

CLOVER disPATCH

✻ Trempealeau County 4-H Newsletter ✻



MARCH 2019

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Dear 4-H Families and Friends:

I hope that you have all gotten to enjoy the copious amounts of snow that we have received over the last month, or have gotten some 4-H projects done during the days in which school has been cancelled. This month, especially with winter hitting us at full-force, I wanted to take a minute to focus about mindfulness.

There are 1,440 minutes in a day and through that day, we often are simply filling those minutes with busy-ness, tasks, activities, and attempting to get all of the to-do list activities completed—even with 4-H activities. Through that, we are constantly on the go, and when we have 'snow days' or 'free-time' we often just continue to use those gained minutes as time to dive deeper into stress-related tasks and activities from our lists. But do we take time to be mindful about what we are doing?

"Mindfulness" is a term that has been gaining traction within our community, schools, and organizations. Mindfulness has its roots in India and often reflects the practices of Buddhism. However, mindfulness is not connected to religion. Mindfulness, in simple terms, means being present—having a nonjudgmental awareness of our thoughts, feelings and the environment around us. Mindfulness has become more mainstream in the United States recently, as there has been a lot of research around its effectiveness in benefits to one's daily life. Benefits such as increased daily happiness and lowered stress levels, to name a few, have been found and extensively researched by Jon Kabat-Zinn.

So, how do we start incorporating some moments of mindfulness into our day? How do we be present in our day, and our youth's day? Let's break down those 1,440 minutes and see how we can be more mindful:

Taking one minute to focus on the present gives our brain a chance to reset, calm down and relax. ONE minute of our 1,440 minutes might be:

- Taking 6 deep breaths
- Doing a sun salutation or other yoga pose
- Noticing a sunrise or sunset
- Listening to another person explain how they are doing
- Sharing something you are grateful for

So, what is your in your minute to make you more mindful?



Yours in continued partnership,
Sarah Tanis, 4-H Program Coordinator for Jackson & Trempealeau Counties

4-H Enrollment forms now Available in Spanish!

We now have the Spanish translation of the 4-H enrollment forms for adults and youth available now! If you are in need of a 4-H enrollment form in Spanish, please reach out to Sarah Tanis at sarah.hoffman@ces.uwex.edu and she can get you a copy of the form.

March 2019

1	5 PM	Camp K Counselors Deadline, Turn into Buffalo County UW-Extension Office
2	10 AM—12 PM	Trempealeau County Market Beef Weigh-in, NFO in Independence
15-17	All Day	4-H ArtBEAT! Camp, Upham Woods
17	10 AM - 2 PM	Horse Project: Vaccinations & Cloggins Clinic, Soppa's Barn
20	4:30 PM	DEADLINE to Register for the Foods Revue via 4HOnline
21	TBD	Trempealeau VIP Training, Schedule time with Sarah
23	TBD	Horse Project: Tack Swap, Whitehall High School
25	6:00 PM	Trempealeau County Leaders' Association Meeting, Tremple Room @ Trempealeau County Courthouse
26	6:00 PM	YQCA Training, Tremple Room @ Trempealeau County Courthouse
30	10 AM - 2 PM	Trempealeau County Foods Revue, Galesville Middle School

April 2019

2-15	5 PM	WI 4-H & Youth Conference YOUTH Registration Open via 4HOnline
6	10 AM - 11:30 AM	Horse Project: Advanced Youth Clinic, Big Valley Ranch
7	10 AM - 11:30 AM	Horse Project: Beginner's & Intermediate Clinic, Big Valley Ranch
7	12:30 PM - 5 PM	Camp K Counselor Training, Pepin School
12-14	All Day	Horse Project: Midwest Horse Fair, Madison, WI
13	9 AM—12 PM	Trempealeau County Market Lamb and Market Goat-Weigh-in AND Hog Tag Pick-up, Blair-Taylor United Campus
18 - May 1	5 PM	WI 4-H & Youth Conference ADULT Registration Open via 4HOnline
22	6:00 PM	Trempealeau County Leaders' Association Meeting, Tremple Room @ Trempealeau County Courthouse
26-28	All day	Horse Project: Minnesota Horse Expo, Twin Cities, MN
25-29	All day	Space Camp

