

Douglas County

4-H Family Newsletter



UW-Extension, Courthouse, Superior, WI 54880 Phone 715-395-1363

FEBRUARY 2009

Dear 4-H Families/Friends:

I'd like to introduce you to Sheila Fillmore, who joined us at the UW-Extension Office in December as an AmeriCorps VISTA. Many of you know Sheila from her many years as co-leader of the 4-H Eagles Club. She has also been involved with 4-H on the county level through serving on the 4-H Board of Directors, on various county 4-H committees, and as a Head of the Lakes Fair Superintendent. We are thrilled that Sheila is continuing to share her insight and skills with us through her new role with the AmeriCorps VISTA program. But I'll let Sheila tell you more about that!

Sarah Wilcox
4-H Youth Development Educator

Hi, this is Sheila Fillmore. VISTA stands for Volunteers In Service To America and is set up somewhat like the Peace Corps, but the service is done in the United States. It's a volunteer position but I receive a small stipend from the federally-funded VISTA program. I will be working with Sarah Wilcox on the 4-H Program and Joan Wimme on Community Youth Development projects. The goal for me as a VISTA for the next year is to help strengthen community or group programs so that the needs of youth are being met more effectively.

In my 4-H role, I will be helping recruit, train, and support 4-H volunteers. I will also partner with community organizations and schools in expanding 4-H programs to reach more youth than we currently do.

I am glad for the opportunity to build on my long term involvement with 4-H and in the community through the AmeriCorps VISTA program. I look forward to opportunities to work with 4-H youth and adults in the coming months!

Sheila Fillmore
AmeriCorps*VISTA

CALENDAR OF EVENTS

February 2009

- 1 Learn to Ski Day, Brule River State Forest, 12:30 pm
- 7 4-H Winter Dog Show, Head of the Lakes Fair, begins at 10:00 am
- 7 Beef Improvement Association Spaghetti Dinner & Silent Auction, Northwestern Middle School, 4:00-7:00 pm
- 7 Brule Candlelight Ski, Brule River State Forest, 5:00-9:00 pm
- 8 4-H Ski & Snowboard Night, Mont du Lac, 4:00-8:30 pm
- 9 Board of Directors Meeting, Northwestern High School, 6:30 pm
- 16 UW-Extension Office Closed
- 24-25 Superior Days, Madison

March 2009

- 1 Pony Express 4-H Soup Sampler, Superior Town Hall, 11:00-3:00 pm
- 9 Leaders Association Meeting, Courthouse Room 207, 6:30 pm
- 14 Meat Animal Quality Assurance Workshop, Spooner, 10:00 am
- 21-22 Shooting Sports Volunteer Certification, Tomahawk
- 23 Horse Association Meeting, Youth Building, 6:00 pm
- 24 "Worry Dolls" 4-H Program, Superior Public Library, 2-3 pm
- 27-28 4-H Artbeat (for grades 3-5), Wisconsin Dells
- 31 Junior Camp Staff Applications Due

YOUTH & FAMILY OPPORTUNITIES

Beef Improvement Association Meetings

You are encouraged to attend the Beef Improvement Association meetings if you own, raise, and/or plan to show or sell beef, swine, or sheep at the Head of the Lakes Fair. Please call the Extension Office at 395-1363 if you want to be notified of meeting dates.

Spaghetti Dinner & Silent Auction

The Beef Improvement Association is holding a Spaghetti Dinner & Silent Auction to benefit 4-H and FFA on **Saturday, February 7 from 4-7 p.m.** at Northwestern Middle School off Hwy 2 in Poplar. Cost of dinner is \$6 for adults, \$4 for ages 6-18, and free for ages 5 and under. Silent auction items include certificates for propane, fuel oil, big game processing, livestock feed, and restaurants, as well as toys, tools, art, and a bicycle! There will also be three \$100 cash door prizes! Tickets can be bought at the door or by calling Norm LaPole at 218-348-5018. Thanks for your support!

