



UW-MADISON EXTENSION  
**Waupaca County**

# 4-H FORECAST

February / March 2022

**WELCOME** to the more than 65 new 4-H members in Waupaca County 4-H and welcome back to the returning 4-H members! We look forward to a great year of 4-H opportunities and experiences. I encourage everybody, returning members and new members, to ask questions, try new things, set goals for yourself, make new friends, work together, learn, and have fun.

**ELECTIONS FOR THE 4-H LEADERS' BOARD** will be held at the March Association meeting, March 22. If any leaders are interested in learning more about this rewarding experience have them contact a current board member or the Extension Office. The positions the board is looking to fill are Vice President, District Representatives (one from each District each year), and two Youth Representatives.

## **Top 10 Reasons to be a part of the 4-H Leaders' Board**

- Learn about other 4-H clubs in the county and how they work.
- Work closely with other leaders who are committed to making the Waupaca County 4-H Program the best it can be.
- There is a \$10.00 drawing at each meeting (to help reimburse travel)!!
- You meet a lot of fantastic people and develop life-long friendships.
- You learn and/or practice the proper way to run a meeting following Robert's Rules of Order.
- You have the opportunity to help shape our 4-H program.
- You meet some pretty impressive youth (who may someday be your boss) and learn about things they have participated in and value about 4-H.
- Get the scoop on the latest 4-H opportunities and news.
- Ensure funds are budgeted for items most important to the membership.
- We **NEED** you to fill some vacancies on the Board!!

Thank you for considering this important role in our 4-H Program!

*Penny Tank*

Penny Tank, 4-H Program Educator



## Inserts in this Newsletter

- \* 2022 4-H Calendar of Events
- \* Scholarships
- \* New Family Night
- \* Lego Contest

## Cloverbuds

Did you know that there are close to 60 Cloverbud 4-H members (grades K-2) in Waupaca County? In addition, over ½ of the 4-H clubs in the county indicated on their club charter application that they would like to, or were planning to, hold Cloverbud project meetings? Waupaca County is going to try some quarterly cloverbud project meetings for any cloverbuds across the county to attend. At each meeting you will have the opportunity to meet other youth, learn more about 4-H, and complete a project. **The first county-wide Cloverbud meeting will be March 8 from 6:00-7:00 p.m., at the Courthouse in Waupaca, room LL42.** More details and a registration link will be emailed to all cloverbud families in the near future.



## Music, Drama, Speaking, and Demonstration Contest Coordinators Needed

With the arrival of the new year, we are looking for volunteers to coordinate the Waupaca County 4-H Music, Drama, Speaking, and Demonstration Contests. This year there may even be a new option of an area speaking contest (members would advance from the local contest). If you are interested in helping to plan these events contact Penny at penny.tank@wisc.edu

## Arts Retreat

### March 12-13, Wisconsin Lions Camp - Rosholt, WI

There are just a few spots lefts for Art Retreat, grades 5-8, coming up March 12 and 13 at the Lion's Camp in Rosholt. The registration deadline is February 18. Some confirmed classes so far are Pour Painting, Watercolor, Fiber Art, Button Art, Feather Jewelry, Song Writing, Storytelling, and more. The cost is \$100 and the final deadline is 2/18/22. To register go to: <https://docs.google.com/forms/d/e/1FAIpQLSdOkfaoU9vUSQXUKcZdOZrLw7fw6KENIAfBzysvfXu-3Wt8Q/viewform> OR contact the Extension Office to have the link emailed to you.



**SUPER SATURDAY** will be held on March 26, 2022 at the Elementary School in Manawa. Super Saturday is a project exploration event where members, leaders, and parents can sign up for a variety of sessions. Registrations will be mailed and emailed to all families soon.



**2022 WAUPACA COUNTY FAIR DATES:** While planning for 2022, please note the Waupaca County Fair dates are August 24-28. Check out the Waupaca County Fair website at <https://waupacacountyfair.org/> for more information.

### **New enrollments after February 1**

Youth can enroll in 4-H anytime, however new 4-H members who join after the February 1st new enrollment deadline pay a reduced enrollment fee of \$3.00 and cannot exhibit in the junior fair under 4-H for the current year.