May 2019

1	By 5 PM	DEADLINE to Register for Camp Kinnissippewa as a camper, Complete via 4HOnline
1	Closes June 1	2019 National Congress Registration Open
16	TBD	Trempealeau VIP Training, Schedule time with Sarah
27	6:00 PM	Trempealeau County Leaders' Association Meeting, Tremple Room @ Trempealeau County Courthouse

SHOUT OUT TO:

To the Trempealeau County Senior Livestock Quiz Bowl Team!

The team competed this last Saturday, March 1st, in the Wisconsin Livestock Quizbowl Competition and they received 1st place in the Quiz Bowl AND 1st place in Skillathon!



They are now eligible for trips to Aksarben in Nebraska, and Naile in Kentucky due to their great success!



Please visit our website for up to date event info:

<http://trempealeau.uwex.edu/4hyd/>

The calendar posted in this newsletter will be posted for three months out. If you have questions about events happening in months not listed in this newsletter please refer to the above website for the most up-to-date information about events and announcements, or contact your 4-H Program Coordinator Sarah Tanis.

Horse Project

Tie Blankets for tack swap! Worked on during meeting, 4 completed! Nice job!

Treasurer's report: Sevanah: motion to accept treasurers report, ophia, second by Catherine, motion carried.

In addition- 2 kids did the Rada fundraiser, Rylie G and Ally. Rylie made 68\$ and Ally made 27.60\$ going towards their sponsorships!

Secretary's report: Rylie G- Minutes read, motion to accept by Sophia, second by Catherine, motion carried.

Old business:

Sponsorship board at fair

How do we currently credit sponsors? Personal thank yous, Announce trophy and class sponsors at fair, Some do in stall sponsorship thank yous

Sevanah to come up with yearly cost for horse project analysis. Tabled discussion until reviewed at next meeting in February.

Leaders conference in River Falls- reported by the Hynes, Sosalla, and Guza family. Lots was learned and strongly encourage attendance next year!

New Business:

Fundraising 2019: This is for you so take advantage of it! Your fundraising is put toward your sponsorships first, then horse camp, or other 4H horse project related expenses. Fundraisers are not required, but will help you to fund your horse project!

1) Rada in spring... approximately 40% goes back to the youth.

Fundraiser voted on by group, Motion by Ally, second, /Rylie, motion carried. Start Rada fundraiser now, more Rada booklets coming to the February meeting. Group decided to allot \$200 of Rada to sell at tack swap. Ally to arrange with Daun. Fada payment and forms due to the hembd family at the tack swap. (make checks payable to the Tremp Co 4H horse Project.)

2) Tack swap discussion- Daun and Ally are the chairs for this

fundraiser. Hembds to have vendor/seller sign up form by February meeting to hand out/post. Discussed Advertising. Becky is chairing the advertising. – Country today, byline, TV 8, face book, shopper, Wisconsin horsmans news. Cost of tack swap booth is \$25. Set up for tables Friday March 22nd. Taping spots out etc. Tack swap hours will be 9 to 2. Venders may come at 7am to set up. Bake sale again this year, Fredricksons & Guzas in charge of the bake sale. (more to come). Kids games planned and supervised by older youth. Tsczance family to manage the concessions, food, head up workers etc. Craft table,- Raquel and Fredricksons.

English/Jumping 2019:

1) Trempealeau County English safety exam sheet- hand out today (also on web page)

2) English lesson package (as offered by Fran Lantane)- hand out and post on facebook page

3) English day- (Fran) Offered at fairgrounds in Galesville - \$25 pd by project, early session older youth, later session younger youth(recommended for younger youth to watch older youth). June 1st,

10 am to 4 pm. Lunch on your own time line is May 14th for sign up.

Bylaws: Tabled until next meeting, will be emailed out, please review prior to next meeting. Sections to pay attention to: Amend Article 3 section 3 requirements due by July 1st Amend Article 4 section 3, each officer, shall be elected for one year term with exception of treasurer, this office will be 2 years.

