



UW
Extension

The Buffalo Bulletin
September 2007

Buffalo County
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Dear 4-H Families and Friends,

Now that our fun-filled summer and busy Buffalo County Fair are complete, it is time to take a peak into autumn, return to the school hallway, and reflect in your record book. As you do these things, I encourage you to think about what you have learned over the past year and what you'd like to accomplish next. Then, set goals to make sure you achieve your plan. Just remember that no matter if you are setting goals in your personal life, at school, or in your 4-H project work – Make them SMART goals.

S = Specific

Goals should be to the point, focused, and clearly define the what, why, and how of your intended plan. *WHAT* are you going to do in the next 4-H year? Use action words such as organize, lead, practice, develop, plan, build, etc. *WHY* is this important to do at this time? What do you want to ultimately accomplish? *HOW* are you going to do it? (By...)

M = Measurable

Goals should have a specific target to measure so you know exactly when a goal is achieved. For example, a goal to “do better in my beef project” is vague and doesn't explain how you'd like to improve. A goal that reads “I would like to attend an extra livestock meeting about rate of gain by next April” is a measurable goal that you can check off when you complete.

A = Attainable

Goals should be ones that you can accomplish. While goals should stretch your thinking or will a little, they should not be so far out of reach that you lose commitment quickly.

R = Realistic

Goals should be practical ones you can achieve with some effort! Too difficult and you set the stage for failure, but too low sends the message that you aren't very capable.

T = Timely

Set a timeframe for the goal: next week, end of next 4-H year, by 4-H graduation. Putting an end point on your goal gives you a clear target to work towards. Without a time, often you will put the goal on the backburner and lose commitment.

Good luck this fall and remember to be SMART!

Annie

Youth Leader News

Youth Council Meeting

Sunday, September 16, 2007

2:30 p.m.

Alma Courthouse, 4th Floor

- Community Service for Winona/Wabasha County Flood Victims
 - Bring school supplies & personal hygiene items to package

Up-coming Events:

- Ronald McDonald House in Rochester, MN ~ Sunday, October 14
- Recognition Celebration Set-Up ~ Sunday, October 28, 3:00 p.m.
- Teach at Super Saturday Workshop ~ Saturday, November 3, 9:00 a.m.
- ME Workshop—4th Floor Conference Room ~ October 17, 6:00—7:30 p.m.

ME's are due earlier this year~ November 1

Interviews will be November 11.

See our website or call the Extension Office for ME forms.

Wisconsin State Fair

This year, we were fortunate to have five Buffalo County youth participate in four educational and fun-filled days at the Wisconsin State Fair:

Activity Stations (helping fair-goers create make-and-take projects)

Lester Mlinar

Clothing Revue

Larissa Huber—Merit for Best Formalwear

Brittany Haigh—Merit for Best Casual Dress and Most Congenial

Lexi Major

Kylee Secrist

Perhaps you would like to participate in these State Fair events next year!

Club News

Hill & Hollow

On June 29, 2007, the Hill and Hollow 4-H Club met at Dick and Becky Suhr's house at 6:00 pm. Taylor read the Secretary's report and took roll call. Sawyer made a motion to approve the report with a second by Courtney. Jordan read the Treasurer's report, Kelly made a motion to approve the report with a second by Zane.

We discussed the MAQA. We decided upon fair decorations for the barns. Whoever, in the club, that is taking an animal needs to help set up or take down decorations in the barns.

If you are showing a dairy animal at the fair, you must wear a white shirt and pants. Work boots must be worn instead of tennis shoes. For showing pigs you can wear a nice shirt and jeans. Members, showing market pigs must also be a half an hour early to the sale on Friday night. The member must also stay after the sale to talk to the buyers. If you haven't already started to work on your record book don't put it off!! Anyone who is 12 or over in our club must work concessions at the fair.

Kelly did a demonstration on how to make necklaces. The meeting was then adjourned and Zane made a motion to adjourn the meeting and Mitchell seconded the motion.

