



*Burnett County*

# 4-H Bugle

*July-August 2020*

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## **A Note from the Educator -** *Beth Rank*

Summer may be winding down and although we may not have been able to participate in many, if any, 4-H events this summer like we typically have in other summers, I really hope everyone has been able to find ways to see the silver lining in all of this. Perhaps you had more family time to work on 4-H projects, learned how to Zoom or meet virtually on other platforms, or been creative with how to display your 4-H work. As we near the end of the 4-H year we want to celebrate whatever you WERE able to do.

Please document all your work in your Record Book. Be as detailed as possible about why you did or didn't reach the goals you set for yourself with each of your projects. Coronavirus has changed many plans but it is just as important to document how you adapted and what you learned through this challenging time. Perhaps you forgot about some aspects of 4-H during this time, that is okay too. Just write something about it and what your plans are for next year. It would be unheard of for us to reach all of our goals every year in every project.

Reminder, check with your club leader to confirm when Record Books are due to them. All Record Books are due for review by the Awards Committee by September 14<sup>th</sup>.



**I love 4-H**

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

# Calendar

## AUGUST

- 4 National Night Out, Crooked Lake Park in Siren, and Memory Lake Park, Grantsburg
- ~~6-16 Wisconsin State Fair, West Allis~~
- 9 Jr Leaders' Meeting in person or Zoom
- ~~10 Siren Countywide Cloverbud Meeting, 6pm, Gov't Center~~
- 10 Leaders' Association Meeting, 7pm, Gov't Center Room 165 or Zoom
- ~~11 Grantsburg Countywide Cloverbud Meeting, 6pm, Grantsburg Library~~
- ~~20 September Bugle Submission DEADLINE~~
- ~~27-30 Burnett County Agricultural Society Fair, Grantsburg~~
- 30 National 4-H Youth Art Calendar Submission DEADLINE**

## SEPTEMBER

- TBA Enrollment for 2020-2021 4-H Year Begins on 4HOnline
- TBA First Day of School
- 7 Labor Day, UW-Extension Office Closed
- 13 Jr Leaders' Meeting
- ~~14 Siren Countywide Cloverbud Meeting, 6pm, Gov't Center~~
- 14 Leaders' Association Meeting, 7pm, Gov't Center
- 14 Record Books **DUE**
- 14 Grant Applications **DUE**
- ~~15 Grantsburg Countywide Cloverbud Meeting, 6pm, Grantsburg Library~~
- 16 Awards Committee Meets (Tentatively)
- 16 Project Day Registrations **Due**
- 20 October Bugle Submission **DEADLINE**
- 18-20 Central Burnett County Fair, Webster
- 30 End of 2019-2020 4-H Year

## OCTOBER

- TBA Arts Camp, Upham Woods
- 1 Trip Award Applications **DUE**
- 1 Start of 2020-2021 4-H Year
- 3 (Tentative) Fall Project Day
- 4 Install Window Displays
- 4-10 National 4-H Week
- 10 Remove Window Displays

- 10 Northern WI Beef Producers Assoc. Kids n Cows Event, Barron County Fairgrounds
- 11 Jr Leaders' Meeting
- 11 Trip Award Interviews
- 12 Siren Countywide Cloverbud Meeting, 6pm, Gov't Center
- 12 Leaders' Association Meeting, 7pm, Gov't Center
- 13 Grantsburg Countywide Cloverbud Meeting, 6pm, Grantsburg Library
- 20 November Bugle Submission **DEADLINE**

**OFFICE HOURS** - Beth Rank is working remotely until further notice. She can be reached via email at [beth.rank@wisc.edu](mailto:beth.rank@wisc.edu) or office phone 715-349-2151 that rings to her cell phone. Tammy is in the Land Services Office Monday - Friday from 8:30 am until 4:30 pm.



Octopuses lay 56,000 eggs at a time. The mother spends 6 months so devoted to protecting the eggs that she doesn't eat. The babies are a size of a grain of rice when they are born.

Armadillo shells are bulletproof.



**FOOD RESOURCES** - Second Harvest Food Distribution dates at Connections in Webster from 11am-4pm

- August 6 & 20
- September 3 & 17
- October 1 & 15

Children's books will be given to families on food distribution days also!

Free bread available at Trinity Lutheran Church in Falun every Friday from 11am until the bread is gone.

## 4-H News

**BUGLE DEADLINE** - The **DEADLINE** to submit all *Bugle* articles, news, photos, etc. is the 20th of the month. Please drop your items off at the office or email Beth Rank. Anything received after the 20th will go in the following month's *Bugle*.

