April 2021 Polk County

Clover Connection

WHAT IS CHANGING APRIL 1?

Number of People who can be at Events or Programs is increasing.

HWNDS

HZAD

- 30% of room capacity with max. of 50 people allowed indoors.
- 150 people allowed for outdoor programming.

~Maintain pods of 20

Pod Size Increasing to 20

Groups of 20 or fewer can meet together. ~For example, a club or committee with 20 or fewer

people.

• If you have 21 or more people you will need to break into groups.

 \sim For example, 34 people at a workshop could meet in a group of 17 and 17 or any combination that is less than 20 per group.

Maximum Length of Indoor Events Increasing to 4 Hours



What continues after April 1?

- Continued Use of Face Coverings
- No Eating Indoors
- Physical Distancing (6 ft between members outside household; 20 ft between pods)
- Hand sanitizing/disinfecting requirements
- When there is more restrictive local guidance we must follow that rather than our guidance.

For more information please visit: https://4h.extension.wisc.edu/4-h-faqs-related-to-covid-19/

Pollinator Garden Program: School Programs

Every school, scout troop and 4H club is invited to participate in the Save Our Monarchs Pollinator Garden Program. Once enrolled, schools will receive a **Pollinator Garden Mix** pouch containing 17 wildflower, ten (10) annuals for first-year color, plus seven (7) perennials for second and successive years' bloom....perfect for children to plant in a Butterfly & Bee Garden!

Our goal is to get EVERY school to plant a 10' x 10' garden plot designed just for pollinators, including monarch butterflies and bees. There are about 35 milkweed seeds per packet. Just chose a sunny area at the school or on the playground to do the planting. So we encourage every teacher to <u>https://www.saveourmonarchs.org/free-seeds-for-schools.html</u> or send your FREE seed request to:

Pollinator Garden Program Save Our Monarchs Foundation PO Box 390135 Minneapolis, MN 55439







NOTE: There is a \$1 charge for shipping & handling for online orders. LIMIT ONE POUCH PER ORDER.

Our goal is to reach over 20,000 Pollinator Gardens in 2021. This is a great hands-on experience for the students to follow the development of the garden and observe the daily growth of the Monarchs.

You can find all this great information at <u>www.saveourmorachs.org</u> This would be a great opportunity for 4H youth to become involved in some environmental studies, community beautification, pollinator support, etc.



4-H CALENDAR DATES

April

8: Virtual Livestock Educational Programs- Artificial Intelligence in Animal Sciences using sensors & cameras,7pm

17: Summer Camp Counselor Training- Counselor Training Discussion Session, Saturday 3-5pm

17: Dog Project- Kick-Off,: Registration, check shot records, move equipment and set-up building – 3:00–5:00 p.m.. (rain date 4/24 same time) Polk County Fair Grounds

May

3: Dog Project– Obedience: Beginners, 6-7pm, Showmanship, 7:10-7:30pm, Polk County Fairground (Croups Building)

4: Dog Project– Agility: Foundation: 6-6:45pm, Beginners: 7-7:45pm and Intermediate & Seniors: 8-8:45pm., Polk County Fairground (Crops Building)

4: Dog Project– Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

7: Dino Hunt- 6pm-8pm at the Balsam Lake Rod and Gun Club

8: Summer Camp Counselor Training- Parent Q&A, Saturday 10-11am

8: Rabbit Show- Steele County Fairgrounds, Owatonna, MN: Pre Entry ONLY Show!

10: Dog Project– Obedience: Beginners, 6-7pm, and Showmanship, 7:10-7:30pm, Polk County Fairground (Crops Building)

11: Dog Project– Agility: Foundation: 6-6:45pm, Beginners: 7-7:45pm, Intermediate & Seniors: 8-8:45pm., Polk County Fairground (Crops Building)

11: Dog Project–Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

13: Virtual UW- Madison Livestock Educational Programs- Meet Science Cookery, 7pm

17: Dog Project– Obedience: Beginners: 6-7pm, and Showmanship: 7:10-7:30pm, Polk County Fairground (Crops Building)

18: Dog Project– Agility: Foundation: 6-6:45pm, Beginners: 7-7:45pm and Intermediate & Seniors: 8-8:45pm., Polk County Fairground (Crops Building)

