



Burnett  
County

# 4-H Bugle

January 2023



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Madison Thiex received a  
4-H Scholarship award.



## A Note from the Educator -

Beth Rank

A mindset that includes gratitude leads to many benefits in life. Research by Andrea Caputo in 2015 published in Europe's Journal of Psychology has shown that gratitude is associated with an increase in happiness and life satisfaction. It also has potential benefits for promoting social bonds and increasing or maintaining relationships.

Helping youth notice gratitude and express appreciation can build a habit of noticing what they have and value around them versus focusing on frustrations or disappointments. This practice can positively impact daily life and provide benefits when life brings challenges and resilience is needed.

Let me be a role model for expressing gratitude by giving a public THANK YOU shout out to the 4-H Adult Leaders ad hoc Cookie Fundraiser Committee comprised of: Charlene Strabel, Avery Pope, Betsy Kelley, and Caylin Muehlberg. A THANK YOU shout out to the clubs and individuals who organized and made cookies to donate to the boxes and the individuals who took the time to package up all the boxes. They looked so good! SO professional! They had the perfect touch of youth involvement with the personalized notes. A THANK YOU shout out to everyone who posted a flier in businesses and online. Publicity was a big key to this fundraiser being successful. The timeline for promotion was short but you made it happen. And a big, big, BIG THANK YOU shout out to everyone who purchased a cookie box. Money raised goes towards educational programming for youth in Burnett County 4-H. I know they will do amazing things in life and now they can participate in camps, educational trips outside Burnett County, and so much more. From the bottom of my heart, THANK YOU!

## Calendar

### JANUARY 2023

- 1 New Year's Day, *UW-Extension Office Closed*
- 9 Jr Leaders' Meeting, 4 pm Gov't Center
- 16 Leaders' Association Meeting, 7pm, Gov't Center
- 20 Music Contest Entry **DEADLINE**
- 16 Martin Luther King Jr Day
- 16 Government Center In-Service, *UW-Extension Office Closed to Public*
- 20 February Bugle Submission **DEADLINE**
- 29 Music Contest, 3pm, Siren School

### FEBRUARY

- 12 Super Bowl
- Jr Leaders Meeting, 4pm, Gov't Center
- Leaders' Association Meeting, 7pm, Gov't Center
- 20 Presidents' Day, *UW-Extension Office Closed*
- 20 March Bugle Submission **DEADLINE**

### MARCH

- 12 Daylight Savings Time begins
- 14 Jr Leaders' Meeting, 4pm, Gov't Center
- 20 Leaders' Association Meeting, 7pm, Gov't Center
- 20 April Bugle Submission **DEADLINE**



## Archery Project Meetings

Archery project meetings are being held on the 2nd Monday of every month in the Webster Elementary School Cafeteria from 5:45-6:45pm. The next meeting is Monday, January 12th. For more information reach out to Anna Treague (treaguea@gmail.com)

## Food Resources

Second Harvest Food Distribution dates at Caring Hearts in Webster from 11am-4pm

- January 5 & 19
- February 2 & 16
- March 2 & 16

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.

## Office Hours

Beth Rank is now in a split position between Burnett and Washburn County serving the county 4-H programs. She will be establishing a more routine schedule in the coming months. For now, please call or email before driving to the office to meet her. She occasionally works remotely as needed. She can be reached via email at [beth.rank@wisc.edu](mailto:beth.rank@wisc.edu) or call the office number 715-349-2151 or her work cell listed below. Tammy is in the Land Services Office Monday - Friday from 8:30 am until 4:30 pm.

## Beth's work cell

Feel free to save Beth's new work cell phone number in your phone: 608-347-6994. She can receive phone calls and text messages. Please indicate your name the first time you connect with her so she can save your number in her phone.

## Bugle Submission

### 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*.

## Cloverbuds

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](mailto:tjohnson@burnettcounty.org).

Cloverbud lessons are offered at club meetings or can be completed independently.

## 4-H Online— Family Enrollment Guide

[https://4h.extension.wisc.edu/files/2020/09/4HOnline.v2.Family.Enrollment.Guide\\_.pdf](https://4h.extension.wisc.edu/files/2020/09/4HOnline.v2.Family.Enrollment.Guide_.pdf)

Whether you are a new or returning family\*, this guide will help you through enrolling in Wisconsin 4-H. Please read this page for a summary of the steps needed to enroll. If you are a **new family**, start with Creating a New 4-H Online Account on page 3. After you create your login account, you will be prompted to Add a New Member to the Family right away. To add additional family members, click on the Add Member button on your family member screen. If you are a **returning family**, start with Logging in to an Existing 4-H Online Account on page 2. To re-enroll any existing adult or youth member, click on the Enroll Now link for the member on your family member list screen. Instructions for re-enrolling a youth start on page 7 and instructions for adults on page 11.

