



Burnett County

4-H Bugle

January 2021

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A Note from the Educator -

Beth Rank

I'm excited! And I hope by reading this newsletter, you get excited too. I'm excited about all the many new programs that are being offered in the first quarter of 2021. I feel optimistic that 2021 will be better than 2020 when we learned about our personal and organizational fortitude, resilience and strength. 2021 will be great because we are different, we've been changed.

In this newsletter you will find some great opportunities for our older 4-H youth and their non-4-H friends in a hybrid Winter Camp experience.

We are also rolling out our Project Discovery work from the Area 2 4-H educators. I'm so excited to be teaching a Foods & Nutrition lesson with Julie Yezek, FoodWise nutrition educator. Foods & Nutrition was my personal favorite project when I was in 4-H as a youth. I'm also excited to expand the Cloverbuds program to our five county area to help more Cloverbuds experience all that 4-H has to offer in a developmentally appropriate way.

Area 2 educators who offer parent education have many new virtual programs to offer parents of youth ages 0-12. Many of the families reading this newsletter may find at least one program that could be relevant to them. I know many are relevant to my young family and I've enjoyed being a part of that teaching team as a young mother and educator. Let's learn together during those classes!

So, I hope this newsletter gets you excited, like I am. Let's all commit, as a resolution (or not) to work together to make 2021 a great year...after all the 4-H mission is to "make the best better!" Let's do it!



Calendar

JANUARY

- 1 New Year's Day, *UW-Extension Office Closed*
- 10 Jr Leaders' Meeting, 1 pm, Zoom
- 11 Siren Countywide Cloverbud Meeting, 6pm, Zoom AND Gov't Center
- 11 Leaders' Association Meeting, 7pm, Gov't Center or Zoom
- 15 Winter Camp via Zoom, 7pm
- 17 Winter Camp Snowshoe @ Hunt Hill 1PM
- 18 Martin Luther King Jr Day
- 18 Government Center In-Service, *Extension Office Closed to Public*
- 20 February Bugle Submission **DEADLINE**

FEBRUARY

- 7 Super Bowl
- 14 Jr Leaders Meeting
- 15 Siren Countywide Cloverbud Meeting, 6pm, Gov't Center
- 15 Leaders' Association Meeting, 7pm, Gov't Center
- 15 Presidents' Day, *Extension Office Closed*
- 20 March Bugle Submission **DEADLINE**

MARCH

- 14 Daylight Savings Time begins
- 14 Jr Leaders' Meeting
Summer Camp Staff Applications **Due**
- 15 Siren Countywide Cloverbud Meeting, 6pm, Gov't Center
- 15 Leaders' Association Meeting, 7pm, Gov't Center
- 20 April Bugle Submission **DEADLINE**



OFFICE HOURS - Beth Rank is working remotely until further notice. She can be reached via email at beth.rank@wisc.edu or call the office number 715-349-2151 and leave a detailed message. Beth checks messages regularly and will call you back. Tammy is in the Land Services Office. Call for an appointment. Monday - Friday from 8:30 am until 4:30 pm.

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

- January 7 & 21, 2021
- February 4 & 18
- March 4 & 18

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.

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 for these digital products.

4-H LICENSE PLATE FUNDRAISER - Tis the season 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.

For more info: contact the Wisconsin Department of Transportation or go to www.wisconsin.gov/Documents/formdocs/



COVID-19 FREQUENTLY ASKED QUESTIONS - State leadership have approved a new 4-H COVID-19 FAQ related to all things FOOD! FAQ #11 now answers the question: Can a 4-H Club or 4-H Group offer food as part of a meeting, operate a food stand, sale, or sample giveaway? Here is the link: <https://4h.extension.wisc.edu/4-h-faqs-related-to-covid-19/>

Cloverbuds

Due to the Burnett County Government Center being closed to the public. When the building reopens to the public in early January (depending on COVID-19 precautions), we will again try to begin programming in-person on the 2nd Monday of every month from 6:00-6:45 p.m. (No Grantsburg programming at this time). A few changes are necessary to reduce risks and to avoid preparing materials for no attendees, registration will be required by the Friday before the meeting. Cloverbuds can register by leaving Beth a voicemail at 715-349-2151, emailing beth.rank@wisc.edu, or Facebook Messaging Beth Rank. Everyone, age 5+ will be required to wear a mask, a maximum of 10 people total in the room at a time and social distancing must be respected outside household pods.