Respectfully, Rylie Guza 4H Horse Project Secretary

Silver Creek Valley

The regular monthly meeting of the Silver Creek Valley 4-H club was held on February 17, 2019 at the Gale Town Hall. Sierra called the meeting to order. Pledges were led by Paige B. and Paige V, 14 members were present. Melanie read the secretary's report, Jarrett moved to approve, Chase seconded the motion, motion carried. Brandt read the treasurers report, Melanie moved to approve, Paige seconded the motion, motion carried.

Old business: Festival of the Arts was 2/9/19, our club got 1st place and an award of excellence for the play, "The Three Little Pigs- A Twisted Tail". Bruce Mound tubing on 2/9/19 was a lot of fun, and had a good turnout from both Clark and Trempealeau County. Foods Revue is 3/30/2019, sign up dead-line is 3/20/19, look online for additional information. Community service update, Haley asked the Humane Society if they needed any help, they said yes and we could help any time. Bob called Brice Prairie Wildlife Refuge and was told we could count ducks in the fall. Nicole called Marinuka Manor and was told they could use help from our club by building bird houses and or bird feeders. The club discussed the options and voted on which service project they wanted to work on. The majority of the club members voted to help at the Humane Society, about half of the club was interested in building bird houses and bird feeders, and counting ducks received one vote. We voted to help the Humane Society during the first quarter, Mrs. Gimza or the Braun's will check to see if we can help on 3/16/19 or 3/23/19.

For New Business: YQCA training is on 3/26/19 for anyone showing meat animals. Space camp is 4/25 - 4/29/19 for members in grades 6-8.

The next meeting will be March 10th, 2019 at 4pm at the Gale Town Hall. Emberlie moved to adjourn the meeting, Addie seconded the motion, motion carried. Meeting adjourned.

Paige V, Paige B, Sierra B and Melanie R performed the play for the club and thanked JoAnn for creating the script and helping them with the performance.

Respectfully submitted by, Melanie Robinson

Get your clubs meeting minutes in the newsletter!

Submit your minutes from your last meeting for admission in the CLOVER dispatch so your members can see the highlights and other clubs can see your good example! Email Sarah by the 20th of each month at sarah.tanis@ces.uwex.edu to get your minutes in the newsletter!

ANNOUNCEMENTS

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YQCA In-Person Training Dates

YQCA Training is required for some animal projects in order for them to be exhibited at the Trempealeau County Fair. If YQCA training is required, then all exhibitors must be YQCA certified (through attending the, now, one in-person training) OR through taking the training online at <https://yqca.learngrow.io/Account/Login>

2018-2019 YQCA In-Person Training Date:

Tuesday, March 26th, 2019 at 6 PM in the Trempleo Room at the Trempealeau County Government Center, Whitehall, WI

Please note that the **Friday, March 15th, 2019 training IS CANCELLED**. This is cancelled due to school now being in session on the 15th, thanks to the beautiful Wisconsin weather we have had this year. There will NOT be another in-person training scheduled to replace it.

Exhibitors will also need to complete one additional educational event besides the YQCA Training. A **participation form for your additional educational requirement must be turned into the UW-Extension Office prior to July 1st**. Please refer to the Trempealeau County Fair book for guidelines as to what project needs to complete YQCA training. Link here: <http://www.trempealeaucountyfair.com/fair-book.html>

NOTE: For the 2019-2020 4-H year we are looking to go completely online for YQCA trainings.