*\*Family can be a household or recognized outside group (classroom, partner organization, etc.)*

### TIPS:

*Enter your child's grade for the 2022-23 school year. Complete the health information. Complete special accommodations if needed. When choosing projects, think BIG! Choose any and all projects that interest you!*

*EMAILS: Please be sure to select that you wish to receive email communication. If you are not reading our weekly county emails and periodic state emails, you will miss a lot of important information! If you do not have email, be sure to ask someone from your club to pass info on to you.*

**VOLUNTEER BACKGROUND CHECKS:** Volunteers are prompted during the online re-enrollment process to renew their background check every 4 years. Volunteers that register as a Program Volunteer / Overnight / Chaperone are prompted to renew every 2 years. **PLEASE FOLLOW THROUGH WITH THE BACKGROUND CHECK PROMPTS AND EMAILS.** You will not be able to be approved until background checks are completed.

**DON'T HAVE ONLINE ACCESS?** If you do not have access to online registration, please contact the Extension Office for a paper registration form.

## WI 4-H Policy on Sledding, Tubing, & Tobogganing

If your club plans to engage in sledding of any kind, please contact Beth (beth.rank@wisc.edu or 608-347-6994) to discuss the need for an American Income Life Event Insurance policy. Depending on the location of your event, she may also need to visually inspect the hill as well.

4-H volunteers must discuss the activity with participants to assess risk and ensure controls are in place to reduce or eliminate the potential for injuries and hazards. In addition, these policies must be followed:

- ☐ 4-H sledding and/or tubing activities must take place on a hill designated by a local municipality or other government entity as approved for that purpose or on the premises of a "ski area operator" as defined in Wisconsin Statute 167.33 OR at a hill that can meet all the relevant safety standards listed below and is approved by the 4-H Program Educator. A visual inspection at the site of the hill must take place prior to approval.
  - ☐ Participants may not ride near roads, wooded areas, or bodies of water.
  - ☐ Ensure the path is clear of rocks, sticks, poles, ice, permanent obstacles, and other potential hazards.
- ☐ 4-H volunteers must check and monitor weather conditions prior to and during the activity, as weather affects speed, visibility, and the possibility of frostbite or hypothermia.
- ☐ Appropriate clothing must be worn for participant safety.
- ☐ Sleds and tubes may not be pulled behind a motor vehicle.
- ☐ During sledding, the 4-H club or group will designate a leader/volunteer to supervise the hill and be within sight and sound of all participants, unless provided by a rented or contracted facility. The 4-H volunteers should review how to load and unload from the tow rope (if appropriate), stopping the tube, and awareness of other riders

*(continued on page 4)*



- ❑ Each individual engaged in sledding, tubing and tobogganing activities MUST follow the following safety rules as outlined in Wisconsin Statute 167.33:
  - ❑ Obey all posted warnings and signs.
  - ❑ Keep off of closed trails and out of closed areas.
  - ❑ Know the range of his or her ability and engage in sledding within that ability.
  - ❑ Assess the difficulty of the trails and terrains that are open to sledding.
  - ❑ Maintain control of his or her speed and direction.
  - ❑ Comply with any posted limits that are imposed on the number of passengers or on the amount of weight of the sled or other sledding device while it is being ridden.
  - ❑ Be able to stop or avoid other individuals or objects.
  - ❑ Yield to other individuals engaged in sledding who are ahead or who are down the slope.
  - ❑ Not stop at a point that will result in the individual obstructing a trail or not being visible from above.
  - ❑ Yield to other individuals engaged in sledding who are uphill when starting downhill or merging onto a trail.
  - ❑ Be able to safely board, ride, and disembark any lift serving an area open to sledding.
  - ❑ Board and disembark a lift only at designated sites.
  - ❑ If involved in a collision with another participant in an alpine sport that results in injury or death, do not leave the vicinity of the collision before giving his or her name and current address to an employee of the ski area operator or a member of the ski patrol, except for the purpose of securing aid for a person injured in the collision. A person who leaves the scene of the collision for the purpose of securing aid shall give his or her name and current address after securing the aid.
- ❑ If renting or contracting with a public or private hill, all riders must also follow the rules of the facility.

