

# Oconto County 4-H Friday Notes

March 24, 2017

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[Fairest/Junior Fairest of the Fair](#)

To submit an article or information contact  
Arvilla Rusnak by noon on Thursdays.  
(920) 834-6846 or  
[arvilla.rusnak@co.oconto.wi.us](mailto:arvilla.rusnak@co.oconto.wi.us)



*Fills up Quickly! Many spots  
are already taken!*

## Summer Camp at Camp Bird, June 10-13

Mark your calendars for this year's summer camp at Camp Bird in Crivitz. Camp is open to 4-H & non-4-H members grades 3-6. Each camper is allowed to request a cabin mate so invite your friends. The cost is \$150 per camper which includes bus transportation. The Leader's Association has agreed to pay \$75 towards all Oconto County 4-H members. We have limited room and spots will be reserved on a first come served basis. Register online at: [Summer Camp Registration](#). Summer Camp Brochure is located at the end of the newsletter.



*10 Participants will receive financial  
assistance. Deadline March 30th*

## 4-H & Youth Conference, June 26-29

Only a limited number of members will be chosen to attend this phenomenal conference at the UW- Madison campus. Each year 500 youth come to this educational event. Participants attend seminars and assemblies while meeting people from across Wisconsin. **The Leader's Association has agreed to partially fund up to 10 participants so get your name in early!** To sign up contact Arvilla at 920-834-6846 or [4h@co.oconto.wi.us](mailto:4h@co.oconto.wi.us). For a complete listing of seminars see pages 6-13.

### Qualifications:

- 7th-10th grade at the time of selection
- 4-H member
- carry county approval through trip

### Costs:

- Registration cost for 2017 is anticipated to be \$250.
- Bus Transportation available for an additional fee (approx. \$25)

Seminars are signed up for during registration. Registration information will be sent to the selected participants after March 30th

**You will not want to miss the opportunity to attend this conference.**

## Club Articles

Club articles must be submitted by Thursday noon in order to appear in that week's Friday Notes. All articles should be edited for proper grammar and spelling, cover the who, what, where, when, how and why of the event, include the reporter's name and the club involved. If a headshot of the reporter is submitted, that will be placed alongside the article but is not a requirement.



### **Northern Riders Donate Pet Blankets** **Submitted by Harlee Wolf, Reporter**

Northern Riders 4H members worked together at a recent meeting making pet blankets of all kinds to be donated to the Oconto Area Humane Society to keep the animals warm and comfy!!!

Supplies for the blankets were donated to the club.



For the animals  
of Oconto County  
From the Northern  
Riders 4-H Club



### **Northern Riders Donate \$150 to 4-H Families in Tennessee**

Submitted by Harlee Wolf, reporter

The Northern Riders 4H Club recently voted to send 3-\$50.00 gift cards to Tennessee 4H families affected by the recent wildfires!

Northern Riders raised the funds by hosting the lunch at January Thaw.



### ***Leaders Association Meeting, April 20<sup>th</sup>***

The next Leaders Association meeting will be held on Thursday, April 20<sup>th</sup>, 6:30-8:30pm at the Gillett Community Center (next to the library). We are excited to announce we will be holding a "Real Colors" training by certified Real Colors facilitator, Paula Huff, for all Club Advisors, adult volunteers and youth members (15 & older). Club Advisors, if you won't be attending please send an adult or older youth in your place. We would like to see representation from all 15 of our clubs. Real Colors is an awesome program that teaches participants to see themselves and others around them in terms of personality colors. You will not want to miss this opportunity. We will also discuss food stand shifts and duties. Snacks and beverages will be provided.

Please register by April 14<sup>th</sup> at: [April 20<sup>th</sup> Real Colors Training](#) or contact Arvilla at 920-834-6846 or [4h@co.oconto.wi.us](mailto:4h@co.oconto.wi.us).



### ***I Want To Know! STEM Camp, May 5-6<sup>th</sup>***

Would you like to engage in cool, hands-on scientific experiments? If so, then the IW2K! STEM Camp is for you! The Wisconsin 4-H STEM I Want to Know! Camp will be held this year at Upham Woods in Wisconsin Dells. This overnight camp, open to 6-8th grade 4-H members and non-4-H'ers, will take place on May 5-6. Youth will get the opportunity to learn about science, technology, engineering and math (STEM) during hands on sessions.

On Friday campers will participate in teambuilding group activities and a large group session. On Saturday, campers will participate in sessions that include hands on STEM activities taught by UW faculty and volunteers. Previous year sessions included topics such as food science, DNA, electricity, herpetology and robotics! Camp ends at 4 p.m. on Saturday.

Registration for this camp is limited and fills up fast, so make sure to register as soon as possible! The **Registration deadline is April 14, 2017**. The cost for the IW2K! Stem Camp is \$70, which includes meals, lodging and a t-shirt. Transportation to and from camp are to be arranged by the youth's family. For more information contact Arvilla at [arvilla.rusnak@co.oconto.wi.us](mailto:arvilla.rusnak@co.oconto.wi.us) or 920-834-6846.

**Financial assistance may be available for a limited number of 4-H members through the Oconto County Leaders Association.**

### ***2017 Camp Bird T-shirt Design Contest, April 1***

The N.E.W. 4-H Camp Team is looking for their 2017 4-H summer camp T-shirt design. The contest is open to 4-H members grades K-13, campers and camp youth staff.

The design should:

- Include the 4-H clover
- Relate to a camping theme
- Be your original artwork (no photos)
- Be able to be reproduced on a t-shirt (in black & white on colored shirt)
- Be 8 ½ X 11 inches
- Include your name, county, age, phone number and e-mail on the back of your design

The winning artist will have their artwork displayed on the 2017 camp T-shirt and will receive their choice of \$25.00 off of camp registration or a \$25.00 gift certificate for 4-H Mall. All other entries will be put into a random drawing and one person will receive their choice of \$25.00 off camp registration or \$25.00 gift certificate from 4-H Mall. The design will become the property of the N.E.W. Camp Team and will be subject to editing & change at their discretion.

Please submit your design to your UW-Extension Office by April 1, 2017.



