



Extension

UNIVERSITY OF WISCONSIN-MADISON
TREMPEALEAU COUNTY

Trempealeau County UW-Extension Office

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Trempealeau County 4-H Program

Direct Website: <https://trempealeau.uwex.edu/4hyd/>

How to join: <https://trempealeau.uwex.edu/4hyd/1389-2/>

4hOnline Website: <https://www.4honline.com/>

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UW-MADISON EXTENSION

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Trempealeau County 4-H Family Handbook



**A GUIDE FOR NEW 4-H MEMBERS AND
THEIR FAMILIES**

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4-H is a youth organization for young people who want to learn and have fun. 4-H is family-focused and volunteer-led. Youths "learn by doing" through local clubs and projects. County project events and activities are intended to increase opportunities for young people and supplement and support the 4-H Clubs.

Contact Information

Below is a space for you to write down some important club and contact information for your records.

4-H Club/Group Name: _____

Location of Meetings: _____

Meeting Time/Date: _____

Club/Group Volunteer Leaders and Important Contacts:

Name: _____

Phone: _____ Cell Phone: _____

E-mail: _____

Title (if applicable): _____

Name: _____

Phone: _____ Cell Phone: _____

E-mail: _____

Title (if applicable): _____

Name: _____

Phone: _____ Cell Phone: _____

E-mail: _____

Title (if applicable): _____

4-H Parent/Guardian Role

Purpose: To assist and support your child and other children in the 4-H club or group.

Responsibilities: To assist or encourage your child and other children in the club or group to:

- Set realistic project and achievement goals
- Accomplish those goals, where appropriate
- Participate in club, unit, regional, state, national, and international programs
- Use positive reinforcement of each child's part in the group
- Provide transportation to and from meetings and special activities
- Attend meetings and special events of the club or group

Time Required: Approximately 1-5 hours per month (providing transportation, attending meetings, helping children with projects or activity work; varies according to task)

Training Opportunities: If you are interested in becoming a 4-H volunteer enrolling in 4-H Online is a great first step. All training is available online to be completed on your own time. If internet coverage is an issue, contact the 4-H Program Educator to see what supports are available for you.

How do you know if you should become a trained volunteer or not? If you want to work one-on-one with youth or hold a leadership role in your club or project group, becoming a trained volunteer is the path for you. If you are looking for more information visit the Wisconsin State 4-H website and the Becoming a Volunteer page. You can also scan the QR Code for that website.



Welcome to Trempealeau County 4-H!

Thank you for your interest in the Trempealeau County 4-H Program. This booklet will help you and your family learn more about the program, processes, and background of 4-H.

In this packet, you will find a lot of helpful information that you should look over to help you understand the program and use it to assist you with your 4-H journey. You should also talk to families already involved in the program to learn more. The 4-H Program Educator is a great resource as well.

The 4-H program is a great opportunity for you and your family! It may seem daunting at first but you will get great experiences out of 4-H if you put in the effort.

Please feel free to contact me about any questions you may have or about other opportunities offered for youth in 4-H. I'm here to help!



Hope to see you around,
Andrea Rippley Schlais
Trempealeau County 4-H Program
Educator

About 4-H: The Basics

What is 4-H?

4-H is a youth organization that belongs to the members, their families, and other interested adults who serve as volunteer leaders. It is a community of young people across America, learning leadership, citizenship, and life skills.

Professional leadership is given by The University of Wisconsin Madison Division Extension. Support for 4-H programs is a joint effort of local county government, the University of Wisconsin, and the United States Department of Agriculture.

The 4-H year is from September 1st until August 31st.

This is why Record Books are always due on September 1st, and re-enrollment through 4-H Online takes place in the first week of September every year.

Who can join 4-H?

Any youth in Kindergarten through the year following high school can be a member of a 4-H club. Cloverbuds are ages Kindergarten-2nd grade.

Who Conducts the 4-H Program?

4-H educational experiences for youth are provided by volunteers who serve as a part of the 4-H program in their community. Volunteers who give leadership to the local 4-H program consist of youth, parents, and other interested adults in the community. The UW-Extension office is also home in Trempealeau County to a 4-H Program Educator who assists with the overall 4-H experience, volunteer training, and outreach.