WISCONSIN STATE FAIR

2019 Junior Beef Exhibitors

Those who wish to exhibit in the 2019 Wisconsin State Fair Performance Steer

Division must have their steers weighed at one of the following locations:

- March 2nd
 - Equity Livestock, Richland Center: 9 -10 am
Contact: Neal Anderson, 608.585.3092
 - Equity Livestock, Monroe, 9-10 am
Contact: Danielle Pernot, 608.214.5908
 - Tietz Livestock, New London, 9 to 10 am
Contact: Diane Jarvais, 715.630.0811
- March 9th
 - Polk County Fairgrounds, St. Croix Falls, 9 to 10 am
Contact: Dale Woods, 715.491.4778
 - Milwaukee Stockyards, Reeseville, 9 to 10 am
Contact: Brian Bolan, 608.576.7312

For more information check out the Wisconsin State Fair website here:

http://www.wistatefair.com/pdfs/competitions/entry_info/beef_performance_sites.pdf?utm_source=Wisconsin+State+Fair+Exhibitors&utm_campaign=3fc4691f55-f55-EMAIL_CAMPAIGN_2019_02_12_05_47_COPY_01&utm_medium=email&utm_term=0_eaf6025a90-3fc4691f55-

Saddle & Sirloin Club

The University of Wisconsin-Madison Saddle & Sirloin Club is announcing the annual Saddle and Sirloin Club Swine Project Awards. Up to five awards of \$100 each will be awarded to first or second year swine project members.

The Swine Project Awards were introduced to help beginning 4-H or FFA members get started in the swine industry. To be eligible, an applicant must be a first or second year swine project member, 9-18 years old, and a Wisconsin resident. **The completed application is due postmarked on or before April 19th, 2019. Applications must be submitted by mail; no applications submitted via email will be accepted.**

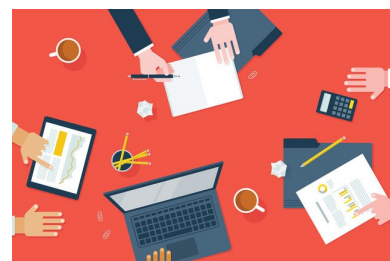
The awards may be used for any expenses related to the recipient's swine project including the cost of pigs, feed, supplies, equipment, and facility maintenance. A member of the Saddle and Sirloin Club may contact the winners to monitor the progress of their swine projects.

The Saddle & Sirloin Club is comprised of University of Wisconsin-Madison students interested in the livestock industry. The club serves to provide leadership and learning experiences for these students. The club's main activities include sponsoring a variety of livestock shows, including the Badger Kick-Off Classic Steer and Heifer Show, The Badger Bonanza Lamb Show, the Little International Horse Show, and Bucky's Spectacular Pig Show. The group also sponsors a national meat animal evaluation contest and the Club 101 Livestock Show for college students as well as service activities. Proceeds from Saddle & Sirloin activities are used for member scholarships, travel grants, and to fund other club activities.

Contact Cassidy Dabbs with any questions you might have at: cdabbs@wisc.edu or (262) 220-4381

Extension in Buffalo County has Summer Intern Positions Available!

The University of Wisconsin-Madison Division of Extension in Buffalo County has multiple summer intern positions available for college students in the summer of 2019.



Intern positions that are available include: MCYC Summer Assistant Program Coordinator, MCYC Summer Program Coordinator, 4-H Afterschool Summer Assistant Program Coordinator, 4-H Afterschool Summer Program Coordinator, and 4-H Youth Development Summer Intern.

Learn more about the individual positions at: <https://buffalo.extension.wisc.edu/seeking-summer-interns-at-three-locations-in-buffalo-county/>

True Leaders in Service and National Volunteer Appreciation Month: April



This April, as part of True Leaders in Service and National Volunteer Appreciation Month, 4-H'ers across the nation will pledge their hands to larger service – leading positive change that empowers their peers and their communities. True Leaders in Service will officially kick-off the first day of April, and culminate with the National 4-H Day of Service on Saturday, April 27, 2019.

Join the thousands of 4-H'ers who will venture out into their communities to do what 4-H'ers do best: lead in service to tackle community challenges and help meet the needs of others.

Sign up today to take part in True Leaders in Service. Check out this website to: Register your club event(s), download True Leaders in Service Tool Kit, Planning guide, Logo, Media template, etc.