Brule Candlelight Ski

After loading up on carbs at the Beef Improvement Association Spaghetti Dinner, consider heading over to the Brule River State Forest for their candlelight ski the same night: **Saturday, February 7 from 5-9 p.m.** Candles will light two miles of trails. Grills, picnic tables, and a bonfire will be provided. Trail passes are not required for this event. Please visit www.brulexski.com for more information.

YOUTH & FAMILY OPPORTUNITIES



4-H Ski & Snowboard Night

Come out to Mont du Lac on **Sunday, February 8** for 4-H Ski & Snowboard Night! **Registration starts at 4:00 and we hit the slopes from 4:30-8:30 pm.**

You can choose from downhill skiing, snowboarding, or snow tubing. If you swap rental equipment to do more than one activity, you will need to bring extra money. Our group rates are: 12 yrs and under: \$4 for lift ticket only, \$10 for ski or snowboard rental and lift ticket

13 yrs and older: \$7 for lift ticket only, \$17 for ski or snowboard rental and lift ticket

Ski or snowboard lessons: \$5 extra, must be 7 years old

Snow tubing: \$10 from 4:30-6:30 pm, must be 7 years old

To make the registration process go quickly, please complete the enclosed form and bring it with you. If you are just buying a lift ticket, you still need to fill out the top two parts of the form. If you are tubing, please fill out the tubing release form and bring it with you. More forms are available at the Extension Office. Adults should bring a photo I.D. **Checks will need to be made out to Mont du Lac.** See you on the slopes!

Attention Horse Project Members

Changes to Fair Requirements!

To be eligible to show your horse in the Head of the Lakes Fair you must attend **TWO** Douglas County 4-H Horse Association (DC4-HHA) meetings (there are 7 per year), one clinic or approved horse-related function, and one barn clean-up day. If you cannot attend the DC4-HHA meetings, another option is to complete the Ride for Fun packet, available from the Extension Office until May. The next DC4-HHA meeting is scheduled for **Monday, March 23** at 6:00 pm at the Youth Building.

Pony Express 4-H Soup Sampler

The Pony Express 4-H Club will be having a soup sampler, silent auction, and bake sale on **Sunday, March 1** from 11:00 am – 3:00 pm at the Superior Town Hall on Hwy 35. Cost will be \$6 for adults, \$4 for kids ages 6-12, and free for ages 5 and under.

Meat Animal Quality Assurance

All youth raising market livestock are encouraged to attend this workshop on **Saturday, March 14**, 10 am-noon at the Trinity Lutheran Church (1790 Scribner St.) in Spooner. This workshop incorporates PQA certification, *which is mandatory for all youth who sell hogs at the fair.* Please register by Friday, March 6 by calling the Washburn County Extension Office at 715-635-4444. MAQA workshops are also being held in Phillips on March 17 (6:30-8:30 pm) and March 21 (9:00-11:00 am). Call Sarah at 395-1363 for more about the Phillips workshops.

4-H at the Superior Public Library

Everybody has worries, even kids. Did you know that Guatemalan children have a tradition of telling their worries to their Worry Dolls? Join Sarah Wilcox, Douglas County 4-H Youth Development Educator, on **Tuesday, March 24 from 2-3 pm** at the Superior Public Library to create your own worry doll! We'll also read a story about the dolls and learn how they can help us forget our worries! This free program is open to all elementary-aged youth in Douglas County.

Tree Seedlings for 4-H Clubs

The Wisconsin DNR State Nursery Program is providing FREE tree seedlings to 4-H clubs to plant trees. Trees provide a home for wildlife, protect our soil and water, and help clean our air. The seedlings may be used for reforestation, soil erosion prevention, and wildlife habitat improvement. This is a great way for youth to get outdoors and learn about nature, especially those members involved in the forestry project or other nature projects. Tree seedlings come in bundles of 25. They cannot be re-sold, given away, or planted for landscaping or for Christmas trees. Contact Sarah at 395-1363 for more information.