Picking the Right Projects

A "project" is simply a topic that you can explore. Projects are exhibited at the County Fair, and sometimes throughout the year at other events. 4-H events (i.e., Clothing Review, Foods Review, Festival of the Arts, Live-stock shows, etc.). Projects allow youth to try new things, keep doing the things that they love, or learn about something that they are interested in. 4-H has over a hundred projects—ranging from art to woodworking, computers to rabbits, and clothing to small engines. There are a lot of opportunities to explore projects through the 4-H program. Check out more on projects through this website: fyi.uwex.edu/wi4hprojects/

Don't forget that some projects (Horse Project, Market Animal Projects) have specific requirements. To show projects at the Trempealeau County Fair, you must select them in 4-H Online by April 1st.

4-H Enrollment

Log on to 4-H Online to enroll in the Trempealeau County 4-H Program. You simply need to follow the instructions at the top of the page and begin entering your family information to start the enrollment process. The website is as follows: <https://www.4honline.com/>

Enrollment deadlines include:

- Enrollment and re-enrollment are open at the beginning of September
- November 1st: Deadline for re-enrollment April 1st: Absolute last day to enroll (through 4-H Online) in projects



Exploring New Opportunities



Artwork by Briella Brusveen, Grade 6, Columbia County

Open the door to new experiences, projects, and places!

What are the 4-H Emblems & Symbols?

The National 4-H emblem is a four-leaf clover with the letter "H" written on each leaf. It is a federally recognized logo, so there are policies that need to be followed for printing (i.e. t-shirts, etc.).

The colors of 4-H are green and white. The white background of the H's symbolizes purity. The green 4-H emblem is nature's most common color in the great outdoors, and green is also the color of springtime, life, and youth. The four H's stand for HEAD, HEART, HANDS, and HEALTH.

These four H's represent the fourfold training and development in which members participate which is described in the 4-H pledge.

The 4-H Pledge

4-H members should learn the national 4-H pledge, as it, and the Pledge of Allegiance, are generally said at the beginning of each club meeting. There are hand gestures that go with the pledge as well. These can be learned at a club meeting. The 4-H pledge is listed to the right.

I pledge.....
My head to greater 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.



General 4-H Calendar

4-H is a creature of habit and has events that happen simultaneously each year. A more detailed calendar can be found in the Clover DisPATCH, which includes county and state events along with deadlines.

September

- Re-Enrollment opens in 4-H Online
- Record Books Due to the Extension Office
- Parents and Leaders Annual Meeting on the Fourth Monday of the Month

October

- National 4-H Week, the first full week in October
- 4-H Open House Event

November

- Re-enrollment is Due by November 1 for returning members
- State Horse Conference
- National 4-H Congress Held

December

- No major programming for Holidays
- Parents and Leaders Meeting on the 4th Monday of the Month

January

- Virtual Cookie Baking Program held
- Horse Project Starts Monthly Meetings
- Camp Counselor Applications Open

February

- Festival of the Arts/Performing Arts Program
- In-person YQCA held in the County
- Beef Weigin happens this month

March

- Clover College held this month
- Food Review/Clothing Review held
- Dog Project organizes First Meeting
- Camp Counselor Training
- Livestock Education Programming
- Parents and Leaders Meeting on the 4th Monday of the Month

Belonging Together



Artwork by Sarah Stege, Grade 11, Washington County

Recognize, understand, respect, and appreciate each other

Record Books

An individual report of the 4-H records accomplishments in projects and activities during the current year. Members should complete and submit a record book to be eligible for county awards. Record books are submitted to club leaders in August (at a date your club leader will designate) and to the UW-Extension (UWEX) office by September 1st.

The purpose of a Record Book is to:

- Tell what you did in 4-H this year. (Sept. 1st to Aug. 31st)
- Strive for an overall storytelling effect.
- How well does your record book's combination of goals, learning experiences, accomplishments, teaching experiences, pictures, clippings, and activities report your 4-H story?
- Help the 4-H'er learn how important record keeping is in everyday life and their future.
- Help the 4-H'er develop a good habit of record keeping.
- Create a memory book of all their involvements, accomplishments, and knowledge gained through 4-H!

