

# Douglas County

## 4-H Family Newsletter



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

### MAY 2009

Dear 4-H Families/Friends:

Whether you're the parent, mentor, guardian, older sibling, or friend of a child, these tips are a nice reminder of how we can help children feel good about themselves!

**Catch a child being good.** Give children praise, recognition, a special privilege, or increased responsibility for a job well done. Emphasize the good things they do.

**Take a child's ideas and emotions seriously.** Children develop positive self-esteem and feel good about themselves when they are treated with respect.

**Define limits and rules clearly.** It's important to consistently enforce limits and rules, but do allow some leeway within these limits.

**Be a good role model.** Let children know that you feel good about yourself and that you also make mistakes and learn from them.

**Have reasonable expectations.** Help children set reachable goals so they can achieve success.

**Help children develop tolerance toward those with different values, backgrounds, and cultures.** Point out other people's strengths.

**Give children responsibility.** Children feel useful and valued when given responsibility.

**Be available to spend time together.** Share favorite activities and give children support when they need it.

**Show children that what they do is important to you.** Talk with children about their activities and interests. Go to their games, performances, and award ceremonies.

**Express your values.** Describe the experiences that determined your values. Talk about the decisions you made to accept certain beliefs, and explain the reasons behind your feelings.

**Discuss problems without placing blame or commenting on a child's character.** If children know there is a problem but don't feel attacked, they are more likely to help look for a solution.

**Use phrases that build self-esteem.** Say "thank you for helping" or "that's a good idea!" Avoid phrases that hurt self-esteem.

**Show children that you care.** Give them hugs and tell them they're terrific... find ways to show you care!

Sarah Wilcox  
4-H Youth Development Educator  
Douglas County

Adapted from a handout from the *Wisconsin Children's Trust Fund*

### CALENDAR OF EVENTS

#### May 2009

- 1 **Last day for new members to enroll**
- 2 Tack Sale, Mission Covenant Church, Poplar, 10-2
- 11 & 13 4-H Web Resources Workshop, Curling Club, 6:30 pm
- 18 Horse Association Meeting, Youth Building, 6:00 pm
- 20 4-H Science Night, Northern Lights Elem., 5:30 pm
- 25 UW-Extension Office Closed
- 29-30 Multi-County Camp Counselor Training, Trego

#### June 2009

- 6 Joy of Photography Workshop, Pattison State Park, 9:00 a.m. – 3:00 p.m. – *register by May 22*
- 7 4-H Horse Association Trail Ride, Solon Springs
- 8 4-H Flower Planting & Board Meeting, Fairgrounds, 6:00 pm
- 15-18 Wisconsin 4-H & Youth Conference, Madison
- 19 **Junior Fair Entries Due!**
- 19 Camp Counselor Training, Solon Springs, 1-4 pm
- 20 Cloverbuds/Exploring Day Camp, Lucius Woods Park, 10:00 a.m. – 3:00 p.m.
- 20 Northern District 4-H Horse Show, Ladysmith
- 22 4-H Horse Association Meeting, Youth Bldg, 6:00 pm
- 26-28 4-H Junior Camp, Leisure Lake Youth Camp, Trego

#### 4-H Junior Camp 2009

Another exciting 4-H camp is being planned for you! All youth ages 8-13 are invited to attend 4-H Junior Camp, held with Washburn County 4-H at Leisure Lake Youth Camp near Trego. Camp begins at 5:30 pm **Friday, June 26** and concludes at 2:00 pm Sunday, June 28. Camp activities include swimming, canoeing, games, fishing, environmental activities, campfires, art projects, and a whole lot more! Cost for camp is \$35 for 4-H members and \$40 for non 4-H members. The fee covers food, lodging, t-shirt, snacks, and all activities. The camp is staffed by two 4-H educators, adult volunteers, kitchen staff, lifeguard, and trained youth leaders. Staff are present who are certified in First Aid and CPR. A camp brochure/registration form was included in the April newsletter. If you need one, contact the Extension Office at 395-1363 or download one from our website: <http://douglas.uwex.edu/4h/>. Douglas County has 20 spots for girls and 10 spots for boys that will be filled on a first-come, first-served basis, so get your registrations in soon!

## YOUTH & FAMILY OPPORTUNITIES

### 4-H Web Resources Workshop

Would you like easier access to resources for leading your club more effectively? Are you looking for new ideas for your 4-H projects? Do you have suggestions for how 4-H can make better use of technology? If so, please join us for this free workshop! The main workshop will be held **Monday, May 11 at 6:30 p.m.** but Pony Express members and others who aren't available that night are invited to attend another offering on **Wednesday, May 13 at 6:30 p.m.** Both workshops will be held at the Fairgrounds Curling Club Building. This workshop will count as our annual leader training (per the new charter requirements, 4-H clubs need to send at least one leader to the annual leader training). Bring a laptop if you have one with wireless capability. No pre-registration is required. If you have any questions, call Sarah Wilcox at 395-1363. Hope to see you there!