**NEW EMAIL** - With the transition to UW-Madison, Beth has a new email address. Please replace beth.rank@ces.uwex.edu with [beth.rank@wisc.edu](mailto:beth.rank@wisc.edu). The ces.uwex.edu account will be forwarded until sometime in 2020.

**PLAT BOOKS** - Plat book sales are one of the main fundraisers of the Burnett County 4-H program. Please encourage people to purchase a traditional paper plat book, wall map, or maps in two digital versions.

1. SmartMap for your smart phone or tablet. A SmartMap allows you to view your location on the map and track real-time movement with the device GPS, you can measure distances and areas as well as add points of interest, photos, position and label names to the map and much more.
2. eBook for your tablet, laptop or PC. This is a digital version of the plat book. Visit [mappingsolutionsGIS.com](http://mappingsolutionsGIS.com) for these digital products.

### Animal Sciences

#### 4-H DOG PROJECT RESOURCES

4-H Dog Project members (or anyone who has a dog and wants to learn more about resources related to dogs!) Along with 4-H staff, the state dog project volunteer show planning committees from La Crosse and Washington Counties have made the decision to cancel the following education experiences for 2020:

WI 4-H Dog Agility Show (Middleton, WI)  
WI 4-H Obedience & Showmanship Show (Washington County Fair Park)

In the absence of these events, we want to encourage participants to continue to stay as active with dog project education and training. Please check out the Wisconsin State 4-H Dog Project Facebook

page <https://www.facebook.com/groups/285831345096897/> for some great obedience training videos provided by the Kewaunee dog project. The Wisconsin 4-H Program page <https://fyi.extension.wisc.edu/wi4haganimalscience/dog/> also has links to dog project resources.

Also, check out the American Kennel Club (AKC) Titles & Programs You Can Do From Home <https://www.akc.org/expert-advice/sports/akc-titles-programs-can-home/> and a Virtual Rally

program <https://www.akc.org/sports/rally/rally-virtual-entry-pilot/>. Please take care of yourselves and loved ones during this challenging time.

#### VIRTUAL FARM TOURS AVAILABLE

Virtual Farm Tours of the Arlington and Lancaster Research Stations have completed. The recordings are available on the website Wisconsin Youth Livestock Program or on YouTube

[https://www.youtube.com/playlist?list=PLI3EqGUag9cz\\_1DCKOLL5KSMtwm1SyuKT](https://www.youtube.com/playlist?list=PLI3EqGUag9cz_1DCKOLL5KSMtwm1SyuKT). These farm tours are for anyone.

**INVESTIGATE** Animal Sciences projects at <http://fyi.uwex.edu/wi4hprojects/animal-sciences/>.

## Science, Technology, Engineering & Math

Brown County 4-H Tech Changers program has developed some 30-40 minute challenges using simple, everyday items for late elementary/early middle schoolers to use to complete a STEM (Science, Technology, Engineering, and Math) challenge. Go check it out!

<https://www.4-htech.com>. More challenges will be added soon. This website is worth a bookmark on your browser.

**INVESTIGATE** STEM projects at <http://fyi.uwex.edu/wi4hprojects/stem-science-technology-engineering-math/>.



**Note from the Grantsburg Fair:** 2020 Fair Books were printed and distributed in late May/early June. If the fairs decide to cancel due to COVID-19, please keep your 2020 Fair Book and use it for 2021.

Check out more fair information on their Facebook page: <https://www.facebook.com/grantsburgfair>

### 4HOnline is getting better...it will now be 4HOnline 2.0!!

The following dates are shared with you as a 4-H family and/or club leader. Please remember that August 20<sup>th</sup> is the last day to edit anything in 4HOnline 1.0 until early September. It might be a good idea to go into 4HOnline and record exactly what 4-H projects each member in your household registered for as those are the projects that must appear in their Record Book. Club Leaders, it might be a good idea to pull a report of all your members, their projects, and contact information for each family so you can connect with everyone during this transition period.

July 15	Last day for families to add new youth or adults.
August 7	Participating adult volunteers and youth must be "Active." Group Enrollment deadline in 4HOnline 1.0.
August 20	Last day to edit in 4HOnline 1.0.
August 21	4HOnline 1.0 is closed for families and staff edits; Staff will only be able to view data. Families will not have access.
Early September	4-H Online 2.0 opens for families.