<https://4-h.org/get-involved/true-leaders-in-service/#/overview>

Summer STEAM Experience

The Summer STEAM Experience (Science, Technology, Engineering, Art & Math) is a UW-Stout camp featured in one week, June 16-20, 2019. Students entering grades 8 to 12 are invited to explore career paths with UW-Stout faculty experts while engaging in science, technology, engineering, art and math in a hands-on setting. Camp activities and career panels will provide well-rounded experiences to highlight the possibilities of creative and critical thinking. Campers can attend as overnight campers or day campers. SDMA is offering a \$300 scholarship to Menomonie students to attend which completely covers the cost for day campers. Some scholarships are available.

Campers are able to choose from the following tracks: Wood is Good, Classical Drawing Techniques and 'Zine Making, 3D Animation, Video Game Design, Board Game Workshop, Sculpture Design, 3D Printing & Jewelry, Industrial Design, 3D Modeling in Maya: Robot Design, The Infinite World of Plastics: Materials, Molds and Processing, Becoming a Teacher in a STEAM Field, Interior Design, Human Anatomy Exploration, Technology Engineering

Visit the website at www.uwstout.edu/steam for more information and to register for this experi-



Family Camp & Summer Camp Open House

Family Camp at Upham Woods is a great opportunity to get to experience camp activities together! At our Family Camp we offer hiking on Blackhawk Island, canoeing on the Wisconsin River, archery, a chance to share stories and sing songs at a campfire, and more.

This year Family Camp will be May 4-5, 2019.

Cost is as follows:

- Cabin & Meals, individual: \$47/person
- Dorm & Meals, based on quad occupancy: \$188/room

Registration will be opening soon! For more information check out our website : <https://fyi.extension.wisc.edu/uphamwoods/programs/family-camp/>

We are also offering a Summer Camp Open House on May 5, 2019 from 11am-1pm. This Open House will be a small taste of what summer camp is like for youth. We'll provide a tour of the facilities, sing some songs, and play some games. Snacks will be provided. This event is open to the public and anyone attending our summer camps this summer!



Becoming a 4-H Volunteer

4-H Volunteers are valued partners in working with our youth and help make 4-H possible. In order to volunteer, previous 4-H Youth Development experience is not necessary. The most important qualification is a desire to work with young people and help them grow through educational experiences and gain positive life skills. Please consider sharing your time and talents! Adult volunteers working together with youth make a difference in the lives of young people.

Volunteers work with UW-Extension professionals to develop the life skills of youth members, thus benefiting the state, employers, and the economy. Volunteers extend the resources of UW-Extension as they work with staff to deliver educational programs. Volunteering is a privilege. How does one become a volunteer? If you have not already done so, go to Wisconsin 4HOnline and create a family profile.

If your family is already in the system, do not create a new family profile, just make sure you are entered into your family account and check that you want to be a 4-H volunteer. Then sign-up to take the Online Mandated Reporter Training for 4-H Volunteers. After signing up for the Online Mandated Reporter Training sign up to attend a VIP Training session Once you've completed your Online Mandatory Reporter training and VIP training, a background check will be conducted on you by the state and you will be contacted by GIS through e-mail requesting additional information needed in order for the state to conduct the background check.

**THE NEXT VIP
TRAINING IS OFFERED
ON TUESDAY, MARCH
19TH!**

If you are interested email Sarah Tanis to schedule a time and location on the 17th to be trained!

4-H Shooting Sports Adult Leader Certification Workshops Available

Wisconsin 4-H Shooting Sports Leader may be certified in archery, coordinator, muzzleloader, pistol, rifle and shotgun disciplines. Leaders may only teach in the discipline in which they are certified. An adult leader cannot provide hands-on or safety instruction without a certified leader supervising the range.

All leaders must first complete one 12-hour workshop to be certified. After that, you may be eligible to attend a Saturday, eight-hour range workshop to receive an additional discipline certification. If three years lapse before adding an additional certification, the full 12-hour certification must be repeated.

Only one certification may be obtained at any one certification workshop.



Workshop overview: All certification workshops are 6PM to 10PM on Friday and 8AM to 5:00PM Saturday. You must participate in all required hours to receive your certification. Those attending for the first time must complete the Friday and Saturday sessions. Those returning for an additional certification need only attend their Saturday range workshop providing three (3) years has not lapsed since attending the Friday session.

