



The Voice of 4-H

The Vernon County 4-H Family Newsletter



WE ARE SO THANKFUL FOR THE PARENTS AND YOUTH WHO WORKED SHIFTS AT THE 4-H FOOD STAND, WE RAISED OVER \$8000 FOR 4-H YOUTH AND PROGRAMMING

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Mindfulness Matters

Emery Bork - 4-H Coordinator

I recently had the opportunity to attend a national conference for 4-H Educators in Madison. I returned full of fresh, new ideas, advice from colleagues, and a renewed sensitivity towards the concept of youth over-commitment.

With that, I want to take a moment to address the cultural norm of overenrolling our youth into multiple programs and the stress that can arise from it. Stress to earn good grades, perform at a high level in a variety of sports, and additional extracurriculars can weigh down our teens. Too much on a teen's plate leads to anxiety, depression, and more.

This may seem contradictory coming from the leader of what we'd label an extracurricular activity, which has given me pause to reflect, ask questions, and refer back to our foundational models. Ultimately, I came back to the fact that 4-H strives to be the place where youth come to thrive, to relax while spending time with peers and growing, and where they connect with what drives them or makes them feel whole (their sparks).



It needs to be a place where caring adults (our leaders and volunteers) mentor and guide them, praise them for their successes or learning in failure, and make them feel valued.

4-H is a community, and we want our teens to be a part of that as they can. We need to be mindful about self-care, commitments, and mental health of our teens and young people (particularly in leadership roles within our program). I am currently working through a new curriculum called *Your Thoughts Matter: Navigating Mental Health*, written by Ohio State Extension for 4-H teens. It is my goal to start interlacing these lessons within our Youth Officers, Youth Leadership Group, general programming, and more.

Here's to working hard to always make 4-H better!



EDUCATOR, EMERY, AND YOUTH LEADER, VIVIAN, WORKED TOGETHER TO BRING A TASTE OF 4-H AND THE VERNON COUNTY FAIR TO RESIDENTS AT BETHEL HOMES FOR THEIR FAIR DAY PROGRAM. RESIDENTS HAD A BLAST!



THANKFUL FOR SUPPORTIVE, INVOLVED ADULTS!

Photo Happenings



FAMILIES COMPETED IN OUR 2ND ANNUAL ROAD RALLYE SCAVENGER HUNT, NO ONE GOT TOO LOST!



HARD WORK PAYS OFF: HAZEL WORKED ON HER BAKING PROJECT ALL SUMMER, PRESENTED IT AT OUR FOODS REVUE FOR FEEDBACK, WORKED ON IT SOME MORE, AND THEN EXHIBITED AGAIN AT THE VERNON COUNTY FAIR. CONGRATS ON YOUR HARD WORK, HAZEL!

Updates: What you need to know

Re-enrollment Deadline: Nov 15th

The re-enrollment deadline is coming up quickly. If you are having troubles, reach out to our office as soon as possible. When you do not re-enroll in 4-H, you don't get the mass emails, newsletters, etc. This is the last newsletter that will be sent out to the old mailing list from 2021-2022. If you don't re-enroll by June 1, 2023, you will be ineligible to exhibit at fair, even if your family meets attendance requirements.

Trips

All trip eligible youth received information letters from our office. If you are 12 years or older and did NOT get a letter from me, please contact me as soon as possible. Remember that registering for trips is two-fold. Official registration is on 4HOnline, registration to receive financial funding is in the paper attached to the trip descriptions. The application for 1/2 funding is **due November 15th**. We are working on an official date for 4-H camp for 2023, and eligible youth will receive letters to apply early spring--as this is separate.

Nominate Yourself For Parent/Leader

Federation: Each year during the awards banquet, we elect new officers for our Federation. What is Federation, you may ask? It's a governing body of 4-H club leaders, adult leaders, and youth that make decisions for county-wide programming, and handle our county's 4-H budget. We meet one time per month, every 3rd Sunday at 7:00 p.m. This year we are electing a treasurer, and vice president position. The treasurer is a 2 year position, and is responsible for handling the Federation's financials. The vice president is a 1 year position, and then automatically transitions into the president role the following year. If you are interested in either of these positions, or would like to know more, please reach out to our office.



Attendance Policy

If your family is interested in exhibiting their projects at the Vernon County Fair, which is hosted by the Vernon County Agricultural Society, your youth must attend 50% of your club's meetings. Your youth can make up two missed meetings in order to reach their quota by participating in other 4-H programming. Ask your club leader or the Extension Office for a copy of the attendance policy in its entirety.

Disc Applications and Award Nominations Due: Nov 15th

Don't forget to get your disc applications to your club leaders to sign and review. Your club leader must have those into our office by the 15th so we can process them.

Attached to your disc applications was also an application to nominate an adult/volunteer/outside entity for an award from 4-H. Please fill those out and submit to Emery at emery.bork@wisc.edu, or through the mail. You can also text a photo of the nomination via our Facebook page as well.



Upcoming Programming

New Family Meet and Greet: November 13

This program will be held at the Erlandson Building (behind Vernon Manor). This is for new families or families that are still beginners within 4-H. We will give you a brief introduction to 4-H, answer any questions you may have, and do an interactive activity project! Enjoy snacks, laughing, and learning together. We want you to start your experience with 4-H off on the right foot! If you'd like to attend, please register in advance: <https://forms.gle/uvqNc6oS59mtMw1k7>



Light The Drive: December 17th

Please note that our location has changed! We are now partnering with the Wild West Day's grounds and their Twinkle Light Village. We are highlighting our one-night-only 4-H tree and homemade decoration display, giving away free hot chocolate bombs, and cookies! Please join us for a great night of fun and bring some cash to donate to the Youth Leadership Project! There will also be sleigh rides and vendors, too!