## WI 4-H Policy on Swimming

Another common wintertime activity 4-H clubs may vote to participate in for recreation is swimming at local pools. This is a fun activity. We want everyone to stay safe so they can have as much fun as possible.

- ❑ Lifeguards are required when youth are participating in swimming-related 4-H activities.
- ❑ Lifeguards must be certified.
- ❑ A lifeguard must be at least 16-years-old and have the appropriate current certification (Lifeguard Training, First Aid, and CPR/AED).
- ❑ Beach lifeguards need to have water safety instructor certification from the American Red Cross or equivalent instruction.
- ❑ One lifeguard is needed for every 25 people in the water.
- ❑ One adult (not necessarily lifeguard certified) for every 10 youth is needed for overall supervision.
- ❑ Best practice is to swim where lifeguards are provided by the facility or site.

## WI 4-H Policy on Trampolines

Although trampoline parks can be tons of fun, please refrain from participating in these activities when you are in a 4-H role (member, volunteer, etc.). It is strictly not allowed.

The use of trampolines (including trampolines at trampoline parks) is not an approved 4-H activity.

## Just for fun!



# Burnett County 4-H

## Cookie Box Fundraiser

During November and December the Burnett County 4-H Leaders Association and 4-H members hosted a very successful cookie fundraiser.

Members baked an assortment of cookies at local schools and a committee gathered to box the cookies and other treats in beautiful gift boxes.

Moira Brabant, one of the members who was awarded an upcoming trip scholarship from the county 4-H leaders, said, "I am very excited about the upcoming Discover Wisconsin trip. I hope to meet new people and make some new 4-H friends." The leaders association surpassed their initial goal and sold over 75 boxes all proceeds raised will be used to support growing projects, award college scholarships to local 4-H members and send members on educational trips, like the one Moira will get to experience.

"My favorite part of the experience was creating an assembly line to fill the cookie boxes. It was very efficient the way we all worked together." - Parker Kelley, age 13

We would like to thank local businesses who allowed us to hang advertising flyers clubs who participated leaders who donated their time and baking ingredients and the community members who supported our fundraiser by ordering cookies or sharing the details on social media it was fun experience and me enjoyed hanging out with friends while supporting 4-H we hope to have continued success next year.

Submitted by:

Preston  
Kelley, Burnett  
County 4-H Junior  
Leader







JANUARY, FEBRUARY, MARCH

# 4-H PROJECT DISCOVERY

Join us for hands-on *Global* fun!



**Sara Waldron, Barron Co**  
sara.waldron@wisc.edu  
**Mary Big Mountain, Rusk**  
mbigmountain@wisc.edu

**Beth Rank, Burnett & Washburn**  
beth.rank@wisc.edu  
**Donna Knuckey, Sawyer**  
donna.knuckey@wisc.edu



Register Online  
[wi.4honline.com](http://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?

For detailed information about each class, visit [sites.google.com/wisc.edu/pd23](http://sites.google.com/wisc.edu/pd23)

## REGISTRATION DEADLINE:

two weeks prior to  
each session  
(or until session is full)



## WHO?

Youth (5K-13th grade) in Barron, Burnett, Rusk, Sawyer, or Washburn Counties & beyond!

## WHEN?

January 2023-March 2023  
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) as they relate to our Global theme and even make some entries for the fair (check with your county fair for guidelines)

**2ND MONDAY OF EACH MONTH**  
**6:30 PM VIA ZOOM**  
**SARA WALDRON, AND YOUTH**

## PUTTING THE ART IN STEM

\*EXTRA COST FOR SUPPLIES

**3RD AND OLDER**

Explore the world of Science, Technology, Engineering, ART and Math, with ART! Using the design process and various art mediums, we will explore art, where it originated, and how it relates to STEM.

**January 9:** Art Bot-create a one-of-a-kind artbot using a motor, switch, battery and lots of creativity.

**February 13:** Flextangles: learn about flexahexagon paper sculpture, art patterns and color theory to create beautiful art!

**March 13:** The Science behind pour painting

**4TH MONDAY OF EACH MONTH**  
**6:30 PM VIA ZOOM**  
**BETH RANK & JULIE YEZEK**

## GLOBAL FOODS

**3RD AND OLDER**

The United States is sometimes considered a melting pot or tossed salad of cultures as people came to the US bringing with them their culture, religion, stories, celebrations and heritage. We will explore where comfort foods like hot chocolate, pancakes, and noodles originated from.