FUN FACT: Record books come in handy when your youth starts filling out scholarship, college, or job applications. They are a nice resume of their experiences that they have handy to pull from when going through the stress of having to apply for jobs, scholarships, or colleges.

April

- 1st- Deadline to finalize Projects in 4-H Online
- Horse Project Forms Due to the Project Leader
- Summer Academy Registration Opens in 4-H Online
- Sheep and Goat weigh-in happens this month

May

- Sign-Up Opens for Summer Programming
- Livestock Education Programming
- Fair Entry Sign-Up Opens

June

- Camp Kinnissipewa is held the first week of June
- The food stand sign opens for the Fair
- Fair Entries Due
- Summer Academy (Formerly Youth Conference) Madison
- Trempealeau County Awards Open up Online
- American Spirit happens in June
- Area Animal Science Days are held this month
- Parents and Leaders Meeting on the 4th Monday of the month

July

- The deadline for Educational Events is July 1st, as set by the Livestock Committee, to be eligible to sell at the auction.
- Trempealeau County Fair
- Fair Clean up the Week before the Fair
- Cloverbud Royalty Contest Held at the Fair
- Foodstand Sign-up List shared via email.

August

- State Horse Shows
- State Dog Show
- State Fair

This calendar is general with some county, state, and national opportunities. Some events may change. There is an updated calendar located on the Trempealeau County Website. This one will include deadlines, Educational Experiences (Trips), and other opportunities for members.

The Learning Experiences

4-H is about creating experiences that help youth, and adults, learn in new ways and gain new experiences. Below, you will find the general learning experiences that you will face while involved in the 4-H program:

4-H Meetings: Most clubs meet monthly to discuss general business, conduct recreation, and learn something new.

4-H Project: Project groups may meet more often. should fit individual members' interests and should fit into the member's home and community life. By "project" we mean work done with animals, articles made, crops grown, or some other definite undertaking planned and carried out by the 4-H'er. The Extension Educator will provide a list of projects available in your county and the curriculum available to members and leaders. Through project work, 4-H members can learn improved ways of doing things, which, in turn, serve as examples for others and for the community. Members can also learn about subjects that interest them as possible career choices.

4-H Activities: such as judging, demonstrations, public speaking, exhibiting, and tours that center on 4-H projects. They supplement the project and add greater depth to it. Various activities related to project areas are planned and conducted at the county, district, state, and national levels. Singing at a nursing home, playing softball, and roadside clean-up are examples of these types of activities.

4-H Events: are most often thought of as once-a-year happenings, such as Clover College for youth and adults, a music/drama festival, a family 4-H picnic, the fair, or summer camp. During these types of events, 4-H members might present aspects of their 4-H projects and activity work.

"Learn by doing." Is the 4-H slogan and can be seen in all of the 4-H practices. These learning experiences highlight just that.

"To make the best better." Is the 4-H motto and truly is the focus behind the program. It is all about growing and developing to become the best that you can be. "

Trempealeau County 4-H Policy

Trempealeau County 4-H policy follows State and national policies. Be sure to read over this policy when joining the program. Below are some quick facts about the policy to get you started. The complete policy can be found on our website at <https://trempealeau.uwex.edu/4hyd/about-4-h/>

CLUBS: To be officially recognized as a 4-H Club in Wisconsin, you must meet the needed requirements.

- Clubs must meet continuously during the year.
- The 4-H club year is from September 1st to August 31st

MEMBERSHIP GUIDELINES: 4-H membership is an educational program whose membership/participation is based on grade, rather than age.

FUNDING REQUESTS, AWARDS, AND TRIPS: Youth who want to receive financial assistance for awards/trips/other 4-H activities must meet the requirements set by the Leaders Board.

- Any member can apply for funding for a 4-H activity (Camp, an Educational Experience, and other events)
- A list of awards and trips will be listed online and in the 4-H newsletter
- The Leaders Board will NOT approve a funding request for a trip over \$1,000 that the 4-H member has already attended previously. These large trips will be funded only once per member.

