

Oconto County 4-H Friday Notes

September 22, 2017

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To submit an article or information contact Arvilla by noon on Thursdays. (920) 834-6846; 4h@co.oconto.wi.us



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***4-H Club Charters Due Now. How's yours going? Call me if you need help.
Arvilla 920-834-6846***

***Time to Re-Enroll on 4-H Online
See page 5 for more info and page 15 for step-by-step instructions.
Everyone must re-enroll!***

***\$700 available for Fall Forum
Participants. See page 4 for more information!***

Become an Adult 4-H Volunteer. Adult Volunteer Orientation, September 25th

Adult volunteers are vital to our 4-H program. Are you an adult that would like to have impact on the youth in our 4-H program? Then consider attending the next adult volunteer orientation training being held on Monday, September 25th at the Gillett Community Center (next to the library) from 6-8pm. This training is one step in the process to become a certified adult 4-H volunteer.

This training will include:

- Explanation on the structure of the 4-H program and the role you can have in it as an adult volunteer.
- Hands on activities to explore the 4-H learning model- Experiential Learning, which can help make your club activities more fun and meaningful.
- Understanding of the 4-H Essential Elements of Mastery, Belonging, Independence and Generosity that govern our program.
- Introduction to the Core Elements of the Oconto County 4-H Program.
- Answers to questions you may have.
- How you can get involved right now!

Registration is required. Contact Arvilla at 920-834-6846 or arvilla.rusnak@co.oconto.wi.us by 12:00pm Monday, September 25th.

Our Volunteers are AWESOME!

Club Articles

Club articles must be submitted by Thursday noon 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.

Lena Rocketeers Participate in Lena's Dairy fest Parade



***By Dane Comins
Club Reporter***

On Saturday, September 9th, the Lena Rocketeers 4H Club entered a float in the annual Dairy fest Parade in Lena. This parade welcomes people from a lot of the communities in the area.

Kids from our club decorated a wagon to ride on. We threw candy and encouraged others to join 4H. We had a blast!

Morgan Badgers Hold Potluck



***By Amber Seitz
Club Reporter***

The Morgan Badgers 4-H member meet on September 11 for a potluck dinner. Each member brought a dish to pass. Members also brought one fair project to share with the club. Morgan Badgers meet at 6:30 p.m. on the second Monday of every month at St. John's Church in Morgan.



Beginner Sewing Group Sessions Schedule

It has come to my attention that some of the classes listed below are during weekdays when you may not be able to attend, but the classes are not progressive. They are meant to get you comfortable with your machine and sewing simple, straight seams. If you start with the evening class on September 28th you will get the same sewing information that is given in the two classes prior. Each class is set up so you get to take home a completed project at the end of the session. (Projects all ready for the fair!)

The beginning sewing classes organized through the Oconto Falls library. Classes are limited to six, adults or teens (younger participants are welcome but must be capable of using the sewing machine and should have an adult accompany them to aid them in the class). Beginning classes are free and all supplies are provided.

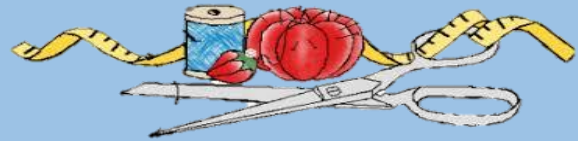
September 25, 10:00am will be a square tote.

September 28, 6:30pm will be a square pillow.

October 7, 9:30am will be a standard pillow case

October 12, 6:30pm will be Christmas stockings

October 24, 6:30pm will be a hobo bag or bag.



The final date for October has not been set yet, a free Saturday will be available for you to bring in projects to sew or ask questions if you need some help.

Call the library at 846-2673 to sign up.



4-H Achievement Banquet, November 11th

The Oconto County 4-H Achievement Banquet will be held on Saturday, November 11th at St. Anne's Church gymnasium, 221 E. Main St., Lena. The banquet is a celebration of everything our members have accomplished throughout the year.