**January 23:** History of Hot Chocolate

**February 27:** Batter up with Pancakes

**March 27:** Egg Noodles



**3RD TUESDAY OF EACH MONTH**  
**6:30 PM VIA ZOOM**  
**MARY BIG MOUNTAIN**

## GLOBAL REACH

**3RD GRADE AND OLDER**

Want to have dial-in to join a global student event from your home computer!? A ticket to this event will propel you into an international arena! Dial in to learn about different cultures, countries and languages while representing our US culture to other participating countries! Each month, Zoom in to have the chance to discuss how our US culture is different from (and also similar to!) the cultures of 2 to 3 international "Reach Ambassadors" – learn more about these Reach ambassadors here:

**January 17 | February 21 | March 21**



**3RD THURSDAY OF EACH MONTH**  
**6:30 PM VIA ZOOM**  
**DONNNA KNUCKEY**

## ANIMAL SCIENCE

**3RD GRADE AND OLDER**

Let's explore and learn about different types of livestock around the world and explore how cultural, economic, social, and geographic factors influence people's food choices. We will also speak with Otto Wiegand, world traveler and livestock specialist who will share about his travels abroad and farming practices in other countries.

**January 26-**Livestock (Farm Animals) Around the World

**February 23-**Food, Land & People

**March 23-**Livestock Specialist & World Traveler Otto Wiegand



## Orange 4-H Baking for County Cookie Fundraiser



## Wood Creek 4-H Baking for County Cookie Fundraiser & Club Meeting Activities





# 2023 4-H Music Contest Entry Form/Judging Sheet

The Music Contest will be held on Sunday, January 29, 2022 at 3pm at Siren School Auditorium.  
The **DEADLINE** for registration is Friday, January 20, 2023.

**Participants fill in this box only!**

**Please submit one sheet for each entry by or before January 20, 2023**

Name of Participant(s): \_\_\_\_\_

4-H Club: \_\_\_\_\_

Title of Presentation: \_\_\_\_\_

**Circle Correct Division, Category and Age Below:**

Division: Division A Instrumental Performance What instrument(s)? \_\_\_\_\_  
 Division B Piano Performance (K-5<sup>th</sup> grade)  
 Division C Piano Performance (6<sup>th</sup> grade +)  
 Division D Vocal Performance Accompaniment/background music needed? \_\_\_\_\_  
 Division E Vocal Plus Performance\* Accompaniment/background music needed? \_\_\_\_\_  
 \*(Vocal Performance including dramatic actions, props, costumes and/or dance moves)

Category: Individual  
 Group Performance  
 Club Performance

Age: (Circle all that apply for Group and Club Performances)  
 Cloverbud (grades K-2)  
 Junior (grades 3-5)  
 Intermediate (grades 6-8)  
 Senior (grades 9-13)

## RULES AND GUIDELINES

- Each 4-H member may perform in two events in divisions A-E either as an individual or group in addition to club performance. Example: group vocal (Division D) and group instrumental (Division A) and your club's performance OR Individual piano and group vocal and your club's performance. An entrant cannot perform a group vocal with two 4-Hers and a group vocal with two different 4-Hers as he/she would be competing against himself/herself.
- All clubs are encouraged to bring a large ensemble, as it builds club cohesiveness.**
- Individual and group performances are limited to three minutes, except for grades 9-13, who are limited to five minutes. Advanced piano performers are allotted five minutes. Points will be deducted if contestant goes over the time limit.
- Each individual/ group entry should consist of one musical selection.
- Each instrumental and piano performer must provide the judge a copy of the music they are performing.
- Voice over tapes or CDs are allowed but strongly discouraged. Please try to use an accompanist or background music tape or CD. If the singer must use a voice over recording, the singer will need to use a microphone to have his/her voice heard over that of the recorded performer.
- In all divisions, appearance and stage presence will count as part of your score. Remember to dress so that you look your best!
- See back for judging criteria.
- Monetary awards will be given to 1<sup>st</sup>-4<sup>th</sup> place.

