

Burnett County



# 4-H Bugle

February 2013

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### A Note from the Intern...

Hello!

Great progress was made over the month of January in the 4-H Extension Office. Whether it was scanning, filing, or sewing-something was made better.

How this change was started was through dedication of time. I had an idea to take on an internship/volunteer position to provide support in areas that are too time consuming for the current staff to handle.

My first and main project was a struggle because of technology, but I was able to scan every piece of project literature, name it, and file it electronically for it to be easily dispersed and accounted for. So in the future, if you email Dani saying you would like literature on anything from Aerospace to Youth Leadership, she can easily reply with a pdf version of each book related to the topics you are interested in. This is a great step forward in making the information within the Extension Office more accessible to all 4-H members and leaders.

In addition, I planned a Winter Camp activity that focused on the health and economics of popcorn, which I led while attending. I helped in the process of assembling mailings and leading meetings, which allowed me to work with the Jr. Leaders to develop a plan for our county banner that was displayed at the Music Festival. It will hopefully be displayed at more county events before it is sent to its permanent home at the Wisconsin State Fair this coming summer by the Ag Oasis Stage.

I had an eye-opening experience while working to create newsletters, postcards, our county banner, popcorn, and the new electronic database of the current project literature. Through this experience, I was able to experience working in an office with deadlines, paper work, and friendship. I hope that these projects will inspire you to complete projects you have been wishing to do. Our county 4-H program is always looking for new ideas to teach 4-H families and to create safe, fun, and memorable experiences. Good luck on your project work and I hope to see you at more county events!

-Olivia Kopecky

4-H is a community of young people across America who are learning Leadership, Citizenship, and Life Skills.

4-H Calendar

February

- 1 Beekeeping Contest Entries Due
- 9 Super Saturday, 1-3 p.m., Rm. 165 Government Center
- 11 Committee Sign Up & Meetings, 6-7, Rm. 165  
Leaders & Jr. Leaders Mtgs., 7-8:30
- 18 County Cloverbud Meeting, 6-7 PM
- 22-23 Art Lab, Upham Woods, WI Dells
- 25 Annual Leader Training, 6-8 PM, Rm. 165
- 28 Project Grants Due

March

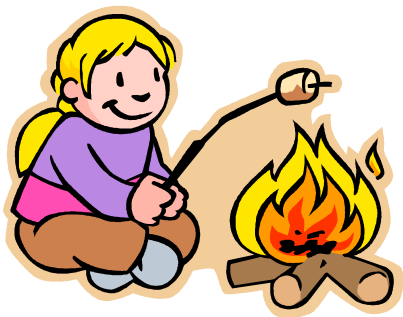
- 8 Cultural Arts Registrations Due
- 8-9 Art Beat North, Beaver Creek, Eau Claire
- 11 Leaders & Jr. Leaders Meeting, 7 PM
- 15-16 Art Beat South, Upham Woods, WI Dells
- 18 County Cloverbud Meeting, 6-7 PM
- 18-19 COOP YES! Leadership Summit, Eau Claire, Wi
- 23 Cultural Arts Festival, Siren
- 29 UWEX Closed

April

- 1 Camp Staff (CIT & Counselor) Applications Due
- 7-11 National 4-H Conference
- 8 Leaders & Junior Leaders Association Meetings, 7 pm
- 15 County Cloverbud Meeting
- 18-22 Space Camp, Huntsville, AL
- 27 Project Day, 1-4 p.m., Siren School

Upcoming Dates to Remember...

- June 1 - State Fair Applications Due
- June 21-22 Cloverbud Family Camp (Tentative)
- July 23-26 - 4-H Summer Camp
- August 13-15 - Canoe/Adventure Camp
- September 13-15 - Backpacking Trip



## Save the Date - 4-H Summer Camp 2013

This year's summer camp will be taking place Tuesday, July 23 through Friday, July 26.

4-H camp is for youth ages 8-13. Look for more information in upcoming Bugles.

### Attention Older Youth!

#### Camp Counselors Needed for Summer Camp

Camp counselors are responsible for the youth who attend 4-H camp, in addition to the activities that occur at camp. To be a Camp Counselor you must be 14 by camp, Counselors-In-Training (CIT's) should be age 12 by camp in July.

Responsible youth are needed for the following positions at Summer Camp:

- **Junior Director** is responsible for supervising Resource and Cabin Counselors, serving as liaison between counselors and adult staff, and will also have duties in resource or cabin areas.
- **Resource Counselors** are responsible for planning, coordinating, and teaching group activities at camp.
- **Cabin Counselors** are responsible for developing and encouraging fellowship within a cabin group and are responsible for a group of about 10 campers.
- **Counselors-In-Training (CITs)** are accountable to the Camp Director and their cooperating Cabin Counselor. CITs help lead games and activities at camp and support the Cabin Counselors.

Qualified youth should fill out an application found on the Burnett County 4-H Website under member forms. Applications are due to the UWEX office by April 1.

Youth interested in applying must be available for the entire summer camp and also for mandatory Multi-Camp Counselor Training on May 10-11.

The 4-H Agent/Camp Director will select 4-H Camp Staff. Questions? Contact the UWEX office.



#### **YOUTH LEADERS - *How About Being a Camp Counselor?***

Have you ever thought about being a 4-H Summer Camp Counselor? It is a great youth leadership experience working with campers and other teens, plus it is FUN!!

Counselors need to be at least a freshman in high school, and be interested in working with other kids. Counselor applicants can be found on the Burnett County 4-H website.



**Super Saturday...February 9th!  
1-3 p.m., Room 165, Government Center**



The early bird gets the worm! Come get a jump start on your 4-H projects for the year, or get ideas on what you can work on for your project. There will be examples of members' work, previous fair entries, and stations to work on some of the most popular projects in Burnett County 4-H (Photography, Foods & Nutrition, Youth Leadership, Scrapbooking, Arts & Crafts, Theater and more!) If you need inspiration and can never seem to think of anything to exhibit for your projects, this is the place for you! For questions, or to register, please call Beth Greiff or Dani Ganje at (715) 349-2151.

## Calling all Cloverbuds!



**Monthly Cloverbud Meeting - Monday, February 18, 2013, 6-7 p.m.**

**This Month's Theme...Hands: To Larger Service!**

In 4-H we get to help others by serving our community. Come and learn who community service people are, and ways that you can show kindness to others!