Respectfully Submitted, Taylor Gibson

4-H Project Boxes

Do you need some ideas for your 4-H club meeting activities? You may find it helpful to use some of our Project Boxes, which contain all the supplies (and instructions) for some fun and educational make-it-take-it projects. Take a look at the list below and contact the Extension Office to reserve you choice of Project Boxes.

Foods & Nutrition	Entomology	Gardening	Aerospace	Theater Arts
Digital Photography	Leathercraft	Metal Work	Bike Safety	Asian Culture
Geology/Water	Sport Fishing	Block Printing	Art & Design	Latino Culture

Mark Your Calendars

WHEN	WHAT	TIME	WHERE	WHO
September 16	Youth Council Mtg	2:00 p.m.	Alma Courthouse	4-H youth grades 7-12
September 16	4-H Leaders' Association Mtg	3:00 p.m.	3rd Floor County Board Room—Alma	All 4-H volunteers
September 16	Record Book Reviews	Following Leaders' Association Meeting	3rd Floor County Board Room—Alma	Youth and Adult Leaders
October 2	Whitetails Unlimited Banquet	7:00 p.m.	Valley Supper Club in Mondovi	Ticket holders
October 7-13	National 4-H Week Contest		Lawn and/or window displays in Buffalo Co.	All 4-H families and 4-H clubs
October 13	End-of-the-year trail ride	2:00 p.m.	Al & Mary Norby's Mondovi	Horse Project Members
October 14	Ronald McDonald House	1:00 p.m.	Rochester, MN	4-H youth in grades 7-12
October 17	ME Workshop	6:00—7:30 p.m.	Courthouse 4th Floor	Everyone is welcome
October 19	Friend of 4-H Nomination Forms	4:30 p.m.	UW-Extension Office	Everyone is welcome to make nominations
October 20-21	4-H Arts Camp		Camp Upham Woods, WI Dells	4-H Youth in grades 6-8
October 22	Volunteer Orientation	6:00—8:00 p.m.	Alma Courthouse 4th Floor	All interested adults
October 28	Recognition Celebration	4:00 p.m. (Set-up at 3:00 p.m.)	TBA	Everyone is welcome!
November 3	Super Saturday Workshop	9:00 a.m. to noon	TBA	Everyone is welcome!
November 3 & 4	PDPW Youth Leadership Derby		Marshfield High School	Youth ages 15-18

Highlights

4-H Clothing Revue Results

OOPS! In the last month's newsletter, we forgot to list Kesley Secrist's first place ribbon for her Unlined Jacket entry at the Clothing Revue. **Congrats!!**

Congratulations . . . to the following youth, whose exhibits have been selected to represent Buffalo County at next year's Wisconsin State Fair!

Please keep your exhibit clean and safe. You will be given State Fair entry details next summer.

State Fair Photography winners must submit their exhibits to the Extension Office by November 1st of **THIS** year. (Please note: photographs are **not** returned from State Fair.)

Natural Sciences	~ Brandon Boynton
Cultural Arts	
Drawing & Painting	~ Renee Pattison
Drawing & Painting	~ Shelly Lisowski
Arts & Crafts	~ Andrea Rippley
Arts & Crafts	~ Brandon Boynton
Ceramics	~ Lindsay George
Any Other	~ Kaycee Christ
Any Other	~ Shelly Lisowski
Photography	~ Ella Rippley
	~ Hannah Ruff
	~ Larissa Huber
Knitting/Crocheting	~ Melissa Coombs
Home Environment	~ Ashley Jacobson
	~ Ella Rippley
Family Living	~ Kylee Secrist
Health, Social, & Political Sciences	~ Bethany Schmitt

National 4-H Week is October 7-13!