Individuals will receive their membership year pins and project pins. Leadership awards will be given out to those involved in Teen Court, Summer Camp, County Committees and Board of Directors. 4-H graduates will receive a \$50 check and choice of sweatshirt from 4-H Mall. The outstanding Secretary and Reporter awards will be given out. Our Adult leaders will be recognized for their milestone membership and many other awards.

There will also be door prizes and an iPad will be given away, but you must be present to win. Registration will begin at 5:00pm, dinner at 5:30pm. Dinner will be potluck so please bring your favorite dish to pass. Chili, Sloppy Jo's, milk and water will be provided for everyone. Watch for your letter in the mail in October.

In order to make the banquet a complete success, we're using SignUp.com to help organize the tasks we need help with.

Here's how it works in 3 easy steps:

- 1) Click this link to see Oconto County 4-H Achievement Banquet on SignUp.com: <http://signup.com/go/GdVM2C>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact Kim Kamke at kim@frgf.com and she can sign you up manually. Consider signing up for a particular job. The jobs range from helping with setup, to decorating, registration and cleanup.

TrEx Announces \$700 for Fall Forum, Nov. 3-5

The TrEx Committee has set aside \$700 to help defray the costs for members in grades 7 - 13 interested in attending Fall Forum, November 3-5 at Green Lake Conference Center.

The purpose of Fall Forum is to:

- Provide an educational opportunity for youth and adult volunteers
- Develop youth and adult partnerships
- Create an engaging and welcoming environment to facilitate discussion between counties and regions
- Provide an opportunity for youth and adult volunteers to be involved in the planning and evaluating of statewide programs.



When: November 3-5, 2017 (registration begins at 6:00 p.m. Friday, November 3). We will conclude Sunday, November 5, at 10:30 a.m. There will be interactive learning activities Friday night and educational workshops on Saturday. See pages 7-12 for workshop listings

Who: Each county is encouraged to send a delegation of youth and adults

- Youth 7th – 13th grade
- Adult volunteer leaders
- Staff are invited and encouraged to attend as your schedule permits



Registration:

- \$85 registration fee per person: Friday – Sunday (pizza buffet, 3 meals on Saturday, 1 meal on Sunday)
- \$75 registration fee per person: Saturday – Sunday (3 meals on Saturday, 1 meal on Sunday)
- \$70 registration fee per person: Saturday (lunch and Hall of Fan
- \$50 registration fee per person: Saturday (lunch only)

Lodging:

- Adults:
 - \$45/night for two adults
 - \$75/night for single room (limited availability)
 - \$25/night for three or more adults per room
- Youth
 - \$25/night with 3-6 youth per room



The program kicks off Friday evening with over 20 interactive sessions. Saturday offers more than 25 workshops to choose from. Top off the night with a special celebration where 11 people will be inducted in to the Wisconsin 4-H Hall of Fame. An evening of circle dancing and table games will follow the celebration. Sunday morning brings a high-energy program that you can use at the club or community level.

If a group of members are interested, we can look into organizing a carpool.

Interested members must contact the UW-Extension office, 920-834-6846 or 4h@co.oconto.wi.us by September 29th to be eligible for funding. See page for information about workshops.

You will not view 4-H in the same way after attending this event!

Enroll Today!

<https://co.4honline.com>

4HOnline™
4-H Enrollment and Event Registration



4-H Re-Enrollment Time Open Now

Our 4-H year will be ending soon so that means it is time to re-enroll. Each year in September every individual that would like to participate in 4-H for the next year must sign-in to www.4-honline.com and re-enroll. There are no exceptions to this requirement (I have to re-enroll too).

The process is pretty simple and complete instructions are located on page 13. If you have forgotten your password just choose forgot password and a temporary one will be emailed to you or contact me and I will reset it for you.