As always, our monthly meeting will be filled with games, activities, songs, learning and fun!

***Remember! If you are interested in filling out a Project Grant, the deadline to submit your Grant Application is February 28th! More information on Project Grants was in the January Bugle, and can be found online (in the Member Forms section!)***

**Interested in helping the 4-H program in Burnett County by serving on a committee? Join us before the Leader's meetings (6-7) on February 11th in Room 165, to form some new committees and meet for the first time this 4-H year! Lots of exciting opportunities to plan and discuss.**

**Areas where we need Volunteers To Serve on Committees:**

Marketing and Promotion, Awards and Recognition, Youth Leadership, Younger Members, Animal Sciences, Arts & Communications (Cultural Arts, Music Contest), Family, Home & Health (Foods & Dress Revue), Mechanical Sciences, Natural Resources & Environmental Education, Plant & Soil Sciences (Garden Tour Contest), STEM (Science, Engineering, Technology & Math), and International areas.





#### 4-H FOUNDATION SCHOLARSHIP APPLICATION AVAILABLE

The Wisconsin 4-H Foundation and generous sponsors are proud to provide educational scholarships to outstanding Wisconsin 4-H youth for the 2013-2014 academic school year. We are pleased to provide these scholarships in order to show our appreciation for 4-H youth accomplishments as a result of their 4-H experiences, and to support their future educational goals.

Applications are available from the Wisconsin 4-H Foundation's website at: [www.wis4hfoundation.org](http://www.wis4hfoundation.org).

The application is available in editable Adobe Acrobat format. The Adobe Acrobat application can be completed on line, but may not be able to be saved on your computer for future reference.

Completed applications must be e-mailed by Friday, February 15, 2013. Scholarship recipients will be announced in May of 2013.

Recipients of Wisconsin 4-H Foundation scholarships will be selected based upon their 4-H involvement, scholastic achievement, and future educational and career goals.

Please contact the Wisconsin 4-H Foundation with questions at 608-262-1597.



Do you like science, technology or engineering? Have you always wanted to know what makes things work? Would you like to do cool, hands-on experiments? If so, then **I Want To Know! Camp** is for you.

**APRIL 12-13, 2013** 6pm arrival / 4pm departure

**UPHAM WOODS 4-H CAMP** Wisconsin Dells, WI

Grade 6-8 / \$55 - Includes meals, lodging, t-shirt & supplies

**REGISTRATION DUE MARCH 8** Space is LIMITED!

Registrations will be taken on a first come basis with a waiting list if necessary. Sign up TODAY! Special financial circumstances will be handled on an individual basis.

For more information contact Joanna Skluzacek, UW-Extension 4-H STEM specialist at 608-265-2949 or [Joanna.skluzacek@ces.uwex.edu](mailto:Joanna.skluzacek@ces.uwex.edu) or visit

<http://www.uwex.edu/ces/4h/events/Iwantknowcamp.cfm>

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# Hats Off To...

## WINTER CAMP PARTICIPANTS

Wood Creek's Lucas and Emily Stiemann and Orange's Olivia Kopecky attended 4-H Winter Leadership Camp on January 18-20 in



Olivia Kopecky, Lucas Stiemann, and Emily Stiemann at 4-H Winter Leadership Camp

Delta, Wisconsin. About 40 other youth from seven northwest Wisconsin counties joined them to explore leadership development, budgeting, and financial awareness. They sang camp songs, made crafts, played broom ball in the snow, hiked, and tubed.

## MUSIC FESTIVAL PERFORMERS

The Orange, Wood Creek, and Wood River Beavers 4-H Clubs sent 28 performers to the 2013 4-H Music Festival. The highly entertaining day included instrumental and vocal solos, small ensembles, and large groups. Each club performed group vocal pieces that included costumes and props.

Judges Maria Potvin and Shawn Gudmunsen chose Wood Creek to present their group se-

lection "We Love 4-H" at the Wisconsin State Fair in August. Brooke Beecroft, an 8th grader in Wood Creek 4-H, was also nominated to perform her penny whistle rendition of "Drumshambo Jig" at the state fair. Brooke and Edwin Janssen, a 4th grader in Orange 4-H, were picked as alternate Burnett County music representatives to the state fair for their piano performances. Edwin played "Rockin' on 6!" and Brooke played "The Race Car".

There were 35 entries this year, and the Music Festival still sped by because it was so much fun. Most of the performers, even the youngest, stayed to watch everyone else's acts. Congratulations to all performers!

Many thanks to Maria Potvin and Shawn Gudmunsen for sharing their musical expertise as judges!



Emma and Alex Peterson sing "We Wish You a Merry Christmas"





Orange Club performs "Bicycle"



Gabrielle Stahl, Grace Lahners, Renee Tooze, Dominic St. John, and Aidan Johnson sing "Love Grows 1 by 1"

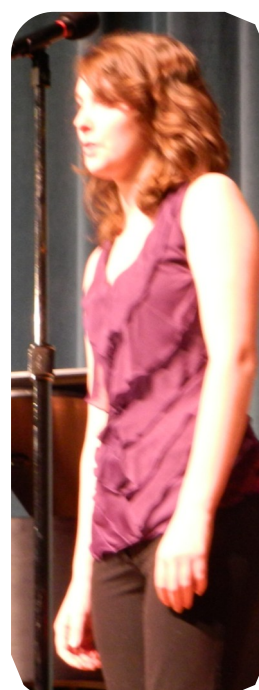


Josephine Richards, Olivia Taylor, and Hannah Hillman sing "If You're Happy and You Know It"



Wood River Beavers sing "I've Got That 4-H Spirit"





Top row: Rylee Nelson sings *It's a Small World*, Brittney Beecroft playing Beethoven's 9th Symphony, Grace Lahners plays *Skip to My Lou*, and Edwin Janssen plays *Rockin' on 6*. Second row: Jordan Webster plays *Jingle Bells/Ode to Joy* and Alexi Symond prepares to play *Ode to Joy*. Third row: Emily Stiemann and Allie Webster sing *Spanish Dance*, Lucas Stiemman sings *Forever and Ever, Amen*, Olivia Kopecky. Bottom row: Rachel and Shane Tooze and Ricky Stahl perform *On Top of Old Smokey* and Maiya Fuller plays *Edelweiss*.