The 4-H Artbeat

Created for 4-H members in grades 3-5 and their parents and leaders, the 4-H Artbeat is the introductory program for the State 4-H Arts and Communication Program. Scheduled for **March 27-28** in Wisconsin Dells, these two days will feature a look at a variety of art projects including music, drama, visual arts, arts and crafts, juggling and more! Also on the program will be a special surprise performance by one of Wisconsin 4-H's most acclaimed performers! The \$40 fee includes all materials and supplies, special snacks, overnight lodging, and breakfast and lunch on Saturday. The registration deadline is March 1. Please contact the Extension Office if you are interested. More information available at <http://4h.uwex.edu/events/4-HArtBeat.cfm>.



State Dog Show Logo Contest

4-H members are invited to create a logo for the 2009 State 4-H Dog Show. Entries can be either hand drawn or computer generated. They must reproduce well on clothing and printed material. Each entry should have your name, address, email address, and county written on the back. Once submitted, entries become property of the Jefferson County 4-H Dog committee. The artist of the selected entry will be awarded a sweatshirt with the logo. Entry deadline is March 13. Submit entries to:
Michele Zimmerman
1041 Boughton Street
Watertown, WI 53094



Cultural Arts Festival

Mark your calendars! The Cultural Arts Festival, Demonstration Contest, and Clothing Revue are scheduled for **Saturday, April 25** at Northwestern Elementary School! Watch your mail for a registration packet.

Fair Housing Poster & Essay Contest

The Coalition for Advancement of Fair Housing is sponsoring a Fair Housing Poster & Essay Contest. Cash prizes for each grade group will be 1st - \$75, 2nd - \$50, and 3rd - \$25. The contest is an educational activity intended to teach youth about the concepts of choice and equality in housing. The deadline is **March 6**. For guidelines and more information, please contact Brad Laible at 394-6601.

Free Rabbits to Good Homes

If you'd like a white and black, friendly, male pet rabbit please contact Rochelle Maas at 391-8591.

Two male mini rex rabbits are also looking for homes – please call Rob or Laura Hursh at 364-6855.

LEADERSHIP OPPORTUNITIES

Shooting Sports Volunteer Certification

This workshop will be held **March 21-22** at Treehaven in Tomahawk. It will run from 8:00 am Saturday until shortly after lunch on Sunday. Participants choose one of these certification areas: Archery, Hunting/Wildlife, Muzzleloader, Rifle/Air Rifle, Shotgun, or Coordinator. Douglas County needs volunteers to share the leadership in these projects and provide classes for our 4-H youth. Douglas County 4-H will cover training fees as long as you get involved in leading classes locally. Registration is due **March 6**. Contact Sarah at 395-1363 for more information.



Volunteer Certification Training

Please call Sarah Wilcox at 395-1363 if you or someone you know would like to become a 4-H volunteer! After she knows when most people are available, she will schedule another Volunteer Certification Training. One-time participation in this training, a criminal background check, and annually signing an enrollment form are requirements of all 4-H volunteers. 4-H volunteers have access to a number of privileges that include:

1. 4-H project literature and training.
2. Support from UW-Extension 4-H Youth Development staff and specialists.
3. Secondary liability insurance coverage while leading 4-H activities or events.
4. Access to accident insurance for any 4-H activities or events that they lead.
5. Recognition for cumulative years of volunteer service at the annual 4-H awards ceremony.
6. Chaperoning 4-H events, camps, and trips.
7. Working with 4-H youth to make a difference in their lives!

Leader Background Checks

Wisconsin 4-H state policy requires 4-H volunteers have a background record check through the Wisconsin Department of Justice every four years. In 2009, we will be doing a confidential check of all enrolled leaders with last names beginning with the letters S-Z.