Cloverbud Activity/Record Books will be mailed to members as they enroll in the 4HOnline system. If you do not currently have a Cloverbud Book but are enrolled and need to get one, please contact Tammy Johnson at 715-349-2109 or email her:

tjohnson@burnettcounty.org.

Reminder: Just like when we experience inclement weather, during this COVID-19 pandemic, Burnett County 4-H Cloverbud meetings will be following our school cancellation policy.

All Cloverbud meetings will be CANCELLED if schools are not holding in-person education. Please complete the Cloverbud activity pages independently or order a Cloverbud in a Box kit. There are also additional activities to be completed in the back of the book as time and interest allows.

For families who do not feel comfortable attending monthly meetings in person, and those who may choose to order the Cloverbuds-in-a-Box below, and still want their Cloverbuds to participate in the activities, get instructions, and be able to ask questions, Beth Rank will make a monthly Zoom session available for Cloverbuds at the same time as the monthly meeting, the second Monday of each month from 6:00-6:45 p.m. Zoom registration is required to get the Zoom link (for security reasons). Register in advance for this meeting:

<https://uwmadison.zoom.us/join/register/tJYlcO2qrDqvEtCKbvtDI3oj5cbD9kNYmuN2>

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

Cloverbuds-in-a-Box Available!!

One alternative, hybrid-style Cloverbud Project idea is to offer Cloverbud Project materials in a box. This includes Beth Rank preparing all supplies necessary for Cloverbuds to complete the entire year's lesson materials. The box of supplies can either be mailed or picked up.

A \$20 fee for supplies is requested; boxes can be shipped for an additional fee. Boxes need to be ordered by the 1st of the month to allow time to gather supplies and mail boxes. Please share how many Cloverbuds are in the household as the price doesn't change much but the amount of each supply does. Please order your box by January 1st so supplies can be ordered in bulk. After January, supplies will be provided but the price might go up slightly, depending on what

items get used at the in-person meetings (if applicable).

To order a box, call 715-349-2151, email beth.rank@wisc.edu, or Facebook Message Beth Rank/Burnett County 4-H to order your box.

Youth Mental Health First Aid

Do you want to learn more about how you can support youth in your community?

We are excited to announce that YOU can join Extension staff in Youth Mental Health First Aid Training (6.5 hours) with dates offered January – March 2021 through a grant from The Wisconsin Rural Opioid and Stimulant Engagement Project.



We know there is a Mental Health crisis for young people. And we know you YOU are in spaces working directly to support young people. We thank you for all you do to support young people as volunteers!!!

If you want to learn more..... Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders.

Mental Health is predicted to be the [fourth wave of the Covid-19 Pandemic](#). Because of your work with young people in your community you may be more likely to see this impact.

TRAINING DETAILS AND REGISTRATION LINKS BELOW:

- Limited to 20 adult participants per session.
- Training has two REQUIRED parts:
 - Ø Complete a 2-hour, self-paced online class first, and then
 - Ø Participate in a 4.5 hour Instructor-led Zoom Meeting 8:00 a.m.- 12:30 pm
- Sessions will fill quickly – register early.
- Provided by Division of Extension Health and Well-Being Institute

Click on the date below to register. You will receive a confirmation email and details on how to complete the online class prior to the training date you chose.

[Jan 14, 2021](#); [Jan 29, 2021](#); [Feb 2, 2021](#); [Feb 19, 2021](#); [March 8, 2021](#) *special time (noon until 4:30); [March 23, 2021](#)

Visit the [ROTA WiROSE website](#) for more information **Youth Mental Health First Aid**.

