

# Clover Leaves



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
EAU CLAIRE COUNTY

## Eau Claire County's 4-H Newsletter



*4-H is a community of young people across America who are learning leadership, citizenship, and life skills.*

Hello Fine 4-H Families,

I hope you are all managing the tail-end of winter. It can certainly feel like a slog as we start to exit the season of snow and slush. I received seeds in the mail this past week. It is a welcome reminder that spring is on its way. Speaking of spring, Eau Claire County 4-H has lots of events on the horizon.

Don't forget to plan for and enter the Performing Arts Festival. You can do a musical performance, perform a skit or play with a group, or read a poem or story, etc. This is a GREAT opportunity for young people to practice performing in front of an audience and helps build confidence. Please see page 6 for registration details.

If your project or club leaders still needs Annual Leader Training, you are in luck. There is one more scheduled training on March 4. See page 5 for details.

We have a variety of **VOLUNTEER** needs to accomplish our programs. If you can help on any of these items, please contact Rachel Hart-Brinson or Andy Heren.

- **Home and Garden Show on February 20.** See page 9 for more details.
- **Home and Family Committee**—This committee helps plan the Foods Revue and Clothing Revue plus other home-focused project learning. Youth and adults are welcome.
- **Leaders Association Food Stand**—The Leaders Association is looking for someone who can be the lead for the Food Stand at the EC County Fair July 27-30. Compensation of \$500 for the 4 days is being offered. If you are interested, please contact Rachel Hart-Brinson or the Leaders Association President, Lisa Roettger.
- **Camp Counselors & Adult Chaperones**—Camp is scheduled with Clark and Dunn counties at Kamp Kenwood, June 6-9. See page 13 for camp counselor enrollment. Adults, we need you too! Please contact Rachel with interest.

All the best,

## February 2022

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**Does your club or project group  
have a Facebook page?**

Let us know about it so Extension can be a fan. Be sure your club/project “likes” [EC County UWEX](#)—let us help each other get the word out!

**New to 4-H this year?**

Be sure to “like” [Eau Claire County UW-Extension](#), and the [Expo Center](#), on Facebook to stay current of 4-H and Fair info!

AND

Add “[Extension Rachel](#)” to your friends.



## Project Literature

### Need 4-H publication materials?

EC County 4-H's Publication Library just grew! In addition to materials for the many projects we already had, we just received publications on the following project areas:

- |                    |                                    |             |
|--------------------|------------------------------------|-------------|
| + Adult Leadership | + Science: Wind Power and Robotics | + Health    |
| + Service Learning | + Celebrate Art                    | + Aerospace |
| + Scale Models     | + Photography                      | + Horses    |
| + Theatre Arts     | + Sewing                           | + Rabbits   |

See the full library list here: “[Project Literature Library](#)”. Come to the Extension Office to check-out materials for a month, free!

If you are a **club officer**: we have publications to help you better understand your duties! Contact the Extension Office to borrow them.

Looking for **Cloverbud** materials? Contact the Extension Office.

You can always purchase your own items at

[www.4hmall.org](http://www.4hmall.org)

**Eau Claire County Extension Office**  
227 1st Street West  
Altoona, WI 54720

Phone: (715) 839-4712

Fax: (715) 839-6277

Website: [eauclaire.extension.wisc.edu](http://eauclaire.extension.wisc.edu)

Facebook: [facebook.com/  
extensioneauclairecounty](https://facebook.com/extensioneauclairecounty)

Instagram: [eccounty4hambassadors](#)

Snapchat: [eccounty4hambassadors](#)

### CLUBS!

Submit the minutes from your last meeting for admission in the *Clover Leaves* so your members can see the highlights and other clubs can see your good example!

**Email to Andy by the 20th of each month.**

[Andy.Heren@co.eau-claire.wi.us](mailto:Andy.Heren@co.eau-claire.wi.us)

## Calendar

**February 7:** OYC Cake Decorating Demo

**February 17:** Performing Arts Festival registration deadline

**February 27:** Sarah Nelson Memorial Pancake Breakfast

**March 5:** Performing Arts Festival

**March 7-April 25:** Art U

**March 7:** Camp Counselor Applications Due

**March 19:** Middle School Leadership Day



## Leaders

### Eau Claire County 4-H Leaders Association

**March 8, 2022**

**6:30 PM**

At the Cleghorn Community Center —  
Please wear a mask

<https://uwmadison.zoom.us/j/92543191703?pwd=OGZFVFkxcDISa2Z3bzRwYUJVVY012UT09>

**Zoom link for those who can't join in person**

### Agenda Items:

- Leaders Food Stand at the Fair
- Thriving Survey Results
- Budget committee
- OTHER

**Executive Board meeting at 6:00PM**

## Volunteer in Preparation Training

Who should take Volunteer in Preparation Training?—Anyone who is planning on being a volunteer with 4-H! If you're going to be planning events for young people with a 4-H hat on, you need to take VIP as part of the process to become a certified volunteer.

Sign up here if you want to take VIP: <https://forms.gle/EUpZ7Diuu7pwwPUo6>

**March 14 at 6:30PM (virtual)**  
**Future dates TBD**

## 4-H On the Air Schedule



4-H On the Air 2022 1st Saturday Of The Month		
Month	Club	Contact
February 5	EC Clovers	Beth Berger
March 5	EC Shooting Sports	Tim Skutley

### Club and Project Leaders!

Sign up now for the 2022 4-H On the Air! Eau Claire County 4-H is on the first Saturday of the month and the fifth Saturday in January. You can sign up by going to this [Google Doc](#) or by calling Andy at the Extension office or email him at [Andy.Heren@co.eau-claire.wi.us](mailto:Andy.Heren@co.eau-claire.wi.us). He will need to know your club name, contact person, their phone number and email.

**April, August, November, and December are still open!**

## Dog Project

Do you have a dog and want to explore new activities with them? Consider joining the 4-H dog project. We would love to have you join us and explore teaching your dog new tricks as well as basic obedience and even a touch of agility. You can contact us at [ecdogproject@gmail.com](mailto:ecdogproject@gmail.com) or look for us on Facebook at Eau Claire 4-H Dog Project. You can also call Stephanie Sorensen at 715-829-2514 for more information.

## 4HOnline Enrollment & Re-enrollment Open!



Enrollment and re-enrollment is open at 4HOnline! Returning 4-Hers have until November 1 to enroll for the 2021-2022 4-H Year. Go to [Sign In \(4honline.com\)](https://4honline.com) to do so. You can also sign up for new projects and drop any in which you do not wish to participate this year. (You have until May 1 to do so.)

Enroll now so you will continue to get all newsletters and other 4-H Information!

If you don't remember your password, scroll down a bit on the front page and click on "Reset password?"

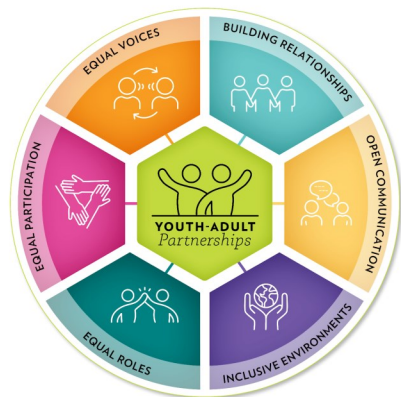
This is also the time for new 4-H members to sign up, so tell your friends!