When providing your email address in 4-H Online, please use an address you check regularly. We use this email to send important announcements, the Friday Notes newsletter and other items that may be time sensitive. We do not share your email with anyone and use it only to send those items that we feel are important to our 4-H families.

Feel free to contact me if you have any questions. Arvilla Rusnak, arvilla.rusnak@co.oconto.wi.us, 920-834-6846.

Raising a Thinking Child Workshop Series

October 3rd-November 14th

This workshop series is for parents and caregivers of 4-7 year-olds and will help you guide your child in solving common, everyday problems through better communication. You will learn how to give your children the skills to solve their own problems, think about consequences and help your child learn to care and understand their own and others' feelings.

This event is free of charge and includes a family dinner, daycare and workshop materials for participants.

The workshop series will be held at Oconto Elementary School with family dinner at 5:00pm; daycare and class sessions start at 5:30pm. See the flyer on page 15 for more info.



3rd Annual Apple Day Canning Workshop

October 14th

Learn how to make apple butter, apple pie filling & applesauce during this all apple workshop. This event will be held at Hillside Assembly North, Pound from 9:00am-1:00pm and is open to youth, ages 12 & up and adults.



This is a great opportunity to get started on some projects for next year's fair!

See page 14 for a flyer with all the details.

Board of Director Meeting, October 29th

The Board of Directors will meet on October 17th, 2:00pm at St Clare Hospital in Oconto Falls. We will be establishing our educational plan for the year, (charter calendar) and finalizing plans for the achievement banquet. This meeting is open to everyone.

Leader's Association Meeting, December 14th

The next meeting of the Oconto County 4-H Leader's Association will be held on Thursday, December 14th at 6:30pm at the Gillett Community Center Building. Agenda items include:

- Board of Directors Elections
- Voting on by-law changes

This meeting is open to everyone.



Cedar Crest Ice Cream Flavor Contest, Oct. 1st

Cedar Crest Ice Cream of Cedarburg, Wisconsin, and the Wisconsin 4-H Foundation announce a contest to create the next Cedar Crest Ice Cream flavor. The top flavor will be produced for summer 2018.

Some Previous Winning Flavors:

Big Muddy – Dark Chocolate flavored Ice Cream with a Caramel Swirl and Brownie pieces

Udder Delight - Vanilla ice cream with chocolate-covered waffle cone pieces, fudge ribbon and peanut butter cups

Shipwreck - Vanilla ice cream with a sea salt caramel ribbon and candied almond splinters

Jumping Jersey Cow - Peanut butter flavored ice cream blended with chocolate-coated caramel mini cows and swirled with chocolate fudge

Elephant Tracks – Pieces of peanut butter cups and chocolate swirled in chocolate ice cream

Entries will be judged by a panel of ice cream experts chosen by Cedar Crest's staff. Cedar Crest manufacturers more than 80 flavors of ice cream at its Manitowoc, Wisconsin, plant, and distributes products in five states.

Information and the application are available on Cedar Crest Ice Cream's website: www.cedarcresticecream.com or see page 16.



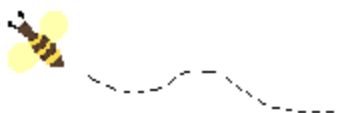
Tractor Supply Co Paper Clover Campaign, Oct. 4th-15th

The Fall Tractor Supply Company will holding a Paper Clover Campaign October 4th-15th. During the campaign, customers can purchase a paper clover for one dollar at checkout to support leadership activities for Wisconsin 4-Hers.

The Wisconsin 4-H Foundation is offering a great way for clubs to promote 4-H and help make the Paper Clover Campaign more successful. We are asking 4-H clubs to partner with their local TSC to promote 4-H at the store. The first club to volunteer at each store will receive \$50 from the Wisconsin 4-H Foundation.

There are over 15 TSC stores in Wisconsin, so even if there is not a TSC in your county, you can still partner with the TSC that is closest for you. Note that only one club will receive \$50 for volunteering in each Wisconsin TSC store.

