017 VERNON COUNTY ARTS FEST

Saturday, March 4, 2017

### Reminder!

*Carefully follow the directions for your entries!*

*Incomplete entries may be disqualified!*

*All performances, Arts & Crafts and Photography are to be performed and/or displayed at your club meetings in February!*

### Arts & Crafts

All 4-H members can enter Arts & Crafts at Arts Fest, even if you are not enrolled in an Arts & Crafts project! You may enter two (2) arts & crafts items. You *must* attach a 3x5 card to each entry with the following information: your name, club's name, grade, date completed and a brief description of materials used and work done to make the art or craft. Be sure to write *legibly!* Attach card to your item (s) securely but not in a place that will distract or cover the appearance of your article. All items are to be *brought* to Westby High School Cafeteria by the exhibitor. There are (3) divisions: K-2, 3-7 & 8-13. Entries need to be in place by 8:30 am, on the day of the festival, to be judged and for display. Judge may be available after 11:30a.m.for comments and feedback.

Pre entry for Arts & Crafts is required and is included on the 4-H Arts entry form. Arts & Crafts are to be displayed at the club level in February. Make sure and pick up your entries at the "end" of the day!

### Photography

Limit of two (2) photos per exhibitor. Photos must be 5"x7" and mounted on poster board, (any color) measuring 6" x 8". A 3x5 card *must* be attached, with *your name, club's name, grade and title of photograph.* Arts & Crafts & photography entries are to be *brought* to the Westby High School Cafeteria on festival day, (8:30 a.m.) by the *exhibitor* for judging and display. Arts & Crafts has three divisions: K-2, 3-7 & 8-13. Pre entry for photography is required and is included on the 4-H Arts form. Photography is to be displayed at the club level in February. The Judge will be available after 11:30 a.m., on the day of the Arts Fest for comments. Make sure and pick up your entries at the "end" of the day!

### Speaking Pieces (individual or two people):

Your club leader will turn in a roster of performers for Arts Fest by *January 13th* . All speaking pieces need to be performed at your 4-H club during the month of February. Read the rules carefully.

### Musicals, Dramas, Play Readings, Mini-Dramas & Full Dramas:

Also to be performed at the club level and then compete at the County level. Read the guidelines carefully ! Again, the rules are very *specific*, so please read them before you make a group selection. As with Speaking Pieces entries need to be turned into Leaders *prior* to the *January 13th* deadline & performed at the club level in February.

**Question:** *What entries will be judged as a "fair entry"?*

**Answer:** *Demonstrations, vocal, piano & instrumental are performed for members grade 3 -13, on the same day as County Arts Fest and are considered fair entries.*

**Question:** *Where do I turn in fair & arts fest entries?*

**Answer:** *All entries are turned into your 4-H club leader.*

**Question:** *When is the entry deadline?*

**Answer:** *Entry deadlines for both fair & arts fest entries is January 13th .*

**Question:** *How will I find out my performance times?*

**Answer:** *The performance schedule will be posted the morning of Arts Fest. If you have extenuating circumstances re: time frame needs, please note this on your entry form.*

**Question:** *Can more than one entry be put on a form? Example– Siblings are entering the same events.*

**Answer:** *No. Individual entry form (s) must be completed.*



*The Vernon County 4-H Leader/Parent Federation  
2016 Vernon County 4-H Leadership Banquet  
Sunday, January 15, 2017—La Farge Community Center*

*Thank you to our hosting 4-H Clubs!  
Hillsboro Hotshots, Kickapoo Rustlers, Mapledale Motivators/Rt 56,  
Springville Super Stars and congratulations to Sally Lysne,  
Leader/Parent Federation Secretary 2017-2019!*



Cheryl Rebhahn Presents  
Amy Hardy with Volunteer  
of the Year Award



Amy Hardy ~ 2016 Volunteer of the Year



Bethany Roethel, Springville  
Super Stars &  
other 4-H youth presented  
project disks



Rachel Nigh Presents John Harbaugh,  
4-H Special Leader ~ 1-3 Years Award



Joanne Hornby, Adult 4-H  
Volunteer ~ 55 Years



Martin & Donna Kjelland, 4-H  
Adult Volunteers ~ 35 & 30 Years



Above: Joanne Hornby & Joanne Dach  
Recognize Best of Show Window Display ~  
Springville Super Stars



Right: Pat Peterson  
Presents Rachel Nigh  
with Key Award.