**HEALTHY HABITS CAN SAVE YOU MONEY**

We know that not smoking, being active and making healthy food choices are good for our bodies. But what about our wallets? Research shows that healthy habits can save us money.

Gayle Coleman, nutrition education specialist with UW-Extension, offers 10 tips for increasing your health and wealth in 2013.

**1. Stop (or don't start) smoking.** Simple math reveals big savings. For example, if you smoke one pack of cigarettes a day at \$5 per pack and quit smoking, you could save up to \$150 per month or \$1800 per year. Smokers also are more likely to save money on other health care expenses such as treatment for upper respiratory illness.

**2. Take a brisk walk** for 30 minutes (or more) each day. "Research shows that people who get regular physical activity are less likely to have heart disease, Type 2 diabetes, osteoporosis and some cancers," says Coleman. Being physically active helps people manage their stress, blood pressure, blood sugar and body weight. Studies show that average out-of-pocket spending for individuals with at least one chronic medical condition such as diabetes was \$655 annually per person. For individuals with three or more chronic conditions it was \$1,865 annually. "Compare these costs to the cost of a pair of comfortable walking shoes," says Coleman. "And, if you walk or bike to short destinations instead of taking a car, then you could save on transportation costs."

**3. Enjoy your food but eat less.** Choosing smaller portions of food often means consuming fewer calories and maintaining a healthy weight, especially if you're cutting back on desserts, high-fat meats and sugary beverages. Research indicates that medical costs for U.S. employers for obesity-related medical claims alone accounted for almost \$250 per employee in 2007—costs usually passed on to employees in the form of higher insurance premiums. Eating smaller portions also means savings by purchasing less food.

**4. Wash your hands.** Lathering up with soap and water, and scrubbing your hands for 20 seconds is key to preventing illnesses such as colds and flu. Staying healthy could also save wages. For example, an employee making \$10 per hour without the benefit of sick leave would lose \$80 per day if they missed work due to illness or to care for a sick child.

**5. Drink water** in place of sugary beverages. Replacing sugary beverages with water can save hundreds of dollars

a year. For example, if you spend \$1 per day on soda and replace it with tap water, you could save \$30 per month or \$360 per year.

**6. Eat fruit** in place of sweet snacks. Fruits are loaded with nutrients, low in calories and can reduce the risk of developing chronic disease such as cancer. Coleman notes that the cost of a piece of fruit might be about the same as a candy bar, but when you look at potential cost savings for preventing illness, fruit is the better bargain.

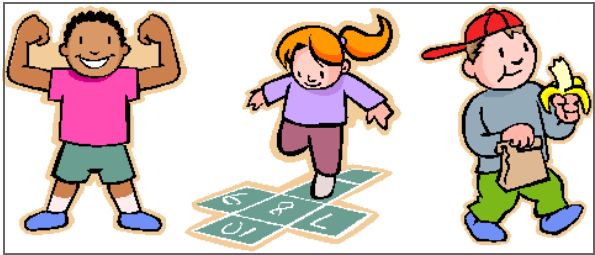
**7. Munch on raw veggies** in place of snack chips. "Vegetables are another nutrition bargain," says Coleman. "The cost of a bag of baby carrots is less than the cost of a similar size bag of snack chips—but the carrots could save you money through better health and lower healthcare costs."

**8. Plan and prepare low-cost meals.** A few hours a week spent planning your shopping and preparing meals can save your family hundreds of dollars a year. Include foods that are a good buy—produce that is in season or lean meat that is on sale. Planning a weekly menu also increases the chances that food you purchase will be used before it spoils. For example, you might save \$5 per week by bringing two lunches from home rather than eating out, which adds up to \$20 per month or \$240 per year. "And don't forget to use foods that you might get from programs like WIC or gardens," says Coleman.

**9. Read labels and follow directions.** For example, if you or a family member have a nut allergy and are not able to read food labels, the consequences can be significant. Research indicates that the cost of low health literacy to the Wisconsin economy is in the range of \$3.4 billion to \$7.6 billion annually.

**Prevent illness.** You've probably heard the phrase "an ounce of prevention is worth a pound of cure." The same thing applies to healthcare costs. Getting a flu vaccine at the local drugstore might cost \$30 a year. But you save on the costs of medications, lost work, doctors' visits and even hospitalization to treat the flu if you get sick. Similarly, early detection and treatment of diseases such as heart disease, diabetes and cancer through low-cost screenings, could save you the costs of more extensive treatment down the road.

- Gayle Coleman  
UWEX Family Living



## Jr. Leaders Meeting Minutes

January 14, 2013

Attendance: Olivia Kopecky, Emily Stiemann, Lucas Stiemann, Shane Tooze, Rachel Tooze, Arik Hochstetler, Mandy Close, Patty Close, Allie Webster

Ice Breaker: 4-H Catchphrase

Meeting Leader: Olivia Kopecky

Note Taker: Emily Stiemann

### Business

#### Activity Brainstorming

New ideas reported to the Leaders Association during their neighboring meeting

#### Winter Fun Day

Planned for January 27<sup>th</sup> from 2-4 pm at Mud Hen Lake

Ice fishing and ice skating

Jr. Leaders will provide hot chocolate

#### State Fair County Banner

Brainstormed/ sketch designs

#### Orange 4-H Club News

On the 25<sup>th</sup> of January, the Orange 4-H club had a meeting at the library in Webster. They worked on record books and a club project for the Cultural Arts Festival. Edwin Janssen gave a demonstration on woven pot holders with a crocheted edge.

Submitted by Alec Gustafson-Orange

# Club News

## CULTURAL ARTS FESTIVAL

Remember! The **Cultural Arts Festival** is on March 23, 2013, from **9-12 am** in Siren School.

This is your chance to exhibit your projects in **Arts & Crafts, Communications, Demonstration, Drama, and Photography.**

**Pre-registrations are required** for **Communications, Demonstrations and Drama.**

If you wish to participate in the **Arts & Crafts or Photography** contests, bring your project along with a filled out entry form that day!

For more information and contest registration forms, See the rules on the Burnett County 4-H Website (Member Forms).