## Youth Leadership

The **Burnett County 4-H Jr. Leaders to Wild Mountain** in Taylors Falls, MN on **Sunday, August 9, 2020** was not approved by Wisconsin State 4-H Leadership or Area Director.

We were approved to have a regularly scheduled meeting IN PERSON!!! So, come one, come all (well, the first 9 youth who sign up) at 1:00 on Sunday, August 9th to the Burnett County Government Center Room 165. Please bring a face covering and writing utensil. Beth will have disposable masks and a new pen for those who forget or do not have one. [See agenda on page 11.](#)

## Cloverbuds during COVID-19 Pandemic

During this COVID-19 pandemic, Burnett County 4-H Cloverbud meetings will be following our school cancellation policy for inclement weather. **All Cloverbud meetings are CANCELLED** until at least the new 4-H year. Please complete the Cloverbud activity pages independently for June. More information to come in future newsletters regarding future months. There are also additional activities to be completed in the back of the book as time and interest allows. If you do not currently have a Cloverbud Book but are enrolled and need to get one, please contact Tammy Johnson at 715-349-2151 or email her [tjohnson@burnettcounty.org](mailto:tjohnson@burnettcounty.org).





## 4-H Town Halls

Starting in 2020, Wisconsin 4-H will be hosting quarterly Town Hall meetings where volunteers and staff can join to hear updates from the State Leadership Team and learn about things going on in the program. Town Hall meetings are hosted via Zoom. It is recommended that you join Zoom via a computer or smart phone by downloading the [Zoom application](#). You will be able to see key visuals if you connect via Zoom. Otherwise you can dial by phone with the unique meeting ID for each Town Hall meeting. Each Town Hall meeting will be recorded for later viewing and will be archived in a Google Drive folder. Check with your County 4-H program to see if they offer a viewing party for the Town Hall meetings!

<https://fyi.extension.wisc.edu/wi4hvolunteers/wiscconsin-4-h-town-halls/>

Connection information for each Town Hall meeting will be unique and will be posted on this website when it is available. Connection information will also be emailed out to currently enrolled 4-H volunteers.

October 6th, 7:00-8:00 p.m



It's the perfect time to show your 4-H pride by ordering a Wisconsin 4-H license plate for the car, truck or motor home says Brenda Scheider, Executive Director for the Wisconsin 4-H Foundation. "Half of the proceeds from every plate sale will go back to the county in which the plate was purchased. The other half will be used for state and regional 4-H programs."

At each plate renewal, 4-H supporters will pay the \$25 donation and the regular registration fee for non-personalized 4-H license plates.

4-H license plates may be personalized by paying a \$15 personalized plate fee each year in addition to the \$25 donation and regular annual registration fee.

Contact the Wisconsin Department of Transportation or go to [www.wisconsin.gov/Documents/formdocs/mv2969.pdf](http://www.wisconsin.gov/Documents/formdocs/mv2969.pdf) for more information.

### INFORMATION FOR NEW FAMILIES

The Burnett County UW-Extension website is loaded with information to guide families through 4-H. Please share this information with new families. Re-enrolling families might not be aware of all these resources either!

- **PROJECT GUIDE** - The most recent Burnett County 4-H Project Guide may be found on the For Members page under 4-H Youth Development. The link is: <https://burnett.extension.wisc.edu/4-h-youth-development/for-members/member-forms/>
- **ENROLLMENT HELP** can be found in several links on the 4-H Support page. The link to that page, which includes Enrolling as a New Family, How to Re-Enroll, Club Manager Guide, and a link to 4HOnline, is: <https://burnett.extension.wisc.edu/files/2016/11/Enrolling-in-4HOnline-as-a-NEW-family.pdf>
- **AWARD GUIDELINES** are also on the site on their own page, Youth Award Guidelines, under 4-H Youth Development/For Members. That link is: <https://burnett.extension.wisc.edu/4-h-youth-development/for-members/youth-award-guidelines/>
- **COMMUNITY CLUBS** are also located under the 4-H Youth Development tab. Contact information for each club as well as club location are included.

# August Adult Leaders' Meeting Agenda

BURNETT COUNTY 4-H LEADERS ASSOCIATION

AUGUST 11, 2020 7:00 P.M.

Room 165 of Government Center OR via Zoom Meeting

To register to attend this meeting in person or via Zoom:

<https://forms.gle/Y3DCKqPggyMTXhNX8>

To attend the meeting via Zoom, please register here too:

<https://uwextension.zoom.us/join/register/tJYlcO2grDgyEtCKbvtDI3oj5cbD9kNYmuN2>

After registering, you will receive an email with link and password to join the meeting.

