

Oconto Clover Connect

I pledge my **head** to clearer thinking, my **heart** to greater loyalty, my **hands** to larger service, and my **health** to better living, for my club, my community, my country, and my world.



March 2023

In This Issue...

Calendar of Events.....	2
Member Re-enrollment.....	2
STEM Family Day.....	3
Summer Job Opportunity.....	3
Team Green Pictures.....	4
Wildlife & Woods Virtual Series.....	5
Northern Riders Pictures.....	6
Summer Academy.....	7
Goat Essay & Ceramics Day.....	8
Creative Arts Festival.....	9
Submissions Wanted.....	10
Goat Essay Application.....	11
New Family Newsletter.....	12
Ceramics Flyer.....	13
March Kindness Calendar.....	15
Bellin Health Family Night.....	16
Nutrition Month Snackactivities.....	17

Well, the groundhog saw his shadow, and winter has certainly decided to make its appearance during the extra 6 weeks! Although we are getting snow, and lots of it, spring will be here before we know it. There are so many wonderful events and opportunities coming up to participate in- it is very exciting. Be sure to check your newsletter for more details.

Now is also the time of year to make sure enrollments are updated or completed before we need to send information off to the fairs. It would be a great idea to log in to 4-H online and be sure everyone is enrolled or re-enrolled for the year and that all project selections are accurate. If you have any issues making selections or changes just contact me, or our amazing office support staff and any of us are happy to help!

Spring is a time where we see nature refresh and replenish itself. Are there some goals that you have to do the same for yourself? It is a perfect time to start or re-start working on some goals that you have. March is National Nutrition month- check out the attached calendar and activities to enjoy some family fun, while making healthy choices!

Stay safe, healthy, and think spring!

Aimee Elkins
4-H Youth Development Educator
Marinette and Oconto Counties



Contact Us

Extension Oconto County

4h@co.oconto.wi.us

920-834-6845

<http://oconto.extension.wisc.edu>



Oconto County 4-H

Oconto County Courthouse

301 Washington St.

Oconto, WI 54153

CALENDAR OF EVENTS

3/17-3/19	ArtBEAT	Upham Woods WI Dells
3/18	Beef Weigh in- 9 am	Oconto County Fairgrounds
3/24	Ceramics Day – 6 pm	Little River Town Hall 3627 Cty Rd A, Oconto
4/14-4/20	National 4-H Conference	Washington DC
4/20-4/24	WI 4-H Space Camp	Huntsville, Alabama
4/29	Goat/Sheep Weigh in – 9 am	Oconto County Fairgrounds
4/29	Swine ear tag Pick up – 9 am	Oconto County Fairgrounds
4/29	Creative Arts Festival – 1:00 pm	Grover Town Hall W5161 Town Hall Rd, Peshtigo
6/19-6/22	Summer Academy	UW Madison
8/1-8/4	Summer Camp	Camp Bird
8/19	Small Animal Show (tentatively)	Oconto County Fairgrounds
8/24-8/27	Oconto County Youth Fair	Oconto County Fairgrounds

Member Re-Enrollment

As of September 1st, members may go to v2.4honline.com and re-enroll in the 4-H program for 2022-2023. All 4-H members, youth and adult, must re-enroll each year in order to participate in a 4-H club, county, state, national, and international activities. Even if you just became a member in August, you must go back and re-enroll for the New Year.

If you have questions or need any help with the re-enrollment process, feel free to contact the Extension office at 920-834-6845 or 4h@co.oconto.wi.us.

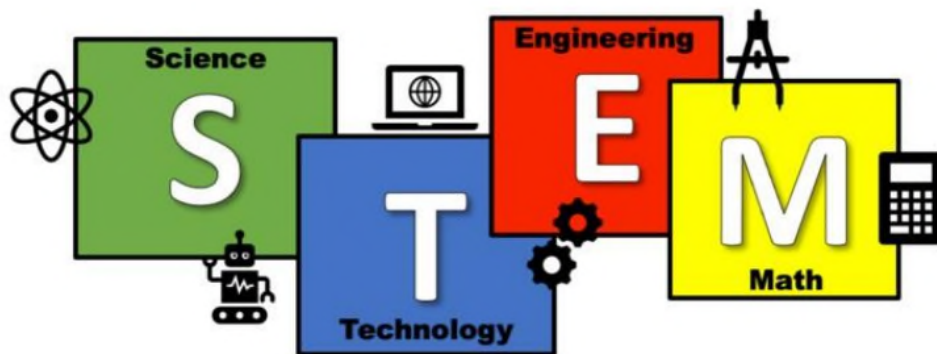
****MEMBERS AND LEADERS MUST RE-ENROLL EACH YEAR BY NOVEMBER 30th****