Training Questions: Contact Jen Park-Mroch, Health and Well-Being Specialist jennifer.parkmroch@wisc.edu

4-H Foundation Scholarship

The Wisconsin 4-H Foundation will award more than \$15,000 in scholarships to outstanding Wisconsin 4-H members and alumni pursuing higher education in 2021. To be considered for financial support, applications must be received by the Wisconsin 4-H Foundation via email by Monday, March 15, 2021.

Wisconsin 4-H Foundation scholarships are awarded to students based on demonstrated personal growth through 4-H, development and leadership in 4-H, academic performance and future educational goals.

To be eligible for Wisconsin 4-H Foundation scholarships students must have been a Wisconsin 4-H member for at least three years; have a grade point average of at least 2.5 on a 4.0 scale, and be enrolled or planning to enroll at a university, college or technical school during the 2021-2022 academic school year.

Scholarship winners from previous years are not eligible to receive a second 4-H Foundation scholarship.

The application is a one-page resume and a one page cover letter, both of which give the 4-H youth a chance to share their 4-H achievements, as well as their future plans. Applicants are asked to treat this process as if applying for a job.

Cover letters and resumes must be submitted as one PDF document and emailed to scholarships@wis4hfoundation.org. For detailed information about what to include in and how to prepare the application documents, 4-H youth can visit www.Wis4HFoundation.org/scholarships.

A panel of experienced youth educators will

screen the applications and select finalists. Applications chosen as finalists will be ranked by a second panel comprised of 4-H and youth development experts. The 4-H Foundation will assign available scholarships to the top-ranking applications based on scholarship criteria.

Applicants who are awarded scholarships will be notified by postal letter and email in May.

Youth Livestock Program Offerings

The Wisconsin Youth Livestock Program (WYLP), in connection with the University of Wisconsin Madison Animal & Dairy Sciences Department, College of Agricultural and Life Sciences and Division of Extension, are excited to offer these LIVE Virtual Zoom educational programs for the winter/spring of 2020-2021.

These current topics are for youth and adults alike and occur on the 2nd

Thursday of the month from January through May.

Each session begins at 7 p.m. CST with a presentation followed by Q&A. You must register in order to receive the connecting information through email.



For more detailed information of each presentation and to register for any or all of the events, please go to: <https://go.wisc.edu/r3x8lh>. On this webpage you can also complete an educational verification form and turn it into your county fair and or livestock committee to verify your participation.

January 14 - Roaming the Rumen

February 11 - Feeding & caring for Swine without Ractopamine

March 11 - Lamb Live & Carcass Evaluation; Lamb Culinary products

April 8 - Artificial Intelligence in Animal Sciences using sensors and cameras

May 13 - Meat Science Cookery

For more information visit <https://go.wisc.edu/r3x8lh> or contact Bernie

O'Rourke, UW- Madison Extension Youth Livestock Specialist at (608) 263-4304 or borourke2@wisc.edu.

For more information go to the Wisconsin Youth Livestock Program.

Website - <https://fyi.extension.wisc.edu/youthlivestock/>

YouTube - <https://www.youtube.com/channel/UC1mPVKo63rmBr5s3kFyvX9g>

Facebook - <https://www.facebook.com/wisconsinyouthlivestock/>

Instagram – <https://www.instagram.com/wiyouthlvstk/>

Twitter - <https://twitter.com/wiyouthlvstk>

Non Discrimination Notice

Periodically, UW-Madison takes steps to ensure that our partners know and understand our policy of non-discrimination. This is to remind or notify you that the University of Wisconsin Madison, Division of Extension does not discriminate in the treatment of individuals in the admission or access to its programs and activities, in the provision of services, or in employments.

Further, UW-Madison will not participate with organizations or in activities, which discriminate on the basis of any of the prohibited categories of discrimination. Categories of prohibited discrimination include: race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record, or membership in the National Guard, State Defense Force, or any other component of military services.

Consistent with the Americans With Disabilities Act, persons who need materials in alternative format or other accommodation must write or call the UW-Extension contact person for the specific program or call the main telephone number of Burnett County UW-Extension (715) 349-2151, 7410 County Road K, #107, Siren, WI 54872 at least 10 working days prior to the

event. Individuals who need TDD/TTY access, can call 711 for relay assistance.