Remember to check the Burnett County 4-H Facebook page for the latest news and updates from Wisconsin and Burnett County 4-H!

<https://www.facebook.com/BurnettCounty4H>

PROJECT LEADERS NEEDED!

VOLUNTEER  
TODAY.  
INSPIRE  
FOR A  
LIFETIME.

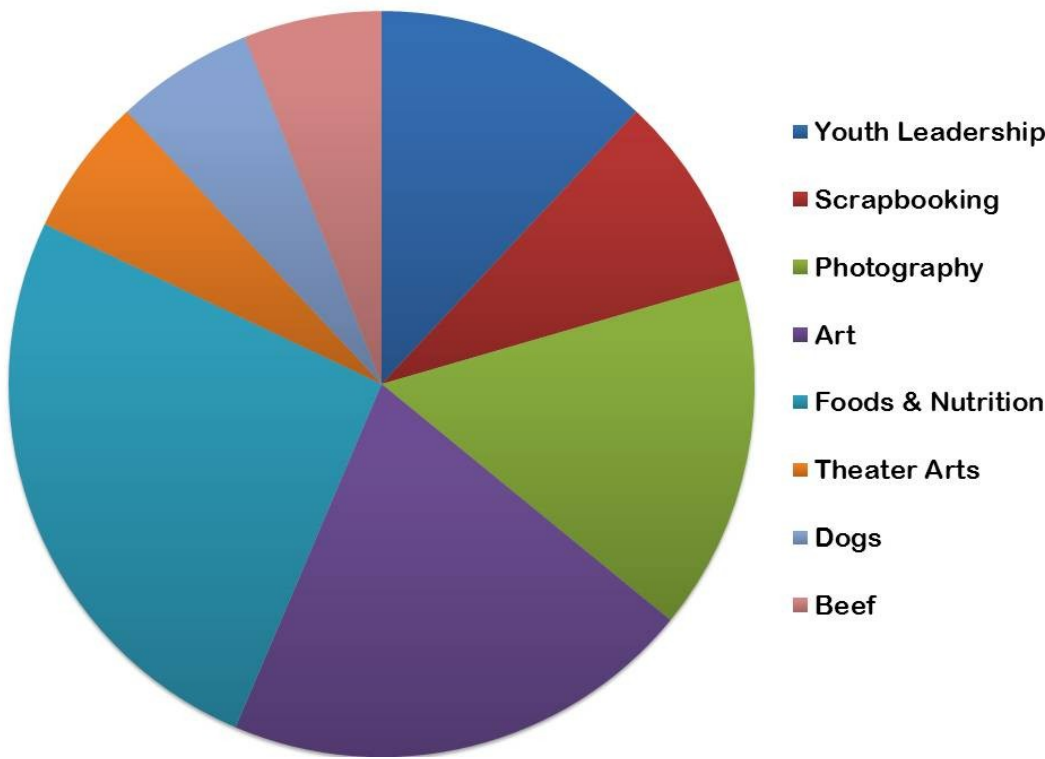


Annually, Burnett County 4-Hers get to choose from hundreds of projects that interest them to work on throughout the year. 4-H Volunteers serve as Project Leaders to help them learn about their projects and complete their project work to exhibit. Without project leaders to share their talent, skill, and knowledge, 4-H youths’ projects get neglected or they must teach themselves. With your help, you can help mentor and guide a young person’s efforts in a specific interest area. The following areas have significant member enrollment but little to no volunteer project leader support:

- ★ Theater Arts
  - ★ Scrapbooking
  - ★ Legos
  - ★ Horse/Horseless Horse
  - ★ Dogs
  - ★ Youth Leadership
- ★ Woodworking
  - ★ Jewelry Making
  - ★ Cake Decorating
  - ★ Beef
  - ★ Archery

Members in the above listed projects and more need your help, if you can teach youth about one of the above or know someone who can, please let your club leader or the UWEX office know!

Popular 4-H Projects in Burnett County 4-H



# Letters to New 4-H Youth Development Volunteers

## Dear Volunteer,

Whether you think of yourself as a teacher already, working with youth through 4-H is going to help you develop your teaching skills. 4-H volunteer leaders are successful teachers because they establish relationships with young people as they guide them in their 4-H experiences. This letter will give you tips on how to teach youth and ideas to help you cope with challenges you may encounter.



and a facilitative teacher would be at the other end.

- A **directive** teaching approach is similar to the classic model of a classroom teacher. The teacher informs or trains the students on how to complete an activity, using mostly lectures and one-way communication. The teacher is the “expert” and gives solutions to the problems rather than encouraging participants to discover their own solutions.

## The Youth-Centered Approach

4-H uses a youth-centered approach to learning. This means focusing on the needs and interests of the youth learner first by focusing on their development level. For example, while building something with wood, you may be able to hit the head of the nail with the hammer most of the time. To a third grade youth who is just developing his/her motor skills, the hammer may be a heavy and unwieldy object. Trying to hit the head of a nail, even using two hands, can be a daunting task. We need to remind ourselves from time to time that what seems easy or obvious to adults can be confusing or difficult for kids.

*The difference between success and failure is trying one more time.*

- A **facilitative** teacher, on the other hand, serves as a coach and believes that students have something to bring to their learning experience. The teacher shares information and then lets participants practice what they have learned. Through discussion, the teacher helps students understand how they can use what they are learning in other situations. These approaches not only depend on your personal preference, but also depend on what the situation calls for. For example, directive teaching may be preferred for activities in which the risk of injury is high and close supervision is needed.

## Teaching Methods

As a 4-H volunteer leader, you have the wonderful opportunity of utilizing a variety of teaching environments, tools, and resources that will best meet the needs of the individuals you’re working with. Get to know the members in your club and how they learn. Analyze how they respond to different learning and teaching methods. Ask them what they prefer. Evaluate what they have learned by engaging them in discussion and/or asking them to demonstrate.