### **4-H Forecast**

The 4-H Forecast is the primary way to keep 4-H families up to date on what is happening in Waupaca County, as well as on the district, state, and national levels. The newsletter contains information about upcoming workshops, programs, contests, and registration information. In **many** cases, this is the only way you will receive information about activities and events at the county level. Please read each issue and make note of events your family is interested in. The 4-H Forecast can be found online at <https://waupaca.extension.wisc.edu/4-h-youth-development/4-h-program-topics/4-h-newsletters/>

Each **4-H Forecast** includes county and state level 4-H opportunities and deadlines. These are in addition to your own club's meetings. You are expected to attend 4-H club meetings; however, you are invited to take part in as many county activities as your family schedule will allow. **Enclosed is a 2022 Waupaca County 4-H Calendar.**

Please honor the deadlines listed. They are established so planning committees can prepare for you. If we do not know you are coming, we can not buy supplies for you, send you more information you may need, or events could be cancelled due to low registration. Every time someone misses a deadline, it may result in a missed opportunity or more work for someone else.

If you need more information about any of the items in the Forecast or about 4-H, call the Extension Waupaca County office at 715-258-6230. Office hours are 8:00 a.m.—4:00 p.m., Monday through Friday. Our address is: Courthouse, 811 Harding Street, Waupaca, WI 54981. You can also find more at <https://waupaca.extension.wisc.edu/> and Facebook <https://www.facebook.com/profile.php?id=100069416070343>  
Email Penny at [penny.tank@wisc.edu](mailto:penny.tank@wisc.edu)

### **State 4-H Newsletter**

You have hopefully noticed in your email inbox a NEW 4-H newsletter from the State 4-H Office. I encourage you to read these newsletters in addition to the Forecast newsletter to stay up to date on many opportunities! The state newsletter is emailed approximately every 2 weeks and the Waupaca County 4-H Forecast comes out every other month. If you have missed past issues of the state newsletter please check them out here <https://4h.extension.wisc.edu/home/news/> There may be some items you only see in the state newsletter because of the timing in between local newsletters. Don't miss out!

### **Record Book Pages**

Record book pages will be available next month. For members, record books are a valuable part of the 4-H experience. They are intended to help you develop lifelong skills such as:

- ⇒ Setting goals
- ⇒ Planning and organizing
- ⇒ Communicating in writing
- ⇒ Evaluating effort and progress



Once completed, members experience personal satisfaction from completing a worthwhile task.

You also have a valuable record of accomplishments that can be used when applying for awards, scholarships, college or a job! Remember to begin saving information for your record books throughout the year and to start filling out the record book pages early. Refer to the guidelines you receive with the record book pages for details about completing your record book.

Record book pages are available in print or as fillable forms on the internet. We will be contacting each club organizational leader to see if printed pages are wanted for everybody.

# VOLUNTEER LEADER NEWS

## *Becoming a 4-H Volunteer*

If adults are interested in becoming a project or activity leader for your club or county, call your general leader or Extension Office for enrollment information. There are numerous projects offered to members and it would be great to have more leaders to help throughout the year with project meetings and events.

Becoming a 4-H Volunteer includes four steps to ensure youth protection for 4-H members. These steps include:

- signing up as a volunteer on 4HOnline
- passing a background check
- doing an online module called the Mandated Reporter
- completing the Volunteer in Preparation (VIP) training.

All adults need to register through 4-H Online and if they are a new volunteer, a background check will be run by the state 4-H office prior to an individual completing the volunteer training.

**If you are a new leader and still in need of completing the VIP training, contact Penny at the Extension Office to get date options for the training.**

## *New Training Available for 4-H Volunteers*

### **Supporting Youth Mental Health for Volunteers Training**

<https://4h.extension.wisc.edu/resources/volunteer-resources/training-for-volunteers/supporting-ymh/>

For adults who volunteer with young people and care about young people. One way to show we care is to give help and support when someone is feeling down. That's what the Supporting Youth Mental Health for Volunteers Training—Supporting YMH, for short—is all about: knowing how to support youth when they're down, whether it's simply a bad day or it's more than that.

Supporting YMH has two parts:

- 1-hour online training
- 2-hour live training—offered virtually or in-person



### **Join the YMH Movement**

A team of youth, volunteers, and staff developed this training. In 2022, it's available to you!