The University of Wisconsin Madison, Division of Extension staff in Burnett County thanks you for collaborating with our many educational endeavors. We appreciate your support and working relationship as we provide educational programs designed to empower the diverse citizens of Burnett County.

WI 4-H State Art Team Opportunity

***WI 4-H State Art Team Applications
DUE January 15, 2021**

(Youth 9-13 Grades Eligible to Apply)

We are excited to announce that applications for the 2021 WI 4-H State Art Teams are now open! The teams include Drama Company, Art Team, and Communications Team. Each of the teams provide unique opportunities for youth leaders to further develop their leadership skills, engage with others from around the state and explore the arts in new and meaningful ways with the support of positive and caring adults.

This year's State Art Teams will be virtual!! After a year of learning and growth and a successful State Team Week in 2020, we are already planning new ways to engage, share and grow

together virtually in 2021. Youth interested in applying, must be available for our Virtual Spring Planning Weekend, April 9-11, 2021 and for our Virtual State Team Week, June 14-18, 2021. We do understand that virtual is not for everyone AND our team is committed to ensuring that IF team members open their hearts and minds, they WILL have an incredibly positive and impactful experience.

Applications for the State Arts Teams are now open in 4HOnline through January 15th, 2021. Each application has different requirements. Please review the information on our website: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/state-arts-teams/>, including the introduction letter and position descriptions. These provide more information on the applications and what is expected of applicants.

Virtual Learning Community Opportunity to Teach and Lead

Across the Division of Extension we have been learning and improving our transition to virtual spaces. You haven't heard from the Virtual Learning Community since our Summer Virtual Learning Community, but Positive Youth Development in virtual spaces has continued to

INFORMATION FOR NEW AND RETURNING FAMILIES

The Extension Burnett County 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!

- ENROLLMENT HELP can be found in the Wisconsin 4-H Family Enrollment Guide with information on how to register in 4HOnline 2.0 for new enrollments and re-enrollments: https://fyi.extension.wisc.edu/4h-ext/files/2020/09/4HOnline.v2.Family.Enrollment.Guide_.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.

grow and develop. Since summer we've been building out virtual opportunities and had over 500 people registered for our first ever Virtual Fall Forum AND hundreds of volunteers registered and participated in our Virtual Annual Leader Trainings. In order to continue building out a community of learning around the state, **we need Youth Leaders and Adult Volunteers!**

Below are some commonly asked questions:

Why are we inviting YOU?

We have BIG DREAMS:

- provide high, quality virtual opportunities for youth and families across the state, **Kindergarten-13th Grades and Adults**
- involve **YOUTH and adult leaders, staff and community partners** in facilitating planned activities
- provide **additional promotion** for programs that are being offered across the state

What type of content are you looking for?

We are looking for project area content, leadership trainings and open spaces for youth to engage and connect around other topics/areas of interest. If you have an interest or passion and are willing to share it with others, we'll help make it work in a virtual space.

Does the session need to be new?

Nope. We know that many participants were just getting to know the calendar and as they did never attended all the sessions that might have interested them. Also, if you're like us, you've been learning and tweaking. If you have a program that you have already offered and are willing to offer it again, please do!

Can I submit more than one session?

Absolutely! We all know that virtual programs are most effective in 40 minutes, so if you have too much content for one session, a series is great. We've also learned from our evaluation that participants enjoy seeing each other more than once and recognizing faces and names.

Is there a deadline to submit?

Nope. Programs are needed ongoing! Submission dates are weekly. After you submit, sessions will be reviewed by a committee of youth leaders, volunteers and staff using our Positive Youth Development learning review

process adapted for virtual learning.

I would like a little more information about Virtual Learning Community before I submit. Where can I go?

Fair enough. With the lessons learned, we have a new submission process, facilitator support resources, a uniform registration process, evaluation process and a plan for promotion and marketing. Our website can be found at <https://4h.extension.wisc.edu/virtual-learning-community/>.

Okay! I'm convinced. Where do I submit?

Submissions can be made at: https://uwmadison.co1.qualtrics.com/jfe/form/SV_2idXsm8tPCVGILz.