If you have any problems with this process, call Andy at the Extension office. 715-839-4712.

# Annual Leader Training

## Learn Together, Lead Together: Youth-Adult Partnerships

Last Chance: Annual Leader Training for 2021-22



March 3  
Learn Together, Lead Together  
6:30-8:00pm  
Extension Office, Altoona or via zoom

For the **virtual option**, register here: <https://go.wisc.edu/7un2l9> When you register, you will receive the zoom connection information and access to handouts and materials.

For **in-person**, register here: <https://forms.gle/Z2KigLkAduVaLvqk6> or call Andy Heren at 715-839-4712.

Have questions? Reach out to Rachel Hart-Brinson at [rachel.hartbrinson@wisc.edu](mailto:rachel.hartbrinson@wisc.edu)



#youthandadults  
#learntogether  
#leadtogether

## Art U—Virtual 4-H Art Camp with UW-Stout & AIM

**Art U**

4-H Virtual Art Camp  
For Grades K-2, 3-4, 5-6, & 7-12  
Mondays, March/April 2022

Cost: \$10  
Register in 4-H Online by Feb 7

UW-MADISON EXTENSION | AIM ARTS INTEGRATION IN WISCONSIN | STOUT UNIVERSITY OF WISCONSIN

We are happy to enjoy Art U for the second year. (It was very popular last year.)

Join Area 6—Chippewa, Dunn, & Eau Claire Counties for virtual art camps starting March 7-April 25 (minus March 14).

UW-Stout Art Education majors lead the classes.

Spots are limited so sign up, now!

Registration closed Feb 7. If you would like to enroll, contact Rachel ASAP.



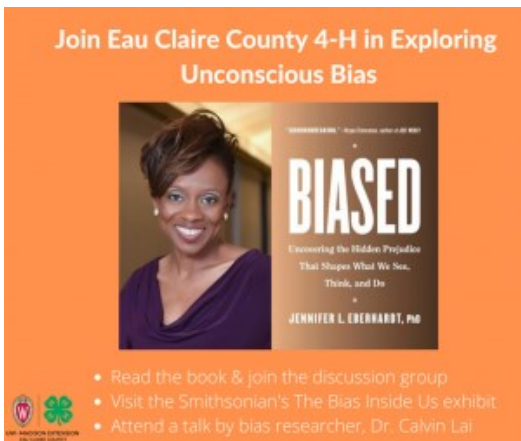


## "Bias Inside Us" Exhibit displayed at the Pablo Center (Feb 26-March 27)

**March 3 at 5:30PM**

"The Bias Inside Us" (<https://biasinsideus.si.edu/>) is based on the current science of bias, the real consequences of implicit bias, and strategies to confront one's own biases. Join Eau Claire County 4-H and OYC on March 3 at 5:30PM followed by a trip to Ramone's or Olson's. Sign up to join us here:

<https://forms.gle/uwntMVhBa5bEeF988>. (If you plan to go "on your own" or with your club, please contact Jodi Thesing-Ritter at [thesinjm@uwec.edu](mailto:thesinjm@uwec.edu) or (715)-828-7221 so that your club's attendance can be tracked for grant purposes.)



## Biased Book Discussion

Read the book, "Biased: Uncovering the Hidden Prejudice that Shapes what we See, Think, and Do" by Jennifer L. Eberhardt and join a book discussion (Sign up here by Feb 10 to receive the book: <https://forms.gle/obgfd8woM5Xem5Yh8>)

How do we talk about bias? How do we address racial disparities and inequities? What role do our institutions play in creating, maintaining, and magnifying those inequities? What role do we play? With a perspective that is both scientific, investigative, and informed by personal experience, Dr. Jennifer Eberhardt offers us the language and courage we need to face one of the biggest and most troubling issues of our time. She exposes racial bias at all levels of society—in our neighborhoods, schools, workplaces, and criminal justice system. Yet she also offers us tools to address it. Eberhardt shows us how we can be vulnerable to bias but not doomed to live under its grip. Racial bias is a problem that we all have a role to play in solving.



## Tri-County Performing Arts Festival

**March 5, Cadott High School (Register by February 17)**

Clubs or individuals can enter our Tri-County Performing Arts Festival. Enter in Speaking & Demonstration, Music, and/or Drama categories. This is a wonderful way to work on public speaking, teamwork, and confidence-building. Please encourage your club members to participate. See entry rules and categories

here: [https://docs.google.com/document/d/1YmpcuEf\\_swSJ9sE0svPSttAKgT070bKb-XIfyUeTKs8/edit?usp=sharing](https://docs.google.com/document/d/1YmpcuEf_swSJ9sE0svPSttAKgT070bKb-XIfyUeTKs8/edit?usp=sharing)

Register

here: <https://forms.gle/BZCmnwhfzL6QQe3q8>

**Message from American Spirit Coordinator, Sarah Tarjeson:**

**Dear 4-H and Youth Development Colleagues:**

Thank you so much for your patience and continued enthusiasm regarding the 4-H American Spirit Experience! Our dedicated group of volunteers and staff are excited to share with you some next steps and a timeline of the registration process for this experience. I am also sharing a flier/image that you can use to promote this experience locally after registration opens on January 3, 2022! I ask that you remain flexible as we learn and navigate the next steps in registration. I hope that some of your counties will still have an opportunity to provide some financial support to participants **and** can continue to work with our committee in processing payments as we have done in the past.

**Here are the details regarding the overall experience that I have to share:**

**Dates:** June 3-12, 10-19 or 17-26, 2022

**Highlighted Location(s):**

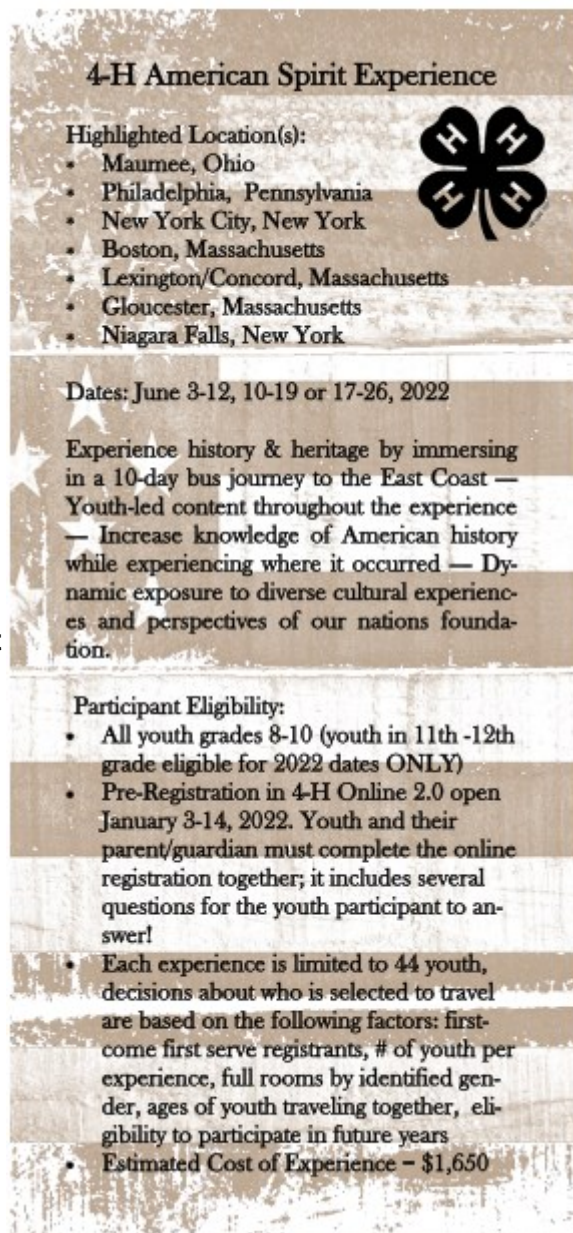
- \* Maumee, Ohio
- \* Philadelphia, Pennsylvania
- \* New York City, New York
- \* Boston, Massachusetts
- \* Lexington/Concord, Massachusetts
- \* Gloucester, Massachusetts
- \* Niagara Falls, New York