## **Volunteer Requirement (this training is valuable for any volunteers, see below for overnight experience requirements):**

- **2021-2022 4-H year:** Transition year; **Overnight** youth experiences require at least two adults trained in supporting youth mental health.
- **2022-2023 4-H year:** Overnight youth experiences require all volunteers serving as chaperones, or adult advisors, to be trained.
- **Check out the website above for training opportunities (mainly virtual at this time)**

### **Club and/or Project Printouts**

With the switch to 4-H Online, club managers have the capability to print club reports/member information for their club. If you need any reports run for your club or a specific project area the Extension Office will gladly print them by request. Please look these reports over as soon as you receive them and get back to Annette with discrepancies. It's much easier to fix now than when fair entries are due!

### **What is Expected of 4-H Project Leaders?**

- ◆ First, make sure you're a certified 4-H leader!
- ◆ Get started now. Member enthusiasm for a project is highest at the time of enrollment. Find out who is enrolled in the project and set up your meeting now.
- ◆ At one of the first meetings of the year, help members set their goals for the project. Be sure members bring their 4-H member's record sheet with them to the meeting.
- ◆ Help members keep a record of what they did or made in the project for the year.
- ◆ Review progress toward the year's goals at your final meeting of the year.
- ◆ Try to organize and conduct at least three project meetings per year. Remember project tours or smaller work sessions can be offered to members in addition to group meetings.
- ◆ Involve youth leaders in meaningful ways. They are capable of helping in planning and teaching—not just being the helper or the clean up crew!
- ◆ Set an example in being prepared, organized, and flexible in working with youth.



- ◆ Seek out additional resources for project meetings.
- ◆ Keep your club's General Leader informed about meetings and other announcements.

Call the UW-Extension Office if you have any questions.

### Project Resources and Curriculum

4-H has lots of educational resources for 4-H'ers working on individual projects, as well as clubs working on group projects and educational activities. Most items listed are curriculum books that are designed to give the 4-H'ers everything they need to learn about the project they have chosen. These books include a list of the materials needed, how much time it will take, how to do the activity, and then the questions to ask as part of the Experiential Learning Process. 4-H curriculum is built for sequential activities, so project and life skills can be built upon, practiced, and eventually mastered over time. They are research based, hands on and FUN! If a project has resources, they are listed in the project guide <https://waupaca.extension.wisc.edu/files/2020/10/2021-project-guide.pdf>. If you would like to order literature contact the extension office or complete the back page of the project guide.

## LEADERS' BOARD AND ASSOCIATION

The next Leaders' Board Meeting will be on Thursday, March 10 at 6:30 p.m., Manawa City Hall. The next Leaders' Association Meeting will be Tuesday, March 22 at 7:00 p.m., Manawa City Hall. Clubs in District III (Baldwins Mill, Peterson Mill, Lind Center Beavers) are asked to report.

### Elections in March



4-H Leaders' Board Members Needed



*Youth and Adult Positions Available!*

*\*Meet 6x per year    \*Learn together*

*\*Great Opportunities    \*Have fun & Do good*

**All 4-H leaders are encouraged to attend!**

**Plan to attend, vote on issues and be informed, have fun!**

### General Leader Meeting

There will be a general leader meeting on Tuesday, March 22 beginning at 5:45 p.m., prior to the 4-H Leaders' Association

meeting (7:00 p.m.). All General Leaders, or a representative from each club, is asked to attend the meeting. This is a great opportunity to talk with other leaders about a variety of topics.

Mission of the Waupaca County 4-H Leaders' Association...  
to develop, guide, educate and support 4-H  
youth and leaders within Waupaca County.

## MEMBER OPPORTUNITIES

### **Chris Clover T-Shirt Design Contest**

We're excited to learn about what is important to YOU in this new statewide challenge. We hope you'll help us by designing a shirt for Chris Clover so we can share with everyone else!

Here's what to do: check out

<https://4h.extension.wisc.edu/the-movement/#> for details.

1. Download the Chris Clover shirt template from the options below, or if you want to create your own or free draw, please do! [PDF Printable](#) | [Digital Graphic \(PNG Transparent\)](#) | [Digital Graphic \(PNG white\)](#) | [Digital Graphic \(Adobe Illustrator editable\)](#)
2. Create your shirt about a cause, project, history, anything important to you.
3. Write about your shirt and any information or resources you have that will help others learn.