Here are some different tools to consider using:

Lectures ♦ Workshops ♦ Clinics ♦ Tours ♦ Discussions ♦ Role playing ♦ Project books ♦ Games ♦ Puzzles ♦ Contests ♦ Presentations ♦ Judging ♦ Show-and-Tell ♦ Videos ♦ Stations ♦ Slides ♦ Field trips ♦ Posters ♦ Fairs ♦ Guest Speakers ♦ Skits ♦ Record Keeping ♦ Parents ♦ Older Members ♦ Library ♦ Websites ♦ Educational Kits

Having a good understanding of the ages and de-

## Teaching Styles

If you think of teaching styles being placed on a line or scale, a directive teacher would be on one end



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velopmental stages of your members will help you select appropriate methods that match youths' abilities. For more about this topic, see the resource at <http://extension.missouri.edu/FNEP/LG782.pdf>

### Keys to Learning

4-H volunteers should give as much responsibility as possible to youth. Using the following suggestions can help ensure youth are actively involved in their 4-H learning experiences.

- *Find out what youth are ready for, and begin there.* What do they want to know and how would they like to learn it?
- *Learning will occur if, and only if, a youth is ready.* What can you do to get him/her to that point?
- *Relate the unknown to the known.* For example, when teaching about animal physiology, compare it to how the human body functions.
- *Explain the "why" of a thing.* For example, instead of just stating which foods are healthy, explain how the nutrients in the food affect health and energy.
- *Be flexible.* Be able to adapt plans and discussions.
- *Be varied in your approach.* Plan different hands-on experiences for youth.
- *Recognize members' efforts as soon as you can.* Discuss their results and ask them to share with others. Encourage them to display or exhibit their work.
- *Use the Experiential Learning Model.* DO – REFLECT – APPLY

### What to Do About Disruptive Behavior?

While some youth are better behaved than others, they all need acceptance and the opportunity to learn. When a young person is being unruly, it's important to remember that the *behavior* is disruptive, not the child. Chances are, a youth who is acting up has a problem, and if you're perceptive and patient you might be able to discover the problem and help solve it.

### Some common reasons why youth act up:

1. *They want attention.* If they disrupt a meeting, they get your attention and attention from other members. Giving them responsibilities during a meeting or activity will give them positive attention.
2. *They are uncomfortable in the situation.* Maybe they don't know what behavior is expected, or your group is doing something they have never done before. Speak with them individually to see what questions they have or to explain things in more detail.
3. *They don't like what the group is doing.* The activity or project may be too easy or too difficult. Sit down, one-on-one, and help them set some goals that they would really like to reach.
4. *You have no idea why they are acting up.* The quickest way to find out is to ask. For example: "Joey, from the kinds of things you have been doing, I get the idea you're not happy being in this group. I would like to work it out with you. How do you feel about that?"

Remember, when you catch children being good, let them know it!

### ACTION STEPS

- Ask youth for ideas on topics they'd like to learn, research information and activities that might teach those topics.
- Experiment with different teaching techniques.
- Ask other volunteers how they teach a project.
- If you have a desire to learn something specific, ask your county 4-H Youth Development Educator about training sessions, kits, or other resources.



### **ANNUAL 4-H VOLUNTEER TRAINING: YOUTH LEADERSHIP**

As part of the 4-H Club Charter process, each county will be offering annual volunteer leader training. Each club is required to have one participant attending these trainings to bring the information back to the club. The training will be valuable for all youth and adult leaders and anyone is welcome to attend. This year's training will focus on "Youth Leadership" and will be held at the Burnett County Government Center on Monday, February 25, from 6-8pm.

In this year's lesson, youth and adult volunteers will:

- Identify specific opportunities where youth of all ages can be involved in leadership experiences
- Describe the importance for youth to be involved in meaningful leadership roles.
- Describe the developmental characteristics of youth at different ages and stages
- Identify strategies to positively support youth in meaningful leadership roles
- Understand and apply specific practices that support engaging youth in leadership experiences

The evening program will be a fun opportunity to interact with other leaders as well as gain answers you may have about the 4-H program. For more information, contact Beth Greiff or Dani Ganje at 715-349-2151.

## **WANTED**

**4-H MEMBERS IN 7TH  
GRADE AND UP  
TO LEAD  
SESSIONS/WORKSHOPS  
FOR YOUNGER YOUTH  
AT THE 2013 PROJECT  
DAY ON APRIL 27TH.**

**CALL YOUR 4-H  
PARTNERS AT THE  
EXTENSION OFFICE, 715-  
349-2151, TO SIGN UP  
AND MOSEY ON DOWN  
TO SIREN SCHOOL FOR  
THE SHINDIG.**



As the website says, "Pinterest is an online pinboard where you can collect and organize things that inspire you." Burnett County 4-Hers have done just that. Follow the link to find ideas about

such diverse subjects as Fostering Social and Emotional Learning, 4-H promotional ideas, volunteer training, 4-H trips, community service ideas, frugal living, camp, and many, many project ideas. Visit <http://pinterest.com/burnettuwex/> for help with all areas of 4-H. 



There is Hope

# There is Hope

Suicide Prevention Seminars – Everyone Welcome

Everything is Talkable...  
Or is It?

There is nothing that keeps us hurting than not being able to talk openly or honestly.

We will talk about creating change...getting to a place where everything is “talkable”

Grantsburg High School  
Library  
Monday February 25, 2013  
6:30–8:00 P.M.

With  
Mandi Amundson

Trauma in Our Youth

Grantsburg High School Library

Thursday March 14, 2013  
6:30–8:00 P.M.

with  
Catie Hayman  
Families First Counseling Ctr.

Please join us for these important and informative sessions and learn how YOU can Help.

Recognize the warning signs - Know how to Offer HOPE - Know how to get HELP and save a Life  
For Questions or to Register call Grantsburg Community Education at 715-463-5165 ext. 160



1. First Name \_\_\_\_\_ Last Name \_\_\_\_\_

2. Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

3. E-mail \_\_\_\_\_

4. Home Telephone ( \_\_\_\_\_ ) Cell ( \_\_\_\_\_ )

5. County of Residence \_\_\_\_\_

6. Have you completed the 4-H Volunteer Orientation Training? YES NO\*

(\* Completion of the Volunteer Orientation Training is NOT required to attend this workshop but will be required before participating in any 4-H work with 4-H children.)