- Regular members must be in third grade or older
- Cloverbuds (children in 5K through 2nd grade) should be listed in your club enrollment. Cloverbuds can participate in club activities. They can exhibit at the County Fair, only in the Cloverbud category, and do not receive premiums
- New members can join at any time, but must enroll by April 30th to enter in the Fair
- April 30th is the deadline to add or drop projects
- You must be enrolled in a project in order to exhibit at the Fair in that project

If your child has their own email address, please be sure to update their profile with that information so they receive all of the emails that are sent out



STEM Family Day



FAMILY DAY 2023

SATURDAY, APRIL 29TH 10 A.M. - 2 P.M.

Brown County STEM Innovation Center

www.einsteinproject.org/stemday

Sponsored By:



Summer job Opportunity with Extension

Extension is looking for someone 18 or older to work in our office this summer. The hours would mostly be 8-4 Monday through Friday, with the occasional evening or weekend. This position would support Extension office work and summer programming. The Extension office offers a variety of summer educational programming to community youth and families. Ideally the candidate will be willing to assist in planning and supporting these events.




CAMP HOST

WE'RE HIRING!




SUMMER
JOB OPENINGS

If you are looking for a summer job, Oconto County currently has the following summer job openings:

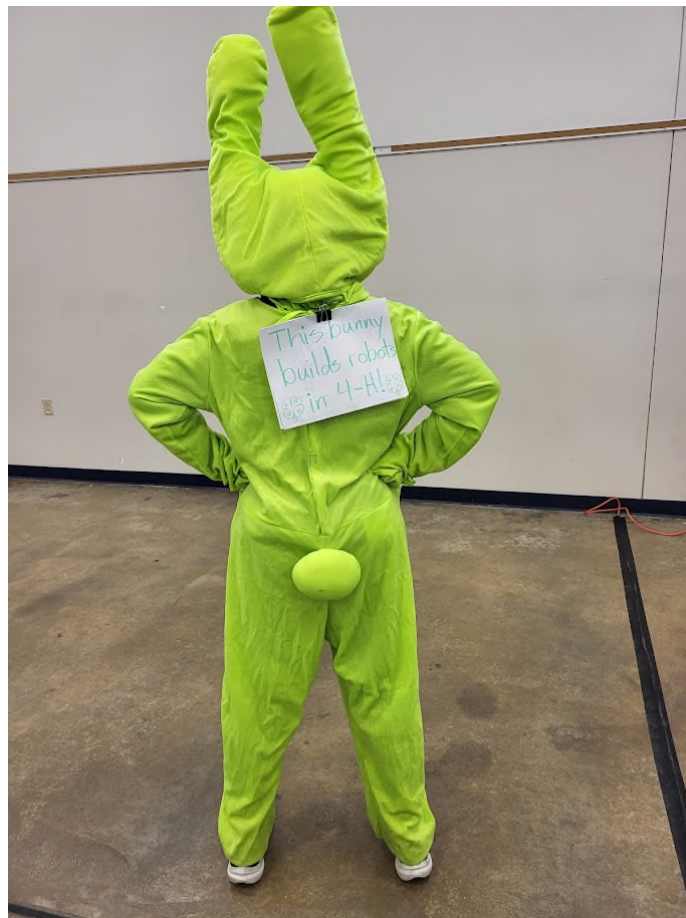
- Highway Department—Summer Laborer
- Inventory Forester—Limited Term Employee (LTE)
- Land and Water Intern—LTE Summer
- Seasonal Campground Host-Chute Pond
- Summer Park Maintenance—LTE Chute Pond
- UW-Extension— Summer Office Assistant



For more information and to apply, please see our website at www.co.oconto.wi.us

OCONTO COUNTY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

Photos of Team Green's Robotics Tournaments



Wildlife & Woods Virtual Series

2023 Wildlife & Woods Virtual Classes – Wildlife and Woods is Wisconsin 4-H’s statewide natural sciences, wildlife, and forestry monthly, virtual event.