Submit your design at <http://bit.ly/wi4hmovementpic>



### **Wisconsin State Fair**

If you are interested in exhibiting at the Wisconsin State Fair, August 4-14, you will want to follow the State Fair news and website for competitions <https://wistatefair.com/competitions/>

### **Wisconsin State Fair Internships**

WI State Fair has summer internship opportunities for dedicated and motivated individuals! They are looking for candidates who have a passion for agriculture, enjoy working with exhibitors, want to learn how to organize competitions and livestock shows, plus experience the best 11 days of summer at Wisconsin State Fair August 4-14, 2022.



## Summer Internship Positions Available:

- Livestock Coordinator - Assist with setting up and running livestock shows and events.
- Exhibitor Education Coordinator - Create and execute exhibitor educational contests and programs.
- Fairgoer Education Coordinator - Coordinate the Compeer Financial Discovery Barnyard along with fairgoer education exhibits and oversee the care of exhibit livestock.
- Entry Department - Assist with data entry, exhibitor communication and customer service initiatives.



To apply, email your cover letter and resume to [entryoffice@wistatefair.com](mailto:entryoffice@wistatefair.com). Please include the internship position(s) for which you are applying. Ideally, candidates would be able to start in May.

## YOUTH REPORT ON NATIONAL 4-H CONGRESS

Waupaca County 4-H'ers Leo and Milana Krishnevsky enjoyed an experience of a lifetime in Atlanta Georgia last fall! They are members of Sandy Knoll 4-H Club and were both delegates to National 4-H Congress. Some of their feedback from the experience was that they learned a lot of new things and made many new friends. Leo thought one of the most memorable things on the trip were the invited speakers. They were really inspiring

and he hopes that he will be able to give speeches like that one day. They were really entertaining and kept you on the edge of your seat the entire time. Also they were very



informational and talked about developing important skills such as gratitude, health, leadership and many more.

They got to meet 4-H delegates from all over the country. It was really interesting to see how 4-H does things differently in different states and how there are different traditions that people follow. All the people were so nice and we had a lot of fun together. Leo enjoyed meeting new people, and developing skills like empathy, making decisions, leading a group, being responsible, and time management. Overall these skills will be really useful in life and I am very happy that I had the opportunity to go on this trip.

## 4-H PROJECTS

### **Dog Project Start-up Meeting**

If you are in the dog project, please mark your calendars for a start up **zoom meeting on Tuesday, March 29th from 6:00 - 7:00 p.m.** A zoom link will be emailed to all project members closer to the date. Help is also needed to carry out this countywide project this year! If you are interested in helping with any aspect of training or learning more about being the secretary/treasurer for the project please let us know. Older youth are welcome to volunteer to assist with training, groom checks, and other areas too. This would be a great youth leadership experience and way to share your knowledge with other members. Opportunities may be limited if there is not enough help.



### **Horse Project**

Mark your calendars for the next countywide horse project meetings on Monday, February 28 and March 28, at the Manawa Elementary School.



### **4-H Horse Association Handbook**

The 4-H Horse Association Handbook has now been updated for 2022! The Horse Handbook is located at <https://4h.extension.wisc.edu/opportunities/projects/large-animals/horse-project/>

### **4-H Shooting Sports**

**All youth registered in shooting sports MUST work with a STATE CERTIFIED SHOOTING SPORTS LEADER.**

**2022 Adult Certification Workshops**—Check out the Wisconsin 4-H website for more information on the 2022 workshops:

<https://4h.extension.wisc.edu/opportunities/projects/shooting->

## [sports/leader-certification-training-workshops/](#)

- ◆ **2022 Eastern Workshop, Green Bay**  
April 30, 2022 (Registration open March 1, 2022)
- ◆ **2022 Western Workshop, Eau Claire**  
May 21, 2022 (Registration open March 1, 2022)
- ◆ **2022 Central Workshop, Marshfield, WI**  
September 17, 2022 (Registration open August 1, 2022)
- **2022 Competitive Shoots**—For more information go to:  
<https://4h.extension.wisc.edu/opportunities/projects/shooting-sports/competitive-shoots/> Registration forms are being updated.
- ◆ **Winter Invitational Marshfield** March 11-12, 2022,  
Marshfield, Disciplines: Air Pistol, Air Rifle, Archery,  
Sm Bore Pistol, Sm Bore Rifle, Wildlife Ecology

## **Waupaca County Dairy Judging**

Dairy judging is an excellent opportunity to increase your knowledge of dairy cattle and practice life skills such as communication, critical thinking, and decision making. Members have the opportunity to participate locally in practice sessions and then compete at Area Animal Science Day. Please contact Penny at the Extension office to let us know of your interest in participating in Dairy Judging and your availability or suggestions for practices.