2019 Southern Workshop, Lodi Area, Columbia County

Date: April 5-6, 2019

Location: Winnequah Gun Club, Lodi, WI

Disciplines: Archery, Muzzleloader, Rifle/Air Rifle, Pistol/Air Pistol, Shotgun (Must have 4 in each class to offer a discipline)

Registration Deadline: March 29, 2019

2019 South Eastern Workshop, Cedarburg area, Ozaukee County

Date: May 3-4, 2019

Location: Ozaukee County Fairgrounds, Cedarburg, WI

Disciplines: Archery, Rifle/Air Rifle (Must have 4 in each class to offer a discipline)

Registration Deadline: April 19, 2019

2019 Northern Workshop, Phillips area, Price County

Date: May 17-18, 2019

Location: Price County UW-Extension Office, 104 S. Eyder Avenue, Phillips, WI 54555

Disciplines: Archery, Rifle/Air Rifle, Shotgun (Must have 4 in each class to offer a discipline)

Registration Deadline: May 3, 2019

2019 Central Workshop, Marshfield area, Wood County

Date: September 13-14, 2019

Location: Central Wisconsin Sportsmen's Club, Marshfield, WI

Disciplines: Archery, Coordinator, Rifle/Air Rifle, Muzzleloader, Pistol/Air Pistol & Shotgun (Must have 4 in each class to offer a discipline)

Registration Deadline: TBA

Contact 4-H Program Coordinator Sarah Tanis if you are interested in becoming a 4-H Shooting Sports Adult Leader.

There is possible funding assistance through the Parent and Leaders Association. More information about the dates and registration check out the following website: <https://fyi.extension.wisc.edu/wi4hshootingports/certification-workshops/>

Camp Kinnissippewa will be held from June 12-14, 2019.

Registration is currently open in 4-Online and will be open until May 1st, 2019.

Enjoy an outdoor adventure at the 2019 4-H Base Camps. 4-H members grade 3-6 (2018-2019 school year) will enjoy fellowship with new friends from Western Wisconsin while under the care of high school aged 4-H youth leaders who have been screened and trained. Campers will also have fun participating in teamwork activities with the staff of volunteers, summer interns, nurses and UW-Extension 4-H Agents. First come, first reserved basis.

4-H Adventurers Camp is open to campers in 7th & 8th grades (2018-2019 school year). Enjoy a 'real' camping adventure with the opportunity to experience nature and learn new skills related to the outdoors! There is plenty of time to engage in fellowship with teens from Western Wisconsin. Campers will also have fun participating in teamwork activities with the staff of volunteers, summer interns, nurses and UW-Extension 4-H Agents.





4-H Leaders Association

The next meeting is on **Monday, March 25, 2019** and will take place in the Tremple Room in the Trempealeau County Government Center, Whitehall, WI at 6 PM.

We have all of our meetings scheduled out INCLUDING the topics that we will be talking about at these meetings. They are advertised on our webpage. Everyone is welcome to attend any and all meetings, but we will have meetings with a focus for different individuals (i.e. 4-H youth and families, parents, club leaders, project leaders). We hope to see more of you at our meetings to get your feedback and input on the 4-H program!

For more information about the board please check out our webpage here: <https://trempealeau.uwex.edu/4hyd/4-h-leaders-board/>

If you would like to add an item to the agenda for the 4-H Leaders' Association, or comment about something please fill out the following link: <https://goo.gl/forms/ok4Zml5wunkD0Jz42>

2019 West Central Wisconsin Show Pig Sale

This event takes place on Saturday, March 30th and the event takes place at the Goplin Farms (N35953 County Road S, Whitehall, WI 54773). Viewing is at 12 PM and the sale is at 2 PM.

Darrick Waldera LIC #959 is the Auctioneer. They will be selling 170 plus head of January & February Berkshire, Duroc, Yorkshire, Landrace, and Crossbred pigs. There are Barrows, Gilts, and Boars available. All are vaccinated. There are food and beverages available. Also, older and younger pigs are available to purchase off-farm for earlier or later weigh-ins. For availability please call.