If you are interested, contact Joanne at the Wisconsin 4-H Foundation at Joanne@Wis4HFoundation.org or (608) 262-1597. The Foundation can provide contact information for the store in your area, then your club and the store can work together to plan your event.



2017 Honey Bee Poster Contest, October 25th

2017 Theme: Honey Bees – Where They Live: Sponsored by Wisconsin Honey Producers Association (WHPA), www.wihoney.org.

Divisions: 2nd grade and under, 3rd-5th grades, 6th-8th grades, 9th-12th grades.

Prizes for each Division: 1st – \$35, 2nd – \$25, 3rd – \$15.

Rules: 1. Size 11" x 14" poster board, 2. Print clearly on back: Name, Address, Age and Grade. 3. Include theme in design. 4. Posters become property of WHPA. 5. Most bees live in bee hives. Paper wasps live in nests hanging from a tree branch. Not bees.

Mail by October 25, 2017 to: Sharon Pufahl, W6432 Hwy O, Mauston WI 53948, 608-847-4407



Fall Forum Workshops

SATURDAY, NOVEMBER 4, 2017

AM SESSIONS

Building an Effective 4-H Board of 4-H Directors

Take your Board from routine and boring to NEW, EXCITING, and ENGAGING with our 4 step, 4-H tested process! Our training tools and activities will guide your board to a new level of governance.

Presenters: Kevin Palmer, Manitowoc County 4-H Youth Development Educator and Denise Retzleff, Fond du Lac County 4-H Youth Development Educator

Calling All Camp Counselors

Calling all past and future 4-H summer camp counselors and adult volunteers. Every day at camp you are a mentor, teacher, and planner but you might not realize it. Join us as we identify these leadership skills, practice leadership through engaging activities, and learn about opportunities to participate in more than just your county camp for summer 2018 at Upham Woods.

Presenters: Justin Hougham, Director of Upham Woods and State Specialist in Environmental Education, Max Myers, Upham Woods Program Director, and Marc Nutter, Upham Woods Facilities and Operations Director

Clog Your Socks Off!

Clog your socks off! Learn the basics of clog dancing and what you need to know to bring clogging to your county as a SPIN club.

Presenters: Gayle Nicoll, Waukesha County 4-H Volunteer Leader and Lyta Nicoll, Waukesha County 4-H Member

Clowning

How many clowns does it take to lead a workshop? Hopefully four youth from Washington County are good enough to teach you how to make balloon animals, face paint, and juggle!

Presenters: Bridget Dean, Zach Meyer, Riley Smeaton, and Max Stowers, Washington County Clowning Project Youth Leaders

Exploring the World of Horticulture and Building Skills through Plant Judging and Identification

Come and explore the world of horticulture! Horticulture is the art and science of growing and handling fruits, nuts, vegetables, herbs, flowers, foliage plants, woody ornamentals, and turf. Horticulture is different things to different people. It is a science on the cutting edge of biotechnology, and art, a profession, business, industry, hobby, way of life, and therapy for millions of people. Each of us comes into contact with horticulture products and professions every day of our lives. Horticulture feeds us, improves our environment, and through science, is helping find answers to tomorrow's problems. Explore Horticulture!!

Presenters: Byron Hacker, State Master Gardener and Calumet County 4-H Volunteer Leader, Jim Hovland, State Master Gardener and 4-H Volunteer, and Chuck Prissel, Polk County 4-H Youth Development Educator

Fundraising: How to Make Bank and Grow Skills

Monroe County 4-H Jr. Leaders have found a way to make bank. We've also learned some very important life lessons about running a business. Come and Join us as we talk about the FUNdraising that we do and how to keep it fun and educational.

Presenters: Joshua Goede, Monroe County 4-H Youth Development Educator and Monroe County 4-H Junior Leaders

Giving Volunteers a VIP (Volunteers in Preparation) Orientation

Volunteers are truly VIPs - Very Important People! And we will treat you that way at this session. We will complete the VIP (Volunteers In Preparation) orientation, and ensure you are ready to take on leadership in your local 4-H program.