Outdoor enthusiasts connect with other 4-H youth of all ages from around the state. Together, we explore the natural world with a special focus on wildlife, wildlife habitats, and trees. Participants learn about wild places across the United States following the 4-H Wildlife Habitat Education Program (WHEP) and the 4-H Forestry Program. Materials are designed for all ages and knowledge levels, so everyone can benefit. Since the sessions are co-presenter by youth and adult leaders, the youth leadership opportunities are plentiful.

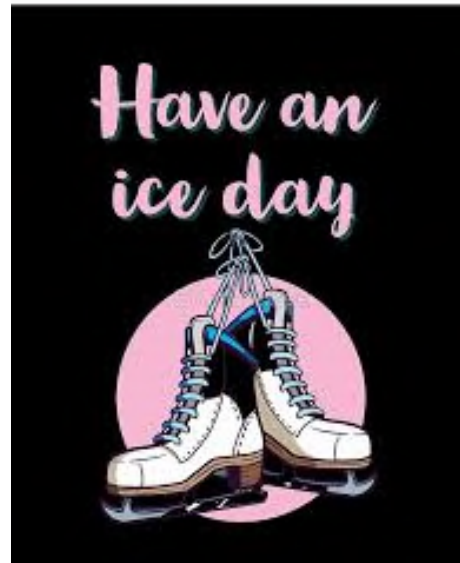
Youth leaders research about wildlife, trees, management concepts and management practices; prepare slides; lead activities; present topics from slides; record videos; or read announcements. Youth leaders also meet virtually the week before for prep and practice. Being a part of this team is great preparation for WHEP and Forestry competitions. For more information or to join the Wildlife & Woods Leader Team, contact: Lee Delcore and Kerri Ast wi4hwildlifeforestry@gmail.com.



The poster features a light blue background. On the left, the title "Wildlife & Woods" is written in a large, black, cursive font, with "VIRTUAL SERIES" in a smaller, bold, black, sans-serif font below it. To the right of the title, the text "Register via 4-H Online" is in a bold, black, sans-serif font, followed by the website "wi.4honline.com" in a smaller, black, sans-serif font. Below the title, the dates "JAN. 25", "FEB. 22", "MAR. 22", "APRIL 26", and "MAY 24" are listed in a bold, black, sans-serif font. On the right side, there is a circular illustration of a forest scene with a large tree, a deer, and two rabbits. At the bottom, there is a white banner with the text "To learn more about virtual learning opportunities, please visit 4h.extension.wisc.edu/vlc" in a black, sans-serif font. The banner also includes the Wisconsin 4-H logo on the left and the UW-Madison Extension logo on the right. Below the banner, there is a small disclaimer: "An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements."

Northern Riders 4-H Club

The Northern Riders 4-H Club lead a couple fun winter events. On Saturday, February 11th they lead a county wide event at the Green Bay Gamblers game and on Sunday, February 19th they rented out the Crawford Center in Shawano and invited all 4-H members to join them for ice skating. It looks like a great time was had by all at both events. Thank you Northern Riders!



Summer Academy June 19-22

Save the date! Some amazing career exploration opportunities for our older youth! Regional transportation will be available across the state via bus at no additional cost. More information to come!



SUMMER ACADEMY
Exploring Your WHY
2023

On the UW-Madison Campus!

JUNE 19-22
GRADES 7-10
\$350/youth
Scholarships Available!

Youth will explore higher learning opportunities and future career paths along one of seven SPARK tracks:

- ✦ Arts & Communication
- ✦ Agriculture & Animal Science
- ✦ Leadership & Civic Engagement
- ✦ STEM (Science, Technology, Engineering, & Math)
- ✦ Human Services (Head, Heart, Hands, & Health)
- ✦ Construction & Trades
- ✦ Hospitality Management & Culinary Science

Build Networks & Friendships!