**What is this Experience:**

Experience history & heritage by immersing in a 10-day bus journey to the East Coast — Youth-led content throughout the experience — Increase knowledge of American history while experiencing where it occurred — Dynamic exposure to diverse cultural experiences and perspectives of the foundation of our nation.

**Participant Eligibility:**

- All youth grades 8-10 (Youth in 11th -12th grade eligible for 2022 dates ONLY)
- Pre-Registration in 4-H Online 2.0 open January 3-14, 2022. Youth and their parent/guardian must complete the online registration together; it includes several questions for the youth participant to answer!
- Each experience is limited to 44 youth, decisions about who is selected to travel are based on the following factors: first-come-first-serve registrants, # of youth per experience, full rooms by identified gender, ages of youth traveling together, eligibility to participate in future years
- Estimated Cost of Experience = \$1,650

A flier for the 4-H American Spirit Experience. It features a brown and white color scheme with a 4-H clover logo in the top right corner. The text is organized into sections with bold headings. The highlighted locations are listed in a bulleted format. The dates are clearly stated. The experience description is followed by participant eligibility details, including a bulleted list of requirements and the estimated cost.

**4-H American Spirit Experience**

**Highlighted Location(s):**

- Maumee, Ohio
- Philadelphia, Pennsylvania
- New York City, New York
- Boston, Massachusetts
- Lexington/Concord, Massachusetts
- Gloucester, Massachusetts
- Niagara Falls, New York

**Dates:** June 3-12, 10-19 or 17-26, 2022

**Experience history & heritage by immersing in a 10-day bus journey to the East Coast — Youth-led content throughout the experience — Increase knowledge of American history while experiencing where it occurred — Dynamic exposure to diverse cultural experiences and perspectives of our nations foundation.**

**Participant Eligibility:**

- All youth grades 8-10 (youth in 11th -12th grade eligible for 2022 dates ONLY)
- Pre-Registration in 4-H Online 2.0 open January 3-14, 2022. Youth and their parent/guardian must complete the online registration together; it includes several questions for the youth participant to answer!
- Each experience is limited to 44 youth, decisions about who is selected to travel are based on the following factors: first-come first serve registrants, # of youth per experience, full rooms by identified gender, ages of youth traveling together, eligibility to participate in future years
- Estimated Cost of Experience – \$1,650

(continued, next page)

**Here are the details regarding a timeline that I have to share:**

**December 20, 2021: Registration opens for 2019 & 2020 registrants**

**January 3, 2022: Registration open to ALL in 4-H Online**

**January 14, 2022: Registration for American Spirit Experience Closes in 4-H Online**

**January 28, 2022: Communication regarding Participants Selected/Able to Travel E-mailed**

**February 20, 2022: Payment Deadline from Participants (Eau Claire County will pay up front for Eau Claire County 4-H participants and you will be expected to reimburse the County.)**

### **COVID Questions**

UW Madison, Wisconsin 4-H and the American Spirit Planning Committee is committed to ensuring a solid educational program in a safe and healthy environment. As we move forward with planning and preparing for American Spirit in 2022, we will continue to utilize the latest research and information on how an educational travel experience, through several states, can happen safely; using information from the CDC, the hospitality community (PCMA, MPI, etc.) and the American Camping Association. All participants will be required to agree to and abide by COVID Safety Protocols.

Please do not hesitate to reach out to me if you have any questions or need help with anything!

Sarah Tarjeson  
4-H Youth Development Educator  
Division of Extension, Sheboygan County  
5 University Drive, Sheboygan, WI 53081  
920-459-5915  
[sarah.tarjeson@wisc.edu](mailto:sarah.tarjeson@wisc.edu)



# Home & Garden Show Volunteers Needed!

We are looking for 4-H members and families to volunteer to help with Family Day activities again this year. We had some people help with this last year and we had a good time doing so! Family Day will be on Sunday, February 20, with activities running from 11:00-3:00. We will need help with string art, building birdhouses, ring toss, etc.

We'd like to have a count of how many will be helping as wristbands will need to be secured for all volunteers. If you would like to volunteer, please contact Rachel at 608-572-3656 or by [email](#) to let her know to put you on the list. Thank you for your assistance!



## WI State Fair 2022 Sesquicentennial and Century Farm or Home Applications

We have applications posted on our Extension website for the WI State Fair Century (100 years) and Sesquicentennial (150 years) Farm & Home. In 2021 111 property owners were honored. If your home or farm has been under continuous family ownership for 100 or 150 years, please visit our website for an application. Application deadline is March 1, 2022.

## Medication Safety

The Human Development and Relationships Educator, Yia Lor, is partnering on a project with the County Health Department around medication safety in the home. They are distributing kits that include one large or small medication lockbox, 2-3 deactivation bags, along with some informational flyers. If you or a family member has interest in receiving these kits, you can contact Rachel Hart-Brinson or connect with Yia at [yia.lor@wisc.edu](mailto:yia.lor@wisc.edu).

2022 Neillsville Rabbit Fun Show  
April 30, 2022  
Clark County Fairgrounds,  
1121 E. Division St,  
Neillsville, WI 54456



Registration by 8:30 a.m.  
Show starts at 9 a.m.

15 and under \$.50 per rabbit  
16 and up \$1.00 per rabbit  
Costume contest is \$2.00

All Ages Welcome. **All Breeds Welcome**, even a Crossbred Class

Awards will be given.

50/50 raffle and silent auction

Show Animals will be on Auction

Please RSVP on Facebook on the Neillsville Rabbit Fun Show page by March 1, 2022.



**Who:** Calling Middle Schoolers in Dunn or Eau Claire County 4-H... All are welcome--quiet, loud, high-energy, low-energy. We would love for you to join us.

**What:** Middle School Leadership Day: Join us for fun games and activities that will help you think about different kinds of leadership. Meet new friends from across Eau Claire and Dunn Counties. We will be using an engaging program developed by Iowa State Extension Educators called "Ricochet."