## **Crowley 4-H Dairy Leadership Award**

The James W Crowley 4-H Dairy Leadership Award program provides recognition to youth who have excelled in their dairy project. The award named in honor and memory of James W. Crowley, longtime Extension Dairy Specialist and strong supporter of dairy youth projects. A special engraved medallion will be presented to the outstanding 4-H dairy project member in each county for their accomplishments in 2021. County Award winners are eligible to compete for 15 state-wide awards. State winners will receive plaques and the top three youth in the state competition will each receive \$1,000 awards. Eligibility: 1) Must be currently enrolled in the 4-H Dairy Project and have at least two previous years of membership in it. 2) Must be in 10th-13th grades as of January 1. 3) Should have an outstanding record of involvement and accomplishments in the 4-H Dairy Project. Contact Penny at the Extension office for an application which is due by March 15. A county winner will then be selected and forwarded to the state.

### Large Market Animal

The Large Market Animal Committee has 2 tag pick up meetings planned as drive thru events at the Fairgrounds



- April 2, 9:00 a.m. to 11:00 a.m. at Waupaca County Fairgrounds
- April 21, 6:30 to 7:30 p.m. at Waupaca County Fairgrounds

Check your large market rules for more details.

### Large Market Animal Committee Meeting

The next Large Market Animal Committee Meeting is Thursday, May 12, 6:30 p.m., at the Weyauwega Municipal Building on Main Street.

### **Small Market Animal (Rabbit, Poultry, Goat)**



The Small Market Animal sale is voluntary, but members or a family member/ guardian representative **MUST** sign up to sell an animal in the Small Market Animal Sale by attending one of the meetings below.

**MANDATORY MEETINGS** will be held in two places.

- ◆ **Thursday, March 10, 2022**, City Hall, Main St, Weyauwega
- ◆ **Monday, March 21, 2022**, at the Manawa City Hall

Meetings will start at **6:30 p.m.**

The meetings will also be available via zoom at the same times/dates, however, not recorded.

### Waupaca County 4-H Small Animal Swap

The Small Animal Swap will be held on **Saturday, April 16** at the Fairgrounds in Weyauwega. Vendors can arrive at 7:00 a.m. and the gate opens for buyers at 8:00 a.m. The cost is \$2.00 per person, under 12 free, rent for a table is \$5.

### Waupaca County 4-H Small Animal Fun Show

Save the date for the Waupaca County 4-H Small Animal Fun Show (both poultry and rabbits), **July 9, 2022**. This will be held at the Fairgrounds in Weyauwega with registration from 9:00-9:30 a.m. and the show from 10:00 a.m. to approximately 1:30 p.m.

## **Animal Sciences Education Series Announced for 2022**

The Wisconsin Youth Livestock Program (WYLP) is excited to offer LIVE Virtual Zoom educational programs for the spring of 2022. These current topics are for youth and adults alike and occur on the second Thursday of the month from January through May. Each session begins at 7 p.m. CST with a presentation followed by a question-and-answer time. Register for any or all the events to get the connection information by email.

For registration and details about each presentation , go to: <https://go.wisc.edu/tnq61h>. On this webpage, you can also find an educational verification form. Complete the form and turn it in to your county fair and or livestock committee to verify your participation. These activities can serve as “county educational requirements.”

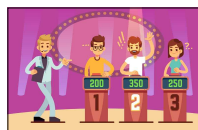
- February 10 – Grand Challenge: Precision Agriculture
- March 3 – Grand Challenge: Food Safety Pork Carcass Evaluation, Fabrication and Cooking with Pork
- April 14 – Grand Challenge: Land and Water
- May 12 – Grand Challenge: Biomedical Advancements

For more information visit <https://go.wisc.edu/tnq61h> or contact Bernie O’Rourke, UW- Madison Animal & Dairy Science Extension Youth Livestock Specialist at (608) 263-4304 or [borourke2@wisc.edu](mailto:borourke2@wisc.edu). For more information, go to the Wisconsin Youth Livestock Program.