### 4-H Photography Workshop

Join Wayne Brabender, Wisconsin 4-H photography specialist and veteran county fair judge, to explore techniques to take well-composed photos that you can bring to the county fair! This workshop will be held in two locations in the north, and one of them is Pattison State Park on **Saturday, June 6**. This day-long session for adults and youth in grades 6<sup>th</sup> and up will include a photo scavenger hunt in the park and time for sharing and critiquing photos. See the enclosed flyer for more details.

Register by May 22.

Contact Sheila Fillmore at 395-1363 if you have any questions.



### Day Camp for Cloverbuds & Exploring Members

All 4-H'ers in grades K-3 may attend this free, day-long adventure! Cloverbuds/Exploring Day Camp will be **Saturday, June 20** from 10:00 a.m.–3:00 p.m. at Lucius Woods Park in Solon Springs. Youth will play games, take a nature hike, eat lunch, do arts and crafts, and swim in the lake if it's warm! This Day Camp will be staffed by certified 4-H volunteers. Please call the Extension Office at 395-1363 if you have any questions or if you are an older 4-H member interested in serving as a counselor.

### Showing a Horse at the Fair?

#### **\*Be Aware of 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 two DC4-HHA meetings, another option is to complete the Ride for Fun packet. The last two DC4-HHA meetings of the year are scheduled for **Monday, May 18** and **Monday, June 22**. Both meetings will begin at 6:00 p.m. in the Youth Building.

### DC4-HHA Horse Clinic

Sharpen your horsemanship skills on **July 8-10** at the Fairgrounds! Clinicians will teach sessions in Western, English, Reining, Dressage, Trail, Jumping, and Ranch Riding. Play horse soccer, make crafts, and more! A WSCA show sponsored by the Free Spirit Riders will follow on Saturday, July 11 for those interested. Cost is \$125 per horse and rider (no green broke horses). Register by June 24. For more information call Chris Kintop at 399-9962.

### Area Animal Science Day

4-H youth are invited to this day of exploring, judging, and learning about different animal species including livestock, meats judging, dairy, horses, poultry, rabbits, and pocket pets. This year's Northwest Area Animal Science Day will be held in Ladysmith on **July 1, 2009**. Contact the Extension Office for an information packet. Pre-registration is due in early May.

### Plant Science Day

Calling all plant enthusiasts... 4-H Plant Science Day will increase and test your knowledge about plant science! On **July 9, 2009** at the Hancock Research Station in south-central Wisconsin, youth in grades 3-13 will gather to practice plant identification and learn to judge different classes of plants. There will also be tours, workshops, demonstrations, photography, and opportunities for career exploration. Cost is \$10. Contact the Extension Office for registration materials.



### Head of the Lakes Fair News

2009 Head of the Lakes Fair dates are **July 21-26**. The 2008-2009 Premium List is online at [www.holfair.com](http://www.holfair.com). Entry blanks for Junior Fair exhibits are due to the Extension Office **Friday, June 19**. Entries received after this date will not be eligible for entry in the Junior Fair. The Junior Fair continues to be a successful event because 4-H families and friends volunteer during the week. We ask everyone involved with Douglas County 4-H to volunteer as much as possible to help coordinate 4-H activities during fair week. If you want to help with something specific, please contact the Extension Office or call Pat Luostari at 363-2456. Thank you!

### **Community Service Opportunity**

Local food shelves have seen an increase in people coming in for food this year. There is a lot of need. On May 9 there will be a nationwide letter carriers food drive. This food drive has been taking place in Superior for 18 years. People leave their food donations on their doorstep and then the letter carriers or volunteers pick up the food. Once picked up, donations are taken to the post office and then dispersed to local food pantries. In 2008 the food collected in Superior amounted to 32,959 pounds! So the post office is expecting there will be a lot of food to be moved on May 9. This is where 4-Her's come in. The Salvation Army located at 916 Hughitt Avenue needs helpers to unload the truck when it delivers food to their pantry on the afternoon of **May 9 from 3-6 p.m.** Helpers need to be old enough to not need direct supervision and strong enough to carry boxes of food from the truck downstairs to the food pantry. As a thank you, helpers are invited to stay for supper at 6 p.m. If you have questions or would like to sign up to help, please call Sheila Fillmore at 395-1363 by May 8.



### **Wisconsin State Fair News**

The Wisconsin State Fair exhibit and activity information is posted on the new State Fair website: [http://www.wistatefair.com/fair\\_info/competitions.html](http://www.wistatefair.com/fair_info/competitions.html)

### **Wisconsin 4-H Rocketry Contest**

The 2009 state contest will be held at the UW-Madison Agricultural Engineering Laboratory on **Wednesday, June 17, 2009** from 1:00 pm – 5:00 pm. For more information contact the Extension Office.



### **LEADERSHIP OPPORTUNITIES**

#### **Attention High School Students**

Do you....

- \* Need a resume builder?
- \* Want to make a difference in Superior or Douglas County?
- \* Want to share your concerns and ideas about what's going on?
- \* Want to build a network with community leaders who could help you down the road?