4-H families and clubs are encouraged to enter the 2007 Lawn or Window Display Contest to promote 4-H during National 4-H Week. ***Not only is this a wonderful way to advertise the benefits of the 4-H program, but it is also a way for families or clubs to earn some cash!***

Follow these rules to compete:

1. The display should tell a message about 4-H and how to join.
2. All displays must be visible to the general public to see during National 4-H week (October 7-13). Front yards, club meeting sites, or business locations (with permission, of course) are all great sites to place a display.
3. Displays will be judged on eye appeal, neatness, conveying a message about 4-H and on originality.
4. Only one (1) display per family/club may be entered. However, a family may do their own display, plus help their club make one.
5. Displays must be up by Monday, Oct. 8, and judging can take place anytime during the remainder of National 4-H Week. **You must contact the Extension Office and let us know the location of your display.**
6. *A committee will tour all locations and judge each display sometime between October 9 and October 13.*
7. Cash prizes for both the family and club entries will be awarded as follows:
1st place ~ \$15.00 2nd place ~ \$10.00 3rd place ~ \$ 5.00

Record Books

- Record book forms were distributed to each exhibitor earlier in the year. If additional forms are needed, they are available on our website. Go to: www.uwex.edu/ces/cty/buffalo/4h/ and click on the Record Book Forms. (The actual Record Book Evaluation Sheets are here too!)
- Have you ever wondered how Record Books are evaluated? Check out the Record Book Self-Evaluation Checklist included in this newsletter. Use it as a guide to make sure you have included all the elements of an Outstanding Record Book this year!
- FREE Newspaper Clippings – Were you featured or pictured in a 4-H related news article over the last year? Do you want to include it in your record book? If so, the Buffalo County Extension Office has many of the articles from the CFC Recorder, Buffalo County Journal, Mondovi Herald, Winona Daily News, and others! Come to our office to get your free copy of the news article for your record book.

Adult Leadership

Leaders' Association Meeting
September 16, 2007
3:00 p.m.
3rd Floor County Board Room

Agenda Items:

- Trips & Camps Wrap-Up
- Buffalo County Fair & Food Stand
- Record Books
- National 4-H Week
- Recognition Celebration

Please plan to attend ~ we need your participation to make this the best possible 4-H program for our youth.

Record Book Reviews Following Leaders Association Meeting 3rd Floor County Board Room

If you are coming to the Record Book Reviews, come a little early for the Leaders Association Meeting!

To assist with the record book evaluations, we are asking that each club send adult volunteers/youth leaders based on the number of books submitted.

Number of record books being submitted	Number of adult/youth leader volunteers needed
1-7	1
8-14	2
15-21	3
22-28	4
29-35	5
36-42	6
43 and over	7

Please contact the Extension Office by 2:00 p.m. on Friday, September 14, with the names of your adult/youth leader volunteers that will be assisting with the Record Book Reviews. This information will help us organize and streamline the process for the reviewers.

A Priceless Opportunity . . .

The Buffalo County Extension Office is extending a remarkable offer to **ALL** adults who want to make an immense impact on the lives of 4-H youth members!

The first step in making an impact is to become a certified adult volunteer!

If you do any of the following items—you are already a volunteer!

- Share with others their skill or talent
- Assist with set up for activities ~ or clean up afterwards
- Provide transportation for others to events and activities
- Fill in wherever needed
- Teach others to learn new things
- Organize and keep records
- Chaperone trips
- Attend club meetings or activities with your child
- Participate in any 4-H activities
- Help out at the fair

The next orientation session will be:

Tuesday, October 22, 2007, 6:00 – 8:00 p.m. Alma Courthouse, 4th Floor.

Registration deadline is October 18, 2007.

To register, please email Annie Hobson at: annie.hobson@ces.uwex.edu or by phone at (608) 685-6256.

Sessions with less than three adults, enrolled by the registration date may be cancelled.

Opportunities

4-H Leaders' Executive Committee

Officer positions will be available in November.

- Are you interested in helping shape the future direction of Buffalo County 4-H?
- Do you want to help others by showcasing your leadership skills?
- Do you want to be a part of maintaining a strong Buffalo County 4-H tradition?