Joanne Hornby Presents Pam Schipper,  
4-H Special Leader ~ 4+ Years Award



Rachel Nigh 2016  
Key Award  
Recipient



Left: Cheryl Rebhahn  
Presents Past Service  
Award to Cordell  
Sagler,  
2015-2016 Leader/  
Parent  
Federation Secretary

## LOCAL 4-H MEMBER ATTEND PRESIDENTIAL INAUGURATION



*Rachel on her way to D.C!*

Rachel Nigh of Vernon County attended the 58th U.S. Presidential Inauguration Jan. 20 in Washington D.C. through Wisconsin 4-H Youth Development as part of a week-long educational experience aimed at developing civic understanding and engagement. Thirty-one youth from Wisconsin 4-H represented the state in a group of approximately 500 young people, ages 14-18, from across the country. The Citizenship Washington Focus — Presidential Inauguration program, which ran from Jan. 17-21, guided youth on a real-world tour of America's democratic process as they developed valuable life skills like citizenship and leadership. Aside from participating in Inauguration Day activities, the youth visited monuments including the Lincoln, Jefferson and FDR Memorials and the Newseum, an interactive museum focused on the history of the First Amendment. The entire Wisconsin delegation also visited the National Archives. There, they saw the Declaration of Independence, the U.S. Constitution and the Bill of Rights. "I really enjoyed this once in a lifetime opportunity. The sites in D.C. were amazing to see at night, all lit up and ready for the inauguration of our 45th President. We also met some interesting people from across our country and around the world all with different views and experiences from different walks of life. Thanks 4-H for giving me this awesome opportunity," says Nigh. Before attending the inauguration, participants held mock campaigns, elections and discussion groups on issues facing the country today. They also engaged in a day of community service, developing work skills while assisting individuals and organizations. The networking skills that young people gained during the week will help them address youth needs in their communities and state following the program.

Wisconsin 4-H, part of UW-Extension, hosts three other summer Citizenship Washington Focus Program educational travel experiences to Washington D.C. annually. This is the first year that an inauguration-related program has been offered by the National 4-H Council.

For more information on Wisconsin 4-H Youth Development Programs, contact the Vernon County Extension office at 608-637-5276 and visit <http://vernon.uwex.edu>



*Looking for Inspiration? New Ideas? Education? Fun? Food? Fellowship?*

### **4-H Adult Volunteer Leaders Retreat**

**Saturday, March 18<sup>th</sup> 10 a.m. – 2 p.m.**

Vernon Memorial Healthcare Community Room

*Enter through hospital entrance and proceed to lower level.*

*(Potluck lunch—Please bring a copy of your recipe!)*

Please RSVP by March 10<sup>th</sup>, to [cdaniels@vernoncounty.org](mailto:cdaniels@vernoncounty.org) or by phone, 637-5276

*Adult representation for this event from each 4-H Club is important and needed!*





## VERNON COUNTY 4-H SCHOLARSHIP



Eligible applicants: 2017 graduating seniors and 2016 or older graduates  
Application due in Extension Office by: 4:00 p.m., Wednesday, March 1,  
2017

### Checklist:

#### Class of 2017

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>.**

## 2017 Wisconsin 4-H Foundation Scholarships Applications Now Being Accepted!



Wisconsin 4-H Foundation will award more than \$10,000 in scholarships to outstanding Wisconsin students pursuing higher education in 2017. 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 Wisconsin 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 2017-2018 academic school year. Applicants should visit the Wisconsin 4-H Foundation website to learn more about how to apply: <http://wis4hfoundation.org/scholarships/>

**Résumés, cover letters, project lists and one photo must be received by the Wisconsin 4-H Foundation via email on or before March 15, 2017.** Applications received after March 15, 2017 (as time stamped in the email), and any USPS mailed applications will not be considered. Apply early to avoid any confusion.