**Where:** Beaver Creek Reserve

**When:** March 19 from 9:30AM-3:00PM

**Cost:** \$10/participant

**Details:** Bring your own lunch. Dress in layers and bring outside and inside shoes. We will take a break to go outside (regardless of weather.)



Eau Claire-Dunn 4-H 2022 Summer Camp needs YOU!

Do you want to develop and practice your leadership skills? Do you want to have fun with other young people your age? Did you LOVE camp when you were younger? If you answered “yes,” and are in grades 9-13, please apply.

Camp will be June 6-9. Applications due by March 7.

Apply via google form here: <https://forms.gle/i2t3Bm5rTBdHU9>

Remember that applications include a letter of recommendation from someone other than a parent that describes how well you do (or could) work with children and other skills you bring.

Camp counselors MUST participate in camp counselor training. We will have a series of trainings via zoom and in person. Successful completion of training is required for participation as a counselor.



# FEBRUARY OYC MEETING

Cake  
Decorating Demonstration



## MONDAY, FEBRUARY 7

6:00 p.m.

**Pleasant Valley Community Center**

Open to all 4-H youth in 7th grade and older  
Each person will get to decorate their own cake!



*Sarah Nelson Memorial*

# Pancake Breakfast



**Sunday, February 27**  
**8:00 AM TO NOON**

PLEASANT VALLEY COMMUNITY CENTER  
DINE IN OR DRIVE THROUGH

Adults \$8.00

Children \$5.00

Children 4 & Under Free



Proceeds to benefit Joshua's Camp and  
Eau Claire County Older Youth Council service projects.

# Eau Claire County Livestock Project

## WISCONSIN YOUTH LIVESTOCK PROGRAM (WYLP) PRESENTS



### EDUCATIONAL PROGRAMMING 2022

**January 13** - Grand Challenge: Animal Health & Welfare

**February 10** - Grand Challenge: Precision Agriculture

**March 10** - Grand Challenge: Food/Meat Safety

**April 14** - Grand Challenge: Land and Water

**May 12** - Grand Challenge: Biomedical Advancements

**Why are we concerned? What is the scientific problem?**

**What do we know?**

**What more do we need to learn?**

**How does this apply to my youth animal project?**

**What are the career opportunities?**

**All events are virtual and begin at 7 p.m.**  
**Can meet county educational requirements.**

**For more information & how to  
register: <https://go.wisc.edu/tnq61h>**



Join us for the 2022 animal science educational program lineup. We have a great game plan for you to learn more about animal sciences and technology. These sessions will be virtual through Zoom; register by going to: <https://go.wisc.edu/tnq61h> Great for county educational credits!

# DOUBLE HEADER WEEKEND



## SAVE THE DATE

UW PLATTEVILLE PIONEER SHOWDOWN  
BEEF SHOW

**APRIL 22-23, 2022**

@ GRANT COUNTY FAIR GROUNDS, LANCASTER WI

**Save  
The  
Date**



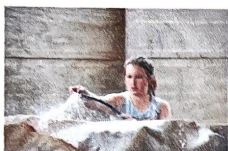
**Black River Spring Thaw Beef Show**

**April 23-24, 2022**

**Jackson County Fairgrounds, Black River Falls, WI**

**MORE DETAILS TO COME ON BOTH EVENTS**





# Fitting and Showing Clinic

By:Katie Coyne—Mill Wheel Show Clinic

Date- 04-23-2022 8:45AM-around 3PM tentatively

Location- Pietrek Park

Joe Pietrek Junior County Park  
Arcadia, WI 54612

**Contacted Trish Brown @ 715-695-3125 or  
715-533-4402 if interested by February 5,2022**

Hosted By-Trempealeau County Holstein Breeders and Dairy Committee

Cost \$10 per youth-All youth are welcome if interested in showing dairy cattle  
Trempealeau county and surrounding counties

Volunteers are welcome

**Clinics will include fitting and showing. Can touch base on feeding if there is interest in that. The Goal is to get the youth more involved in showing, by teaching them the everyday care and show essentials.**

~Youth should arrive with their calf and be ready by 9:00AM on 4-23-2021

~Lunch will be served

~If you have no calf, no worries, we can have some available to use if needed. Just let us know ahead of time. Youth may also share heifers.

~Youth will actually clip their calf as they advance to the next level of proficiency with their clipping. Youth **may** bring their own clipping supplies but not required.

~There will be a washing demonstration with an explanation of the best way to use Weaver products. The afternoon will focus on showmanship in small groups with other youth assisting with pointers and ideas

~The day will conclude with an actual showmanship contest and Weaver product give-away.

**CLINICS ARE HANDS-ON SO PLEASE KEEP THAT IN MIND**



**MARK YOUR CALENDARS  
BOTH CONTESTS AT UW MADISON**



**4-H LIVESTOCK QUIZ BOWL  
& SKILLATHON CONTEST  
APRIL 9, 2022**

**4-H MEATS JUDGING  
CONTEST  
APRIL 30, 2022**



UW-MADISON EXTENSION



**Meat Science &  
Animal Biologics Discovery**  
UNIVERSITY OF WISCONSIN-MADISON

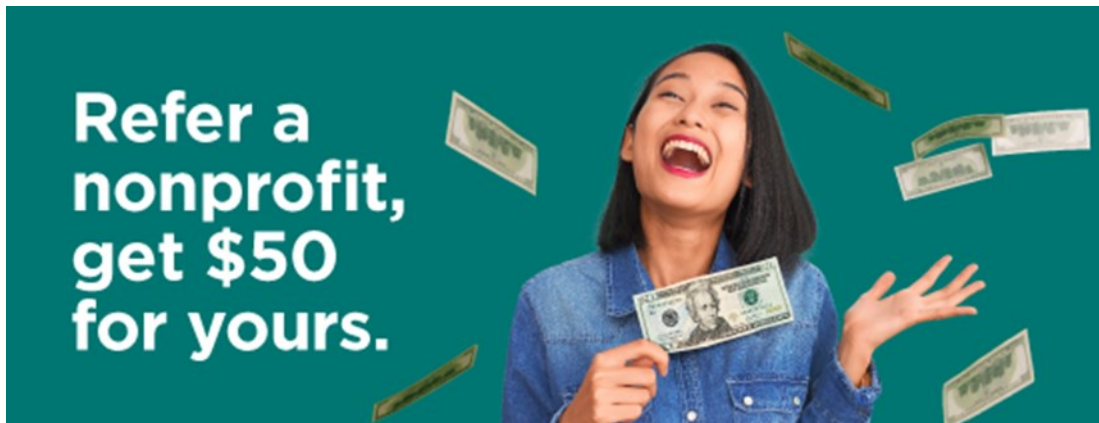


I PLEDGE  
**MY HEAD**  
to clearer *thinking*  
**MY HEART** to greater  
loyalty  
 **MY HANDS** TO **LARGER SERVICE**  
**MY HEALTH**  
to better living  
FOR MY CLUB *& my*  
MY COMMUNITY *world.*  
MY COUNTRY



**GROW WITH THE GREEN**





Have you heard? Referring other nonprofits to FUNDrive® is easier than ever! Check out the all [NEW referral page](#), where you'll find sharable links to help you spread the word about your favorite eco-friendly fundraiser.