***Spring Fling, May 6<sup>th</sup>***

Spring Fling will be held at Washington Middle School on Saturday, May 6<sup>th</sup>.

Watch Friday Notes for more information.

***Community/School Garden, Oconto Elementary School***

The Community/School Garden is looking for individuals or 4-H club(s) that would be interested in participating in the garden at the Elementary School in Oconto. For more information contact John Pinkart at (920) 834-6898 or john.pinkart@co.oconto.wi.us

***Oconto County Fair Animal Weigh-Ins***

**Sheep/Swine:** Saturday, April 22, 9:00-10:00am

**Swine Showmanship:** Tuesday, July 11<sup>th</sup>, 7:30pm

All events will be held at the Oconto County Fairgrounds in Gillett.

***Annual Horse Project Meeting - April 23rd***

Plan to attend the upcoming Horse Project meeting, 6:00pm at the Oconto Falls Library. We will be handing out the 2017 Horse Project Handbook and all necessary paperwork. Mandatory paperwork must be completed and postmarked by May 1, 2017 (no exceptions). Come to the meeting and get it all taken care of, ask questions, and catch up with old friends.

We will also be awarding prizes for last year's completed credit books. Attend to claim your prize.

If you have any questions, please contact Deb Kalies (920) 590-0174 or Danna Magnin (920) 373-7058

***Pullorum Testing Certification Seminars***

Individuals are allowed to do their own Pullorum testing, but they must be certified as trained testers by DATCP.

There will be only two opportunities for certification this year. See page 7 for more information.

**April 26, 6-8pm**

**Best Western Plover Hotel & Conference Center  
5253 Harding Ave., Plover, WI 54467**

**May 3, 6-8pm**

**Northern Great Lakes Visitor Center  
29270 County Hwy G, Ashland, WI 54806**

***Oconto County Fairest and Junior Fairest of the Fair, April 2<sup>nd</sup>***

Applications are now being accepted for the Fairest of the Fair selection for this year's Oconto County Youth Fair.

The Contest will be held in the Gillett High School auditorium. For more information this link:

[Fairest of the fair](#) or contact Nikki Olson at (920) 373-3809 at nichole.olson84@yahoo.com.

***2017 Blue Ribbon Sale of Champions Foundation Scholarships, April 15***

February 27, 2017 – The Blue Ribbon Sale of Champions Foundation announces that it is awarding \$30,000 in Scholarship Awards. Twenty-six awards will be offered in the form of five \$2000 scholarships, six \$1500 scholarships, seven \$1000 scholarships and eight \$500 scholarships.

**Scholarship Applications will be accepted beginning on March 1, 2017 through midnight on April 15, 2017.**

The Foundation has awarded the scholarships on an annual basis recognizing the achievements of Wisconsin State Fair Junior Livestock exhibitors and assisting them with their educational expenses. Individuals must be between the ages of 17-19 as of January 1st of the current year in order to be eligible to apply. They must also be a current or past junior livestock exhibitor who has exhibited beef, sheep, and/or swine at the Wisconsin State Fair. Applicants must pursue a post high school education, and be enrolled or planning to enroll in a University, Vocational/Technical School or University short course. Only one scholarship will be awarded per individual and previous winners may not apply. See the flyer on page 8 for more information.

## **4-H & Youth Conference Seminars**

### **100 THREE GAITS**

Join us in the country for a morning of work on our therapeutic horse farm. Activities will vary depending on weather. May include; property maintenance, horse and farm care, and working with person(s) with disabilities from our neighboring communities.

### **101 WHAT IS PET THERAPY AND HOW DOES IT WORK?**

Participants will learn about therapy animals and the important work they do for their communities. They will also be able to visit with therapy dogs in person.

### **102 ATTRACTING EASTERN BLUEBIRDS AND OTHER CAVITY NESTING BIRDS**

**Fee: \$10**

Learn to attract Eastern Bluebirds and other cavity nesting birds to your yard or a park near you. Which species do you think you can get to nest in bird houses besides bluebirds? These and other questions will be answered in this session. You will build a birdhouse during this session that you will be able to take home, along with written instructions so you can share how to make them with your friends, club members, and others.

### **103 CAC CLOTHING**

The Clothing Center serves over 9,000 South Central Wisconsin low-income individuals and families each year. CAC provides seasonally appropriate clothing for school, work, home, as well as job interviews. Many of the families are living pay-check to pay-check and the Clothing Center allows them to stretch their budgets just a little further. All of the clothing is provided through generous donations from the community and volunteers help us to sort and hang all of the items for shoppers. You will be doing a variety of jobs including sorting, assessing, and hanging clothing. You may also assisting in finding certain clothing items for people and general upkeep of the store front area. During the time you will be here, the Clothing Center is open for CAC participants (clients) to obtain free clothing. We will also spend some time talking about what it means to be in poverty, the help that is available, and the importance of volunteering in your community.

### **104 COMMUNITY ORGANIZING AND ORGANIZATIONS: MAKING POSITIVE CHANGE HAPPEN ♦**

Learn from experts in non-profit organizations and community organizing about how individuals, groups, and organization make positive change happen! Consider what some big challenges in your communities or the world might be, and how you might effectively work to help address them. In this workshop you will have a chance to practice the communication, active listening, and conflict resolution skills needed to take action in your community.

### **105 COMMUNITY RADIO ♦**

Learn about community radio...take a tour of the studio, see the control room, and receive an introduction to the "community radio movement" and some of the social media in the first hour. In the second hour, try your hand at making recordings such as PSA's for on-air broadcast. Bring a one paragraph description about your 4-H club or program and how to get involved.

### **106 CONNECTING GENERATIONS**

Tour Capital Lakes, the warm residential environment in downtown Madison for senior citizens. Learn about a few professions that work with the elderly. Then meet with residents, hear their stories, and do a community service projects WITH them!

### **107 DREAM BIKES**

Before or after an invigorating 5-mile bike ride lead by a Dream Bike staff member or volunteer, help rehabilitate used bikes at a non-profit agency staffed by Boys & Girls Club youth. Bring a water bottle, hat, and sunscreen as appropriate. Dress/equipment needed: closed-toed shoes, your own bike helmet, and clothes that can get dirty. Aprons will be provided but you still might get dirty. In case of inclement weather, the bike ride(s) will be cancelled but you will still go to Dream Bikes to work and learn.