## **4-H Livestock and Skill-a-thon Contest and the State 4-H Meats Judging Contest**

Mark your calendars for the upcoming 4-H Livestock and Skill-a-thon Contest and the State 4-H Meats Judging Contest! What are the contests? These are three different contests all about livestock where you can use your knowledge about the animal species (beef, sheep, swine, meat goat) and the industry.

**Livestock Quiz Bowl**, Saturday, April 9,  
UW-Madison Campus: Livestock Bowl is a quiz competition where all the questions are about beef, sheep, swine, and meat goat topics. Students use a buzzer to answer the questions (similar to the game show Jeopardy).



**Livestock Skill-a-thon**, Saturday, April 9, UW-Madison Campus: Everything you know about raising your animal adds up to so much knowledge of the species and the industry. The Skill-a-thon contest will challenge you to share that information through a written quiz and learning stations.

**Meats Judging Contest**, Saturday, April 30th, UW-Madison Campus: Have you been to your local meat market or grocery store lately and think you could choose the best cut of meat out of the case? Have you ever watched a live animal contest and thought you could choose what animals would provide the best meat products? This is your opportunity to put those skills to work.



**Who can participate?** Any current 4-H members ages 8-18. Please note, there are age divisions for each of those contests. Even if your county has not participated in the past, round-up some 4-H friends and take advantage of this fun opportunity to show your knowledge of the animal species and industry.

**More information and registration available at:**

<https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/meats-judging-contest/>. Please keep in mind, currently, mask/face coverings are mandatory on campus by all. We will be in touch as the event gets closer on any changes to COVID requirements. If you have any questions, please contact Jill at [jill.jorgensen@wisc.edu](mailto:jill.jorgensen@wisc.edu)/phone at 920-39104659 or Bernie at [borourke2@wisc.edu](mailto:borourke2@wisc.edu)/phone at 608-263-4304.

**Wildlife WHEP & Forestry 4-H Art Contest**

The Wildlife WHEP & Forestry 4-H Art Contest is right around the corner Check out the 18 different classes and find your favorite four entries. You will compete in your own grade division. Registration is required by mailing the form & payment by March 12, 2022. This 4-H activity is open to all Wisconsin 4-H Club members. You may be enrolled in any 4-H project to participate. See additional guidelines and wildlife/forestry art contest rules for all classes at <https://fyi.extension.wisc.edu/whepwi4h/files/>



# AGRICULTURE PROJECT CONTESTS/STARTER PROGRAMS

## 2022 Targhee Sheep Association Starter Flock

The U.S. Targhee Sheep Association (USTSA) will again, for the 14th straight year, be offering a free registered Targhee Starter flock to a deserving youth at the 2022 USTSA National Show and Sale, held July 18-20, 2022, in Big Timber, MT. The winner must be present to receive the flock and will be awarded one (1) ewe lamb, one (1) yearling ewe, and one (1) brood ewe donated by members of the USTSA. Each animal will be a USTSA registered animal, and at least QR in Scrapie Codon 171 genotype. The winner will also receive a \$150 credit for use toward purchase of additional animals at the 2022 national sale. Applications, due April 1st, are now available <http://www.ustargheesheep.org/> Any young person, ages 9-17, as of January 1, 2022, whose family does not raise Targhee sheep may apply.



## 2022 Starter Ewe Program

The Wisconsin Southdown Association is seeking applicants for the 2022 Starter Ewe program. The number of winners will be determined by the number of ewes donated in that year. Wisconsin youth ages 11-16 enrolled in 4-H or FFA who do not already own Southdown sheep can apply. Contact the Extension office for application materials. Application materials must be postmarked by April 15, 2022.



## Wisconsin Dairy Goat Association Share-a-Kid Contest

The contest is open to Wisconsin youth ages 10-17. The youth write an essay about why they would like a goat and how they are going to take care of her and complete an application. They give away 4-6 goats per year. Complete contest details can be found at the following link: <http://www.wdga.org/> Entry deadline is April 1.