Share your code and when another nonprofit completes their first FUNDrive®, we'll pay your organization and their organization \$50.

*[Terms and conditions](#) apply. Referred organization must be a nonprofit and new to the FUNDrive® program.*

**[GET STARTED NOW](#)**



## WHY YOU SHOULD CONSIDER BEING A YOUTH MENTAL HEALTH FIRST AIDER

**59.4%**

of Wisconsin Youth

have experienced depression, anxiety,  
self-harm or suicidal ideation in the past  
12 months

**1 in 5**

Youth live with  
a mental health condition



**Youth Mental Health First Aid** is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

**Sign up for a FREE Youth Mental Health First Aid Training**  
at <https://wirose.wisc.edu/community-programming/>

### Virtual Youth Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in an Instructor-led Zoom Meeting. Limited to 20 adults.

### Upcoming Trainings

All trainings start at 9:00am and end at 3:00 pm

- [Feb 3, 2022](#)
- [March 11, 2022](#)

### Who should be trained?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth



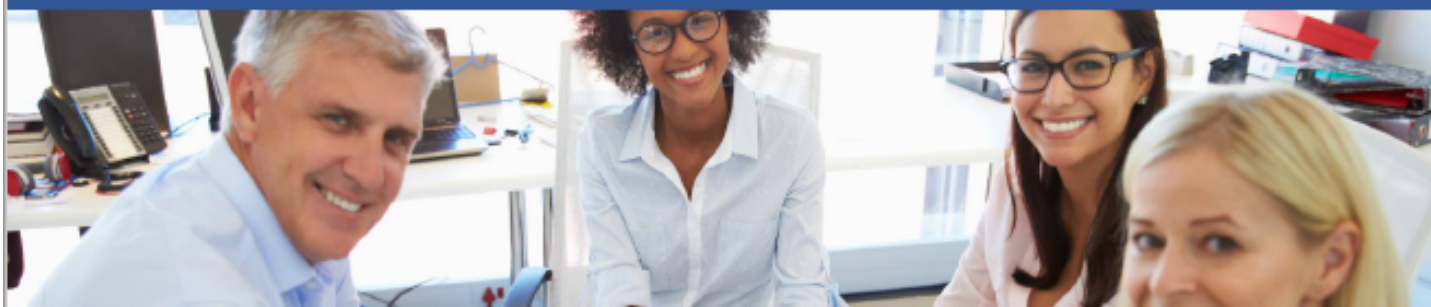
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Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery.

WiROSE is a project of the Extension Health and Well-being Institute.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements

# WHY YOU SHOULD CONSIDER BEING A MENTAL HEALTH FIRST AIDER



On average

**123**

people die by suicide each day

**1 in 5**

people live with  
a mental health condition



**Mental Health First Aid** teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**Sign up for a FREE Adult Mental Health First Aid Training  
at <https://wirose.wisc.edu/community-programming/>**

## Virtual Adult Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6-hour, Instructor-led Zoom Meeting.

### Upcoming Trainings

All trainings start at 9am and end at 3:30pm

- [Feb 4, 2022](#)
- [Feb 22, 2022](#)
- [March 11, 2022](#)



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON

Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements



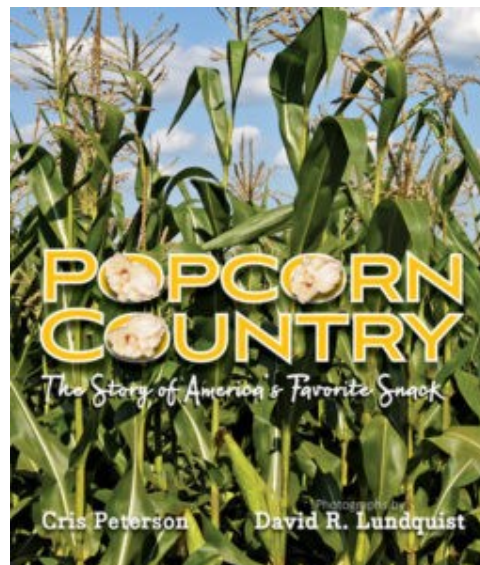
# Ag in the Classroom Essay Contest

## 2021-2022 Essay Contest Information

Wisconsin Ag in the Classroom offers an annual essay contest for fourth and fifth-grade students. Each year the topic has specific lesson plans, activities and other resources that teachers, volunteers and homeschool parents can use to teach about Wisconsin agriculture. The topic is selected after the Book of the Year is picked. The 2022 Book of the Year is "Popcorn Country" by Wisconsin author and dairy farmer, Cris Peterson. You can order the book [here](#).

This year's essay contest topic is, *'What's Popping in Wisconsin? The value of corn to our economy!'*

Essay submissions must be 100- to 300-words in length and will be judged on content, grammar, spelling and neatness. This year students must make three references to Wisconsin agriculture and a new essay grading rubric was developed. The essay contest rules, lesson plans and sample classroom activities are located below. **Essays are due April 1, 2022.**



The contest is sponsored by We Energies, Wisconsin Soybean Marketing Board, Wisconsin Corn and the Wisconsin Farm Bureau Foundation.

Nine district winners will be selected with one being chosen as the state winner in May. Each district winner will receive a classroom presentation for his or her class. Last year, more than 1,400 students participated in the contest.

Questions about the book or essay contest can be directed to Wisconsin Ag in the Classroom Coordinator Darlene Arneson at [darneson@wfbf.com](mailto:darneson@wfbf.com).

Go to [Essay Contest | Wisconsin Ag In The Classroom \(wisagclassroom.org\)](https://www.wisagclassroom.org) for the 2022 Essay Contest Flyer Packet

Club Leaders, Cindi Syverson would be glad to come to your club's meeting to present this to your 4-Hers! Contact her at [csyverson@charter.net](mailto:csyverson@charter.net)

# Positive Youth Development Media Collection

## Borrow Resources from the PYD Media Collection

The Positive Youth Development (PYD) Media Collection is a library of educational tools that can be borrowed from anywhere in the state. The collection has a new home and a new checkout system.

Visit the PYD Media Collection [website](#) to see what is available. You will find displays, skillathons, learning lab kits, interactive CD ROMs, DVDs, and more. Project materials currently include horse, dairy, livestock, small animal, and some arts. We have kept the most used and current materials. Most outdated materials have been removed.

There is no cost to order materials for Extension-sponsored programs. Non-Extension user groups must pay for outbound and return postage plus a \$10 handling fee.

To learn more about the PYD Media Collection, see lists of materials by project area, and find out how to request materials, visit the [website](#). Contact Monica Lobenstein, Learning Resources Specialist, [monica.lobenstein@wisc.edu](mailto:monica.lobenstein@wisc.edu) or 715-896-0377, with questions.







## Learn the Language

4-H uses terms that may be unfamiliar or used differently than what you've experienced in other places. Some of those words are explained here, but there may be some more terms you hear that aren't listed. Don't be afraid to ask your club leader if you're not sure what something means. The number next to each **bolded** word corresponds to the answer in the crossword puzzle on the opposite page.