Registration opens in April on 4-H online
Presented by Wisconsin 4-H & UW-Madison Extension

Tyler Thiel Memorial Meat Goat Essay

Tyler Thiel Memorial will be gifting a registered Boer goat doeling to a 4-H member in Shawano, Marinette, Oconto, Outagamie, or Waupaca County. To qualify for this goat, you must show it in the 2023 county fair. The application is attached at the end of the newsletter.



Ceramics Day

Little River 4-H Club is leading a ceramics class on Friday, March 24th at 6:00 pm at the Little River Town Hall. Space is limited to 10 kids, so register today. You can email amy.brehmer@co.oconto.wi.us or call 920-834-6845 to register. Registration is due by March 17th. Join us to learn a chalking technique!



Creative Arts Festival

We are trying something new this year to showcase our talented youth, and offering a combined event to Marinette and Oconto Counties highlighting the arts. Categories will be offered in MUSIC/MOVEMENT, SPEECH, DRAMA, and CLOTHING. More details regarding registration and scoring will be emailed in the coming weeks. We are looking forward to a fun and talent filled event! Please contact Aimee, aimee.elkins@wisc.edu with any questions.

UW-MADISON EXTENSION

SAVE The Date

April 29 1pm

**OCONTO/MARINETTE 4-H
CREATIVE ARTS FESTIVAL**

**Grover Town Hall
W5161 Town Hall Rd. Peshtigo**

**WATCH YOUR EMAIL FOR REGISTRATION AND SCORING
INFO. CONTACT AIMEE WITH ANY QUESTIONS:
AIMEE.ELKINS@WISC.EDU**

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Submissions Wanted!

Did you want to share about a successful 4-H event that you just hosted? Do you have an upcoming 4-H event that you want to promote? Do you have a fun experience or 4-H story to share? Send your news, notes, reports, and articles to us along with a photo, and we'll include in the next issue. See below for our email and mailing addresses.

Deadline: All contributions are due by the 15th of the month to make it into the next publication.

Feedback

Please do not hesitate to provide feedback, both positive and negative to us. Sharing your thoughts, ideas, and observations helps your Extension Office do the best we can to serve you. Please send us an email so that we can follow up with you.

Oconto Clover Connect

How to Contact Us

Telephone: 920-834-6845

Email: 4h@co.oconto.wi.us

Website: <https://oconto.extension.wisc.edu/>



Oconto County 4-H



UW-MADISON EXTENSION

Staff

Aimee Elkins: 4-H Program Educator; aimee.elkins@wisc.edu

Amy Brehmer: Extension Program Assistant; amy.brehmer@co.oconto.wi.us

Oconto County 4-H Leader's Association Board of Directors

President – Brooke Schaal (Little Seedlings)

Vice President - Brigid McDowell (Little River)

Secretary – Amber Seitz (Morgan Badgers)

Ann Sievert - Treasurer (Morgan Badgers)

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Section 504 del Rehabilitation Act.

Tyler Thiel Memorial

Meat Goat Essay

Due April 6th, 2023

Tyler Thiel Memorial will be gifting a registered Boer goat doeling to a 4-H member in Shawano, Marinette, Oconto, Outagamie, or Waupaca county. To qualify for this goat, you must show it in the 2023 county fair. When old enough, doe must be bred to a meat breed buck. One of its kids must be shown at the first fair that it is eligible for.

The essay may be handwritten or typed, 1 - 2 pages long, and postmarked by April 6th, 2023

Mail the essay to: *Mike and Shirley Thiel*

W4933 Cty Rd G

Black Creek, WI 54106

Name: _____ Age: _____

Address: _____ Phone: _____

_____ Email: _____

4-H Club: _____ County: _____

Please answer the following in your essay:

* Tell about the other livestock that you, and your family raise.

* Do you have goats now? _____

If yes, tell us more...(breed, age, how many, how you care for them, and what's your plan with your herd)

* Explain why you are interested in goats...

* Why do you show or want to show goats at the Fair....

* Explain your facility....

* Explain how you will take care of this goat (Feed, water, shelter, medications, dewormer, etc.)