### **108 GROWING FOOD AND FEEDING THE COMMUNITY**

Come see Madison's Goodman Youth Grow Local Farm in action. Help the farm crew harvest crops for the local food pantry, take part in farm chores, learn about the resident beehives, and taste unique summer vegetables.

### **109 NEIGHBORLY NON-PROFITS**

We will learn about the impacts of non-profits on communities of all sizes, how students can get involved with non-profits, and how the investment of time and money affects communities beneficially and exponentially.

### **111 PRODUCT RECOVERY AT SECOND HARVEST**

By sorting, labeling, or packaging food into family-friendly portions, you will get food ready for distribution to those who struggle with hunger. Did you know that 1 in every 5 children under the age of 18 in our 16 county service area don't always know when their next meal is coming? When you attend this seminar, you will make a big difference in their lives.

## ***4-H & Youth Conference Seminars (continued)***

### **112 STOCK AND SHOP AT CHOICE FOOD PANTRY**

You will have the opportunity to visit and volunteer in a local Choice Food Pantry. Learn about the benefits to both clients and organizations to providing the “Choice Food Pantry” model. Client-choice pantries use a model of emergency food distribution that allows clients the opportunity to select their own food much like they would in a grocery store. This allows clients the opportunity to choose from a wide variety of foods to meet their own personal dietary needs and tastes. This style of pantry offers an opportunity to interact more with the client and talk to them about their food and health needs; it also tremendously cuts down on food waste.

### **113 SUPER HEROES: THE POWER OF VOLUNTEERING ♦**

Calling all Super Heroes! Your help is needed at Boys and Girls Club of Dane County for a service learning day. Learn how volunteers can be a catalyst for connecting communities and help to make the world a better place. This day at the Allied Family Center will empower you to share your passion and enhance your skills to connect with kids and communities. Motivate campers to get involved and experience new opportunities! Explore all the ways to volunteer with kids: academic/tutoring, sports, arts and crafts, healthy choices and more! When Super Volunteers unite, kids and communities thrive.

### **114 UW ARBORETUM**

Volunteer at the UW Arboretum and get a hands-on introduction to horticulture. You'll be working alongside experts in ornamental trees and shrubs during this service project, and helping remove weeds and spread mulch to keep the Arboretum's Longenecker Horticultural Gardens beautiful and healthy. The Longenecker Gardens are home to one of the nation's largest collections of lilacs. Be sure to wear long pants, a hat, and have a long-sleeved shirt and water bottle with you for this service project. Tools and instructions will be provided. If you like trees, this would be an excellent service project to join.

### **250 FOUR FOR FUN!**

You will focus on four dance steps, four “extras” to add to the steps, four styles of dance, four directions and how to use them. You will also learn the basics of singing focusing on how to shape vowels and voice and unvoiced consonants. Several tips will be given for staying in tune as well as dynamics and the difference they make in any performance.

### **280 ACTIVISM AND ART ♦**

Are there issues in your community that you want to change? But you're too young to vote? In this workshop we'll discuss and practice forms of activism that are available to all ages—this includes visual art, music, dance, and other forms of organizing that you can use to raise awareness about issues that you think need to be addressed.

### **291 WHO WE BE**

This introductory workshop covers the basics of identity and community. Through sharing their own experiences, participants will discuss stereotypes, divisions between communities, and the systems of oppression. Objectives include: 1) understand how our identity shapes our experiences in the world. 2) understand how systems of oppression are connected to our experiences. 3) to explore our experiences with stereotypes, discrimination, and assumptions. 4) to discuss how we can use our experiences to fight against all forms/systems of oppression.

### **201 SPACE THE 4-H FRONTIER**

Come with us on an out of this world adventure as we discover, discuss, and dissect our universe. We will have many hands on activities to help us understand our universe. You will also get the inside scoop about Wisconsin 4-H Space Camp.

### **220 MEDICAL CAREERS – BEHIND THE SCENES**

Could a career as a nurse, physicians' assistant, or doctor be in your future? Get to know these professions and what it takes to make a medical career a reality for you. Your hosts will be UW Med School students who will give you the inside scoop on medical careers with both hands-on activities and discussions.

### **590 TELLING OUR 4-H STORY! ♦**

Join the Communications Team to learn the many different ways we can tell our Wisconsin 4-H Story. We'll be providing tips on how to use social media, how to interview people about their 4-H experiences, how to write a story for your local newspaper and how to submit a story to the state 4-H Office for our Wisconsin 4-H Website! We'll also be providing online resources developed especially for seminar participants to take back to their clubs and groups!

## **4-H & Youth Conference Seminars (continued)**

### **221 DOING DNA, THE CODE OF LIFE**

You'll explore the structure of the Double Helix, analyze a sample of DNA, extract DNA glop from wheat, build a DNA Necklace, and run a gel electrophoresis, and tour DNA research labs at the UW-Madison Biotech Center.

### **230 EXPLORING INSECTS AND COLLECTIONS**

**Fee: \$10**

You will learn what an insect collection looks like, as well as how & why we make insect collections. You will participate in several collection tasks and you will be able to take away a "starter kit" that will enable you to continue collecting and studying the fascinating world of insects.

### **231 IT TAKES MORE THAN CHICKEN FEED**

How much money does it take to raise a 4-H market animal project from purchase to sale at the 4-H auction? This activity introduces 4-H members to a basic spending plan using a game show format. To earn the money to buy items, teams must answer the fast math questions. Come join us and take the guesswork out of raising a 4-H project animal. Instructor(s): Bonnie Borden, Dodge County Dairy & Livestock Educator

### **240 I PLEDGE MY HEART...**

It's inevitable – tough times happen, whether it is a loss of status, changing relationships, unemployment, family changes, moving or the loss of a loved one. It can be difficult to support friends through tough times and this session tackles this challenge. The session will help you develop life skills of caring and relating to others, which are essential in being a good friend. Led by a 4-H Youth Development Educator who is also a Certified Grief Support Specialist, this session will cover what grief is, what it may look like, what to do, and NOT do, to help our friends on this journey. Sharing is optional and silence will be respected.