Winners will be notified by postal letter in May.

*Selection Process* – A panel of experienced youth advisors will screen the applications and select finalists. Applications chosen as finalists will be screened by a second panel comprised of 4-H and youth development experts. The finalist applications will be ranked. The 4-H Foundation will assign available scholarships to the top-ranking applications based on scholarship criteria (example: scholarships are available for specific geographical areas and project areas).

Questions – Call or email the Wisconsin 4-H Foundation: 608.262.1597 or [info@wis4hfoundation.org](mailto:info@wis4hfoundation.org)

Based in Madison, Wis., the Wisconsin 4-H Foundation provides essential funding for 4-H programs throughout Wisconsin. By partnering with individuals, corporations and foundations, the Wisconsin 4-H Foundation supports nearly 150,000 youth who take part in various 4-H leadership, development and community-building activities throughout the state. Learn more about the Wisconsin 4-H Foundation by visiting [www.Wis4HFoundation.org](http://www.Wis4HFoundation.org).

## Dairy Project News



Vernon County Upcoming Events:

Jr Dairy Club meeting Feb 12th @1pm, 1st floor Conference Room, Erlandson Building.  
Spring Dairy Farm tour the beginning of April, more details coming soon  
4H Dairy Judging will start in May, again details coming....

## Shooting Sports Project



### Central Wisconsin 4-H Shooting Sports

7th Annual Winter Invitational

March 10 & 11, 2017

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)  
*This event is open to all 4-H members in good standing with their local club and county. Registered shooters must be 8 years old and in 3<sup>rd</sup> grade to 19 years old. Please check event listing for any age restrictions.*

Participation Age-Group Classes (Age as of 3/10/2017)

Junior (ages 8-11)

Intermediate (ages 12-14)

Senior (ages 15-19)

Note: Complete entry information for this and other 4-H Shooting Sports events can be found on the state 4-H website: <http://fyi.uwex.edu/wi4hshootingsports/>



**4-H Shooting Sports**  
*Learn by Doing*

### Interested in becoming a Vernon County 4-H Shooting Sports Adult Volunteer?

*To serve as a 4-H Shooting Sports Leader, volunteers must be enrolled in 4-H, complete their county's Youth Protection process, be at least 21 years old and successfully complete at least one state-level 4-H Shooting Sports Certification Workshop.*

Mandatory State 4-H Certification Workshop is scheduled for Southern Area:

April 7th-8th 2017—Lodi, Wisconsin

Disciplines offered: Archery, Muzzleloader, Shotgun, Pistol, & Rifle

Cost \$70 two day workshop (Reimbursement for training is provided by our Vernon County 4-H Leader/Parent Federation upon completion)

For further information:

<http://fyi.uwex.edu/wi4hshootingsports/events/western-area-certification-workshop/>

or

*For questions and concerns please contact Doug Thompson at 920-391-4657,*

*[Thompson DA@co.brown.wi.us](mailto:Thompson_DA@co.brown.wi.us) or Lejia Dongzhu at 608-262-5020, [Lejia.Dongzhu@ces.uwex.edu](mailto:Lejia.Dongzhu@ces.uwex.edu). If you are registering after the deadline please call Doug or Lejia to confirm your registration.*

## Dietary Guidelines: A Guide to Healthy Eating

Every 5 years, The US government updates guidelines for how Americans can choose healthy diets to help them achieve optimal health.

The newly released 2015-2020 Dietary Guidelines recognizes the importance of focusing less on individual nutrients or food groups—and more on the variety of what people eat and drink. By looking at healthy eating patterns as a whole, we can bring about lasting improvements in health.

**By focusing on small shifts in what we eat and drink, eating healthy becomes easier and more enjoyable.**

How will you choose to incorporate the new Dietary Guidelines? **Consider starting with more fruits and vegetables.**

- Fruits and vegetables tend to have fewer calories than most other foods.
- When you add fruits or vegetables onto your meal plate, they take the space of higher calorie foods and while helping you full and providing more nutrients for fewer calories!
- If a fruit or vegetable is not liked, try it again in a different form. For example, raw asparagus has a very different mouth feel, texture and flavor than roasted asparagus.