7. \_\_\_\_\_

Signature Date

**REGISTRATION DEADLINE IS MARCH 11, 2013**

**UW Extension**  **4-H STEM**  
Cooperative Extension Science, Technology, Engineering + Math  
**WISCONSIN**



# AG NEWS

## Wisconsin Southdown Association 2013 Stars Sale and Starter Ewe Program

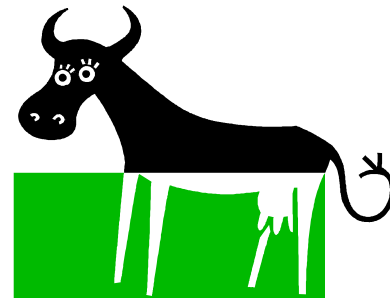
Rio, WI, January 14, 2013

The Wisconsin Southdown Association has scheduled the 2013 Southdown Stars Sale and Symposium for Saturday, April 20<sup>th</sup> at the UW Agriculture Research Center Public Events building, Arlington, WI. Pictures of all sale sheep will be published in an online catalog. Bidders who cannot attend the sale in person are invited to view the sheep online and bid on the "real time" bidding phone line. Details about how to participate, as well as the sale catalog, results and YouTube video of the 2012 sale, can be found on the association's website, [www.wisconsinsouthdowns.com](http://www.wisconsinsouthdowns.com)

Several short learning sessions will start the day with basic information necessary to having a successful Southdown flock. Chris, Kent and Dan Spilde will teach a session on fitting a Southdown for show. There will be a special hands-on youth session and ASBA (American Southdown Breeders Association) President, Barbara Bishop, will give an update on news in the Southdown breed at the national level, including the new Ectodermal Dysplasia (Hairy Lamb) policy the ASBA recently adopted.

Ewe lambs purchased at this year's sale will be eligi-

ble to win one of two \$250 cash jackpots sponsored by the WI Southdown Association. This cash award will be given to the two junior members with the highest number of points earned in the ASBA Pot O'Gold futurities. This jackpot is in addition to any monies awarded by the ASBA.



The association will also award the 2013 "Starter Ewe Lambs" to several Wisconsin youth at the event. Starter ewe lamb applications are due on March 15<sup>th</sup> and can be found at the website listed above. Prior applicants are encouraged to apply. The Starter Ewe Lamb program is in its 6<sup>th</sup> year and has been a popular way for youth who currently don't have Southdowns to get a start in the breed. The youth are provided a high quality ewe lamb and mentorship from the donating breeder up through the first year of breeding. Southdowns numbers have significantly increased in Wisconsin youth sheep projects partly due to the network of breeders in the state who have made high quality Southdowns breeding stock very accessible. The Southdown's moderate size, good temperament and convenience of showing slick shorn have also contributed to the attraction to the breed.

If you are unable to visit the association's website and need more details on the event, please contact Amy Jones at 920.253.5473, [circlejsouthdowns@hughes.net](mailto:circlejsouthdowns@hughes.net) or Troy Lobdell at 608.482.1502, [lobdell@yousq.net](mailto:lobdell@yousq.net).



23<sup>rd</sup> ANNUAL

### MONROE COUNTY 4-H FUR, FIN & FEATHER SHOW

APRIL 13<sup>TH</sup>, 2013

9:00 a.m.

Sparta Barney Center  
1000 E Montgomery St. Sparta, WI

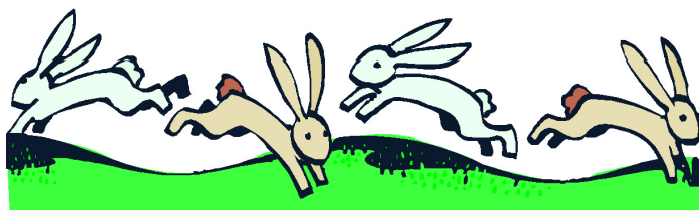
LUNCH WILL BE AVAILABLE

COME SEE WHAT 4-H KIDS HAVE TO SHOW!

### Grant County Happy Hoppers Rabbit Club Spring Youth Show March 17th, 2013

Eckstein Exhibit Hall at Grant County Fairgrounds, Lancaster

Contact Gary Wetter at [garynickiwetter@centurylink.net](mailto:garynickiwetter@centurylink.net) for more information.



### Wisconsin Junior Targhee Sheep Association Announces 2013 Starter Flock Giveaway.

The Wisconsin Junior Targhee Sheep Association will be giving away a starter flock of three Targhee ewes in 2013 to a lucky Wisconsin youth. Applicants must be aged 12 to 17 as of January 1, 2013, must be a resident of Wisconsin, and must not currently raise Targhee sheep.



The winner must also be eligible and agree to exhibit their animals at both the 2113 Wisconsin State Fair open sheep show and Wisconsin Junior State Fair sheep show. The winner will receive a combination of ewe lambs, yearling ewes and/or brood ewes, and take ownership of the animals before any 2013 State Fair ownership deadlines.

The Targhee breed has a long history in Wisconsin, and the purpose of this program is to promote

growth and visibility of the breed along with promoting youth involvement and education within the breed. Applications are available on-line at both the US Targhee Sheep Association website (<http://www.ustargheesheep.org/>) and the A&J Nevens Livestock website (<http://myplace.frontier.com/~jrnevens/>), and are due no later than April 1, 2013. For more information or questions, please contact Leslie & Jeff Nevens at 608-592-7842, or [AandJNevensLivestock@frontier.com](mailto:AandJNevensLivestock@frontier.com).



### Wisconsin Guernsey Breeders' Association Sponsors Essay Calf Contest

One fortunate Wisconsin youth will be the recipient of a registered Guernsey calf during the Wisconsin Guernsey Breeders' Association (WGBA) annual convention on March 8-9<sup>th</sup> in Darlington, Wis. This calf will be awarded to the youth who writes the best essay on their choice of two topics: (1) "What a Guernsey calf would mean to me" or (2) "The Guernsey cow is important to me because..."

Essays are currently being accepted for this 15<sup>th</sup> annual contest. Entrants do not need to have a Guernsey background or be from a Guernsey farm. The essay winner will be announced during the youth luncheon at the WGBA state convention on March 10<sup>th</sup>.