### **241 DECISION MAKING AND CHOICE ARCHITECTURE ♦**

This workshop will offer hands-on exercises, direct feedback, and reflection on how to improve the students' daily decision-making process. Learn about how confidence in decision-making is developed from a researcher on the topic in Consumer Science.

### **290 KEEPING UP WITH CLOVERBUDS**

Are you looking for ways to get involved with younger members? Do you need techniques to channel Cloverbud energy in a positive manner? Join us as we explore the amazing opportunities and benefits of working with Cloverbuds.

### **115 BUILDING COMMUNITY – SPARKING CREATIVITY – INSPIRING READERS**

The Little Free Library is a phenomenon that is spreading everywhere! It promotes reading for kids, literacy for adults, and libraries around the world. It also allows for creativity in construction and is a great project for individuals or groups. The concept is simple – create the structure, fill it with books that are then taken and replaced by other books, and help spread knowledge in a friendly environment. You will help build a Little Free Library in two hours. The library will then be donated to a Wisconsin community. Have fun, do something important and promote reading! More information can be found at <http://www.littlefreelibrary.org/>. All materials will be provided.

### **116 INVASIVE SPECIES AT THE LAKESHORE NATURE PRESERVE**

Help us to manage native plant communities and restore ecosystem functions by removing invasive plants in the Lakeshore Nature Preserve. As you work you'll be introduced to some common invasive plant species, the threats they pose, and how to control them both here and perhaps in your home communities. We welcome your help to provide the care and stewardship that the Lakeshore Nature Preserve needs to flourish. Please dress for the weather. What to bring: Drinking water, insect repellent, and sunscreen. Participants must wear closed-toe shoes, long pants (no leggings) and a hat. Gloves and tools will be provided. NOTE: A separate Waiver Form must be completed and submitted before your registration is complete.

### **330 ANIMAL DOLLAR\$ AND CENTS**

If you enjoy playing the game of "LIFE", you will enjoy joining us to use action cards that provide unanticipated life occurrences that affect spending while raising, showing and selling a 4-H market animal.

### **331 MEET THE MEAT**

What do you know about the meat you eat? Do you have questions, but no one to ask? Come and "meet the meat" at our workshop – designed to generate your hunger for the meat industry! 'Have a little knowledge – GREAT! This workshop is for you! 'Have a lot of knowledge – GREAT! This workshop is for you, also! Hands-on activities will help you learn more about the meat industry.

## 4-H & Youth Conference Seminars (continued)

### 320 NOW YOU'RE IN A JAM!

How many "PB&J" sandwiches have you eaten over the years? Ever wonder how they make the J (jelly or jam)? In this session, you'll learn the science behind making fruit and sugar turn into delicious spreads, and try your hand at making them. You will learn the difference between jelly and jam, and evaluate the taste and consistency of frozen and cooked jams.

### 301 ENTERPRISE BUDGET FOR FAIR PROJECTS

You will learn how to estimate the income and expenses for your 4-H or other fair projects. You will learn how to prepare a budget to estimate your expenses and income and other tools that will help you grow your projects!

### 321 GETTING SCIENCE SAVVY THROUGH FOOD SCIENCE

You will develop your science savvy by exploring puzzles and paradoxes built on experiments with food. You'll test what it really takes to turn cream into butter; explore which makes better bubbles, skim milk or whole; learn to use a \$200 micropipette and then improvise a micropipette from kitchen kitsch; design & run an experiment to test if 25-year-old cheese enzyme is still active; and tour research labs at the UW-Madison Biotech Center.

### 303 ROBOT INVASION!

You will learn to program a LEGO EV3 Robot to spin, talk and maneuver obstacles during an exciting adventure course. Additionally, you will explore careers that incorporate robotics technology and hear about educational courses you can take to be ready for a technological workforce.

### 340 UNLEASH YOUR INNER LEADER ♦

Are you ready to unleash your inner leader? If so, this program is for you. In the Leadership Exploration and Development (LEAD) Program, you will have the time of your life as you learn from and interact with your peers in the process of creating your own Individual Leadership Development Plan (ILDLP). You will design your ILDP as a tool to help you facilitate and structure your future leadership journey. You will gain a better understanding of who you are and what strengths you can lean on to develop your leadership skills, which will allow you to achieve your personal and school related leadership goals. No matter your background and no matter the career path you're thinking about, you and your team of peers will explore your strengths and talents as you unleash your inner leader.

### 342 DESIGN THINKING ♦

This hands-on workshop is for all future innovators. You will learn an approach called Design Thinking and tackle real world challenges as a team in a variety of creative ways. Learn how "Design Thinking" became a way of solving other big problems in other careers.

### 364 SAILING

***Fee: \$35***

Have fun learning to sail. Learn how to launch your boat, find the wind, sail including coming about, and how to land (unless you choose to head off into the sunset). Be prepared to get wet (often from other sailors) and have fun. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to get wet and swim in (such as shorts, shoes/sandals are required, and a T-shirt along with a windbreaker in case it's cool or windy), and dry, warm clothes, shoes and a towel for land. A strap for your glasses or sunglasses is encouraged. Avoid sweat shirts and jeans. Lifejacket is provided. For both the total beginner and those who have sailed before. Prepare to have fun getting wet. You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only 1 Water Sports seminar.

### 365 WINDSURFING

***Fee: \$35***

Learn the basics of windsurfing including theory, balance development, launching, and sailing in a straight line. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring swim attire (such as shorts and a T-shirt along with a windbreaker in case it's cool), dry, warm clothes for land with a towel, and sunglasses and croakies for any glasses. Avoid sweat shirts and jeans. Lifejacket is provided. For both the total beginner and those who have windsurfed before. Prepare to have fun getting wet. You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only 1 Water Sports seminar.



## ***4-H & Youth Conference Seminars (continued)***

### **370 TEENS TEACHING HEALTHY LIVING ♦**

In this interactive session, participants will practice lessons they can take back to their county and club to teach members about eating healthy and being active.