NOTE: Attendance in this session will also meet the requirement of the 2016 Annual Leader Training Charter Requirement.

Presenters: Melinda Pollen, Brown County 4-H Youth Development Educator, and Dawn VandeVoort, Door County 4-H Youth Development Educator

How to Teach, Also Known As H.T.T.

What do Rockets, Radishes, Rocking Chairs, Rabbits, and Rolled Fondant have in common? Inevitably someone LEARNED HOW by being TAUGHT. How to Teach (H.T.T.) will walk you through basic teaching techniques for your programs to be successful.

Presenter: Chris Hollar, Clark County 4-H Youth Development Educator

It's NOT Rocket Science: Starting a County 4-H Rocketry Program

Starting a county 4-H rocketry program is easy and rewarding. In this workshop, you will:

- Build an Estes Gnome rocket and (weather permitting) launch it!
- Learn the basic components of a county 4-H rocketry program.

We will provide you with the tools needed to start a local program, including equipment listings, sample lesson plans, and a list of resources.

Presenters: John de Montmollin, Interim Wisconsin 4-H Program Director and Maria Habib, 4-H Youth Development Educator, State Office

Keeping Up with the 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.

Presenters: Jasmine Brown and Lillienne Cauffman, Wisconsin Leadership Council Youth Leaders

Mindfulness and Positive Emotion Skills for Coping with Stress

Do you experience stress? How do you cope with it? Do you want to have more happiness in daily life? Come to this workshop to practice some simple (but not always easy!) skills for promoting well-being and learn about the science behind them.

Presenter: Larissa Duncan, Ph.D., Healthy Minds, Children, & Families State Specialist

Monster Pillows

Monster Pillow making has been a community service project for the "Keep it in the Northwoods" 4-H Club for the past year and a half. Come and learn how this project benefits children in hospital emergency rooms, as well as how it teaches

decision-making, teamwork, and some basic sewing skills to club members. During this seminar you will be able to create and take home a Monster Pillow of your own.

Presenters: Lynn Feldman, Oneida County 4-H Youth Development Educator and Mira and Nava King, Keep it in the Northwoods 4-H Club Junior Leaders

Photobomb for Community Service

Use your camera/phone to spot your clubs next service project. Before your club selects their next community service effort, learn how to incorporate photography into identifying community needs and strengths. Your service project should be something that you all care about and want to address.

Presenters: Matt Calvert, Youth Development State Specialist, Neil Klemme, Iron County 4-H Youth Development Educator, and Christa Van Treek, Marquette County 4-H Youth Development Educator

Telling Your 4-H Story with Local and Social Media

You know your 4-H club is fantastic. It's time to spread the word! Learn how to think like a reporter, write press releases and pitch stories to local news outlets. See how to spread the word yourself with proven strategies for getting the most bang for your buck — or no bucks! — on social media.

Presenters: Holly Henschen, Wisconsin 4-H Youth Development Public Information Specialist

Using 4-H Projects for Career Exploration

Why not use 4-H projects and youth leader projects for career exploration opportunities? We'll help you connect the dots from your projects to possible careers. Environmental, natural resources, and related areas will be emphasized along with developing life skills.

Presenters: Barb and Norb Yogerst, Washington County 4-H Youth Leaders, Wildlife WHEP and Forestry Committee Members

Workforce Readiness: Construction Trades

Choosing a career path is a difficult choice and it's even more difficult if you haven't had first-hand experiences in your chosen field. Ozaukee County Tradesmen offered 4-H youth the unique opportunity to experience various construction trades through a new 4-H project called Workforce Readiness: Construction Trades. Youth worked with professional carpenters, electricians, plumbers, and masons to learn skills of the trades. They learned to safely operate hand and power equipment while building a playhouse/potting shed complete with electrical, plumbing, cedar, and fieldstone siding, a cupola, Dutch door, and three windows. Come and learn the details of this project and how you could start a similar one in your community.