Contest guidelines include:

- Essay should be a minimum of 250 words on the topic of "what a Guernsey calf would mean to me" or the topic "the Guernsey cow is important to me because..."
- Contest is open to Wisconsin youth ages 10-17
- Entrant should include plans for housing, responsibilities or plans for caring for the calf and show opportunities in the essay
- Winner must agree to exhibit the calf at shows and give a report on the calf at the WGBA annual meeting after winning
- Winner must be willing to join the Wisconsin Junior Guernsey Breeders' Association for a one time fee of \$15.00.

To enter the contest, interested Wisconsin youth should mail their essay to: Dawn Pingel, Essay Committee Chairwoman, 19398 Juneau Rd., Wilton, WI 54670 All entries must be postmarked by **Feb. 7, 2013**. For additional information, applicants can call [\(608\) 484-0416](tel:6084840416) or e-mail [wisgba@yahoo.com](mailto:wisgba@yahoo.com).



**2013 Youth Pig Project Announced**

The Wisconsin Pork Association Youth Committee is offering Youth Pig Project scholarships, designed to assist 4-H and FFA members in establishing swine projects that can lead to development of life skills and career opportunities in the Wisconsin pork industry.

4-H and FFA youth ages 9-19 as of January 1, 2013, are eligible to apply for a \$50.00 scholarship, to be used to offset costs associated with their 2013 pig project. Six \$50.00 scholarships will be awarded. Age divisions are as follows: Ages 9-12, 13-15, and 16-19 (as of January 1<sup>st</sup>).

In the application, youth must provide project goals for the year; MAQA certification date; a simple project budget; future goals and how they relate to the pork industry; and “why should the WPA select you for the scholarship.” To receive a copy of the application, please contact the WPA office at 1-800-822-7675 or download the application from the website at [www.wppa.org](http://www.wppa.org).

Interested youth must complete and mail the Youth Pig Project application form no later than Feb. 15, 2013, to WPA, P.O. Box 327, Lancaster, WI 53813. Youth who receive a scholarship will receive a follow-up questionnaire after their project year is complete.

**NEW THIS YEAR** - For 2013, the Wisconsin Pork Association is teaming up with show pig producers from across the state of Wisconsin to make this program even more beneficial. Now, along with the \$50.00 scholarship awarded by WPA, scholarship recipients who choose to do so will also be eligible to receive a \$75.00 buying credit from a cooperating Wisconsin show pig producer! Each participating producer will offer one buying credit, with selection of the credit by scholarship winners being in the order of judges’ applicant ranking (top-ranked applicant gets first choice of buying credit, 2<sup>nd</sup> ranked applicant gets second choice of buying credit, etc.



**Foods & Clothing Revue**

If you plan on participating, start thinking about what you are going to register. There will be more details in the April 2013 Bugle, so be sure to watch for it!

The central graphic features a purple banner with the text "Foods & Clothing Revue" in a pink, bubbly font. Above the banner is a small illustration of a sewing machine. Below the banner are two circular illustrations: on the left, a girl in a pink shirt and blue apron is cutting a potato; on the right, a boy in a green shirt and blue apron is cutting a tomato. At the bottom of the graphic is a horizontal strip with various sewing-related items: a spool of red thread, a spool of blue thread, a pink pincushion with several pins, a pair of scissors, and several colorful buttons.





**IT’S TIME TO START THINKING ABOUT THE 2013 WISCONSIN STATE FAIR YOUTH EXPO!**

Youth Expo is comprised of a variety of programs including music and drama performances, mini performance acts, demonstrations, style revues, activity stations, and project exhibits. These programs highlight Wisconsin youth organizations and provide educational experiences so youth participants can further develop their leadership and communication skills while at Wisconsin State Fair.

All Wisconsin organizations dedicated to youth development are encouraged to apply and participate in Wisconsin State Fair Youth Expo programs. Olivia Kopecky unfurled the Burnett County 4-H banner (right) she made for the state fair at the Music Festival on January 26. It will be displayed near the Ag Oasis Stage between the Coliseum and Wisconsin Products Pavilion.

Project exhibits, clothing revue, mini-performances, and music and drama groups are nominated at the county level. However, any youth from 12-19 years of age may enter the Activity Stations and Demonstrations cat-

egories by obtaining Dani Ganje’s signature.

Youth participating in Activity Stations are interested in and informed about youth organizations. Youth participate for three to four days or one day in the Day Groups program. Participants assist fairgoers in Activity Station activities, discuss Youth Expo organizations, and join in all designated program activities throughout the day (8:30am—7:30pm). Benefits to youth include enhancing public speaking and communication skills, leadership skills, and having fun meeting, working, and networking with new people.

Youth with a prepared demonstration or illustrated talk may participate for three to four days, giving their demonstration at all scheduled times on the demonstration stage. They participate in all designated program activities throughout the day (8:30am—7:30pm). Demonstration participants enhance their public speaking and communication skills, build self and peer evaluation skills, and have fun meeting, working, and networking with new people.

See Dani for more information or check out the youth expo web site: [http://www.wistatefair.com/fair\\_competitions/youth\\_expo.html](http://www.wistatefair.com/fair_competitions/youth_expo.html).



2013 Burnett County 4-H Banner





**Save the date and join us!**

**3<sup>rd</sup> Annual**



**Registration available at [www.BCAAPC.org](http://www.BCAAPC.org)**  
Put on your lucky green gear and run, walk, or leprechaun leap  
your way through this fun family event!



Hosted by: Burnett County Adolescent AODA Prevention  
For more information call 715-349-2155 or visit us at:  
[www.bcaapc.org](http://www.bcaapc.org) or [www.facebook.com/BCAAPC](https://www.facebook.com/BCAAPC)



## The Wisconsin Rural Water Association Presents: 2013 Water Conservation Poster Contest

### “My Role in Protecting Water”

The Wisconsin Rural Water Association and local water utilities invite teachers throughout Wisconsin to enter students' artwork in WRWA's 2013 Water Conservation Poster Contest. The contest is open to all Wisconsin public and private school 1<sup>st</sup> – 6<sup>th</sup> graders. Winners will receive prizes and first place winners have a chance at a prize for their school.

The theme for the contest is “My Role in Protecting Water”. As part of the project, teachers are encouraged to discuss the importance of water resources in our state, and help students think about what role they play in protecting water. Water facts and things to consider:

- How do my actions affect my community & our water.
- How can I create a ripple effect by being a leader and influence my parents and peers to make a positive impact on water and the environment.
- Even if I have clean safe drinking water, are there people in the state, country or world who don't? Who are they and is there anything I can do to help?
- 780 Million people globally lack clean safe drinking water.
- Less than 2% of the Earth's water supply is fresh water
- Each person uses approximately 60 gallons of water every day in Wisconsin.