CALL TO ORDER

PLEDGE

SECRETARY'S REPORT

TREASURER'S REPORT

CLUB REPORTS- BRANSTAD BUCKS, JOLLY HS, ORANGE, WOOD CREEK, WOOD RIVER

BEAVERS

EXTENSION REPORT

JUNIOR LEADER REPORT

## OLD BUSINESS

Record Books-

-Due for county review September 14<sup>th</sup>

-All forms to review Record Books will be mailed to one club leader per club soon. Who do you want them sent to for your club? BB, JH, O, WC, WRB

Charters

-Financial pieces due September 1<sup>st</sup> to the state and remainder of document is due November 1<sup>st</sup>

-Please send them to Beth ASAP (mail or email)

OTHER OLD BUSINESS

## NEW BUSINESS

ANY OTHER NEW BUSINESS

Fall Project "Day" to be celebrated National 4-H Week

-in lieu of having a Fall Project Day in person, Beth would like to have a 4-H exploration week.

Current and perspective members are encouraged to participate in as many virtual sessions as they want. For virtual sessions any materials needed will be available for pick up or can be mailed. There may also be in person (less than 10 people total) programming offered in the evenings.

4HOnline 2.0!

-Registration for the 2020-2021 4-H year will begin mid-September. Information was in the Bugle

-There are some really cool features about 2.0 that will make using this registration system way easier for everyone!

-Right now club leaders and project leaders don't have access in 2.0 but they are working on that and will offer training when that becomes an option. In the meantime, if you want rosters or anything, just ask Beth or Tammy. It's a new system for everyone but many things have been streamlined.

Achievement Celebration in November

-Virtual like they did HS Senior Scholarship Awards Celebration? Drive through style? Postponed? By club?

Volunteer Banquet and Annual Meeting in November

- Virtual? Drive through style? Postponed? By club?

OTHER NEW BUSINESS

**PLEASE READ:** In deciding whether or not to attend this meeting in person or online: Please stay home, and join us via Zoom, if you are experiencing any of the symptoms of COVID-19 or have had known contact with anyone with COVID-19 in the last 14 days.

**DISCLAIMER:** UW-Madison Division of Extension faculty, staff and volunteers may require that program participants leave a program, based on health concerns associated with COVID-19.

Next meeting is September 14<sup>th</sup>, 2020 AT 7:00 PM Room 165 and/or Zoom

## June Leaders' Minutes

June Adult Leader's Association

June 8, 2020

Meeting called to order by Don S at 7:04 p.m. Grace joined later and lead the remainder of the meeting

Present: Carol Lanza, Sheryl Stiemann, Phil Stiemann, Tessa Zeller, Beth Rank, Adrienne Fuller, Charlene Strabel, Don Strabel, and Grace Glover Swanson

Pledges were done on our own as meeting was in zoom.

Secretary report was read and a motion made by Charlene and seconded by Sheryl to approve the report. Motion carried.

Treasurer Report was read and a motion to accept was made by Sheryl and a second by Charlene to accept the report. Motion carried.

### CLUB REPORTS:

Branstad Bucks- had a meeting via Duo on phones or tablets. Working on projects for fair if we still have it.

Jolly H's- have not met. Plan on having a virtual meeting and each family is going to do highway clean up

Orange- no meeting each family working on projects

Wood Creek- nothing, 2 in Food and Clothing Review

Wood River Beavers- no report

Extension Office- went to Grantsburg Fair board meeting, fair books are out but save them as will use them next year if no fair. Working remotely but normal business hours

Jr. Leaders- meeting on Sunday planning a Wild Mountain trip, if able.

### OLD BUSINESS

\* No Cultural Arts Fest this year.

\*Food &Clothing Review- had 2 participants

\*Motion was made to purchase 50 green Record Books binders

\*Beth will have more information about charters soon

No NEW BUSINESS

Meeting adjourned around 8:00 p.m.



## July Leaders' Minutes

### July meeting

July Leader's Meeting

July 13, 2020 at 7pm

Present: Beth Rank, Tessa Zeller, Grace Glover Swanson, Bonny Moody, Don Strabel, Charlene Strabel, Anna Treague, Phil Stiemann, Sheryl Stiemann, Kelly Gardner

Meeting called to order by Grace at 7:01pm

Pledges were recited

Secretary's report was read. Motion made by Phil and seconded by Don to accept. Motion passed  
Treasurer's report was read. Motion made by Charlene and seconded by Bonny to accept. Motion passed.