With the easy to use back button, you can explore the submission form to learn a little more about the types of sessions and content.

What happens after I submit?

Our committee will respond to submissions with a follow up e-mail or call to the primary contact within a week.

The Virtual Learning Community knows how important supportive relationships within youth development spaces are to creating community, valuing youth voice and empowering action in our communities. We are committed to ensuring that anyone who wants to find an engaging, educational, and FUN online connection will be able to do so easily. We hope you will help us make it happen.

WI 4-H Virtual Game Night

Connect with 4-H'ers from around Wisconsin on January 15th for a fun and exciting game night! We'll play multiple virtual games and hopefully learn a few things to take back to your clubs. Register at this link- https://uwmadison.zoom.us/meeting/register/tJcpceyqqT8uGNx-v6btnLrth_Qff4AlyA-U?fbclid=IwAR1zFUUCRmS3zVQwZqUqd_C-RRru6ele-t-Wfltt1W8x1EGWPylK-eDm4A



Jr. Leaders' Meeting Minutes

Burnett County 4-H Jr Leaders met via Zoom on Sunday, December 13, 2020 at 1:00 p.m. In attendance was: Elizabeth Pavlicek and Allison Wilson, both from Orange 4-H.

During our brief meeting we discussed the options of going snowshoeing as older youth from Area 2 or just Burnett County. Many options we knew about in Burnett County are closed due to COVID-19. We will wait to see how things go with the Areas 1 & 2 Winter Camp for youth in 8th grade and up. Beth mentioned possibly offering an outdoor education/recreation opportunity involving snowshoes in February or March. Stay tuned!



Jr. Leaders' January Meeting Agenda

Burnett County 4-H Junior Leaders' Meeting Agenda

Sunday, January 10, 2021 1:00 p.m.

Via Zoom Meeting (**NO IN-PERSON OPTION**)

Registration link for Zoom: <https://uwextension.zoom.us/meeting/register/v5wkce6qpjSpU-76o7AVrwbflqJjT2Xctw>

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).

Select meeting leader and note taker

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

Pledges (select one person to recite then others mute microphone due to internet delays)

Recap of December meeting

Old Business

Brainstorm COVID-friendly educational and social activities 4-H Jr Leaders can do in 2020-2021 4-H year

Are you interested in connecting virtually with older 4-H youth from other counties?

Meet with Washburn County 4-H youth at Hunt Hill?

Snowshoeing at Hunt Hill in Washburn County with Area 2 4-H older members?

Ice fishing?

??

Discuss what Summer Camp might look like in 2021. Location. Camp staff selection.

New Business

Any Other New Business

Meetings in 2021: When would it work best? Sundays? What time?

Education: Clover Connections video

Adult Leaders' January Agenda

BURNETT COUNTY 4-H LEADERS ASSOCIATION

JANUARY 11, 2021 7:00 P.M.

Room 165 of Government Center OR via Zoom Meeting

To register to attend this meeting:

<https://forms.gle/HqXi1FcyB3CUZ3Ub6>

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

<https://uwextension.zoom.us/meeting/register/tJYlcO2grDgvEtCKbvtDI3oj5cbD9kNYmuN2>

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

EXTENSION REPORT

JUNIOR LEADER REPORT

OLD BUSINESS

SMART Goals Reminders:

- Program Quality goal: We want to increase youth voice and sharing of their skills during our meetings. How can we do this well?
- Expanding Access goal: We want to improve how our club supports new families. How can we do this well?

ANY OTHER OLD BUSINESS

NEW BUSINESS

Summer Camp 2021

- Option #1: Camp with Washburn and Douglas counties at Hunt Hill
 - split expenses three ways (or by number campers from each county)
 - Washburn writes for a grant to reduce overall camper expenses. We could too.
 - share camp staff
 - August 3-5. 2021
- Option #2: Camp by ourselves at Wood Lake Camp in Grantsburg
 - expenses still TBD
 - sounds like they're pretty open (not booked at all) as far as dates
 - possible community service opportunity available that may reduce the price
- Option #3: Camp by ourselves at Luther Park in Danbury
 - camp still on Lake 26
 - free ropes course available
 - camp may be vacant week of July 12-16 (when we've camped in the past)

Cultural Arts Fest 2021

- Postpone similar to Music Contest (summer maybe)
- Offer pre-recorded submission option
- Food & Clothing Revue together with Cultural Arts Fest in 2021?