Pigs are Consigned by: Jamie Goplin, 715-530-0875; Grant Giese, 715-896-3730; Dean Wetzel, 608-769-5246

Trempealeau County 4-H Tack Sale & Swap



Trempealeau County
4-H Horse Project

Trempealeau County 4-H Horse and Pony Project are inviting YOU to attend their 2nd Annual Tack Sale & Swap on Saturday, March 23rd, 2019! The event takes place from 9 AM – 2 PM at the Whitehall High School Commons and Gym (19121 Hobson St, Whitehall, WI 54773).

The event will have: Concessions on site, Bake sale, Try your luck at Horse Bingo and other Games – with Prizes, Make a 'Horse-related' Craft Project. There will be New & Used: Tack, Show Apparel, Horse Apparel, Stable Supplies, Gifts & Accessories, and so much more!

Commercial & Non-Commercial Vendors welcome! There is a \$25 fee per 10ft space. Be sure to sign up before the deadline! For the Vendor Application and Information contact Daun Hembd by email at daunruss@gmail.com or by phone at 715-797-6640 (call or text).

Don't have the time to participate? Our 4-H Club will sell your tack FOR YOU, on consignment. Just call for details!

Foods Revue 2019

Mark your calendars for **Saturday, March 30th** for the Foods Revue at the Galesville Middle School!

The Foods Revue is an opportunity for youth to share their love of food! It is a chance to show and tell the food that the youth prepared and how the food fits in with a meal that they have planned. It also gives the youth a chance to see what others have done and gain new ideas from them. It will give the youth a chance to prepare and evaluate foods other than the types shown at the fair. Youth will have the opportunity to speak with the judge and to truly learn more about their project. If you participate, please note that you must pay the \$7 fair fee BEFORE the event. You can pay online at the fair website. Information found on the website below.

Spectators (like grandparents) are welcome to attend, and we'll have chairs set up for their comfort.

Registration is NOW OPEN! Register online and follow the instructions on the website: <https://trempealeau.uwex.edu/4hyd/4-h-programs/4-h-foods-revue/>

Registration deadline is March 20, 2019.



Wisconsin 4-H Foundation Scholarship Available—Apply NOW!



The Wisconsin 4-H Foundation will award more than \$10,000 in scholarships to outstanding Wisconsin students pursuing higher education in 2019. To be considered for financial support, **applications must be received by the Wisconsin 4-H Foundation via email by Friday, March 15, 2019, at 5 PM.**

Scholarships are awarded to students based on demonstrated personal growth, development and leadership, academic performance and future educational goals.

To be eligible for these scholarships, students must have been a Wisconsin 4-H member for at least one year; have a grade point average of at least 2.5 on a 4.0 scale, and be enrolled or planning to enroll at a university, college or technical school during the 2019-2020 academic school year. Questions? Contact the Wisconsin 4-H Foundation office at 608.262.1597 or Info@Wis4HFoundation.org

How to apply and more information is available at: <http://wis4hfoundation.org/scholarships/>



Caring.com Scholarship

As the population of older adults continues to grow and life spans lengthen, more and more young people are taking on the role of caregiver for older loved ones. While the exact number of young people taking on this responsibility is not well understood, it's estimated to be well over 1 million. Here are a group of Community Outreach and Senior Care Advocates that, based on conversations with the caregiver community, are seeing more and more highschool and college students taking on the role of caregiver for gaining loved ones. To help support these students they have made scholarships available that can provide financial assistance.

Apply for the Caring.com Scholarship here: <https://www.caring.com/caregivers/scholarships-for-student-caregivers#the-caring-com-scholarship>

Learn more about the scholarships for Student Caregivers here: <https://www.caring.com/caregivers/scholarships-for-student-caregivers>

Health Careers Camp Applications OPEN!