Then come to the November 11th 4-H Leaders' Association Meeting to add your name to the ballot and start serving youth in a whole new way!

PDPW Youth Leadership Derby

What is the Youth Leadership Derby?

- Two-day, fun-filled lock-in with hands-on labs, valuable, interactive workshops and unique tours
- A conference made for students ages 15-18 interested in the dairy industry
- An opportunity to explore all aspects of the dairy industry
- A positive learning environment for kids to meet and learn from each other

When: November 3 & 4, 2007
Where: Marshfield High School
Cost: \$50
Host: Professional Dairy Producers of Wisconsin (PDPW)

Call Annie for more information or to obtain a registration form.

Recognition Celebration Sunday, Oct 28, 2007 4:00 p.m. Location: TBD

Everyone is welcome! Come eat delicious cake compliments of the Leaders' Association while we honor the hard work, accomplishments, and learning of our youth and volunteers this past year!

4-H Arts Camp

When: Oct 20-21, 2007
Who: 4-H Campers in grades 6-8
Cost: \$60
Location: Camp Upham Woods, WI Dells
Registration Deadline: September 10

No where else can you go to one place to learn about music, drama, visual arts, photography, communications, and juggling! You'll rotate through the different Arts Tracks each day, participate in a group Arts experience Saturday evening, and close with a ceremony for parents and families, celebrating the results of your group Arts Camp experiences. You'll also meet new friends, participate in camp games, and enjoy the great natural setting of Upham Woods, a 300-acre environmental education center on the Wisconsin River near Wisconsin Dells. If you haven't been a part of the Arts Camp experience, come and see what you've been missing! Space is limited.

Call Annie before September 10 for a registration form.

Fair News

Lost & Found

The following items were left at the Buffalo County Fair. For more information, please contact the Extension Office (608) 685-6256.

- A child's pair of glasses
- A turquoise pair of prescription glasses in a case (left at the Farm Bureau malt stand)
- A child's wallet

Showing Appreciation . . . All 4-H and FFA exhibitors at the fair received a coupon from Lindstrom Equipment for a free malt again this year. And many exhibitors also received trophies, plaques, and special ribbons that were sponsored by local businesses & organizations. In addition, a number of local businesses participated in the meat animal auction.

Even though the fair is now over, it is important that you take the time to write a brief thank you note acknowledging the contribution of these generous supporters.

Thank You!

The success of the County Fair relies directly upon those people who get involved and lend a helping hand. We would like to thank all the members, leaders and parents who helped at this year's fair.

A special thanks also goes to:

- The Buffalo Co. Fair Association
- Fair Judges, Superintendents, Helpers, and Other Volunteers
- 4-H Food Stand Mangers
- The local business community who supplies awards and who supports the livestock auction & 4-H programming throughout the year.

Thank you for your continued support!

A HUGE thank you . . .

to the Food Stand Managers John Gehrke, Tracy House, and Bob Major for doing a great job at the food stand again this year! Thanks for your time and dedication to Buffalo County youth.

Friend of 4-H Nomination

Every year at the Recognition Celebration, we like to recognize individuals or businesses that have provided support to the 4-H Program. The support of all of our volunteers and our financial supports are a tremendous part of the success of our local program. If you know of someone or some business that has made a difference in the lives of 4-H members, please take a few moments to nominate them for this award.

The Friend of 4-H Nomination form is available from the Extension Office or from our website: www.uwex.edu/ces/cty/buffalo/4h/. **Please submit all nominations to the Extension Office by Friday, October 19, 2007.**

Shooting Sports

Whitetails Unlimited Banquet

Mondovi Area Chapter

Tuesday, October 2, 2007

Valley Supper Club

S 80 Golf Road, Mondovi

Social Hour ~ 5:30 p.m. Buffet Dinner ~ 7:00 p.m.