### **371 PROVIDERS AND TEENS COMMUNICATING FOR HEALTH (PATCH) ♦**

The PATCH Program works with a lot of individuals and organizations to make sure adolescents (like us!) have good health care experiences. As PATCH Teen Educators (and high school students in Wisconsin) we hope to engage, educate, and empower YOU to become an active participant in your health care. During this seminar, we will lead you through several interactive activities that will: 1) ask you to reflect on your own health care experiences, 2) introduce you to your health care RIGHTS, 3) explore important characteristics of a healthy patient/provider RELATIONSHIP, and 4) provide you a few tips and tricks for navigating the really complicated healthcare system (RESPONSIBILITY). By the end of this session, you'll be able to answer this question: "How do I advocate for myself in health care settings?"

### **372 INCREASE YOUR DRUG IQ**

Come participate in games and activities to learn more about alcohol and other drug abuse in our society. Experience activities like jeopardy and more.

### **390 MAKING AN IMPACT ON SOCIAL MEDIA**

In this seminar, you'll learn the essentials of developing and maintaining an effective social media presence for you, your group or your project. From effective status updates, to events, albums and video, we'll discuss how to use Facebook, Instagram and Twitter to your advantage, as well as how to read Facebook analytic data. Bring a cell phone and get ready to learn in this interactive workshop.

### **391 A COOPERATIVE CAREER FOR YOU**

Cooperatives are businesses owned by the people who use their goods and services. During this workshop you will learn the basics of what a cooperative business is, the variety of industries cooperatives operate in and what career opportunities exist for you within the cooperative system.

### **431 HOW DOES AN EGG TURN INTO A CHICK?**

In this seminar, we'll look at chick embryo development, methods of incubation and incubation requirements, and discuss small- and large-scale hatcheries. Methods of determining the sex of day-old chicks will also be discussed. Live chickens will be present.

### **401 JUMP INTO STEM!**

This is your chance to learn all about STEM (Science, Technology, Engineering, and Math). Learn how to make things that fizz, boom, fly, light up, buzz, and everything in between. You will be participating in multiple experiments, activities, and design challenges and learn how to bring these ideas home to your own communities. Whether you're a science wizard or a STEM newbie you will have a blast jumping into STEM!

### **440 HUSTLING FOR CHANGE ♦**

This is a "how-to" workshop for young people interested in building a campaign around an issue in their schools or community. This interactive workshop takes young people through step-by-step strategies for community organizing. Objectives: 1) to understand what organizing is and how to do it; 2) to understand the steps to building a campaign and to get practice at it by going through those steps.

### **441 WHY NOT INQUIRY? LEADERSHIP TRAINING ♦**

In this session, you will learn how to incorporate inquiry learning principles into any leadership or teaching experience. You will enhance your leadership skills, learn how to engage youth in learning experiences and improve your communication skills.

### **442 OUR PLACE, OUR COMMUNITY: PHOTOVOICE PROJECT**

You will be participating in a crash course on creating a photovoice project showcasing your community. Expect to learn about photography through experimenting on your phone or our digital device, talk your way through captioning, discuss how to select audiences, and try your hand at presenting to a "board". Experience the final project that Marathon County 4-H Adults & Youth developed and presented all over their county.

## **4-H & Youth Conference Seminars (continued)**

### **444 4-H AT THE CAPITOL ♦**

State Legislators have few opportunities to talk with young people. Learn about the policy-making process and then exchange ideas about 4-H and youth issues at a special public hearing in the Capitol. If legislative duties interfere, aides and lobbyists involved in the policy process will meet with you. After the hearing, we'll converse informally with legislators, aides, or lobbyists over lunch.

### **462 INTRODUCTORY KAYAKING**

**Fee: \$35**

Learn basic kayaking skills including parts of a kayak, adjusting the boat to fit the paddler, forward stroke, sweep stroke, bracing stroke (how not to tip over), T-rescue (how to rescue someone who's flipped over), and wet exit (what to do when you do tip over) as you enjoy the outdoors. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to wear in the water (such as shorts, shoes to get wet—no sandals without heels, a T-shirt along with a windbreaker in case it's cool or raining), and dry, warm clothes and shoes for land with a towel. Avoid sweat shirts and jeans. Lifejacket is provided. You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only one Water Sports seminar.

### **463 INTRODUCTORY CANOEING**

**Fee: \$35**

Learn to develop basic canoeing skills with a partner. Topics covered include tandem canoe design and use; basic canoe strokes, high and low braces along with getting in and landing canoes, and how to deal with wind and waves. Participants will get to practice these strokes in the bow and stern. As weather permits, a trip along scenic Lake Mendota will allow a chance to further explore the outdoors. Instruction is provided by Hoofers outdoor recreation staff on the University of Wisconsin-Madison campus on Lake Mendota. Bring appropriate clothes to wear in the water (such as shorts, shoes to get wet, and a T-shirt along with a windbreaker in case it's cool or windy), and dry, warm clothes and shoes for land with a towel. Avoid sweat shirts and jeans. Lifejacket is provided. Have fun on the water as you develop your canoeing skills. You must be able to swim 50 yards unassisted. In case of inclement weather, alternate learning activities will be held indoors. You must complete, sign, and submit a Water Sports Activities Liability Waiver Form with your registration for this seminar. Students may sign up for only one Water Sports seminar.

### **470 RUN SMART, LIVE SMART**

Want to get outside with friends? Whether you're a lifelong runner or have never owned a pair of running shoes in your life, this interactive seminar is for you! You'll learn about pre-run and post-run nutrition, stretches, exercises, and run for 30 minutes along the scenic Lakeshore Trail. You'll also explore mindfulness, stress relief techniques, and yoga as part of this session on healthy living.

### **471 TAKING CARE OF YOU: BODY, MIND, SPIRIT**

All of us experience things in school and life that are stressful. In this hands-on workshop, you will practice simple breathing exercises, discover ways to find joy in boring everyday tasks, and explore simple ways that will work for you personally to respond to daily stressors and more permanent life changes. Come join us and find out about the 4 dimensions of wellness and specific ways you can increase two of those: your emotional and social well-being. Instructor(s): Megan Rebout and Lynn Feldman, UW-Extension 4-H Youth Development Advisor and UW-Extension 4-H

### **472 HELPING YOUNG CHILDREN LEARN AND GROW**

Learn from experts in human development and family and child well-being about critical issues for young children's healthy development. Learn about emerging concepts in well-being for children and caregivers, and about breakthrough concepts about toddler learning! Tour a state-of-the-art preschool and learn how researchers study children to gain better understanding of their development and relationships.