### 4-H words you might hear in your **Club**

A 4-H **club**<sup>11</sup> is made up of youth **members**<sup>3</sup> and caring adult volunteers who meet regularly. Clubs typically conduct business, serve the community, and have fun! Clubs can also be school-based, afterschool or have a project area focus. A **Cloverbud**<sup>11</sup> is a 4-H member in grades K-2. All clubs have at least one adult club **leader**<sup>10</sup> who works with youth leaders to guide the group. 4-H clubs often do **community service**<sup>2</sup> projects to make a difference in their community. Some clubs also have their members track project progress throughout the year (and their 4-H career) through a **record book**<sup>1</sup>. Clubs may also encourage members to give a **demonstration**<sup>5</sup>, where they teach a project-based skill to other members.



Credit: Ben Hoppe



Credit: Alyssa Zirbel

### 4-H words you might hear across your **County**

County 4-H programs offer opportunities for youth such as project days, camps, and more. For many 4-H members, one of the highlights of the year is showcasing their hard work at a local **fair**<sup>17</sup>. At the fair, members enter their project as an **exhibit**<sup>8</sup>. Many counties also have a **Leaders Organization**<sup>16</sup> made up of adult volunteers and youth leaders. This group provides education, raises funds, and promotes 4-H throughout the county. The organization is usually known as a Leaders Federation, Leaders Association, or Leaders Council.

### 4-H words you might hear across **Wisconsin**

In 1914, the Smith-Lever Act established a partnership between the USDA and land-grant institutions. In 1890, it expanded to include historically black colleges and universities, and in 1994 added tribal colleges. This partnership is known as Cooperative **Extension**<sup>7</sup>. In Wisconsin, Extension is a division of UW-Madison and is home to the Wisconsin 4-H program. UW-Madison employs a county **4-H educator**<sup>4</sup> who leads and coordinates the county's 4-H program. Wisconsin 4-H uses the web platform, **4-H Online**<sup>9</sup>, to keep in touch with 4-H members. On this website, members can also enroll in an **educational experience**<sup>19</sup>, which is an educational travel opportunity organized by the state 4-H office.



Credit: Ben Hoppe

### 4-H words you might hear across the **country**

The 4 H's are **Head**<sup>5</sup>, **Heart**<sup>14</sup>, **Hands**<sup>15</sup>, and **Health**<sup>18</sup>. These are all part of the 4-H **Pledge**<sup>12</sup>, which is usually recited at the beginning of meetings. The 4-H **Motto**<sup>13</sup>, adopted nationally, is "To Make the Best Better."



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1.00 in

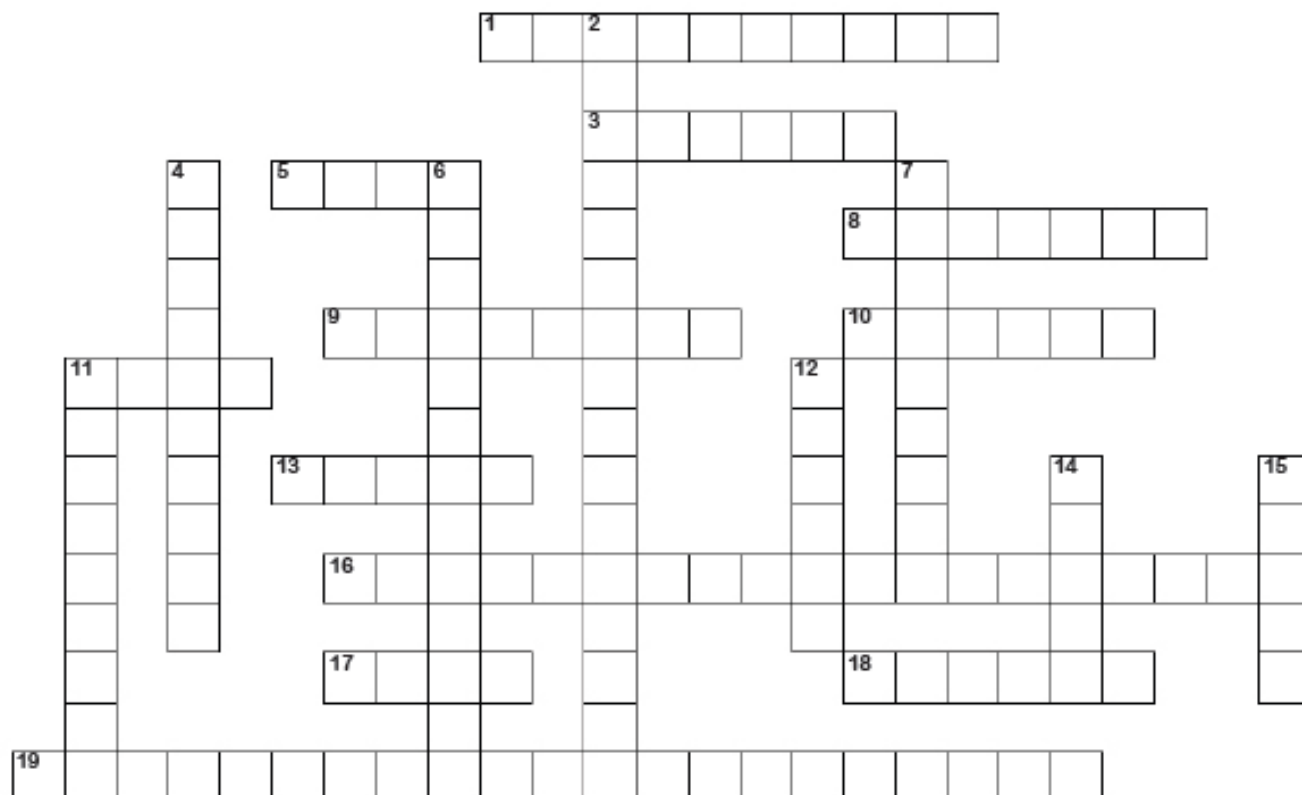
Have a minute? Please  
provide feedback by filling out  
this [5-question survey](#)





## Common Word Crossword

4-H has a lot of words that might not get used in other places. See if you can fill in the word that matches each definition!



### ACROSS

1. Where you keep track of all your 4-H project work in a year (2 words)
3. Any young person signed up for 4-H
5. I pledge my \_\_\_\_\_ to clearer thinking
8. Item you enter into the fair for judging
9. Website where adults sign youth up for 4-H (2 words)
10. Adult volunteer who helps youth in 4-H
11. Group of 4-H members who meet regularly to conduct business, learn about projects, do community service, and have fun
13. The 4-H \_\_\_\_\_: To Make the Best Better
16. Leadership group made of volunteers and youth leaders from around the county (2 words)
17. Event where 4-H youth may exhibit their projects
18. I pledge my \_\_\_\_\_ to better living
19. Travel opportunity that explores other places with Wisconsin 4-H members (2 words)

### DOWN

2. Project or event done by 4-H members to help make the community a better place (2 words)
4. Person who leads and coordinates the county-level program
6. Presentation by a 4-H member where they teach a project-based skill to other club members
7. System that is home to the 4-H program, established by the Smith-Lever Act (2 words)
11. 4-H member in grades K-2
12. Commitment or promise; most clubs recite this to start each meeting
14. I pledge my \_\_\_\_\_ to greater loyalty
15. I pledge my \_\_\_\_\_ to larger service

**Stuck on a clue? That's ok! You can find the answers on the opposite page!**

*Exploring 4-H for New Families is developed by Heidi Vanderloop Benson, Chippewa County 4-H Program Educator and Ben Hoppe, Brown County 4-H Program Educator, UW-Madison Division of Extension.*

*An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.*



# Club Minutes



## January 2022 Meeting Minutes Pleasant Valley Clovers

The meeting was called to order by Allison and pledges were said. Members attending said their favorite winter activity. Ada had a birthday in January. The motion to accept the secretary's report was made by Emma, and seconded by Duane. Hannah read the treasurer's report.