Presenters: Kathy Butler, Ozaukee County 4-H Youth Development Educator, James Mejchar, Youth Project Member, Teri Mejchar, Project Leader, and Jim Rychtik, Owner, Rychtik Construction

Yoga: Relaxation & Fitness

Join us in fun and fitness through yoga! Whether you have never practiced yoga before or have previous experience, everyone will learn something new as you participate in simple yoga poses and learn the mindful and physical benefits that result from yoga. After this session, you will be able to incorporate these skills to lead 4-H health activities, from meetings to daily life! Comfortable clothing is recommended to fully participate in this session.

Presenters: Kayla Oberstadt, 4-H State Program Manager, Ohio State University Extension

PM SESSIONS

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.

Presenters: Libby Willkomm and Megan Zaczyk, Wisconsin Leadership Council Youth Leaders

And My World... Communicating Across Cultures

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.

Presenters: Maria Habib, 4-H Youth Development Educator, State Office and Brianna Stapleton-Welch, Dane County 4-H Youth Development Educator

Art Team

Presenters: Stephanie Kempe, 4-H Youth Development State Art Team Director and State Art Team Youth Members

Becoming a Global Leader through 4-H

"... 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. How can you be part of this great adventure?

Presenters: Sharla Boehlke, Lilly Buchholz, and Callan McNamara, State 4-H International Programs Assistants

Building an Effective 4-H Board of Directors

Take your Board from routine and boring to NEW, EXCITING, and ENGAGING with our 4 step, 4-H tested process! Our training tools and activities will guide your board to a new level of governance.

Presenters: Kevin Palmer, Manitowoc County 4-H Youth Development Educator and Denise Retzleff, Fond du Lac County 4-H Youth Development Educator

Developing Leadership and Followership Skills: Lunar Hotel

Lots of people like to be the leader, but leaders need a team to follow them. Different quests require different skills, which means different types of leaders are needed throughout an expedition. Understanding when to lead and when to follow, and the importance of both roles, will be explored in this session.

Presenters: Joanna Skluzacek, 4-H Youth Development State STEM Specialist

How to Teach, Also Known As H.T.T.

What do Rockets, Radishes, Rocking Chairs, Rabbits, and Rolled Fondant have in common? Inevitably someone LEARNED HOW by being TAUGHT. How To Teach (H.T.T.) will walk you through basic teaching techniques for your programs to be successful.

Presenters: Chris Hollar, Clark County 4-H Youth Development Educator

IT'S IN THE BAG

Groups are constantly forming and reforming. In some cases, how these groups function is just as important as why these groups function. IT'S IN THE BAG was created to develop positive group dynamics through a multitude of experiences. These experiences were specifically selected to provide a foundation for trust and communication - the

cornerstone of any good group. In this session you will learn how to effectively lead these games while having a lot of fun! This is a hands on learn by doing session! Please come ready to participate!

Presenter: John de Montmollin, Interim Wisconsin 4-H Program Director

Leading Meetings with Parli Pro

You've been elected chairman, now what? Get the lowdown on what parliamentary procedure is all about and how to use it to have great meetings. You can hold an effective meeting that isn't dominated by the loudest or pushiest member. Your group will stay on track, keep records of your decisions and hear everyone's voice, from the youngest to the most mature!

Learn more about:

- Using Parliamentary Procedures/Robert's Rules of Order
- Writing and Amending Effective Bylaws
- New and Fun Strategies for Making Group Decisions
- Each Participant will receive a copy of Robert's Rules for Dummies

Presenter: Sarah Tarjeson, Sheboygan County 4-H Youth Development Educator

My Hands to Larger Service

"My hands to larger service..." 4-H clubs have participated in volunteer service projects for many years. Learn to take your volunteer efforts to a new level, in ways that will be more impactful to both the community and the 4-H members. Share a service project you participated in and create action steps to take the project to the next level.