**Don't give up! Each healthy change can develop into a habit which can have lifelong benefits.**

For more information on the details of the Dietary Guidelines, go to <http://www.cnpp.usda.gov/dietary-guidelines>

Source: *U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition.*



## Teriyaki Rice Bowl

*Try using leftover cooked meat for a quick-fix dinner!*



- 2 teaspoons oil (canola or vegetable)
  - 3/4 pound boneless chicken, beef, or pork (cut into strips)
  - 2 cloves garlic, minced or 1/4 teaspoon garlic powder
  - 2 cups water
  - 1/2 cup low sodium teriyaki or soy sauce
  - 2 cups instant brown rice, uncooked
  - 1 package (14 to 16 ounces) frozen stir fry vegetables
- TIP: Use leftover (or planned-over) cooked meat if desired.

1. Heat oil in large nonstick skillet on high heat. Add meat and garlic. Cook and stir 5 minutes.
2. Add water and teriyaki or soy sauce and stir. Bring to a boil. Stir in rice. Return to boil. Reduce heat to low and cover. Simmer 5 minutes.
3. Stir in frozen vegetables. Heat until vegetables are hot (about 5 minutes).
4. Let stand 5 minutes. Fluff with a fork.



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

## 2017 Summer Employment Program UW - Cooperative Extension Service

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**COUNTY:** Vernon (County Seat: Viroqua, 35 miles southeast of La Crosse)

**TYPE OF POSITION:** 4-H Summer Assistant

**EMPLOYMENT PERIOD:** May –August, dates negotiable

**SUMMARY OF POSTION:** This position is designed to provide assistance to County Extension staff during the busy summer months. The 4-H Summer Assistant will increase his/her knowledge of youth development programs, community partnerships, volunteer development, the UW-Extension Service and the 4-H Youth Development Educator responsibilities. This summer position provides valuable pre-professional experience for educational and community based careers. The 4-H Summer Assistant is supervised by the Vernon County 4-H Youth Development Educator.

**RESPONSIBILITIES:** The 4-H Summer Assistant work involves, but is not limited to, assisting in the design, implementation and promotion of youth development programs that benefit the Vernon County 4-H youth, such as summer camps, tractor safety, camp counselor training, and fundraising activities. This is an entry-level position requiring significant contact with the public and ability to multi-task. This summer position provides flexibility in scheduling; however, some overnight and weekend work may be required.

### **QUALIFICATIONS:**

- Evidence of successful leadership experience in 4-H, school and/or community organizations.
- Completion of two years of college preferred
- Self-motivated and self-directed
- Ability to deal with a variety of people from diverse backgrounds
- Strong organization and excellent written and verbal communication skills
- Enthusiasm and flexibility, strong critical thinking skills
- Valid driver's license and proof of insurability
- Must be available to work occasional nights and weekends
- Basic computer proficiency in Microsoft Office programs
- 4-H experience highly desirable
- Knowledge of Vernon County a plus

**SALARY:** Negotiable. Reimbursement for official job travel will be provided according to county policy.

**APPLICATION PROCEDURE AND DEADLINE:** Send a cover letter, resume, names and contact information of three current references by **March 31, 2017** to:

Colleen Pulvermacher, 4-H Youth Development Educator  
318 Fairlane Drive, Suite 392  
Viroqua, WI 54665  
608-637-5276 FAX 608-637-5504  
colleen.pulvermacher@ces.uwex.edu

**EQUAL OPPORTUNITY:** The University of Wisconsin Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender/sex, sexual orientation, creed, national origin, age, disability, pregnancy, marital or parental status, arrest or conviction record, or veteran status.