For old business Emma Wathke, Beckett and Aiden reported on the livestock meeting and talked about what they learned and how they went sledding afterwards. Option 5 of the club t shirts design is currently winning, and members who haven't voted yet still can. Community table will be on the 6<sup>th</sup> or the 23<sup>rd</sup>. Beckett motioned for the club to pay for members to snowshoe at Beaver Creek, and Lilian seconded. The February Demonstration night will occur before the meeting on Monday February 21 at 6:00. Cyndi is in charge of the drama, and those who want to participate are encouraged to sign up. Dana is interested in leading music for the Performing Arts Festival. There was no other old business.

For new business, the fire extinguisher training will be at the March meeting, and Kyle will talk about it and then we will practice outside. The March meeting will take place on Monday March 21. There was no other new business.

For the adult leaders report, members discussed their goals with Wendy. The club considered performing drama at the fair. Wendy talked about the clover leaves items.

The motion to adjourn the meeting was made by Emma and seconded by Duane.

Respectfully submitted by Camy Kortbein



## January Secretary Report

Pleasant Valley 4-H club held its monthly meeting on January 20 at the Pleasant Valley Community Center. Our meeting was called to order by President Garret Richardson at 6:30pm, Vice President Sydney led pledges, and roll call was taken as members shared their name and favorite candy. Then we celebrated the club member's January birthdays and our new club member Addison; Happy Birthday Izzy and welcome to 4-H Addison! The treasurer's report and secretary report were sent out in an email prior to the meeting and both reports were approved by Rachel and seconded by Izzy. Our club then participated in an opening activity of making valentines cards to be donated to a nursing home for Valentine's day. We then recapped old business, our club reflected on our community service of Salvation Army Bell Ringing and club members had fun and looked forward to doing it again next year. The tie blankets we made in November were donated to Grace Woodland Assisted Living on December 22 and those who participated also did some caroling to spread some Christmas joy. An additional reminder was made about the Leader's Association and trip nomination forms- now due the third Tuesday in January and second Tuesday in September. Old business was passed by Paige and seconded by Anna as we moved on to new business. The club discussed our future meeting at the Paint Shack and club members Izzy and Madison voted for the club to cover the costs of the canvas painting activity; the move was passed by the club. An update was shared regarding 4-H camp for 2022, our county is planning on in person camp at Camp Kenwood, any youth in grades 9 or higher who are interested in becoming a camp counselor should apply by March 7. A reminder that Beaver Creek Reserve is hosting a Middle School Leadership day on March 3 to educate youth and grow leadership skills, the workshop costs are \$10. Club members Anna and Paige voted for the club to cover costs and the motion was passed, if any middle school club members are interested in attending and would like the club to cover the costs contact 4-H club adult leaders. Additionally the Eau Claire County 4-H is offering an optional educational opportunity, club members are invited to read the book *Biased: Uncovering the Hidden Prejudice that Shapes What We See, Think, and Do* as well as visit the "Bias Inside Us" exhibit on March 7th at 6:30pm followed by ice cream. There is also an opportunity to attend a talk related to the exhibit at the Pablo Center on March 15 at 7:30pm. If you are interested in attending any of these events please be aware that the Pablo Center requires proof of vaccination or negative COVID test prior to entering for those 12 and up. New business was concluded and passed by Izzy and seconded by Addison. Some important upcoming dates are January 31 for the annual leader training which is open to any interested adults or youth. March 5 is the performing arts festival, more information on participating is in the monthly clover leaves, and 2022 4-H camp is June 6-9th. Our next club meeting will be held on February 17th from 6:00 to 8:00 pm at the Paint Shack 2524 Golf Rd, Ste 2C, Eau Claire, WI 54701 for a short meeting followed by a guided painting session.

The meeting was adjourned by Anna and Alana and our club participated in some very fun minute-to-win-it games. Thank you to everyone who attended and we hope to see you at the Paint Shack next meeting!

# Pleasant Hill Go Getters January Minutes

The meeting was called to order at 6:32 pm. Pledges were led by Lorelei and Abby. There were no birthdays this month. For the icebreaker Grayson led some would you rather questions. The secretary's report was read by Grayson. It was motioned by Evan, seconded by Abby, and passed. The treasurer's report was read by McCabe. We have \$3,945.28 in checking, and \$3,564 in savings. It was motioned by Jillian, seconded by Lorelei, and passed. In Old Business we talked about the Salvation Army Bell Ringing and Action City. Old Business was motioned by Evan, seconded by Anna, and passed.

In New Business we discussed the sewing workshop, which will be January 23rd from 5-7:30, and January 24th from 6-8. The Music and Drama Festival is March 5th, and we have practices from 6-7pm January 16th, 30th, February 6th, 13th, 20th, and 27th. The OYC pancake breakfast is going to be on February 27th, from 8-12 in Cleghorn there is a sign up available to work it or if you'd like to get pancakes. McCabe shared about another possible service opportunity to share funds for a horse obstacle course and trail ride for cancer patients and their families. We decided to table that to the February meeting, for more information. We voted on different projects we wanted to do in the upcoming months at meetings. The Paint Shack got the most votes, then Leather Working, May Day, Tie Dye, and then Sewing Plush. We decided that for our outdoor social we would go to a local sledding hill. The date set for it is February 6th at 1 or 2pm. The Talent Show is going to be made into a video again this year. The videos must be in by January 28th, onto the google drive folder. They can be any orientation, and it should be 30 seconds or less. New Business was motioned by Evan, seconded by Jillian, and passed. The meeting was adjourned at 7:16.

We had 4 demos, Hope W. with how to get a chicken ready for the fair. Anna, Lyle and Evelyn each showed us how to make valentines for our project. We all made valentines that will be sent to the Senior living home.

Respectfully submitted,  
Grayson Schwartz  
PHGG Secretary



Can't find your club's minutes? Encourage y our club secretary or leader to send them in!

Email them to Andy at [Andy.Heren@co.eau-claire.wi.us](mailto:Andy.Heren@co.eau-claire.wi.us) by the end of the month to have them included in the *Clover Leaves*!



## Eau Claire County Fair News



Help us in welcoming Kayla Martinson as our new Sheep project Superintendent!! Kayla has been around the Eau Claire county fair for many years. She is currently in her first year of teaching at August High School as their Agriculture teacher.

Thank you to Ed & Melonie Accola for all of their help in these past years while they previously served as our fairs Sheep Superintendent!