### CLUB REPORTS

Branstad Bucks: had meeting via Duo and talked about record books and what we need to do to finish them up.

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Jolly H's: met with a couple families and each family is still working in highway cleanup.

Orange: no meeting, communicating through Facebook, and looking for a new leader or new co-leaders.

Wood Creek: no report in between meetings, Music in the park in August.

Wood River Beavers: no report

Extension Office: for meeting it has to be 10 people or less for clubs to meet. Charter process-financial part due by September 1st and rest due November 1st. Tammy in office full time to help us.

Beth is working remotely and is available via phone or email.

Jr. Leaders: met on Sunday, Wild Mountain on August 9<sup>th</sup> if possible and each person will pay half.

#### OLD BUSINESS

Green binders: let Beth or Tammy know how many each club needs and how they want to get them. And due for county review on September 14th. Also keeping the forms the same as before.

Summer Camp location update: we have 4 places proposed and have a small group to look at them.

Charters: Financial part due September 1st and rest due November 1st. Will brain storm as a group in the next few months to wait until we are together to do a good discussion.

#### NEW BUSINESS

4-H Fall Promotion: wait to see how the schools are going to run this fall

Record book Award process: For trips the ones that were awarded ones in 2019 get to go next year if they still want to. A motion was made to approve this by Sheryl and a second by Charlene. Motion carried.

Project Day: Saturday October 3, 2020 tabled until later date when we know what is all going on.

Meeting Adjourned at 7:49pm



## Remote Conservation Challenge

Upham Woods has created a Conservation Challenge to give back to the land that is so often taken for granted. **We aim to put 10,000 hours of conservation service into our lands by the year 2020.** We will accomplish this goal through our many conservation program opportunities for both campers and community members. The goal of the challenge is to restore our land while simultaneously giving people the skills and knowledge of land management.

### Remote Conservation

Want to participate in the 10k Conservation Challenge in your own community?

Fantastic! Take a look at these videos and handouts below for some ideas on how to get started. Fill out the survey, so Upham Woods can count your service towards the 10k Conservation Challenge. If you complete 10 hours before the end of the summer (August 15, 2020), then we will mail you an Upham Woods camp t-shirt! So be sure to log your hours so we can track them.

To get involved in the Conservation Challenge email our Conservation Program Coordinator, Caroline Zimmerman, at [czimmerman6@wisc.edu](mailto:czimmerman6@wisc.edu) or call (608) 254-6461.

For more information check out Upham Woods online:

<https://fyi.extension.wisc.edu/uphamwoods/programs/conservation-program/>



# Celebrate Nancy Zieman and be a part of the Great Wisconsin Quilt Show 4-H Virtual Community Quilt

The 2020 Great Wisconsin Quilt Show Virtual Experience invites all youth and adult quilters, “sewists” and fiber artists to contribute to a virtual community quilt in celebration of Nancy Zieman, a groundbreaking entrepreneur, sewing and quilting designer and educator, and host of **Sewing With Nancy** whose life and work will be chronicled in the upcoming PBS Wisconsin documentary, **Nancy Zieman: Extraordinary Grace**, which will premiere later this year.

Zieman’s career in sewing and fiber arts was inspired by her youth participation in Wisconsin 4-H. She credited 4-H for many life skills including public speaking, problem solving, self-confidence, leadership and communication skills. 4-H project experiences allow youth a chance to explore their interests, creating pathways to both careers and lifelong hobbies.

Anyone who has been inspired by Zieman or 4-H is welcome to join in this interactive project that will result in a collective digital community-built quilt that will be available to view online as part of the 2020 Great Wisconsin Quilt Show Virtual Experience at [QuiltShow.com](https://www.QuiltShow.com).

Participants are asked to upload an image of a 6-1/2-inch fiber art square or quilt block (no larger than 2 MB) at [QuiltShow.com/communityprojects](https://www.QuiltShow.com/communityprojects), along with a statement detailing how Nancy Zieman and/or 4-H directed their fiber arts journey or career path.

Note: Fiber arts square or quilt block must be 6-1/2-inches square, and may be stitched, pieced, appliquéd, painted, beaded, mixed or other. Entries are due by September 1<sup>st</sup>.

**The Great Wisconsin Quilt Show** virtual community quilt(s) will be shared at [QuiltShow.com/digitalquilt](https://www.QuiltShow.com/digitalquilt) as part of the virtual experience, Sept. 10-12. You’ll also be able to scroll through and read stories from participants across the country whose lives have been impacted by Nancy Zieman and/or 4-H.