SPECIAL ACTIVITIES: These include such things as the County Fair and State Fair Participation. Details can be found in the full policy.

YOUTH PROTECTION: We follow the Wisconsin 4-H Youth Development Youth Protection process.

PROGRAM SAFETY REGULATIONS: The 4-H program manages risk for its members. As an enrolled member, youth gain accident protection during programs and 4-H activities. If you are interested in learning more, please visit the state 4-H Policy website:

<https://4h.extension.wisc.edu/resources/wisconsin-4-h-policies/>

4-H Leaders Association

What is its purpose? To plan, implement, support, and evaluate the Trempealeau County 4-H Program. The purpose of the Trempealeau County 4-H Leaders' Association:

- Provide the funds necessary to carry out the 4-H Program when funding is not otherwise available, primarily through the sale of food at the 4-H Food Stand and the sale of Trempealeau County plat books.
- Establish policies and procedures as needed to most effectively implement and safeguard the 4-H Program,
- Provide an opportunity for youth and adults to be involved in the development of the County 4-H program. The Trempealeau County 4-H Leaders' Association shall work in close contact with the 4-H Program Educator.

Funding Requests to the 4-H Leaders Executive Board are for YOU to utilize.

The Trempealeau County 4-H Leaders Executive Board includes money in their budget to help defray some costs of 4-H educational trips or activities in which Trempealeau County 4-H members and leaders participate. The amount the Association can contribute in a given year depends on the success of fundraising efforts, the amounts spent in other budget areas, the number of applicants, and the level of requests. To submit a funding request, fill out the 'Funding Request Form'. Instructions and the form can be found at:

<https://trempealeau.extension.wisc.edu/trempealeau-county-parents-and-leaders/>

Who can participate?

All youth leaders and certified project and club leaders currently enrolled in the Trempealeau County 4-H program can be members of the Trempealeau County 4-H Leaders' Association. To become an executive board member you must attend the Annual Meeting in September. Terms are 2 years and include the president, vice president, secretary, and treasurer positions.

What it means to be a 4-Her

Learning how to do a project is more important than the project itself. To "learn by doing" through a useful work project is fundamental in any sound education program and is characteristic of the 4-H program. There is more than one good way of doing most things. 4-H teaches members how to think not what to think. Competition is a natural human trait and should be recognized as such in 4-H work. It should be given no more emphasis than other 4-H fundamentals. Every 4-H member needs to be noticed, to feel important, and to be praised. No 4-H award is worth sacrificing the reputation of a 4-H member or leader. Successful 4-H members are evidence of interest from family members. 4-H is not trying to replace the home, church, or school...only supplement them. 4-H'er's should be their own best exhibit. Good examples and attitudes are the best help members can receive. Imagination is more important than knowledge.

4-H Terminology

If you are new to the 4-H program, it can be a lot. 4-H has a long and rich history—we are over 115 years old! Sometimes this means that volunteers, families, and staff may forget that the terminology we use is not something that everyone understands yet. Hopefully, this will help you out a bit on that front, however, **NEVER** hesitate to ask questions!

4-H Ambassador: Youth in grades 7-13 can participate as a Trempealeau County 4-H Ambassador. They take an active role in promoting 4-H throughout the county at the fair, parades, and other events in the county.

4-H Leader's Association: This organization comprises all 4-H volunteer leaders in the county. This is the 4-H policy-making group, as well as a private funding source for several county-level 4-H programs. There is an Executive Board for this organization which meets ten times per year. It is also called the **Parent and Leaders Board/Association**.

4-H Program Committees: are groups of youth and adult volunteers whose purpose is to meet the educational needs of 4-H members in the project or activity area and plan and conduct county-level activities and meetings.

4-H Program Educator: a professional who guides, teaches, and administers the 4-H program—an individual who works for the University of Wisconsin-Madison Division of Extension.

4-H Record Book: A tool members can use to show growth in their project, but also use as a reference for their future. Record book completion can lead to scholarships and other opportunities.