4-H Member Signature: _____ Date: _____

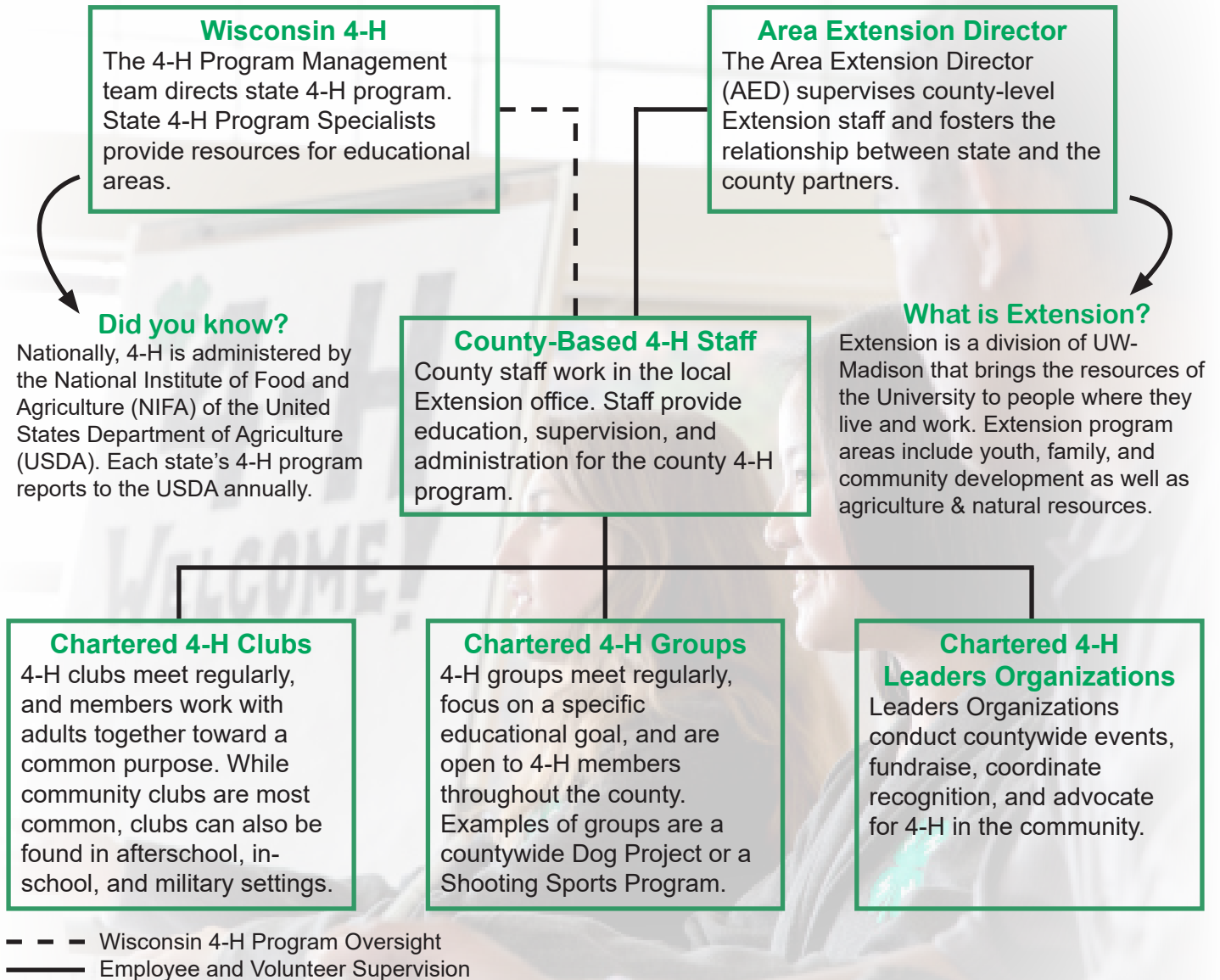
Parent or Guardian's Signature: _____ Date: _____

*Winner must pick up goat in Shawano between April 15-30th



Beyond the Club

You're a part of something big! 4-H is the nation's largest youth development organization, with more than 6 million members and over 90,000 clubs. Because of how big 4-H is, it can be hard to understand where you (and everyone else) fits into the greater scope of 4-H from a state and national level.



Where do I fit?

Most members get their start with a 4-H club. If your child wants to get more involved with 4-H beyond the club level, check with your club leader or your county-based 4-H staff to learn about additional 4-H opportunities. Getting involved with your county's groups or the Leaders Organization can be great ways to connect with new opportunities.