Presenters: Kathy Butler, Ozaukee County 4-H Youth Development Educator and Ozaukee County 4-H Youth Members

Pocket Dramas

Learn how to infuse your club meetings and/or events with drama to build community, collaboration, and creativity. Members of the 4-H State Drama Company will lead you in a variety of games and activities that you can bring home and use in your county.

Presenters: Jill Bandli, Shirley Miller-Frey and State Drama Company Youth Members

A Release Party: Essential Elements Online Learning!

Don't miss the Essential Elements Release Party! Welcome to the world of online learning! Join us for the party as we launch the online learning module for Essential Elements of Youth Development. In this session, we will showcase the resources available for you to take back to every volunteer in your county - and walk through how 10 minute modules can be used by volunteers statewide - from the comfort of your own home!

Presenters: Jill Jorgenson, Kewaunee County 4-H Youth Development Educator, Melinda Pollen, Brown County 4-H Youth Development, Meg Sage, Sauk County 4-H Youth Development Educator, and Dawn VandeVoort, Door County 4-H Youth Development Educator

Run Smart, Live Smart

Want to get outside with friends? Whether you're a lifelong runner or have ever 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. You'll also explore mindfulness, stress relief techniques, and yoga as part of this session on healthy living.

Presenters: Seth Gehrke, Wisconsin Leadership Council Youth Leader and Jenna Franseen, Wisconsin Leadership Council Adult Leader

Yoga: Relaxation & Fitness

Join us in fun and fitness through yoga! Whether you have never practiced yoga before or have previous experience, everyone will learn something new as you participate in simple yoga poses and learn the mindful and physical benefits that result from yoga. After this session, you will be able to incorporate these skills to lead 4-H health activities, from meetings to daily life! Comfortable clothing is recommended to fully participate in this session.

Presenters: Kayla Oberstadt, 4-H Program Manager, Ohio State University Extension

4HONLINE

Re-Enroll Members/Leaders

GETTING STARTED

To get started with the re-enrollment process, log into 4HOnline with your family email and password.

On the family home screen, click on the orange button labeled **Continue to Family**.

On your Member/Volunteer list, find the family member you wish to re-enroll and click on Edit next to their name.

RE-ENROLL

At the bottom of the next screen, click on the button for **Enroll for 2017-2018**.

If the youth is over 17 years old, a box will appear asking if you wish to enroll as a youth or an adult. If the youth is graduating from 4-H and wants to continue as an adult leader, then choose **Enroll As Adult**, otherwise select **Enroll as Youth**.

You will now see the Personal Information that you entered when you first enrolled. Look over the information and make any corrections. If the youth was in 12th grade last year, you must select the grade for this year, either **Post High School Education** or **Not in School**. When you are done, click on **Continue**.

Next is the Additional Information screen where you will need to accept the agreements and answer the Photo Release and Accommodations questions. Click **Continue** when done.

The Health Form for members is optional at enrollment, but you could be asked to complete it in the future if you attend any events that require one. Click **Continue** when done.

If you are an adult volunteer and see the Volunteer Screening page, then it has been 4 years since the last time a background check has been completed. You need to check over the answers to the questions and correct as needed. This page will only appear every 4 years. Click **Continue** when done.

On the Participation -> Club screen, confirm the correct club is listed. If you serve in a volunteer role (but not as a project leader) click on **Edit** and select the volunteer type. Click on **Update** to save the change. Click on **Continue** when done.

On the Participation -> Projects screen, confirm all the projects you are enrolled in are listed. Add any missing projects. If you are dropping a project, click on **Edit** for that project and then click on **Delete**. After making sure all your projects are listed correctly, click on **Submit Enrollment**.