Achievement: achieving in 4-H means a member completes all membership requirements of the 4-H club and County 4-H policy during the year, including a record book.

Activity Leader: a volunteer who is responsible for organizing and conducting special club activities.

Charter: A 4-H Charter is granted to 4-H members when the minimum requirements are met to start a 4-H club. Club leaders are in charge of ensuring that club charters are completed each year (usually due on November 1st).

Cloverbud: These are youth who are in Kindergarten through 2nd grade. Cloverbuds can only enroll in the Cloverbud project. They can exhibit two projects at the county fair for participation ribbons and take part in county-wide events.

General Club Leader: an adult volunteer responsible for the club's organizational part.

Grupo Folklorico - Located in Arcadia

Club Leader: Noemi Hernandez, 608-863-3013 or milymaya2516@gmail.com

Meeting Location: Arcadia Elementary School

Hale & Hardy - located in Pigeon Falls/Pleasantville/Osseo

Club Leaders: Lindsey Nelson, 715-533-0008 or nelson.lindsey82@gmail.com. Crystal Johnson, 406-480-0729 or bottomfarms@gmail.com

Meeting Location: Pleasantville Town Hall

Lincoln Pioneers - located in Independence and Whitehall

Club Leaders: Holly Kampa 715-985-2956, shkampa23@gmail.com and Kira Klimek, 906-290-2598, klimekki@indps.k12.wi.us

Meeting Location: Pietreck Park or Whitehall Baptist Church

Sunnyside - located in Blair

Club Leaders: Bridget Barzek, 608-386-0564 or batsbarczak@gmail.com

Meeting Location: Zion Church or Memorial Park

Trempealeau Trusty Workers - located in Trempealeau

Club Leaders: Jenny Hilton, 608-539-2299 or jenny_schlesser@yahoo.com AND Laura Roessler, 608-385-6710 or delaneyroessler@gmail.com

Meeting Location: Centerville Community Center

Whitehall Happy Hustlers - located in Whitehall

Club Leader: Sharon Pederson, 715-538-4856

Meeting Location: Trempealeau County Courthouse Tremple Room

so that you know, the date and time of club meetings are not listed. Those are subject to change. If you are looking to visit a club meeting be sure to contact the club leader in advance to make sure you have the most up-to-date information.



Trempealeau County 4-H Clubs

The 4-H club you pick should fit your family's lifestyle. You can club shop by going to a couple of different club meetings and talking to the club leaders and members to find the best fit. Look for a club that has members who are in the age range of your kids, explores projects you are interested in, and meets at a time that works for your family.

Arcadia Hummingbirds – located out of Arcadia

Club Leader: Rosa Mooney, 608-863-3483 or gandyarose@gmail.com

Meeting Location: Bethel Lutheran Church in Arcadia

Coulee Clovers – located out of Blair/Taylor

Club Leader: Cindy Peterson, 608-989-2249 or petersoncmg@tcc.coop

Meeting location: Blair Community Center

Ettrick Eagles – located in Ettrick

Club Leader: Emily Osborn, 608-865-1265 or ettrickeagles4H@gmail.com

Meeting Location: Ettrick Community Center

Frenchville Cloverleaves – located out of Ettrick/Galesville

Club Leader: Heather Olson, 608-525-2502 or heatherolson5@aol.com

Meeting Location: Ettrick Town Hall

Glasgow/Hardies Creek Busy Bees – located in Galesville

Club Leader: Stacey Giemza, 608-797-5877, giemzastacey@gmail.com

and Sarah Stetter 608-769-2276, sketter@gmail.com

Meeting Location: Town of Gale and Glasgow Hardies Creek Schoolhouse

Enrollment: By enrolling in 4-H Online, you become part of the 4-H Program. Every year in September, you have to re-enroll to continue being a part of the program. Certified Adult Volunteers must do the same.

Event/Program: A planned, educational opportunity for 4-H members to learn through group participation. Events are held at the club, county, regional, state, and national levels.

Explorer: Explorers are youth who are 3rd grade. The emphasis is on sampling 4-H projects to determine interests and talents. Explorers may take up to three entries at the county fair. Besides enrolling as an Explorer, they can enroll in an additional three project areas.