These are sponsored by the Scenic Rivers AHEC (Area Health Education Center). Camps are designed for high school students, ages 16 and older, residing within the SRAHEC region, and who are interested in pursuing a healthcare career. The SRAHEC region by the county includes: Buffalo, Crawford, Grant, Jackson, Juneau, La Crosse, Monroe, Richland, Trempealeau, and Vernon.

There are two residential Health Career Camps offered each summer. The northern region camp is located in **La Crosse** and is set for **June 16-19, 2019**. The southern region camp is located in **Platteville** with the dates of **June 23-26, 2019**. Students can apply to either camp or both (students would only be selected to attend one camp).

Application deadline for both camps is Friday, March 29, 2019.

How to apply and more information can be found here <https://www.scenicriversahec.org/camp>

We want you to stay connected to the 4-H program and to know what is going on.

Check out ways for you to stay involved and be in the loop:

TREAMPEALEAU COUNTY 4-H ON FACEBOOK



We have a Facebook page where we post updates, upcoming events, deadline reminders, and also pictures! This is a great resource for you to utilize if you are already using social media!

Follow us at Trempealeau County 4-H
@TrempealeauCounty4H

Also, follow the Trempealeau County UW-Extension office on Facebook at Trempealeau County UW Extension
@uwextrempleo

NEW 4-H FAMILIES WEBSITE

We are very excited to announce that we have a website for new 4-H families! This is a way we are hoping to help new 4-H families adjust to 4-H wording, events, and projects that we do!



4-H can be a lot to take in, so let us help you as best we can! If there is something that you think should be added to the new family website, please let us know and we'll be sure to include it!

The website can be found here:

<https://trempealeau.uwex.edu/4hyd/new-4-h-families/>

UW-EXTENSION UPCOMING EVENTS CALENDAR

We now have a UW-Extension calendar up on our website that will also be home to all of the upcoming 4-H events and deadlines! Check out what we have going on and stay up-to-date! We will post all 4-H events and deadlines on here so you have a place to see live up-dates!



Link to the calendar: <https://trempealeau.uwex.edu/eventscalendar/>

4-H Club and Project Leaders

Please find the contact information for Trempealeau Counties 4-H Clubs and larger project leaders below.

Arcadia Hummingbirds 4-H Club:
Rosa Mooney, 608-863-3483

Coulee Clovers 4-H Club:
Cindy Peterson, 608-989-2249

Ettrick Eagles 4-H Club:
Dawn Corcoran, 608-525-4200

Frenchville Cloverleaves 4-H Club:
Heather Olson, 608-484-0447

Glasgow/Hardies Creek Busy Bees 4-H Club:
Heidi Johnson, 608-484-0492

Hale & Hardy 4-H Club:
Sheri Daggett, 715-538-4385

Lincoln Pioneers 4-H Club:
Kim Pryzbylla, 715-985-3902

Silver Valley Creek 4-H Club:
Bob & Dara Braun, 608-525-2259

Sunnyside 4-H Club:
Charlotte (Charlie) Everson, 608-989-2310
Geraldyn Subra, 715-662-3003

Trempealeau Trusty Workers 4-H Club:
Patti Sonsalla, 608-539-3202

Whitehall Happy Hustlers 4-H Club:
Sharon Pederson, 715-538-4856

Dog Project:
Judy Betker, 608-989-2386

Horse Project:
Connie Guza, 715-985-3185

Parent and Leaders Association:
Bob Braun, 608-525-2259

Llama Project:
Becky Poulos, 715-538-1444

4-H Ambassadors Program:
Rosa Mooney, 608-863-3483

MARCH CLOVER disPATCH

Thank you for your involvement in the Trempealeau County 4-H Program! Please note that this newsletter gets emailed out monthly and is a great reference guide for all things 4-H in Trempealeau County, at the state level, and sometimes at the national level!

Have a question?

Contact the 4-H Program Coordinator for Jackson and Trempealeau Counties—Sarah Tanis.

Contact Us

Give us a call for more information about anything in the newsletter or anything you have questions on!

Trempealeau County UW-Extension Office

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Ext. 210

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Making the Best Better.

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