## AWARD PREMIUMS

4-H Contest Premiums as of 2/10/2014 Leaders' Association Meeting				
	First Place	Second Place	Third Place	Fourth Place
Category I (Individual)	\$5	\$4	\$3	\$2
Category II (Group)	\$10	\$8	\$6	\$4
Category III (Club Entries)	\$25	\$20	\$15	\$10

## 2022 4-H Music Contest Judging Sheet

Total Possible Points	1-5 points	1-5 points	1-5 points	1-5 points	1-5 points	1-5 points	1-5 points	Total Points:	Placing:
Division A: Instrumental Performance	Tone Quality/ Intonation	Articulation	Accuracy	Rhythm	Style and Musicality	Stage Presence and Appearance		/30	
Division B: Piano Performance (Grades K-5)	Hand Posture and Playing Posture	Phrasing	Dynamics/ Expression	Rhythm and Counting/ Accuracy	Style and Musicality	Stage Presence and Appearance		/30	
Division C: Piano Performance (Grades 6+)	Hand Posture and Playing Posture	Phrasing	Dynamics/ Expression	Rhythm and Counting/ Accuracy	Style and Musicality	Stage Presence and Appearance		/30	
Division D: Vocal Performance	Tone Quality and Blend	Diction and Understandability	Expression and Phrasing	Breath Support and Intonation	Style and Musicality	Stage Presence and Appearance		/30	
Division E: Vocal Plus Performance	Tone Quality/ Blending	Diction/Expression	Originality and Creativity (Including Props)	Movement and Choreography	Style and Musicality	Stage Presence and Appearance (Including Costumes)		/30	

Recognitions and Comments:

### JUDGING CRITERIA (suggested)

1st Place: 25-30 points | 2nd Place: 20-24 points | 3rd Place: 15-19 points | 4th Place: Below 15

# Burnett County

## VIRTUAL LEARNING COMMUNITY & TAKE AND LEARN



Featuring

### Cloverbud Project Box Series

K-2nd Grade

TUESDAYS via Zoom

6:00-7:00 PM

- **January 17-** Head- Straw Rockets
- **January 31-** Heart- "The Day You Begin" Book
- **February 14** -Hands - Lava Mug Cake
- **February 28-**Health- 4-H yoga, Calm Jars, Nature Mindfulness

**Register now thru  
January 6  
or call Beth  
608-347-6994**



### Let's Celebrate! Exploring 4-H

3-6th Grade

TUESDAYS via Zoom

6:00-7:00PM

- **January 24-** So Much to Celebrate- Paper Art
- **February 7-**Science Behind the Perfect Party- Baking and Dyeing Techniques
- **February 21** Staying Connected-Taking care of ourselves and others
- **Ongoing-**Find the Fun! The entire series with a special Goosechase

## Positive Parenting Program

Join Human Development & Relationships Educator, Missy Bablick, for the upcoming virtual Positive Parenting Program for parents/caregivers of children 0-12! Attend one, two, or all four classes from the comfort of your own home over Zoom. The next series starts Tuesday, January 10th and runs through January 31st, with a morning or evening option. The morning option is from 9:00-10:30 AM and the evening option is from 6:00-7:30 PM.

The Wisconsin Child Abuse and Neglect Prevention Board provided funding to support Triple P. Due to their support this class is being offered free of charge. Materials for this class will be mailed to the address you listed when registered after you attend the first class. Topics include Power of Positive Parenting, Raising Confident Competent Children, Raising Resilient Children, and Dealing with Disobedience

Triple P – Positive Parenting Program® is one of the world's most effective parenting programs. It is one of the few based on evidence from ongoing scientific research. Triple P has been tested with thousands of families through more than four decades of ongoing research.

Please share the registration information with friends and family who may be interested in joining. Register here: <http://bit.ly/TripleP0-12>





**Extension**

UNIVERSITY OF WISCONSIN-MADISON

Burnett County Extension Office

7410 County Road K, #107

Siren, WI 54872

## Burnett County 4-H Bugle



**Area Extension Director**

Lori Baltusis

**Phone: (715) 295-4112**

**Email: [lori.baltusis@wisc.edu](mailto:lori.baltusis@wisc.edu)**

**Spooner Agricultural Research Station**

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

Kevin Schoessow, Area Ag Agent

**Burnett County**

**Government Center**

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

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

**Email: [beth.rank@wisc.edu](mailto:beth.rank@wisc.edu)**

**Website: [www.burnett.uwex.edu/4h](http://www.burnett.uwex.edu/4h)**

Beth Rank, 4-H/ Positive Youth

Development Educator

Julie Yezek, Nutrition Education Program

Tammy Johnson, Office Support Staff

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

Don Strabel: President; Missy Peterson: Vice President

Deb Pavlicek : Secretary; Avery Pope, Treasurer

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