...Then think about becoming a Youth Representative! We are currently seeking students in grades 9-12 to serve on various community and government boards/councils. This includes the Douglas County Board of Supervisors, United Way of Superior-Douglas County Board of Directors, the Superior City Council, and the Murphy Oil Community Advisory Panel. Information and application materials are available at the UW-Extension office or our website <http://douglas.uwex.edu/4h/CYD.html> The application deadline is June 1. Training and orientation is provided and terms begin in late summer/early fall. If you have any questions, please contact Joan Wimme at 395-1363 or [joan.wimme@ces.uwex.edu](mailto:joan.wimme@ces.uwex.edu). Thanks!

### **Help at 4-H Science Night**

Northern Lights Afterschool 4<sup>th</sup>-5<sup>th</sup> grade students will be hosting a 4-H Science Night and are looking for some extra volunteers! If you're a 4-H leader or older member with an interest in science projects, consider joining us as we provide hands-on activities for elementary-aged students at Northern Lights Elementary on **Wednesday, May 20 from 5:30-7:00 p.m.** Call Sarah Wilcox at 395-1363 if you're available to help us out!

#### **Adult Help Needed at 4-H Junior Camp!**

Adult volunteers are needed to serve as chaperones and be on hand to support our teen counselors during the day at Junior Camp. If you can join us for fun and games in the great outdoors during the weekend of June 26-28 (even if it's only for one night), please contact Sarah at 395-1363. Meals and lodging will be provided at no cost. Thank you!

#### **CONGRATULATIONS to the following adults for becoming certified 4-H volunteers this year!**

Wendy Buczynski, Northern Lights  
Kris Verbeck, Pony Express  
Scott Verbeck, Pony Express



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**THANK YOU, UNITED WAY!**

We are very grateful to the United Way of Superior/Douglas County for their continued support of Douglas County 4-H and other local youth serving agencies. We thank them for the 2009 funding that will help us strengthen our efforts to reach more youth through reliable, affordable educational programs.



Please contact Rena Driscoll at the Extension Office, 395-1363 or [rena.driscoll@ces.uwex.edu](mailto:rena.driscoll@ces.uwex.edu) if you are receiving duplicates of the 4-H newsletter or if you receive the newsletter via postal service but would prefer to receive it via email. Thank you!

**June 2009 Newsletter Assembly**

The June newsletter will be assembled by the Puppy Pals 4-H Club. Please contact Rena at 395-1363 in mid-May to set up a date and time to pick up the newsletter and bulk mail supplies. Thanks!



United States Department  
of Agriculture  
Cooperative Extension Service/  
Program  
Room 107 Courthouse  
Superior, WI 54880

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4-H  
DATED MATERIAL

RETURN ADDRESS REQUESTED

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# Congratulations 2009 CULTURAL ARTS FESTIVAL participants!

The Cultural Arts Festival was held at Northwestern Elementary School on April 25, 2009. It was exciting to see the wealth of hard work, skills, and talent on display that day! Congratulations to the youth who participated and thank you to your families for coming and supporting this program! Special thanks to Pat Luostari for all of her planning and coordinating; our clerks – Nancy Collins, Dara Fillmore, Sheila Fillmore, Lorrie Gunnerson, and Jenny Kroll; and our judges – Sarah Anderson, Kristin Clemmer, Julie Grube, Nancy Homen, Kate Olaf, Don Rantala, Jeanette Rantala, Sandra Thorton, & Patsy Weaver. Thank you to Dan Klarner, Amanda Klarner, and Paul Guello for preparing and serving lunch!

Audralyn Austin  
Zach Berthiaume  
Adam Breister  
Amanda Breister  
Brianna Choate  
Carissa Choate  
Lisa Choate  
Reese Coyle  
Savannah Coyle  
Spencer Coyle  
Daijah Lu Deeth  
Dylan Deeth  
Jasmine Domecq  
Shannen Domecq  
Chris Fechtelkotter

Heidi Fechtelkotter  
Nathaniel Fechtelkotter  
Kevin Garland  
Sara Garland  
Nicole Greely  
Danielle Hakkila  
Isabella Hanson  
Sophia Hanson  
Pomipat "Boss" Husskul  
Desiree Johnson  
Emily Johnson  
Jacob Johnson  
Nathan Johnson  
Amanda Klarner  
Christian Kroll

Clorissa Kroll  
Joel LaValley  
Nate LaValley  
Will LaValley  
Ashley Lichtenberg  
Benjamin Lichtenberg  
Emily Lichtenberg  
Eric Lichtenberg  
Matthew Lichtenberg  
Stephanie Lichtenberg  
Steven Pearson  
Rachel Radzak  
Katie Stenroos  
Sam Stenroos

## SPECIAL RECOGNITION:

Wisconsin 4-H & Youth Conference Art Exhibits: Carissa Choate & Dylan Deeth

Outstanding Musicians: Heidi Fechtelkotter, Isabella Hanson, Emily Johnson, & Nate LaValley

Clothing Revue State Fair Delegate: Desiree Johnson

Demonstration Contest State Fair Delegates:

Audralyn Austin & Amanda Breister



Emily Johnson puts on a solo performance, with a little help from a pillow and a hat!



Desiree Johnson models the outfit she made.



Heidi Fechtelkotter performs ballet.



Sam Stenroos demonstrates the different tires used on his motorcycle.