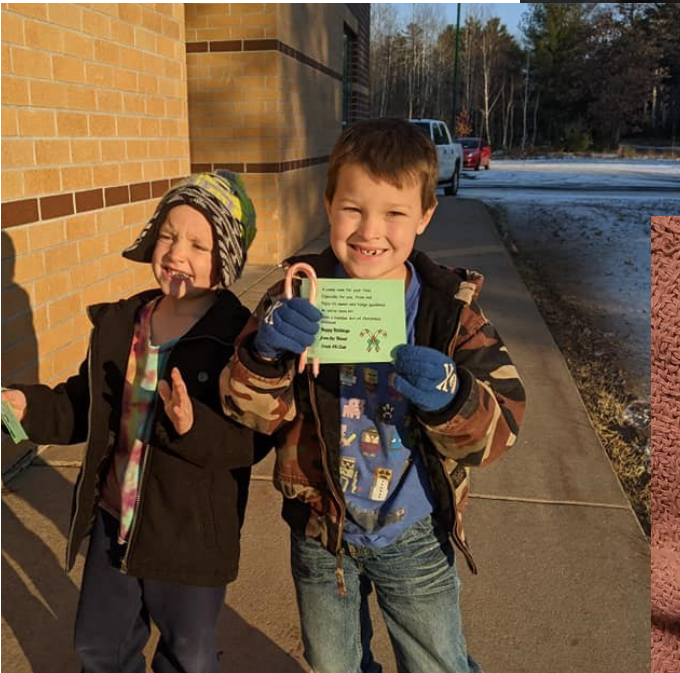
ANY OTHER NEW BUSINESS

Wood Creek 4-H Club members were encouraged to spread holiday cheer randomly.

Top right: Hannah Hillman shared kindness. Middle: Cal and Louie Tewalt were Santa ninjas who delivered their kindness at the Siren School. Bottom right: Lucas Swanson spread joy while wearing his hockey gear.



Photos harvested from Facebook.



Photos harvested from Facebook.



Orange 4-H members gathered to carol at local nursing home/assisted living facilities. (Face coverings off for pictures only)



8th - 12th Grade WINTER CAMP

January 15-17, 2021

Bayfield ☀️ Burnett ☀️ Douglas ☀️ Rusk



Adapting to Winter

**Nature Presentation
by Chris Cold**

Friday, January 15
(online via Zoom) at 7PM

Game Night

Saturday, January 16
(online via Zoom) at 7PM

Outdoor Fun

Sunday, January 17
at Hunt Hill, Sarona, WI
1-3PM

***No transportation provided
subject to change

Register Here: wi.4honline.com

Due: January 4 | Cost: \$5

8th - 12th Grade WINTER CAMP

January 15-17, 2021

Join friends from Ashland, Barron, Bayfield, Burnett, Douglas, Rusk, Sawyer, and Washburn counties for a weekend of fun.

**The first 25 to register get a great bag of extra Swag!
T-shirts available to those who register by January 4 are guaranteed a t-shirt!**

Friday, January 15 - Kick off Winter camp with a virtual Nature Presentation by Chris Cold and hang out after. If you register by the deadline, a box of snacks and swag can be opened on this night. Use the notepad and pen from your goody box to take notes. You won't want to miss his presentation or forget anything. Join us online at 7PM!

Saturday, January 16 - Meet each other for a night of fun. Pop the popcorn and use your favorite mug to sip on some hot chocolate. Join us as we play a few rounds of each kind of BINGO--virtual and old-school. We promise there will be prizes! Prepare your snacks and join us online at 7PM!