Registration for the free 2020 **Great Wisconsin Quilt Show** is now open and available at [QuiltShow.com](https://www.QuiltShow.com). Users can find full information about interactive educational lectures, a virtual vendor mall and multiple digital quilt exhibits, including the annual judged and juried Great Wisconsin Quilt Show Quilt Contest.

**The Great Wisconsin Quilt Show** is presented by PBS Wisconsin and Nancy Zieman Productions LLC. Proceeds from **The Great Wisconsin Quilt Show** support PBS Wisconsin programs and community outreach projects. PBS Wisconsin is a service of the Educational Communications Board and the University of Wisconsin-Madison.

PBS Wisconsin is a place to grow through learning on WHA-TV, Madison; WPNE-TV, Green Bay; WHRM-TV, Wausau; WLEF-TV, Park Falls; WHLA-TV, La Crosse; and WHWC-TV, Menomonie-Eau Claire.



## Fall Forum Reimagined – November 6-8, 2020

You don’t have to travel to the Green Lake Conference Center this year to participate in the Reimagined Wisconsin 4-H Fall Forum. Just tune in online to experience some amazing learning opportunities offered by youth and adults on the Wisconsin Leadership Council. For now, please hold November 6-8 open and we will communicate more information as it becomes available.

# 2020 Food & Clothing Revue



# August 9th Jr. Leaders' Meeting Agenda

## Burnett County 4-H Junior Leaders' Meeting Agenda

Sunday, August 9, 2020 1:00 p.m.

Via Zoom Meeting OR Room 165 of Burnett County Government Center

Register in advance for this meeting:

Registration link (to ensure we do not exceed 10 person maximum for in-person meeting): <https://forms.gle/1xsKPYtVWZ1owd4P9>

Registration link for Zoom only: <https://uwextension.zoom.us/meeting/register/v5wkce6qpjzpU-76o7AVrwbflgJjT2Xctw>

After registering, you will receive a confirmation email containing information about joining the meeting.

Text or call Beth at 715-520-2354 if you are experiencing challenges. You may need to download the Zoom Meeting application (please allow a few minutes for this prior to the meeting).

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Select meeting leader and note taker

Introductions: Name, 4-H club, and \_\_\_\_\_ (meeting leader's choice)

Pledges (Zoom participants, please mute microphone due to internet delays)

Discussion from June/July 2020 meetings & official minutes from April 5, 2020 meeting

Old Business

Wild Mountain trip this summer. Sunday, August 9, 2020 had to be cancelled. Jr Leaders voted to pay ½ of \$29.99 entry fee for water park, dry games, and alpine slide.

Do you want to postpone this trip until 2021 or whenever restrictions are lifted and it is practical and safe to attend?

New Business

Achievement in Youth Leadership Project-brainstorm ideas to show growth in project area

Fall Virtual Project "Day" during National 4-H Week, October 4-10, 2020

Brainstorm ideas that can be offered virtually:

There are 30 enrolled Cloverbuds and the top 5 projects for 3-13<sup>th</sup> graders: Youth Leadership (22); Photography (21); Art (18); Speaking (15); Poultry (11)

Youth Leadership Member Display Case to enter in County Fair. Who wants/needs a box? Would you be interested in a virtual class if the pre-cut, pre-drilled supplies were provided?

This class is open to all youth members. The display case is to have been built by you to display pins, medals & awards you have won. The case should be constructed of wood, painted white, with a glass cover. The floor of the display case should be covered with green felt. The inside dimensions should be no larger than 10" wide x 14" long x 3" deep. Your name & club should be displayed on a 3" x 1" white card in the lower right hand corner of the case. Note: you can use the display case from year to year. You need only change the contents.

What class are you willing to teach as part of your 2020-2021 Youth Leadership project?

Deadline to submit a proposal is August 20<sup>th</sup>!

Any Other New Business

Adjourn meeting

Next Meeting: September 13th. More details regarding in person or via Zoom.

## Research Opportunity

The COVID-19 pandemic has changed the lives of youth and families across our state, the country, and the world. There is very little known about how these changes may further impact the mental health and general well-being of our citizens and communities. The BRAVE Research Center, led by Dr. Ryan Herringa, in Department of Psychiatry at UW-Madison feel compelled to help us all understand the extent to which our families may be impacted by the pandemic.

To this end, they have launched a new, remote research study targeting parents or caregivers of school-aged children between the ages of 6 and 17 years old. Study participation involves completing a set of online surveys that may take up to one hour to complete. There is also an option for youth to complete surveys in addition to their caregivers.