## CLUB HAPPENINGS

**Dayton Community 4-H Club** - Club members donated 50 pairs of shoes to the SOLE shoe drive, made Christmas ornaments, created Valentine gnomes, made dog treats for the Waupaca Area Humane Society, and donated wish list items to the Humane Society

**Lind Center Beavers** - The club went tubing for a winter activity, bowling, and rang bells for the Salvation Army

**Peterson Mill** - Club members rang bells for the Salvation Army at Waupaca Fleet Farm, exchanged Christmas gifts, and discussed ideas for a winter activity.

**Sandy Knoll** - Club families enjoyed a Christmas party, participated in a blanket drive, adopt-a-family during the holidays, and cards for troops. They are looking forward to their annual Soup Dinner in February and the Community Easter Egg Hunt

**Wisconsin Workers** - Club donated to Mission of Hope House and the Humane Society of Waupaca County. They also did a group activity with Legos.

**Wolf River Rascals** - Members gave demonstrations, enjoyed sledding and ice skating, and planned an open gym night

**Woodland Badgers** - Club families continue to visit the club adopted grandmother monthly, enjoyed a white elephant gift exchange, and made Christmas cards to deliver to Green Tree and Kindred Hearts nursing homes

### **Secretaries Report**

Please remember part of the secretary officer duties, besides keeping accurate records of club business, is to turn a copy of the minutes into the Extension Office. This can be done by mail, fax (715-258-6232) or email: penny.tank@wisc.edu. The club minutes are important for 4-H records and highlights from the minutes are also shared in each 4-H Forecast.

## THANK YOU

- Youth who attended Winter Camp at the Lion's Camp in Rosholt – Abbey Acker, Charlize Blevins, Kylie Heise, Allie Knoespel, Zephaniah Postel, Evan Retzlaff, Onan Retzlaff, Danielle Tank



## CONGRATULATIONS

- Kassidy Ruppel for being selected as a 4-H Youth Ambassador!

## MISCELLANEOUS

- 

# Keep Calm & COOK ON



*Casual Conversation Around Feeding Kids*

Join us each month in our virtual kitchen to

- WATCH A RECIPE DEMONSTRATION
- DISCUSS CHALLENGES AROUND FEEDING CHILDREN
- SUPPORT YOUR KIDS IN MAKING HEALTHY CHOICES
- RECEIVE AN INCENTIVE FOR JOINING!

When: February 11 @ 10am & every 2nd Friday of each month following

Where: Zoom, receive the link upon registration. An email or text will be sent 1-2 days before the event.

Registration: Contact Christi at 715-258-6479 or christi.gabrilska@wisc.edu.

or scan the QR code to fill out the registration form online



UW-MADISON EXTENSION

**FOOD WISE**  
Healthy choices, healthy lives.

*Children are  
encouraged to  
join!*



University of Madison- Division of Extension provides equal opportunities in employment and programming, including Title IX and Americans with Disabilities Act (ADA) requirements.

## NAMES IN ACTION

**TIME** 10-30 minutes

**THE GAME** Ask players to introduce themselves to the group, one by one, by pairing each syllable of their name with a fun motion as they say their name out loud. (For example, Crystal has two syllables in her name, so she puts her hands on her hips when she says Crys and bobs her head with tal.) The group responds to each person by repeating the name with the same action to affirm the person and learn the name for themselves. As each new person introduces herself or himself, ask the group to also repeat each previous person's name and action.

### **VARIATION**

*(for the brave, bold, and those who want to have fun!)*

After everyone has introduced themselves to the group, play a dance music compilation and call out names of group members at random. Everyone dances to the motions of each name as you call it out.

### **ASSET CATEGORIES**

Support, Empowerment, Constructive Use of Time, Social Competencies



**4-H Forecasts are posted on our website or scan the QR Code**



<https://waupaca.extension.wisc.edu/4-h-youth-development/4-h-program-topics/4-h-newsletters/>

### **State 4-H Website**

Please take a few minutes to check out the updated state 4-H website for a number of resources and information. The web address is <https://4h.extension.wisc.edu/>

### **Waupaca County 4-H Facebook Page**

<https://www.facebook.com/Waupaca-County-4-H-497545503725584>

### **Extension Waupaca County Facebook Page**

<https://www.facebook.com/WaupacaCountyUWEX/>



UW-MADISON EXTENSION

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