Sunday, January 17 In-Person Winter Fun - Join us at Hunt Hill (N2384 Hunt Hill Rd, Sarona, WI 54870) for small group winter activities, including snowshoeing (if there's snow) and so much more. You will need your own transportation and we will meet you at Hunt Hill from 1:00-3:00PM (Barron, Burnett, Douglas, Rusk, Sawyer, and Washburn Counties).

COVID-19 Guidelines: Masks must be worn for our in-person program at Hunt Hill.

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, please choose to refrain from attending this event. Prior to the event, attendees receive information on standards or practices that may be required of them to participate as indicated by nature of activity, including a disclaimer or accommodations for participants who are considered at high risk themselves or if they live or work with individuals at high risk.

Sign in to wi.4honline.com to register.
Instructions to register: <http://bit.ly/4hwinter>

Winter Camp is an **opportunity** for **older 4-H members** from the surrounding counties to continue to learn **leadership**, **citizenship** and **life skills**.



Register Here:
Due: January 4 | Cost: \$5

3RD WEDNESDAY OF EACH MONTH
6:30-7:30 VIA ZOOM

PAPER ART

ALL AGES

Throw out the brushes, drop the scissors, hide the paint AND bring your glue. Join us for an opportunity to create beautiful works of art with only paper, glue and your own two hands.

3RD TUESDAY OF EACH MONTH
AT 7:00 PM VIA ZOOM

ANIMAL SCIENCE

3RD - 8TH GRADE

Come along with me for the next 6 months and learn all about animals, from small to large! We will take time to get to know a few of your favorite species and understand more about them and how to manage them.

PROJECT DISCOVERY

Join us for hands-on fun!



Register Online
wi.4honline.com

sign into 4-H online and click events.
Not a 4-H member? See our More Information website for instructions on how to register.

More Information?

<https://sites.google.com/wisc.edu/area2/projects>

Registration due:
Recommended by 1/6 but can register anytime

WHO?

Anyone in Barron, Burnett, Rusk, Sawyer, or Washburn Counties (or our neighbors)

WHEN?

January 2021-June 2021
times/dates vary

Can't make it every time? No problem, most activities can be completed on your own!

WHAT?

Come learn about 4-H projects (whether you're a 4-H member or not) and even make some ready for the fair (check with your county fair for guidelines)

4TH WEDNESDAY OF EACH MONTH
7:00 PM VIA ZOOM

STEAM TEAM

3RD-6TH GRADE

Explore the world of Science, Technology, Engineering, Arts and Math. Learn from your peers using the design process. We will start with circuitry and continue on from there!

3RD MONDAY OF EACH MONTH
6:30-7:30 PM VIA ZOOM

FOOD, SCIENCE & FUN

3RD GRADE THROUGH ADULT

Partnering with FoodWise to offer a Foods & Nutrition and Food Science program for youth and adults together. During our time, we will be doing some food experiments and demonstrations, recipe sharing, culinary skill development, and more!

4TH TUESDAY OF EACH MONTH
6:30 PM VIA ZOOM

OUTDOOR LEADERSHIP

HIGH SCHOOL

Have you ever wondered what skills it takes to be an outdoor leader? Maybe you even have some of them! Here is your chance to learn many skills that apply both to the outdoors and other settings.

2ND MONDAY OF EACH MONTH
6:00-6:45 PM VIA ZOOM

CLOVERBUDS PROJECT

5K-2ND GRADE

The Cloverbuds Project is designed for youth grades 5K-2nd grade to explore and discover project areas. These monthly sessions will provide fun instruction from the Cloverbud Activity/Record Book published by Extension Burnett County.



Questions? Contact:

Beth Rank, Burnett
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Small changes,
big differences.



Positive Parenting Virtual Seminars

**The Power of
Positive Parenting**

Tuesday,
January 5
6:30 - 8:00 p.m.

**Raising Confident,
Competent Children**

Tuesday,
January 12
6:30 - 8:00 p.m.

**Raising Resilient
Children**

Tuesday,
January 19
6:30 - 8:00 p.m.

Offered
FREE via
Zoom for
residents
of Barron,
Burnett,
Washburn
counties
and across
the state.