Fair: An event where 4-H members may exhibit their projects. The Trempealeau County Fair Board distributes information about county fairs. They plan and execute the event.

Fair Premium Book: The book lists the Trempealeau County Fair entry classes and rules for entry. A new book is published annually. This is often just referred to as the 'Fair Book'.

Projects: a unit of 4-H work, which is the basis of "learning" experiences that involve learning a skill. Generally, projects are what you take to the fair.

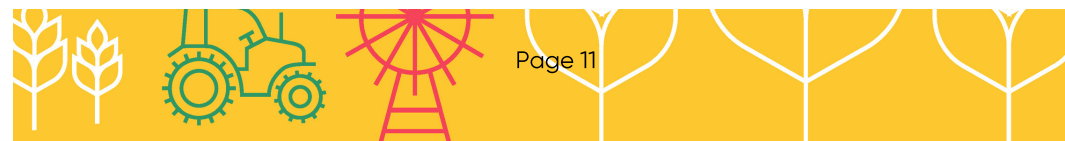
Project Leader: a volunteer who helps 4-H members as they learn, make, or create something. This person can be a parent who agrees to help with a project, a youth leader, or a person from the community who knows a particular subject matter area.

Project Curriculum: The information is written by University specialists

Record Books: This is an individual report of the 4-H records, accomplishments in projects and activities during the current year. Members should complete and submit a record book to be eligible for county awards. Record books are submitted to club leaders in August and to the UW-Extension (UWEX) office by September 1st.

Educational Experiences (Trips): There are lots of opportunities for youth to travel for 4-H trips across the county, state, and nation. There is even an international program.

Youth Leader: a 4-H member who is 11 years of age or older and is enrolled in the Youth Leadership project. They take an active part in helping the younger members of their club. By doing this, they grow, mature, and learn leadership skills.



Stay Informed

Communication is important in the 4-H program. We do our best to make sure you know what is happening in the program.

CLOVER DISPATCH: The Bi-Weekly newsletter, Trempealeau County 4-H, is emailed to each 4-H family and is posted on the website. It will be sent on the second and 4th Monday of the month. You can expect registrations for upcoming programs, Policy updates, meeting minutes from clubs, and the Leadership Association. There is also a link to the Events Calendar. If you want to receive a paper copy of the newsletter, please contact Andrea Rippley Schlais to be added to the newsletter mailing list.

Trempealeau County 4-H Website: The UW-Extension website has a whole area dedicated to 4-H and is your main location to learn about the program and upcoming events. It includes forms and applications, enrollment and re-enrollment information, facts about 4-H, club information, project information, current and previous CLOVER DISPATCH newsletters, upcoming programs, and so much more! The website can be found here: <https://trempealeau.extension.wisc.edu/home/4hyd/clover-dispatch-newsletter/>

Leaders: If you have questions, always ask your club or project leaders! They are knowledgeable about their specific group and are a great resource. The 4-H Program Educator is always here to help as well!

Facebook: You can keep up with the program through the official Trempealeau County 4-H Facebook page.

Parents are important to their children's success in the 4-H programs.

Parents are encouraged to attend monthly club and project meetings with their children. All countywide events are open and parents are encouraged to attend them with their children. The parents' key roles are supporting the child's commitments, helping the child think through decisions, and seeing the child reach his/her goal.

What is a 4-H Club?

A 4-H Club is a group of 4-H members who meet regularly to conduct business, learn about projects, take part in community service events, and enjoy recreation. These groups have elected officers, a constitution and by-laws, and a treasury maintained by fundraising efforts.

Most 4-H clubs meet monthly. Members plan a yearly program for meetings and events. All 4-H members, volunteers, and parents attend to share information about the club, county, regional, state, and national 4-H events.

Clubs have a set of written rules for the club's operation, which are called bylaws. Be sure you become familiar with your club's bylaws early in the year. If your club needs help developing or revising bylaws, contact the 4-H Program Educator.

Trempealeau County has eleven 4-H clubs; they are all listed on the next page with the location they are located in, the club leader and their contact information, as well as their scheduled meeting times.