4-H Leaders Association Meetings

All 4-H volunteers and any interested youth are invited to participate in these meetings and help better our organization by sharing your ideas! Meeting dates are in the newsletter "calendar of events" each month. Minutes from the meetings are available at the Douglas County 4-H website: <http://douglas.uwex.edu/4h>

CLUB CORNER

What is your club up to this year? Have your club Secretary or Reporter send a brief report (3-5 sentences) to the Extension Office by the 20th of the month and we can print it in the next newsletter!

Live & Learn on the Lake

"Lake Superior Pathfinders" is an Environmental Leadership and Social Justice Program for grades 11-12. Explore estuaries, kayak to sea caves, and investigate the lake's critical issues from various perspectives. Help haul in nets and fish aboard a commercial fishing boat that trolls around the Apostle Islands. Interact with Chippewa tribal elders and educators as they share their culture. The program will be held July 12-17 and July 19-24. Cost is \$650 and you may receive one college credit through Northland College. Visit www.northland.edu/admissions-pathfinders.htm for more information.

4-H College Scholarships

The Wisconsin 4-H Foundation and generous sponsors provide 16 scholarships to outstanding 4-H members who are enrolled or plan to enroll at a college or technical school during the 2009-2010 academic year. Recipients are selected based upon their 4-H involvement, scholastic achievement, and future educational and career goals. Applicants must graduate in June 2009 or earlier and meet other eligibility requirements specific to individual scholarships. Applications must be postmarked **by February 28**. For more information contact the Extension Office or visit <http://4h.uwex.edu/foundation/scholarship.cfm>

4-H Junior Camp Counselors

We're looking for 4-H'ers ages 14 and older (by June 26) to be camp counselors at 4-H Junior Camp this summer! Your job will be to develop and lead activities for younger youth (ages 8-13) at Leisure Lake 4-H Camp in Trego on June 26-28. You must be ambitious, enthusiastic, willing to share responsibility, and be concerned about creating the best camping experience possible for the campers. Counselors will participate in training and camp planning with Washburn County counselors in the spring. If you are interested, please watch your mail for the application that will be coming soon. Applications will be due by **March 31**. Contact Sarah at 395-1363 if you have any questions.

Recipe for 4-H Club Stew!

Ingredients:

- 5 newly recruited members
- 2 enthusiastic leaders
- open-minded parents
- 7 new ideas
- 3 cups excitement
- a pinch of tact
- generous amounts of encouragement and praise



In a meeting hall, combine newly recruited members, enthusiastic leaders, and open-minded parents. Add new ideas. Mix, stirring well. Vigorously beat in excitement. Blend in a pinch of tact along with generous amounts of encouragement or praise. Pour into surrounding neighborhood for countless hours of fun and rewards!

Serves: Your entire community

From the 1997 Sheboygan County 4-H Enrollment Guide

Project Literature

Your club leaders should be getting project literature to you soon! If you are a club leader and need to pick up literature, please call Rena at 395-1364 to make an appointment. Those enrolled in Art 1, Art 2, Latino Cultural Arts, or Geospatial will need to check out literature from their club leader because they are too expensive to give each member a copy. Another option is for your family to buy the literature through the Extension Office. Costs range from \$7 – \$15 per book.

March Newsletter Assembly

Newsletter assembly for March 2009 will be the Northern Lights 4-H Club. Please contact Rena Driscoll at 395-1364 by March 20 to set up the date and time for picking up the newsletter and bulk mail supplies. Thank you!

Douglas County UW-Extension Office
 Courthouse Room 107, 1313 Belknap Street
 Superior, WI 54880
 PHONE 715-395-1363, FAX 715-395-1399
 sarah.wilcox@ces.uwex.edu



4-H
 DATED MATERIAL

United States Department
 of Agriculture
 Cooperative Extension Service/
 Program
 Room 107 Courthouse
 Superior, WI 54880
 OFFICIAL BUSINESS
 Penalty for Private Use, \$300

PRRST STD
 US POSTAGE PAID
 USDA
 PERMIT NO. 167
 SUPERIOR, WI 54880