In order to see how the impact of COVID-19 may shift over time, they will invite caregivers (and their youth, if applicable) to complete the surveys at three time points. A second set of surveys to complete will be sent one month after the initial surveys, and a third set will be sent six months after the initial surveys.

Upon completion of each survey, families will be entered into a randomized drawing for a \$100 Amazon gift card. This means that if you complete the baseline, one-month, and six-month follow-up surveys, you could win up to \$300 in Amazon gift cards. The same opportunities will be given to your adolescent, should they also choose to participate.

You can visit our website for additional information: <https://brave.psychiatry.wisc.edu/>

You can also go directly to the survey by clicking on this web address: <https://redcap.ictr.wisc.edu/surveys/?s=33JL3NTH3H>

Finally, you can also call (608-265-3610) or email ([braveyouthlab@psychiatry.wisc.edu](mailto:braveyouthlab@psychiatry.wisc.edu)) our study team with any questions. Feel free to forward this message to other families that may be interested. Thank you so much for your interest in helping our community during these times.



## Virtual Learning Community

<https://4h.extension.wisc.edu/virtual-learning-community/>

UW-Madison Extension's Positive Youth Development Institute is working to create a Virtual Learning Community during the summer of 2020 to provide quality educational activities online that youth, volunteers, and staff can participate in. This committee has been working hard to create an easy to use calendar and submission form that will help to promote these activities Statewide and beyond. These activities will cover a wide variety of topic areas and methods of delivery. The committee wants to make sure that anyone who wants to find something engaging, educational, and fun online is able to do so easily. The Virtual Learning Community is set to run our Summer of Activities from July 1-August 31, and we will use this experience beyond the summer to bring more high quality virtual programming to youth, volunteers, and Extension staff across Wisconsin!



## Tips for talking with teens about COVID-19

"If there are things you want to be sure your teen does when leaving the home, returning to work or school or social contact, make those expectations clear."

— Amy Stockhausen, a pediatrician at UW Health, on talking to teenagers about the challenges of

*(continued on page 13)*



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life during an outbreak. She offers additional tips on how to provide extra support for teens during COVID-19.

[Watch the interview with Amy Stockhausen.](#)

<https://news.wisc.edu/a-pediatrician-offers-tips-for-talking-with-teens-about-covid-19/>

## The Voices with Need to Hear Right Now

As protests sweep across our country, it is time for all of us to step up and use our voices to create an America where all humans are seen as equal. Jennifer Sirangelo, President & CEO of National 4-H Council, shares a statement on recent racial injustices. <https://4-h.org/about/blog/the-voices-we-need-to-hear-right-now/>

## Fresh Chefs Cookbook

Need some inspiration for mealtimes? Cook with 4-H in the free digital Fresh Chefs Cookbook with recipes from 4-H youth, celebrity alumni and supporters, and featuring Celebrity Chef, Author, 4-H Healthy Habits Ambassador and Tennessee 4-H Alumna, Carla Hall! <https://4-h.org/parents/healthy-living/cookbook/>

## 4-H at Home: Workout with an NFL Player

Share this at-home workout from New York Jets linebacker and Tennessee 4-H alum Avery Williamson! Watch, follow along, and try as many sets of this workout as you'd like to fit your fitness level! <https://youtu.be/MYzpQzUSLIM>

## 4-H at Home: Water Bottle Rockets, Bicycles and Embryology

4-H programs across the country are serving as education's first responders, continuing their mission to provide learning resources for all kids in every county. This week's activities feature lessons in making water bottle rockets, bicycles and embryology.

How is your program meeting the learning needs of children and families who are at home during COVID-19? [Submit your efforts](#) for an opportunity to be featured. <https://4-h.org/about/blog/4-h-at-home-water-bottle-rockets-bicycles-embryology/>

## Hands-On Activities for Kids

4-H at Home provides critical learning resources for kids and teens while they're home from school during COVID-19.

Explore this page to receive hands-on, educational activities, including our latest 4-H at Home Activity Guide and 4-H STEM Lab activities to help inspire young people to do, learn, and grow.