YOUth Matter!

Youth lead and make decisions in 4-H clubs, groups, and experiences. That means that the most important piece of 4-H is YOU. As a 4-H member, you help to make decisions and can make your voice heard.

You can help to lead and make decisions in 4-H. Each statement is a way that you can get involved. Decide if you think the statement shows how you can be involved in 4-H at the club, county, state, or national level. Circle where this might apply. Some statements might apply to more than one level of 4-H.

EXAMPLE **Sign up for a committee to help run a local 4-H event.**

Club
 County
 State
 National

Vote on topics at meetings.

Club
 County
 State
 National

Represent my region on the Wisconsin Leadership Council.

Club
 County
 State
 National

Lead other young people and be a mentor as a camp counselor.

Club
 County
 State
 National

Attend Leaders Organization meetings and share my opinions.

Club
 County
 State
 National

Apply to be a delegate for National 4-H Conference.

Club
 County
 State
 National

Run for an officer position.

Club
 County
 State
 National

Be on the 4-H Communications Team.

Club
 County
 State
 National

Apply for the 4-H Drama Company.

Club
 County
 State
 National

Be a counselor for Space Camp.

Club
 County
 State
 National

Teach other members something I know.

Club
 County
 State
 National

Be on the 4-H Arts Team.

Club
 County
 State
 National



Credit: Heidi Vanderloop Benson



Credit: Wisconsin State 4-H Communications Team

4-H Drama Company performing at 4-H & Youth Conference

Don't know what one of these statements is talking about? Ask your club leader, county-based 4-H staff, or do an online search with your parent/caregiver!

**Which of these leadership opportunities sounded the most interesting?
Why is it interesting to you?**



UW-MADISON EXTENSION

Learn
Chalking
Technique


LITTLE RIVER 4-H CLUB PRESENTS
OCONTO COUNTY 4-H

No
Fee

Ceramics Day

FRIDAY MARCH 24 AT 6:00 PM AT THE
LITTLE RIVER TOWN HALL
3627 CTY RD A
OCONTO WI

Space
is
Limited



REGISTER WITH THE 4-H OFFICE BY
MARCH 17TH
amy.brehmer@co.oconto.wi.us OR
920-834-6845

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Mindful March 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



6 If you find yourself rushing, make an effort to slow down

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



FREE
TO VISIT ALL DAY!

*belin*health | Fitness

Family Night

MONDAY, MARCH 13TH

FAMILY NIGHT ACTIVITIES: 4:00PM - 6:30PM

**• CRAFTS • HEALTHY SNACKS • OPEN SWIM •
ACTIVITIES THROUGHOUT THE BUILDING!**

**Activities will only be during Family night hours. Pool will be open
all day from 5:30am to 7:30pm.*

Thank you to our event partners for making Family Night possible:



Snackactivities

A dynamic duo of fun and flavor

Yummy snacks and movement make a great team!

Mix and match these tasty recipes and fun activities to energize your day.



Get more resources
HealthierGeneration.org/DelMonte

ACTIVITIES



Animal Copycats

ACTIVITY: STRETCHING

1. Choose a comfortable space to move. Lay out a towel or set up a chair to sit on.
2. Think of an animal you like and imagine how they would stretch. Would they arch their back? Flap their wings? Lie on the ground and roll from side to side? Now imitate that animal, holding the stretch for 10-20 seconds.

Bonus: Make the sounds your animal makes!

3. Pick another animal and stretch again!



**STRETCHING FEELS GOOD AND
KEEPS YOUR MUSCLES FLEXIBLE**

Guess the Weather

ACTIVITY: FULL BODY MOVEMENT

1. Find a sheet of paper, a pair of scissors, and something to write with. Cut the paper into small pieces.
2. On each piece, write down a weather word, like rain, wind, sun, thunder, or lightning. More ideas: heat, cold, hail, cloudy, rainbow, tornado.
3. With a partner, take turns picking a piece of paper and acting out the weather word without talking. The bigger your movements, the better. The weather is big!