18: Dog Project-Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

24: Dog Project– Obedience: Beginners are from 6pm-7pm, and Showmanship are from 7:10pm-7:30pm, Polk County Fairground (Crops Building)

25: Dog Project: Agility: Foundation 6-6:45pm, Beginners 7-7:45pm and Intermediate & Seniors 8-8:45pm., Polk County Fairground (Crops Building)

25: Dog Project-Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

31: Dog Project- Obedience: Beginners 6-7pm, and Showmanship 7:10-7:30pm, Polk County Fairground (Crops Building)

June

1: State Speaking & Demonstration Virtual Contest ENRTY DEADLINE: Received by June 1

1: Dog Project– Agility: Foundation 6-6:45pm, Beginners 7-7:45pm and Intermediate & Seniors 8-8:45pm., Polk County Fairground (Crops Building)

1: Dog Project-Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

7: Dog Project- Obedience: Beginners 6-7pm, and Showmanship 7:10-7:30pm, Polk County Fairground (Crops Building)

8: Dog Project– Agility: Foundation is from 6pm-6:45pm, Beginners are from 7pm-7:45pm and Intermediate & Seniors are from 8pm-8:45pm., Polk County Fairground (Crops Building)

8: Dog Project-Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

14: Annual Northwest 4-H Golf Classic, 10:30am Registration time at the Kilkarney Hills Golf Club

14: Dog Project- Obedience: Beginners 6-7pm, and Showmanship 7:10-7:30pm, Polk County Fairground (Crops Building)

15: Dog Project– Agility: Foundation is from 6pm-6:45pm, Beginners are from 7pm-7:45pm and Intermediate & Seniors are from 8pm-8:45pm., Polk County Fairground (Crops Building)

15: Dog Project-Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

19: Pre-Fair Shoot - Balsam Lake Rod and Gun Club: 9am to Noon

19: Aerospace Pre-Fair Fly Off, 8:30am at the Polk County Fairgrounds

21: State Horse Bowl Contest, Dodge County Fairgrounds: ENTRY DEADLINE: Postmarked by June 1 (June 22 is also being held in case Covid-19 restrictions require splitting contest)

21: State Hippology Contest, Doge County Fairgrounds: Entry Deadline: Postmarked by June 1(June 22 is also being held in case Covid-19 restrictions require splitting contest)

21: Dog Project– Obedience: Beginners 6-7pm, and Showmanship 7:10-7:30pm, Polk County Fairground (Crops Building)
22: Dog Project– Agility: Foundation is from 6pm-6:45pm, Beginners are from 7pm-7:45pm and Intermediate & Seniors are from 8pm-8:45pm., Polk County Fairground (Crops Building)

22: Dog Project-Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

25-27: WI 4-H Hunt & Dressage Show and Clinic, Sheboygan County Fairgrounds. Entry Deadline: Postmarked by June 1.

26: Pre-Fair Archery - St. Croix Falls Fairgrounds: 9am-Noon

26: Aerospace Pre-Fair Fly Off, 8:30am at the Polk County Fairgrounds

28: Dog Project– Obedience: Beginners 6-7pm, and Showmanship 7:10-7:30pm, Polk County Fairground (Crops Building)

29: Dog Project– Agility: Foundation is from 6pm-6:45pm, Beginners are from 7pm-7:45pm and Intermediate & Seniors are from 8pm -8:45pm., Polk County Fairground (Crops Building)

29: Dog Project– Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

July

5: Dog Project- Obedience: Beginners 6-7pm, and Showmanship 7:10-7:30pm, Polk County Fairground (Crops Building)

6: Dog Project– Agility: Foundation is from 6pm-6:45pm, Beginners are from 7pm-7:45pm and Intermediate & Seniors are from 8pm-8:45pm., Polk County Fairground (Crops Building)

6: Dog Project-Rally: All levels are from 6pm-6:45pm at the Polk County Fairground (Crops Building)

10: Dog Show/Judging for Premiums (Pre-Fair) - Polk County Fairgrounds

17: Cat Show (more information to follow)

17: Championship Aerospace Fly-Off, 8:30am at the Polk County Fairgrounds

ATTENTION MARKET ANIMAL EXHIBITORS there will **NOT** be a spring weigh-in for Goats, Hogs, or Sheep. A drive thru tag and paperwork distribution will happen on Saturday April 24th from 9 am to 10 am at the Polk County Fair Park. When you arrive for tag distribution follow signage for specific species lane, stay in your vehicle, a Quality Meats representative will greet you at your car.