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

Food Preservation Education: Canning Workshop: 3rd Annual 'Apple Day'



Workshop is for all levels of interest:

- Want to learn about new research-tested equipment, recipes, and safety— register for this workshop.
- Apple Butter, Apple Pie Filling & Apple Sauce
- Cost to attend: \$5.00

*Get recipes and answers to your canning questions
& learn what the UW-Extension has to offer!*

Saturday, October 14th 9:00a.m.-1:00p.m.

Hillside Assembly North, Pound

Sponsored by Hillside Assembly & UW-Extension, Oconto County

Presented by Family Living Agent, Jill Cholewa & Master Food Preserver Volunteers

To registration contact: 920-834-6848

Email: jill.cholewa@ces.uwex.edu



An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment & programming including Title IX requirements. Please make request for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.



Oconto County



Raising a Thinking Child

Tuesdays Oct. 3 thru Nov. 14, 2017

(except 10/31-class will be Mon. 10/30)

Oconto Elementary School

810 Scherer Ave.

Oconto, WI

Time: 5:30-6:30 p.m. (free dinner at 5:00)

If you are a parent of a 4-7 year-old and your child has experienced any of the following:

- ◆ Temper tantrums
- ◆ Difficulty making or keeping friends
- ◆ Impatience or interrupting
- ◆ Not listening



Then the **Raising a Thinking Child** workshop may be just right for you! This evidence-based workshop series will help you guide your child to solve common, everyday problems by communicating with your child.

Participants will learn:

- ◆ To give their children skills to solve their own problems and think about the consequences through fun games
- ◆ How to help kids care about and understand their own and others' feelings

This program is a refreshingly practical curriculum that helps you help your child learn how to think, not what to think. Through 7 weekly classes, along with interactive, fun activities for you and your child to do at home, you will learn ways to help your child think in new problem-solving ways.

Free: weekly family dinner- 5:00 pm, incentives and free childcare for participants will be provided. Brought to you by Oconto Elementary School, Oconto Head Start and Oconto County UW-Extension.

Raising a Thinking Child Workshop Registration-Oconto Elementary School (Oct. 3 thru Nov. 14, 2017)

Please return this form by Sept. 26, 2017 to:

Barb Truttman, UW-Extension, 301 Washington Street, Oconto, WI 54153 (920)834-6845

(or: to Ms. Pebbles at Oconto Elementary, or to Oconto Head Start).

Adult Name(s): _____

Address: _____

Phone: _____ Email: _____

How many children will need childcare? _____ Children(s) Ages? _____

Will you and your family join us for weekly family dinners at 5:00? If so, # adults? _____ children? _____

All EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.

For communication accommodations in languages other than English, please contact languageaccess@ces.uwex.edu

For communication accommodations based on a disability, please contact ced@uwex.uwex.edu



WISCONSIN 4-H FOUNDATION
The Pyle Center | 702 Langdon Street | Madison, Wisconsin 53706-1420
608.262.1397 | info@Wis4HFoundation.org | www.Wis4HFoundation.org



2017 Ice Cream Flavor Creation Contest

Cedar Crest Ice Cream and the Wisconsin 4-H Foundation have teamed up to present a Create an Ice Cream Flavor Contest. The contest is open to all Wisconsin 4-H members. Entries are due to Cedar Crest Ice Cream no later than October 1, 2017.

Entry Name _____

Entry Description _____

Club Name _____

Club County _____

Club Leader Name _____

Club Leader Address _____

Club Leader Phone Number _____ Club Leader Email _____

Photos, drawings or stories about the development of the flavor may be included with the entry, but are not required. These items may be used by Cedar Crest and the 4-H Foundation for promotional purposes.

Submit entries by October 1, 2017, using the online form (www.CedarCrestIceCream.com) or via email to kay.schmit@cedarcresticecream.com.

All entries into the Cedar Crest Ice Cream Flavor contest become the sole property of Cedar Crest Ice Cream. Any images, descriptions, photos or other material submitted as part of the contest may be used at the discretion of Cedar Crest Ice Cream and the 4-H Foundation for promotional purposes.