### **491 ART ACTIVITIES THAT ARE FUN TO LEAD ♦**

Join members of this year's WI 4-H Art Team in hands-on activities that you can lead in your club. Learn about resources and opportunities available in 4-H art.

## ***4-H & Youth Conference Seminars (continued)***

### **490 HELPING FAMILIES OF CHILDREN WITH DISABILITIES**

Families of children with disabilities are like other families in so many ways! Like all families, they experience joys and challenges. However, families of children with disabilities also face some unique experiences. Have you ever wanted to know more about how a developmental disability (like autism spectrum disorder, Down's syndrome, etc.) impacts a family? Are you interested in learning about careers that support families of children with disabilities? Participate in a discussion with two graduate students in the Human Development and Family Studies department and learn how you can contribute to an inclusive and supportive environment for families of children with disabilities, through both clinical practice and research. Additionally, engage in a role-play activity and learn how autism behavioral therapists teach new skills to young children with autism every day.

### **492 GARDENING ART**

Explore the artistic side of gardening at the Allen Centennial Garden, a public and outdoor teaching garden for the Horticulture Department of the University of Wisconsin-Madison. During our seminar we explore the landscape to learn about garden design concepts, plant biology, and planting techniques to make a healthy and aesthetically pleasing space. Each participant will create his/her own planter using design concepts.

### **493 WI 4-H GOES INTERNATIONAL!**

"... and my world," in our 4-H pledge reminds us that we are global citizens. Did you know 4-H is in more than 70 countries? In this session you'll learn about being a global citizen both in Wisconsin, and possibly through travel with 4-H. Explore your world and opportunities for international immersion and hosting with Wisconsin 4-H. Recent travelers with 4-H to Costa Rica, Finland, Norway, Japan, South Korea or other countries will share experiences and fun intercultural activities that you can take back to your club. How can you be part of this great adventure?

### **520 "X MARKS THE SPOT" OF WORLD-FAMOUS DISCOVERIES AT UW-MADISON**

You'll do experiments in electrophoresis (invented by UW's Nobel-Prize winning professor Oliver Smithies) and then trek around the UW-Madison campus to explore the sagas and the spaces where experiments leading to 3 other Nobel Prizes in Medicine, as well as 4 Wolf Prizes in Agriculture were done. You'll tour the historic UW Dairy Barn, visit the site of discovery of vitamins and of Warfarin, and finish up at the Babcock Hall Dairy Store.

### **530 ORGANIC 101- THE NEXT GENERATION ♦**

Visit with the upcoming Generation of Organic farmers. Hear their stories of transitioning to organic farming, taking over the farm and being an organic farmer in today's society.

### **531 4-H AG INNOVATORS EXPERIENCE – WATER WINDMILL CHALLENGE ♦**

Feeding a continually growing global population is a huge concern. An adequate supply of clean water is needed to support agricultural prosperity. You are the future and now is the time for you to understand how you can be a part of the solution to the issues facing our increasing global population. In this session you will learn about our water supply and build a derrick to solve a water deficit on the family farm.

### **501 KNOWING WHAT'S INSIDE – MAKING YOUR OWN SPECTROSCOPE**

How do we know how old a star is? How can we tell how far away it is? How can we tell if it has planets in orbit? How can we tell if our cheese is properly aged? How can we tell if we are related? How can we tell how nasty that storm is going to be? All these questions have the same answer: we use a spectroscope. We will build our own and learn how to use them.

### **502 STEM TO THE RESCUE! ♦**

We all want to change the world for the better. The problem often comes with where to start and how we can make a difference. STEM (Science, Technology, Engineering, and Mathematics) is a great tool to meet the many problems and challenges we face as a society. We will explore how you can make a difference in your communities, help scientists with their research, and use scientific experiments to be more effective in creating the change we wish to see in the world. This is open to anyone who wants to find ways to think critically and work together to solve tough problems and meet the challenges of tomorrow

## ***4-H & Youth Conference Seminars (continued)***

### **521 STEM CELL LEARNING LAB**

Through this hands-on experience, you will learn about different types of stem cells and why scientists study them. You'll discover how stem cells are changing the scientific and medical landscape and find out what careers are available in stem cell and regenerative medicine. You'll view stem cells under the microscope, then use the same equipment and methods researchers use to prepare and grow their cells. Realistic cell and media substitutes are used to adhere to biosafety restrictions and keep our stem cell learning labs free of charge.

### **532 SKYNET JUNIOR SCHOLARS**

Skynet Junior Scholars is an online astronomy program that links youth with research telescopes around the world. Youth are able to program in filter colors, telescope location, and exposure time to receive back pictures of the objects they select in the nighttime sky. Lynn Feldman, Oneida County 4-H and Youth Development educator will lead you in hands-on activities to enhance understanding of several basic astronomy concepts, and then the Skynet interface website will be explored. While the youth will see pictures that have been returned to other youth in the past, unfortunately they will not receive their programmed picture until they go on the internet after they have already returned home. During the seminar session, a method for staying connected with the Skynet program following the seminar will be explained.

### **540 AND MY WORLD...BECOMING A GLOBAL CITIZEN**

In this session you will learn about thriving in the increasingly multicultural world we live in. How do we communicate in diverse ways and understand others? How do we cooperate with different groups and still maintain our personal values and social responsibility? You will begin by exploring your own identity and then explore cultural differences. You will begin to see the world from many different angles and start to understand the perspectives that make people from different backgrounds think and behave in their own ways.

### **541 REACH HIGH & ACHIEVE YOUR 4-H GOALS**

The sky is the limit for your potential in 4-H! In this session you will learn how to develop strong 4-H goals and an action plan for achieving these goals. Whether your 4-H passion lies in leadership, community service, or a 4-H project, this session will help to take your passion to new heights.

### **542 4-H 4 U**

How do you define 4-H? In this session, you will learn how to define and market 4-H through elevator speeches and social media. Also, you will learn about older youth opportunities to increase retention.