<https://4-h.org/about/4-h-at-home/>

## Conversations in a Safe Space on Current Events with Youth—Updates and Resources

Monday, July 20 was our first continuation of the “Conversations in a Safe Space” series that began in response to the murder of George Floyd. The topic was COVID and Xenophobia. Thank you again to the commitment of our facilitators, their attention to detail and enthusiasm! Also, we appreciate all the behind the scenes work from our team and promotion of this activity by all PYD colleagues in your counties. I encourage all PYD to reach out to our team for more information on what we’re learning about and from our youth related to topics of racial equity and social justice. An important piece of these sessions are the types of content youth ask for when we discuss action steps. In order to be responsive and relevant in our follow up, our team sends out emails with resources on topics youth express interest in for future learning during the session. Our team also wants to share this information with you.

During our July 20th conversation, youth expressed interest in further resources on particular skills: allyship, intervention, and ways to create and participate in dialogue in their communities. Below are some resources that speak to these themes.

**Ally-ship:** Watch this You-Tube video for starters <https://www.youtube.com/watch?v=dg86g-QIM0>

**Intervention:** Hollaback! Bystander Intervention Training- Register <https://www.ihollaback.org/bystanderintervention/>

How to Respond to Coronavirus Racism-<https://www.tolerance.org/magazine/how-to-respond-to-coronavirus-racism>

**Speaking up:** Youth Led Civil Dialogue-  
<https://www.common sense.org/education/videos/civil-discourse-online>

**Responding to Racist comments (especially to ‘jokes’):** Podcast-Microaggressions are a Big Deal <https://www.npr.org/2020/06/08/872371063/microaggressions-are-a-big-deal-how-to-talk-them-out-and-when-to-walk-away>

Remember, these conversations continue all summer. Youth can still register on the [Summer of Virtual Learning Calendar](#)!



## 4-H Photography Project Zoom Education

We are blessed in northwestern WI to have four National 4-H Photography Ambassadors from Pierce County who are willing to offer some photography tips and tricks. It's exciting news and I am pleased to announce that these individuals who attended the National 4-H Photography Summit in Washington D.C. earlier this year will be presenting on four upcoming nights about great tips that they have learned and want to share with you! Please mark your calendars and register today for the 4-H Photography Tips series. Time to pose, focus, click, and chat together about best photography practices and ideas. Hope that you can join us!

-4-H Photography Tips Zoom

When: Jul 30, 2020 08:00 PM Central Time (US and Canada)

Register in advance for this meeting: [https://uwextension.zoom.us/meeting/register/tJAsfuGrpzqiGdJq19x\\_NACLG6JC7A2YwAji](https://uwextension.zoom.us/meeting/register/tJAsfuGrpzqiGdJq19x_NACLG6JC7A2YwAji)

After registering, you will receive a confirmation email containing information about joining the meeting.

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-4-H Photography Tips Zoom

When: Aug 6, 2020 07:00 PM Central Time (US and Canada)

Register in advance for this meeting:

<https://uwextension.zoom.us/meeting/register/tJ0qd-yorjkhHNLkgJje5MnPXzvW-dTKf4Xo>

After registering, you will receive a confirmation email containing information about joining the meeting.

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-4-H Photography Tips Zoom

When: Aug 11, 2020 08:00 PM Central Time (US and Canada)

Register in advance for this meeting:

[https://uwextension.zoom.us/meeting/register/tJcsc--rqiosHtbLfsVr7fxb\\_7GR9XEbDhuv](https://uwextension.zoom.us/meeting/register/tJcsc--rqiosHtbLfsVr7fxb_7GR9XEbDhuv)

After registering, you will receive a confirmation email containing information about joining the meeting.

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-4-H Photography Tips Zoom

When: Aug 13, 2020 07:00 PM Central Time (US and Canada)

Register in advance for this meeting:

<https://uwextension.zoom.us/meeting/register/tJMsfu-hpjlH9WFPhgOmvz2viz1oHUTrqLn>

After registering, you will receive a confirmation email containing information about joining the meeting.

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## National Opportunity4All Forum

Join us on August 5 (11-12 CDT) for this thought leadership forum on the urgent need for positive youth development in addressing the nation's opportunity gap. Featured panelists will include 4-H youth leaders from across Extension (including Wisconsin!) supported by adult partners, experts and influencers. National 4-H Council President & CEO Jennifer Sirangelo and Louisiana 4-H alum Tay Moore will co-host the forum. We hope you will invite your colleagues and networks to tune in as well.

Register at:

<http://link.4-h.org/m/1/68774702/02-t20202-d58731e2a6f84420b35bd97c7c0d4940/1/1/1>



**Extension**

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# Burnett County 4-H Bugle



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**Burnett County 4-H Leaders Association Executive Committee**  
Grace Swanson: President; Don Strabel: Vice President;  
Tessa Zeller: Secretary; Phil Stiemann, Treasurer