These Triple P - Positive Parenting Program seminars will provide parents of children ages 0-12 with a toolbox of strategies to raise confident and healthy children, build strong family relationships, manage misbehavior, and prevent problems from happening in the first place.

Participate virtually from the comfort of your own home and walk away with more knowledge and confidence as a parent! Attend one, two, or all three of the seminars at no cost to you.



Register At:

<https://forms.gle/crRH683CjGSqb7Cd8>

Contact Beth Rank for more information:
beth.rank@wisc.edu 715-349-2151

Parents participating in the Triple P seminar receive specific developmental and child development advice to optimize their child's development. Each seminar can be taken as a stand-alone or as part of an integrated series.

Seminar 1: The Power of Positive Parenting

This seminar introduces the five core principles of positive parenting:

- having a safe, interesting environment
- having a positive learning environment
- using assertive discipline
- having realistic expectations <https://bit.ly/Feb2021RTC>
- taking care of yourself as a parent/caregiver.



Seminar 2: Raising Confident, Competent Children

This seminar builds on the foundation seminar and shows parents how to teach children important values and skills, including:

- encouraging respect and cooperation
- being independent
- developing health self-esteem, and
- becoming good problem solvers.



Seminar 3: Raising Resilient Children

This seminar focuses on helping children learn emotional-regulation skills and shows parents how to teach their children about feelings, including:

- recognizing and accepting feelings
- expressing their feelings appropriately
- building positive feelings
- dealing with negative feelings
- developing coping skills, and
- dealing with upsetting or stressful life events.



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

If you require accommodations to participate in this programming, please call Beth at 715-349-2151 as soon as possible.

Raising a Thinking Child



Tuesdays

February 2nd, 9th, 16th, 23rd

March 2nd, 9th

7:00-8:15 p.m.

Classes will be held ONLINE

Using a FREE Zoom Meeting App

You can join on your computer, tablet, or smart phone from the comfort of your home.

Registration Deadline: January 26th

Register online @ <https://bit.ly/Feb2021RTC>

For questions or to register via phone call Beth at 715-349-2151

Course Cost: \$25 *If cost is a concern scholarships are available – indicate upon registration.*
12 hours of Continuing Education credit is available for child care providers and foster parents

Are you:

- a parent of a child ages 4-7
- an educator or childcare provider
- for young children



Then the **Raising a Thinking Child** workshop may be just right for you!

This evidence-based workshop series will help you guide children to solve common, everyday problems with decision making and communication skills using their thinking brain. **It is a refreshingly practical curriculum that helps you help your child learn HOW to think, not what to think, as they learn to resolve their own problems.**

Participants will learn:

- To give children skills to effectively solve their own problems
- Fun games to help children learn these problem solving skills and consider consequences
- How to help kids care about and understand their feelings and those of others

This program is co-facilitated by **Beth Rank** (Burnett County), **Missy Bablick** (Barron County), **Danette Hopke** (Washburn County) Human Development & Relationship Educators with UW Madison Division of Extension.



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Positive Parenting

Virtual Discussion Groups

Dealing with Disobedience

Tuesday, March 16, 2021
6:30-8:30 p.m.

Bedtime Routines

Tuesday, March 23, 2021
6:30-8:30 p.m.

Managing Fighting & Aggression

Tuesday, April 6, 2021
6:30-8:30 p.m.

Offered **FREE** via Zoom for residents of Barron, Burnett, Washburn counties and across the state.

These Triple P - Positive Parenting Program discussion groups will provide parents of children ages 0-12 with specific tools they can add to their toolbox of strategies to address specific, problem behaviors such as disobedient behaviors and attitudes and struggles around establishing and maintaining a bedtime routine.

Participate virtually from the comfort of your own home and walk away with more knowledge and confidence as a parent! Attend one or both of these discussion groups at no cost to you.



Register At:

<https://forms.gle/UHu5mKZxxbJbLyNB8>

Contact Beth Rank for more information:
beth.rank@wisc.edu or leave a message at
715-349-2151



Extension

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Beth Rank, 4-H/ Positive Youth

Development Educator

Julie Yezeck, Nutrition Education Program

Tammy Johnson, Office Support Staff

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

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