The Buffalo County 4-H Archery Program is coordinating the Whitetails Unlimited Banquet. This event will feature a dinner, auction, door prizes, sporting equipment, limited edition wildlife and outdoor art, and WTU collectibles. A large portion of the profits will be donated to the 4-H Archery Program to maintain equipment, purchase additional shooting sports equipment, & keep the cost affordable for all participants.

Banquet Tickets are \$48 each, with an additional \$38 for a spouse, or \$30 for juniors (15 and under). **Tickets must be purchased in advance by September 25th—they will not be sold at the door.**

Pre-Season Raffle tickets are also available for a chance to win a Remington 715 30-06! Raffle Tickets are \$10 each, 3/\$20 or 10/\$50.

To order the banquet or pre-season tickets, call Tracy House at 715-579-6927 or Annie Hobson at 608-685-4342.

Home, Family & Health

Fall & Winter Sewing Patterns

The 2007 Fall/Winter Simplicity Pattern posters have arrived and patterns can be ordered at the very low price of only \$1.00 each. The Fall/Winter patterns for McCall & Butterick are also available, but can only be viewed on their Web Site. You can come to

the Extension Office and we will access the site using our pre-assigned 4-H log on and password.

All 4-H members, leaders and parents are encouraged to take advantage of this money saving opportunity. **We still need a minimum of 5 pattern orders to receive the discount price. We send in the orders as soon as the minimum is reached.**

Thank You

Thank You Sarah Ludwigson !!

We would like to extend a big thank you to Sarah Ludwigson, our 4-H Summer Intern, for all her help and enthusiasm this summer.

Sarah has been involved in 4-H for many years, first as junior member and then as a youth leader. This year, however, Sarah had the opportunity to participate in 4-H from a different perspective. In her new role as an educator and a facilitator, she thrived with her new responsibilities. Sarah designed the annual Cloverbud/Explorer Day Camps for our younger members, assisted with the Summer Workshop series, and of course, Sarah was indispensable during the County Fair!

We enjoyed working with Sarah and wish her the very best as she returns to UW-Stout to continue working towards her degree in dietetics.

Animal Science

Thank you to the Rabbit Project ~

If you had the opportunity to stroll through the Rabbit & Poultry Barn this year at the fair, you must have noticed the sparkling new rabbit cages. A special thanks to Rabbit Project Leaders, Marie and Larry Livingston, and other members of the project, for securing these new cages. They were a much needed addition to the rabbit exhibit.

Horse Project News

Equine Project Members--

Congratulations on a good year, the project experienced orienteering on horseback, MN Horse Expo, Practice Nights, successful Horse Show, pony rides, parade, project meetings, and new pens in the horse barns at the fairgrounds.

We would like to congratulate Hannah Ruff on being chosen by project members for the

Heidi Major Sportsmanship Award and Heather Hibbard for receiving the Jeremy Goss Outstanding Character Award chosen by the leaders.

Don't miss the end-of-the-year trail ride on October 13th, at Al & Mary Norby's, W 1143 County Rd A, Mondovi, beginning at 2:00 p.m. A potluck supper will follow about 5:00 p.m. and we will recognize participation point winners, etc. All project members, families and friends are invited. *Helmets are required.*

What to look for in 2008: orienteering, horse soccer, horse farm visit, project meetings and more involvement by horseless horse members. Bring ideas to the next horse meetings. Watch the newsletter for when and where.

Reminder:

- Trail Dusters Trail Ride September 15th and 16th near Alma, WI and
- Wagon Wheel Teamsters Ride September 22nd and 23rd near Buena Vista/Alma (for more info call 608-626-2931)

Happy Horsemanship,

Linda Fetting, 608-626-2931
Kelli Krzyszton, 608-248-3368
Mary Norby, 715-926-5973

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The University of Wisconsin-Extension staff in Buffalo County thanks you for collaborating with our many educational endeavors. We appreciate your support and working relationship as we provide educational programs designed to empower the diverse citizens of Buffalo County.