Pre-registration to receive tags is required. The links to these online registration forms are listed below or can be found on the Quality Meats page of the Polk County Extension website. polk.extension.wisc.edu Look under the 4-H menu for Quality Meats

Swine registration link https://forms.gle/juPv23sPQBi5rED58

Sheep registration link https://forms.gle/vf8CUXiBUkxMxFdW8

Goat Registration link https://forms.gle/MQCMhA5W9jNqnygk6



AEROSPACE PRE-FAIR FLYING/LAUNCHING DATES

To receive premiums and ribbons in lot numbers 1-17 and 23-28, flying and launching sessions will be held at the Polk County Fair Park on Saturday, June 19 and June 26, 2021. Registration begins at 8:30 a.m. and goes until 9:30 a.m. Championship session will be held on July 17 with check-ins starting at 8:30 a.m. and flying and judging to follow. You must be register to fly! If you have questions, contact Matt Babcock at 612-308-8888, or babber85@gmail.com

To qualify for the championship model airplane and model rocket fly-off in lots 1-17 you must fly three categories: hand launch, catapult launch, and rubber powered. Lots 23-28 must fly two categories; target accuracy and parachute duration, an exhibitor must have attended one of the first two sessions and earned at least one blue ribbon in any of the model airplane or model rocket lots numbers from 1-17 and 23-28.

Shooting Sports 2021 Special Announcement Due to an unforeseen circumstance, the Archery portion of this year's Pre-Fair Shoot is being rescheduled. Archery will be held on Saturday, June 26th, from 9am to Noon at the Fair Park in St. Croix Falls. While this isn't ideal, it should make both days go more quickly and you get a whole extra week to practice!! So, make sure to mark your calendars, update your phones, and

plan to bring your best shot to this year's Pre-Fair Shoot.

REMEMBER: Bring your bow and at least 5 arrows.

AIR RIFLE, .22, AND TRAP WILL BE HELD:

Saturday, June 19th 9am to Noon Balsam Lake Rod and Gun Club

ARCHERY ONLY:

Saturday June 26th 9am to Noon Fair Park, St. Croix Falls (Fairgrounds)



Remember: Bring your own Air Rifle and pellets or .22 and shells. Some .22 ammo will be available for purchase at the Shoot.

If you have any questions, please feel free to reach out to any of us on the Shooting Sports Committee

LOOKING FOR **SOMETHING FUN TO DO** TO GET OUTSIDE AND **MAYBE EARN A PATCH?**

Polk County Shooting Sports is teaming up with Wisconsin DNR to provide a fun way to learn about and explore the Outdoors and learn about Nature.

•You DO NOT need to be signed up in Shooting sports to participate. Just download the booklet or ask that one be printed for you and do the activities! This is a great way to do

nature activities, scavenger hunt, games, hikes and crafts to help you explore Wisconsin's outdoors

- •There are three age levels in the Wisconsin Explorer program (3-5 years, 6-8 years and 9 years and up). Three themes help kids explore different parts of the great outdoors. With nine booklets, a three-year-old can begin the program this year and participate until age eleven without repeating a booklet.
- •The program is designed to be completed by an individual youth with an adult to help, if you want to earn a patch from the DNR. Groups can do the activities together but cannot earn patches this way.
- •Older youth who want to work with younger youth or siblings & teach the activities, could do this in a Leadership role. It is suggested the groups be no larger than 5.
- •During Covid-19, the DNR contact person is working from home. To avoid multiple calls and out of courtesy to the program director, please text (preferred), call 715-541-4242 or email: Stacey.Lutsey@gmail.com if you have any questions. Questions will then be addressed, and your calls returned. We also have a copy of the patches if you want to see them.



Booklets can be found at: Wisconsin Explorer Program and choose the tab that lists the program for the age levels of (3-5 years, 6-8 years and 9 years and up.)

4-H ONLINE IS OPEN FOR ENROLLMENT. PLEASE

ENROLL NOW! New email and mailing lists will be used soon and if you are not enrolled, you will not get the newsletter or the weekly email blast. A huge thanks to those who have already re-enrolled in 4-H for the upcoming year. For those who haven't there is still time but re-enroll today so as to not miss updates and newsletters which very soon will be using the new 4honline 2.0 e-mail and mail addresses. Projects can be added or deleted until April 15th.