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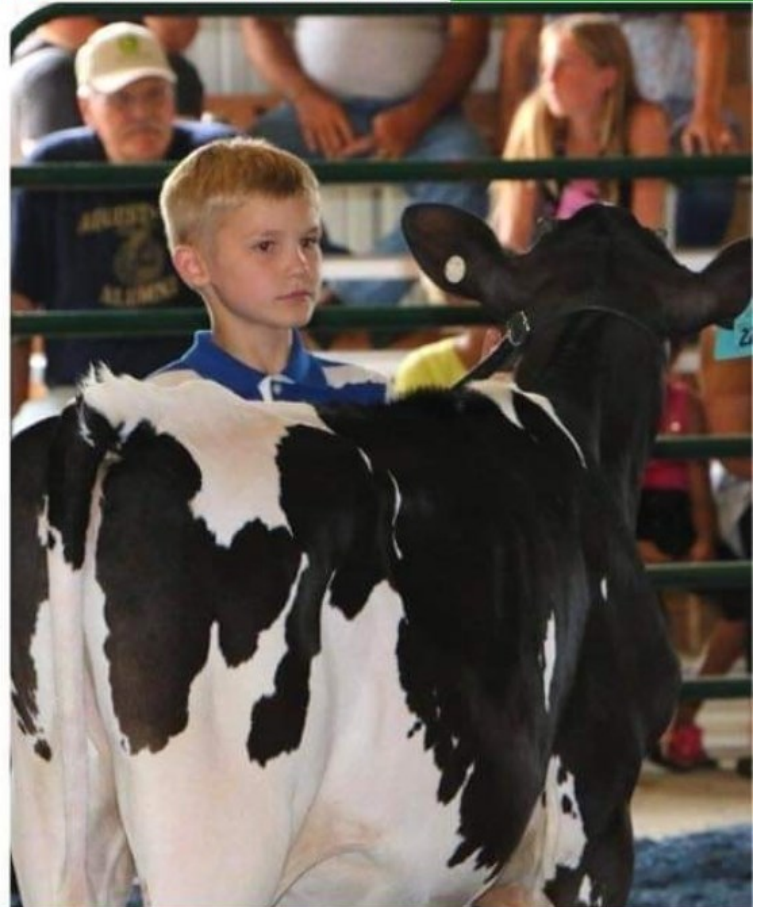
Animal Exhibitors please complete the required YQCA training before your fair entries are submitted.

Reach out if you have any questions!

<https://yqca.learngrow.io/>



- All exhibitors participating in a animal project are required to complete the YQCA training online.
- Cat and small animal exhibitors are exempt from this.
- Please have this completed before your fair entry forms
- <https://yqca.learngrow.io/>



DRUMROLL PLEASE...Announcing the  
2022 Eau Claire County Fair  
slogan and design:

"Sprouting Wisconsin's Future Leaders"!

Congratulations to Beckett Bohlinger for  
winning our slogan contest!

Also, a huge thank you to King Embroidery  
for creating this amazing design that pairs  
perfectly with Beckett's slogan.





Greetings!

Since its first year in 1924, the Eau Claire County Fair has been an educational experience for patrons of all ages. This free and family-focused event has been held the last week in July for over 96 years. COVID-19 restrictions resulted in a smaller fair in 2020 and 2021. We are pleased to announce that we are planning a full fair for 2022, and we are excited to welcome the public once again. Our youth have a lot to be proud of and they want to share that with you. The Eau Claire County Fair will be held July 25 through July 31, 2022.

In creating a more efficient sponsorship process for the fair, a streamlined application is furnished for your convenience. Sponsorships are categorized, allowing for the opportunity to contribute your support to the Eau Claire County youth with multiple levels available.

These wonderful community opportunities would not be possible without support from generous donors like you! The following page includes a breakdown of ways in which you can become or continue to be a partner in the future of the Eau Claire County Fair.

Sincerely,

Eau Claire County Fair Sponsorship Committee

**Like us on Facebook at Eau Claire County Fair**  
**Email us at [eauclairefair@gmail.com](mailto:eauclairefair@gmail.com)**  
**Visit our website at [www.eauclairecountyfair.com](http://www.eauclairecountyfair.com)**



**Eau Claire County Fair Legacy Partner:** (\$1,500+) You will receive all benefits associated with Diamond Donors, along with a framed Certificate of Appreciation to be personally presented and shared on the Fair Facebook page.

**Diamond Donors:** (\$1,000-\$1,499.99) Your name will be included on Sponsorship Banners throughout the fairgrounds. Certificates of Appreciation will be given, and credit will be shared on the Fair Facebook page.

**Platinum Donors:** (\$500-\$999.99) Your name displayed on banners throughout the fairgrounds. Certificate of Appreciation will be given.

**Gold Donors:** (\$250-\$499.99) Your name displayed on banners throughout the fairgrounds.

**Silver Donors:** (\$100-\$249.99) Your name displayed on banners throughout the fairgrounds.

**Bronze Donors:** (\$25-99.99) Your name will be listed with other generous donors on a banner during the fair.

**To ensure proper acknowledgement please make all donations to the Friends of the Fair.**

### **Questions?**

Please contact one of the following Sponsorship Committee Members with any questions you may have.

Debbie Kitchen (715) 579-4703

Cindi Syverson (715) 864-7307

Lisa Vetsch (715) 271-5015

**Yes, I want to help the youth of Eau Claire County and support the Fair!**

Please find enclosed my donation of \$\_\_\_\_\_.

Please indicate your level of sponsorship (Refer to the letter for levels) \_\_\_\_\_ and indicate

areas you wish to support below. *Sponsorships are confirmed on a first come first serve basis.*

**Tent Sponsorships** ☐

**Special Fair Events:** NOTE: Event opportunities will depend on Eau Claire City/County Health Department mandates.

- |   |   |
|---|---|
| <input type="checkbox"/> Classic Car Show             | <input type="checkbox"/> Blue Ribbon Youth Events |
| <input type="checkbox"/> Open Class Beer/Wine Judging | <input type="checkbox"/> Other specific events    |

**In-Kind Donation** (Please specify the items donated and their value on the lines provided):

Item: \_\_\_\_\_ Value: \_\_\_\_\_

**Trophies/Ribbons/Fair Awards:** \$25.00 each (If you wish, you may specify a category for the award you would like to sponsor on the line, i.e., Computers, Natural Science, etc.):

Option #1: \_\_\_\_\_ Option #2: \_\_\_\_\_

**Animal Awards:** \$25.00 each

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Livestock (Beef, Sheep, Goat, Swine) | <input type="checkbox"/> Dairy       |
| <input type="checkbox"/> Poultry/Rabbit                       | <input type="checkbox"/> Unspecified |

**Monetary Donation** (Your generous donation will be applied where needed) Amount: \_\_\_\_\_.

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

**Company Name (If Applicable):** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Please make checks payable to: "Friends of the Fair" and send to:**

P.O. Box 434 Augusta, WI 54722 We are asking that your donations be submitted by **March 1, 2022**.

**Sponsorships received after April 1 may miss the opportunity to be recognized in fair promotions.**

**Payment must be submitted before your name will be added to fair materials. All proceeds will help with the continuation of the Eau Claire County Fair. Your support is greatly appreciated!**