All entries must be drawn vertically (portrait) on 11"x14" poster paper. Entries must be postmarked no later than **March 1, 2013**. See page 2 for contest guidelines and rules. **Contest Prizes are sponsored by the WRWA Water Industry Professionals.** One first and second place winner will be selected from each grade level 1<sup>st</sup> through 6<sup>th</sup>. Winners will be chosen and announced at the Wisconsin Rural Water Association's Annual Conference March 19-22, 2013. For Further information: [www.wrwa.org](http://www.wrwa.org)

#### *First Place*

\$100 Cash Prize

Chance at your school winning \$500 for supplies.

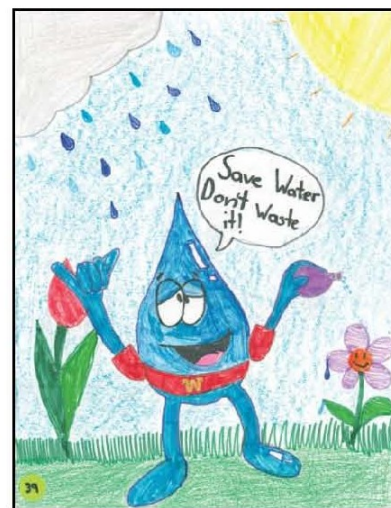
#### *Second Place*

\$50 Cash Prize

#### **Sponsored By:**

**Wisconsin  
Rural Water  
Association**

**Water Industry  
Professionals**





Water Conservation Poster Contest Entry Form

Entry Deadline:  
Postmarked No Later Than  
Friday, March 1, 2013  
Questions? Call (715)321-3451

Mail Entries To:  
WI Rural Water Association  
350 Water Way  
Plover, WI 54467

Guidelines

Teachers, first talk to your students about where our water comes from, our limited supply, why it is important to conserve water, and simple ways individuals can conserve and protect water. Then, encourage your students to draw a poster that illustrates one important point based on this year’s theme, “My Role in Protecting Water”. Students are encouraged to use few words, large lettering, heavy lines and strong colors.

Rules

- 1. Participating schools must be located within the State of Wisconsin. Entries will be accepted from teachers only.
- 2. Posters must be on 11"x14" poster paper. All posters must be drawn vertically (portrait) on 11"x14" poster paper. Entries that are not on 11"x14" paper or are drawn horizontally will be disqualified.
- 3. Students may use crayon, watercolor, poster paint, markers, ink, cut paper, tissue paper or fabric. Please do not use materials that may smear, crack or chip.
- 4. Students must work on posters independently. Collaborated work (a poster created by 2 or more students) will be disqualified.
- 5. Only original artwork will be accepted. Computer generated drawings will not be considered. Reproduction of popular cartoon characters or three-dimensional work will be disqualified.
- 6. Posters will not be returned. They will remain the property of the WRWA and may be reproduced.
- 7. Each School will have a maximum of one chance in the first place winners drawing to win the school prize.

Contest Entry

We ask that teachers submit 3 posters that illustrate this year’s theme, “My Role in Protecting Water” to represent your class. Art teachers may submit 3 posters to represent each class, and combination classes may submit 3 posters per grade level. Please make sure to attach the student entry form with tape to the back of each poster. Please then paper clip posters, along with the class entry form and package them so that they remain flat.

Questions? Call (715) 321-3451.

CLASS ENTRY FORM ATTACH TO ALL POSTERS

Teacher's Name \_\_\_\_\_  
School \_\_\_\_\_ Grade \_\_\_\_\_  
Email Address \_\_\_\_\_  
School Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
School Phone # \_\_\_\_\_  
Total Number of Students in Your Class \_\_\_\_\_  
Teacher's Phone # \_\_\_\_\_

Posters will not be returned. They will remain the property of WRWA and may be reproduced.

☐

Check here if interested in having WRWA give a groundwater talk at your school

STUDENT ENTRY FORM  
ATTACH TO BACK OF POSTER

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Home Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone # \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_  
School \_\_\_\_\_  
Teacher's Name \_\_\_\_\_  
Teacher's Phone # \_\_\_\_\_

Posters will not be returned. They will remain the property of WRWA and may be reproduced.

STUDENT ENTRY FORM  
ATTACH TO BACK OF POSTER

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Home Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone # ( ) \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_  
School \_\_\_\_\_  
Teacher's Name \_\_\_\_\_  
Teacher's Phone # ( ) \_\_\_\_\_

Posters will not be returned. They will remain the property of WRWA and may be reproduced.

STUDENT ENTRY FORM  
ATTACH TO BACK OF POSTER

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Home Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone # ( ) \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_  
School \_\_\_\_\_  
Teacher's Name \_\_\_\_\_  
Teacher's Phone # ( ) \_\_\_\_\_

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**Cooperative Extension**

Cooperative Extension Programs

US Department of Agriculture

University of Wisconsin - Extension

Burnett County Extension Office

7410 County Road K, #107

Siren, WI 54872

Official Business

Penalty for Private Use, \$300

## Burnett County 4-H Bugle

### **Burnett County**

#### **Government Center**

**Phone:** (715) 349-2151

**Fax:** (715) 349-2102

**Email:** danielle.miller@ces.uwex.edu

**Website:** www.burnett.uwex.edu/4h

Danielle Ganje, 4-H Youth and Family Development Educator

Mike Kornmann, Comm. Dev. Educator

Julie Yezek, Nutrition Education Program

Beth Greiff, Administrative Assistant



### **Northern District Office**

**Phone:**(715) 635-9190

Julie Keown-Bomar, District Director

Cathy Crandall, Support Staff

### **Spooner Agricultural Research Station**

**Phone:** (800) 528-1914

Kevin Schoessow, Area Ag Agent

Richard (Otto) Wiegand, Area Ag Agent

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### **Burnett County 4-H Leaders Association Executive Committee**

Phil Stiemann, President; Brian Webster, Vice President;

Sheryl Stiemann, Secretary; Charlene Strabel, Treasurer