Youth Officer Exclusive Leadership Bash: Dec 28

If you have a youth that has been elected as a club officer, this program is exclusively for them. We'll do a little bit of leadership and stress management training, but this is an opportunity to celebrate them! We will be playing fun games, eating great food, and more! They will also be getting their exclusive, custom t-shirts and more! Youth will be getting an exclusive invite for the program in the mail and will need to RSVP.

Awards Banquet: January 15th, 4:30-6:30 p.m.

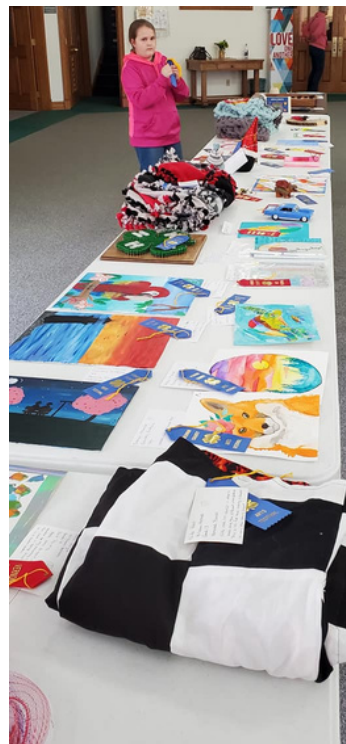
Are you ready for an amazing night out with your family and fellow club members? We can't wait to release a brand new Awards Ceremony! Upgrades include a Cloverbud graduation ceremony, youth officer award recognition, plus an escape room/dinner mystery theatre/performances! Look out for registration form and more information in the middle of December!

Arts Fest:

The first weekend in March is the host for our annual Arts Fest, which focuses on exhibiting/performing in the following projects:

- Art
- Photography
- Clothing Revue
- Singing/Vocal
- Band Instrument Performance
- Other Instrument Performance
- Piano
- Demonstration Speaking
- Forensics: Poetry, Storytelling, Group Theatre, Speech Memorization, Prose and more.

This program is open to all ages, and registration information and forms will be released January 1, due February 1. Here are some photos from last year's Arts Fest from the arts and crafts, and photography classes!





CLOVERBUD

VIRTUAL BOX PROGRAM

Farm To Food: Fun with Wisconsin's Top Products

Each month, your Cloverbud will receive a box or large envelope in the mail with items they will use for their Zoom sessions. Each session will be from 6:30 to 7:00 PM. Our program is designed to get youth moving and learning, while having fun! It's suggested to have an adult with the Cloverbud for each program.

Jan

18

CRANBERRIES

Youth will simulate growing cranberries in bogs, learn about their health benefits, and try them several different ways.

Feb

15

BEEF

Beef cattle are used in so many ways! Explore around your house to find out. Youth will learn about the production cycle, and beef byproducts.

March

15

DAIRY

Strong arms are a must for this lesson! We'll take a virtual tour of a dairy farm and make our own butter!

April

19

POTATOES

We're going on a potato hunt, as we dive into different types of potatoes, how they are grown, and cooked!

May

17

CORN

Learn about the corn production cycle, different types of corn, and sample some popcorn. This session will get youth up and moving!

Registration
Due Jan 1:



<https://forms.gle/R4PiqhrJJseY1aYk7>



-OLOGY DAY



UW-MADISON EXTENSION

CRIME SCENE

FEBRUARY 18

The suffix, -ology, is commonly used to indicate a field of study, so let's get started!

TOPICS MAY INCLUDE

- Reptology
- Criminology
- Psychology
- Technology
- Geneology
- Archeology



**YOUTH WILL HAVE THE
OPPORTUNITY TO
ROTATE THROUGH
SESSIONS**

**9 AM-1:15 PM,
ERLANDSON BUILDING
LUNCH & SNACKS
PROVIDED
5-8TH GRADE**



**HANDS ON,
INTERACTIVE, AND
TOTALLY FUN!**

Register By February 1

<https://forms.gle/kakEzYrL2KsLPPuY6>

Table of Contents

4-H EDUCATOR: MINDFULNESS MATTERS- 1

PHOTO HAPPENINGS- 2

UPDATES: WHAT YOU NEED TO KNOW - 3

UPCOMING PROGRAMMING - 4, 5, 6

PROJECT UPDATES & INFORMATION - 7

Project Updates & Info

Join a County-wide Project:

We currently have a number of projects that are actively meeting, with dedicated adult volunteers. These include: dogs, dairy, shooting sports, horses, photography, and youth leadership. We are also currently in the process of establishing a statewide ASL project.

Throughout the course of the year, you will see announcements and registrations in the newsletter concerning meetings and opportunities for these projects. If we don't have an active leader/project, the county office will sometimes offer additional programming opportunities to help youth involved in those projects. However, we cannot offer programming nor will we have enough adult leaders to match to all the different projects that 4-H collectively offers. This is where the online curriculum store comes in handy. If you go to <https://shop4-h.org/> and click the 'curriculum' tab, you will see options for curriculum, project kits, and materials in a variety of subject matter. We deeply encourage you to take a look and order curriculum. It is easily written and understandable, interactive, and fun for youth to work through. If you need financial assistance, please reach out to our office. We also have a bunch of older curriculum that can be given out, however, it isn't the most up-to-date.

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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.