### **543 4-H: THE BRIDGE TO YOUR FUTURE**

Where do problem solving, teamwork, decision making, and critical thinking come together? Perhaps in your next job or leadership opportunity! Engage with other youth from around the State to explore your current 4-H involvement and get ideas on how you can use your 4-H club, project and community experiences to enhance your applications or resume! Wait a minute, do you even have a resume? You will learn how to create a resume too!

### **544 SURVIVAL OF THE EGG ♦**

Don't be an egg and crack, bounce back and learn how to make a difference in yourself and others starting now. The Wisconsin Army National Guard Child and Youth Program presents, Survival of the Eggs. The Child and Youth Program coordinators work around the state with military youth, and they invite you to join them as a soldier shares important leadership and resilience skills. You are on the brink of adulthood. Use resilience and leadership skills to make a difference now, instead of "doing it later." Will you become a leader and try to change something that is important to you? Will you be a leader to a small group of friends, classmates, or even your family and set that great example? What will you do?

### **570 FINDING YOUR PURPOSE: HOW TO LIVE MEANINGFULLY NOW**

What makes life meaningful? How can I start living more meaningfully today? What might get in the way of living out my purpose? This workshop will focus on YOUR values, strengths, and talents, while considering how these relate to the bigger world and how to apply a purpose mindset to your everyday life.

### **571 CONSUMING HAPPINESS**

They say that money can't buy happiness—but some research says that maybe you can, if you spend it right! In this workshop we will learn what kind of spending is more likely to make you happy. We'll also examine your goals and priorities in life and how to save and spend your money (yes, even in high school) to best achieve those goals.



January 17, 2017

Livestock Animal Exhibitors,

In order to align with the state standards, the Oconto County Fair Board has decided the following species exhibitors must attend Meat Animal Quality Assurance (MAQA) training **dairy, dairy goat, rabbit, and poultry** in addition to **beef, sheep, swine and meat goats** in order to be eligible to sell in the 2017 Sale of Champions.

The MAQA curriculum is set by the state and focuses on safe food production, proper animal care, and ideal management practices. The livestock raised by youth exhibitors are an important part of our agriculture industry, and we want to strive for high quality food production. Many counties in Wisconsin have adopted the Meat Animal Quality Assurance trainings as part of their fair requirements. The Oconto County Youth Livestock Committee recognize the importance of this training, and it is a requirement for livestock youth to be eligible to sell their animals in the Sale of Champions. The training focuses on different topics each year, and it counts as one of your educational points for County Fair.

**The MAQA trainings scheduled for this year:**

**Thursday, April 20—Pound Town Hall, Coleman 7:00 - 8:30 pm**

**Saturday, May 6—Gillett Community Center, 200 E Main Street, Gillett 1:00- 2:30 pm**

Registration for these trainings is required. You can register by calling the Oconto County UW-Extension Office (920) 834-6845.

If you are not MAQA certified, you will not be eligible to sell in the Sale of Champions at the 2017 Oconto County Fair. MAQA training must be renewed every year. Exhibitors must attend the entire training to be certified. Please choose the date and location that works best for you!

If you are unable to make any of these dates, you are allowed to attend MAQA in another county. Please visit the UW-Extension MAQA website <http://fyi.uwex.edu/maga/maga-meetings/> for training in other counties, or contact the Oconto County UW-Extension office. Most counties will be holding their trainings in spring and early summer, so please do not wait until the last minute!

If you have any questions about MAQA, please contact Sarah at (920) 834-6845. If you know of any new 4-H, FFA, or Scouts members which might be showing livestock this year, please pass this information along to them.

Thank you,



Sarah Mills-Lloyd, DVM  
Agriculture Agent  
Oconto County UW-Extension



State of Wisconsin  
Governor Scott Walker

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**Department of Agriculture, Trade and Consumer Protection**  
Ben Brancel, Secretary

February 27, 2017

### **2017 Wisconsin Certified Pullorum Tester Training Seminars for Poultry**

A pullorum tester training seminar will be conducted at the following locations:

- **April 26, 2017, 6:00 p.m. – 8:00 p.m.**  
**Best Western Plover Hotel & Conference Center (Conference room)**  
**5253 Harding Ave., Plover, WI 54467**
- **May 3, 2017, 6:00 p.m. – 8:00 p.m.**  
**Northern Great Lakes Visitor Center (Theater)**  
**29270 County Highway G, Ashland, WI 54806**

The seminar is for people who would like to become a certified pullorum tester for poultry in Wisconsin. Certified testers can test their own or others' poultry so that flocks can qualify for the National Poultry Improvement Program, Wisconsin Tested Flock Program, or individual testing requirements. These testing programs allow owners to move birds for fairs, exhibits, and sales. Certified testers must be at least 18 years old, and adhere to NPIP and Wisconsin Tested Flock program standards. They do not need to be veterinarians or veterinary technicians.

The seminar will explain the requirements for the poultry testing programs, and demonstrate how to test for poultry diseases – salmonella pullorum and mycoplasma gallisepticum.

**Pre-registration is required. Space is limited to the first 80 people that register.** Please contact Margie Proost by **April 17, 2017** to register at 608-224-4877 or by email at [margaret.proost@wisconsin.gov](mailto:margaret.proost@wisconsin.gov).

The fee to become a certified pullorum tester is \$25. A form will be supplied at the seminar that must be mailed with your payment within two weeks after attending the seminar.

## **2017 Blue Ribbon Sale of Champions Foundation Scholarship Awards**

**FOR IMMEDIATE RELEASE**

**Contact: Leah Mindemann**

leah.mindemann@bock-assoc.com or

(952) 270-8778.

February 27, 2017 – The Blue Ribbon Sale of Champions Foundation announces that it is awarding \$30,000 in Scholarship Awards. Twenty-six awards will be offered in the form of five \$2000 scholarships, six \$1500 scholarships, seven \$1000 scholarships and eight \$500 scholarships.

Scholarship Applications will be accepted beginning on March 1, 2017 through midnight on April 15, 2017.