## IW2K! STEM Camp

Upham Woods Outdoor Learning Center — Wisconsin Dells, WI



I WANT TO KNOW! CAMP

*Do you like science, technology or engineering? Would you like to engage in cool, hands-on scientific experiments? If so, then the IW2K! STEM Camp is for you!*

The Wisconsin 4-H Youth Development STEM I Want to Know! Camp (IW2K! STEM Camp) will be held again this year at Upham Woods Outdoor Learning Center in Wisconsin Dells, WI. This overnight camp, open to 6th- 8th grade 4-H members and non-4-H'ers, will take place on Friday and Saturday May 5-6. Youth will get the opportunity to learn about science, technology, engineering and math (STEM) during hands on sessions. Campers will arrive on Friday at 5:30 p.m. for check in and then will get to participate in teambuilding group activities and a large group session before heading to bed. During the day on Saturday, campers will participate in sessions that include hands on STEM activities taught by UW faculty and volunteers from around the state. Previous year sessions included topics such as food science, DNA, electricity, herpetology and robotics! After an inspiring day of learning, camp ends at 4 p.m. on Saturday. Registration for this camp is limited and fills up fast, so make sure to register as soon as possible! The **Registration deadline is April 14, 2017**. The cost for the IW2K! Stem Camp is \$70, which includes meals, lodging and a t-shirt. Transportation to and from camp are to be arranged by the youth's family.

*For more information and access to the registration form, please visit website:  
<http://fyi.uwex.edu/wi4hstem/events/i-want-to-know-stem-camp-2017/>  
or contact Joanna Skluzacek at 608-265-2949 or [Joanna.skluzacek@ces.uwex.edu](mailto:Joanna.skluzacek@ces.uwex.edu)*

## Wisconsin Junior Targhee Sheep Association

### Announces 2017 Starter Flock Giveaway



The Wisconsin Junior Targhee Sheep Association will be giving away a starter flock of three Targhee ewes in 2017 to a lucky Wisconsin youth. Applicants must be aged 12 -17 as of January 1, 2017, must be a resident of Wisconsin, and must not currently raise Targhee sheep. The winner must also be eligible and agree to exhibit their animals at both the 2017 Wisconsin State Fair open sheep show and Wisconsin

Junior State Fair sheep show. The winner will receive a combination of ewe lambs, yearling ewes and/or brood ewes, and take ownership of the animals before any 2017 State Fair entry deadlines. The Targhee breed has a long history in Wisconsin, and the purpose of this program is to promote growth and visibility of the breed along with promoting youth involvement and education within the breed.

Applications are available on-line at both the US Targhee Sheep Association website (<http://www.ustargheesheep.org/>) and the A&J Nevens Livestock website (<http://myplace.frontier.com/~jrnevens/>), and are **due no later than April 1, 2017**. For more information or questions, please contact Leslie & Jeff Nevens at 608-592-7842, or [AandJNevensLivestock@frontier.com](mailto:AandJNevensLivestock@frontier.com).



Monday	Feb. 6	State 4-H Meat Judging Contest— Registration Deadline		
Friday	Feb. 10	Volunteer Workshop—Registration Deadline	4:30 p.m.	Vernon Co. UW-Ext Ofc
Saturday	Feb. 18	Volunteer Workshop	9:00 a.m.	UW-Richland Campus, Richland Center
Sunday	Feb. 19	Leader/Parent Federation Mtg	7:00 p.m.	UW-Extension, 1St Floor Conference Rm
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
Saturday	March 4	Arts Fest	8:30 a.m.	Westby Area High School
Monday	March 20	Volunteer Orientation—Registration Deadline	4:30 p.m.	UW-Extension Office
Thursday	March 23	Volunteer Orientation	6:30 p.m.	UW-Extension Office, 1st Floor Conference Room



**Vernon County UW-Extension Staff**

*From Left to Right:*

**Sheena Cook-Fuglsang**  
**Colleen Pulvermacher**  
**Linda Morrison**  
**Cindy Daniels**  
**Karen Ehle-Traastad**  
**Sonya Lenzendorf**

**FoodWise Nutrition Educator**  
**4-H Youth Development Educator**  
**Ag & Family Living, Administrative Assistant**  
**4-H Administrative Assistant**  
**Family Living Agent, Department Head**  
**FoodWise Nutrition Coordinator**



*Agriculture*

UW-Extension Office Vernon County  
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