**MAKING UP MOVEMENTS IS FUN
AND ENERGIZING**

Rainbow Roundup

ACTIVITY: FOCUSED EXERCISES

1. Find a place—indoors or outside—where you have room to move around and can see lots of colorful objects.
2. With a partner, take turns naming the color of 8 different objects. Do the movement that matches its color:

Red: RUN in place for 10 seconds.

Orange: OPEN your arms as wide as you can and stretch for 10 seconds.

Yellow: YAWN as big as you can 3 times.

Green: GALLOP 5 times in a circle like a horse.

Blue: BEND forward, reaching toward your toes. Hold the stretch for 10 seconds.

Purple: PLAY air guitar for 10 seconds.



**BUILDING A STRONG, FLEXIBLE BODY
HELPS YOU DO THE THINGS YOU ENJOY**

Balancing Acts

ACTIVITY: BALANCE

1. Standing in place, slowly lift one foot and balance on the other. Hold this position for 10 seconds. Then switch and balance on the second side.
2. Imagine a straight line in front of you like a balance beam. Place one foot in front of the other, walking 20 steps, touching heel to toe. Then try to walk backward, heel to toe, along the same line.
3. Seated in a chair or on the floor, sit up as tall as you can with your legs in front of you. Slowly raise one leg, then slowly lower it. Repeat with your other leg. Do this five times. If you feel like tipping to the side, use your core muscles to stay upright.



**BALANCING IMPROVES COORDINATION
AND HELPS YOU MOVE CONFIDENTLY**

Snacktivities

A dynamic duo of fun and flavor

Yummy snacks and movement make a great team!

Mix and match these tasty recipes and fun activities to energize your day.



Get more resources
HealthierGeneration.org/DelMonte

RECIPES

2-Minute Corn Salsa (serves 12)

5 MINUTES PREP TIME



Ingredients

- 1 jar (24 oz.) chunky salsa, mild, medium or spicy, as desired
- 1 can (15.25 oz.) whole kernel corn, well drained
- Optional add-ins: fresh cilantro or sliced green onion, ground cumin, grated lime zest, avocado, canned black beans (rinsed and drained)

1. Stir together salsa and corn. Stir in any of the add-ins, as desired.
2. Chill at least 2 hours before serving with tortilla chips, sweet potato chips, pita chips, bell pepper strips or sliced cucumber.

Peach Mug Cake (serves 1)

5 MINUTES PREP + 1 MINUTE COOK TIME



Ingredients

- 1/3 cup yellow cake mix
- 1 fruit cup snack (4 oz.) diced peaches, pears, or mangos in 100% juice, not drained
- 1 tsp. vegetable oil
- Optional toppings: Fresh raspberries or blueberries, toasted chopped walnuts or sliced almonds, toasted shredded coconut, powdered sugar, whipped cream

1. In a large microwave-safe mug, combine cake mix, contents of fruit cup snack and oil.
2. Microwave on HIGH for 1 minute or until cake rises and is puffed on top.

Fruit will be hot; let stand at least 2 minutes before eating. Add toppings, if desired.

Pineapple Paletas (serves 8)

5 MINUTES PREP + 6 HOURS FREEZE TIME



Ingredients

- 1 can (20 oz.) pineapple tidbits, chunks, or slices in water or 100% juice, not drained
- 2 Tbsp. fresh lime juice (about 1 large lime)

1. Pour contents of pineapple can and lime juice into a blender or food processor. Pulse until pulpy but not smooth.
2. Fill popsicle molds (or small paper cups) and insert popsicle sticks.
3. Freeze at least 6 hours or overnight. To loosen pops from molds, run warm water over outside of mold. Gently wiggle sticks and pull.

Snackable Pizzas (serves 1)

5 MINUTES PREP + 10 MINUTES COOK TIME



Ingredients

- Bagels, French bread, pita rounds or English muffins
- Pre-made pizza sauce
- Mozzarella, provolone, or Monterey jack cheese
- Optional toppings: pepperoni, red pepper flakes, mushrooms, olives, onion, bell pepper, cooked bacon

1. Preheat oven to 350°F. Line a baking sheet with parchment paper for easy clean up.
2. Toast crusts in a toaster or toaster oven and place on baking sheet.
3. Spread pizza sauce over crusts. Sprinkle with cheese and any toppings.
4. Bake 5 to 10 minutes or until cheese is melted.