The Foundation has awarded the scholarships on an annual basis recognizing the achievements of Wisconsin State Fair Junior Livestock exhibitors and assisting them with their educational expenses. Individuals must be between the ages of 17-19 as of January 1st of the current year in order to be eligible to apply. They must also be a current or past junior livestock exhibitor who has exhibited beef, sheep, and/or swine at the Wisconsin State Fair. Applicants must pursue a post high school education, and be enrolled or planning to enroll in a University, Vocational/Technical School or University short course. Only one scholarship will be awarded per individual and previous winners may not apply.

All applicants are required to fill out and return a Blue Ribbon Sale of Champions Foundation Scholarship Application, no later than midnight April 15, 2017. All scholarship winners will be recognized at the Governor's Blue Ribbon Livestock Auction on Wednesday, August 9, 2017.

The Blue Ribbon Sale of Champions Foundation has posted the on-line application and that is the preferred method to apply. The scholarship application should be completed on-line and is also available for download by accessing the website, [www.gbrla.com](http://www.gbrla.com), clicking on the 2017 Scholarship Tab and registering as instructed. Applicants can also access the 2017 Scholarship application through the Wisconsin State Fair website, <http://www.wistatefair.com> by clicking on Wisconsin State Fair, Contests/Competitive Exhibits, Jr. Livestock Entry Information and scrolling down to the Governor's Blue Ribbon Livestock Auction Scholarship. There will also be a link through local extension offices on the Wisconsin Extension website.

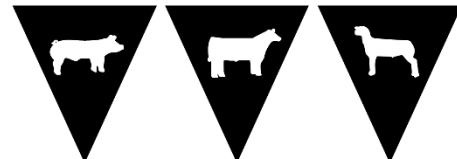
For more information, contact Leah Mindemann, Blue Ribbon Sale of Champions Foundation Scholarship Chair, via email at [leah.mindemann@bock-assoc.com](mailto:leah.mindemann@bock-assoc.com) or (952) 270-8778.

Please continue to visit our website, [www.gbrla.com](http://www.gbrla.com), for updated 2017 Governor's Blue Ribbon Livestock Auction information and stay connected to us on Facebook.

The Blue Ribbon Sale of Champions Foundation manages the Governor's Blue Ribbon Livestock Auction to provide a platform for enhancing and strengthening the agriculture community of Wisconsin, and to

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**Governor's Livestock Auction**



*Celebrating Wisconsin Youth*



## How to Register

Mail registration form (see insert) along with the full camp fee to:

**Camp Registration**  
**UW-Extension Office**  
301 Washington St  
Oconto WI 54153

**Deadline: May 12, 2017**

*Or register online*

<http://tinyurl.com/m5fjsf7>

**NOTE:** No registrations will be allowed at camp. A health form and final instructions will be sent approximately one month before camp. Also, friends of campers are not permitted to visit at camp.

Contact the UW-Extension Office at 920-834-6846 for more information.

### Summer Camp Fee

\$ 75.00*	Oconto County 4-H Member
\$ 150.00	Non-4-H Member

\*The Oconto County 4-H Leaders Association pays \$75 towards camp fees for 4-H members. **NOTE:** Spaces are limited.

Camp fees cover lodging, t-shirt, meals, snacks, crafts, transportation, and insurance.

**Bus Transportation:** Bus transportation is provided to and from camp is provided for Oconto County residents campers. Pickup locations and times will be provided at a later date.

**Refund Policy:** If there is a cancellation for any reason 30 days or more before camp starts, half of the camp registration fee will be refunded. **NO REFUNDS WILL BE MADE FOR CANCELLATIONS MADE BETWEEN 30 DAYS AND CAMP START DATE.** Emergency situations will be reviewed by the camp committee.

**Cabin Mate:** Each camper may ask to have **ONE** other camper of approximately the same age as a cabin mate. **All efforts will be made to honor your request, but the match cannot be guaranteed.** The requests must be mutually agreed upon between the two campers. The best part of camp is meeting new friends!

### **Summer Camp Session**

Saturday, June 10—Tuesday, June 13, 2017

### **Camp Bird**

N8395 Caldron Falls Rd, Crivitz WI 54114

### **Oconto County UW-Extension**

301 Washington St  
Oconto WI 54153  
Phone: 920-834-6846  
Fax: 920-834-6853  
[4H@co.oconto.wi.us](mailto:4H@co.oconto.wi.us)



University of Wisconsin-Extension

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*Camp is open to  
4-H and non-4-H youth  
grades 3rd-6th*

# Summer Camp 2017

*Come join us for fun and  
adventure while celebrating  
the summer of 2017!*



*Saturday, June 10—  
Tuesday, June 13  
Grades 3rd through 6th*



## Come and Enjoy many Camp activities at 4-H Camp. . . .

4-H Camp is for any youth in grades 3-6, as of the 2016-17 school year. Youth do not need to be a 4-H member to participate.

**At Summer Camp,** you will enjoy a variety of activities from swimming to arts and crafts to recreation. Nature and the campfire are always popular too! We have some new and exciting things planned for this year.



## Camp Activities

### Arts and Crafts:

As a camper you will explore your creative abilities to make things and express yourself.

### Recreation:

You will have opportunities to get involved with other campers in large group games and sports.

### Waterfront:

You will be able to refresh yourself by swimming, boating, and canoeing in lovely Sand Lake.

### Nature:

You will have opportunities to explore the many natural wonders in and around camp such as the lake, nature trails, streams, animal tracks, birds, and trees.

### Campfires:

As a camper, you will be able to celebrate with music, skits, storytelling, and entertainment.



### All-Camp Activities:

Camp will offer a variety of activities including skits, group dancing, scavenger hunts, eco-exploring, and possibly archery.

**See insert for more information on these activities.**

## At Camp Bird. . . .

### Camp Bird

consists of five cabins in each of its four units.

There are beds for up to 6-7 campers and 1-2 youth staff to stay in each cabin.

Certified 4-H adult volunteers stay in a separate cabin nearby. A bath house, with individual showers and bathroom

facilities, is conveniently located near each cabin unit.



A large dining hall with a modern kitchen is at the center of the grounds. All campers are served plentiful, nutritious, family-style meals. A large recreation hall, craft and nature buildings are available for inclement weather.