Club Leaders please reach out to last year's members and encourage families to re-enroll. We

know that 2020 was a difficult year, but we have learned much and have every confidence that you can have a great 4-H experience in 2021. Please reach out to new families and encourage them to enroll.

If your club needs a program for a Virtual meeting, please contact Chuck or Eileen. We can help brainstorm ideas, suggest topic speakers, or facilitate a program for your club. If you would like to observe a virtual (Zoom) meeting from another club, please contact Chuck or Eileen and we will help you arrange that.

ZOOM 4-H ACCOUNTS AVAILABLE FOR YOUR CLUB MEETINGS OR **PROJECT OFFERINGS!!** The Polk County 4-H Leaders Federation has purchased three Pro-Zoom Accounts for Polk County 4-H use. These accounts can be used for Club virtual meetings, county-wide project meetings, or county committee meetings. To access one of these accounts, please contact Matt Babcock, 4-H Leaders Federation Treasurer at <u>babber85@gmail.com</u> or Chuck Prissel at charles.prissel@wisc.edu

PROJECT LEADERS WANTED TO TEACH AND SHARE KNOWLEDGE ON COUNTYWIDE ZOOMS!! Would you like to help youth learn a skill or enhance their project knowledge during this virtual time? Many youth are seeking your expertise and knowledge and now is perfect time to help them gain skills and abilities. There are county-wide zoom accounts to help you achieve this outreach. Please reach out to Chuck and Eileen for assistance with promotion and scheduling.

4-H Online Access Updates for Families & Leaders! Families with approved enrollment can now edit their project selections. Click on "View" near the

member's name on the "Family Member List" Screen. In the column on the left side of the screen, click on "Projects". There is now an "Edit" button on the projects page. Clicking on Edit will open a window similar to the add projects screen which was completed during enrollment. Be sure to ADD and Save changes.

As updates are made to the new 4honline for access for families and club leaders we will continue to share when available.

COMPETITIVE EDGE SCHOLARSHIP APPLICATION:

This Scholarship Program offers 2-\$1,000 and 2-\$500 scholarships to incoming students at the University of Wisconsin-Madison. Finalists for the scholarships can interview virtually on Saturday, April 17, 2021. The scholarship program offers a one-day program that gathers resources from across campus by current students specifically for incoming students.

The application can be filled out online at www.wisconsinagr.com/competitive-edge. Questions can be directed to Nathan at <u>npdaniels2@wisc.edu</u> or 608-393-7677.

Inviting all adults or youth leaders interested in helping to improve and EXPAND THE SHOOTING SPORTS PROGRAM. As you may know there have been limited classes provided to enhance the program & involvement in the Shooting Sports project. There are also only a few adult leaders. In order to keep the project going, more assistance is needed. Changes we would like to see added are actual classes held to expand the program and to explore more of the Natural Resources area. Anyone interested or has ideas on how to improve this project, please contact Chad or Stacey Lutsey or UW - Extension office.





THE POLK COUNTY FAIR BOARD WOULD LIKE TO INVITE YOU BACK TO THE FAIR!

We are proud to announce the return of the Polk County Fair in 2021 to the Fair Park in St. Croix Falls. While the decision to cancel the fair last year was difficult, the decision to move forward with the fair this year has been equally challenging. There will be, undoubtedly, many obstacles to overcome, and some things may not look or feel like they have in the past, but, we are committed to keeping our attendees as safe and healthy as we can. We will be working with partners at the National, State, and Local, levels to ensure that we are incorporating as many Best Practices as possible. We are

also just as committed to ensuring that everyone who attends our fair has a good time! In fact, our mascot this year Gertrude the GOAT, promises that you will have the Greatest Of All Time... (and everyone knows that goats don't lie...)

Not all of the details have been worked out yet, so continue to check back in with our website, <u>www.polkcountyfair.com</u>. As we finalize plans, we will update the website as soon as we can so that you can continue to make plans as well. You may want to check our Facebook page as well.

We hope that you will plan to join us at the Fair July 29th through August 1st 2021. We also ask for your patience and understanding as we navigate the way forward. We hope that we can continue to count on your support just as we have for the last 130 years. We look forward to seeing you there!

~Polk County Fair Society along with the Polk County Fair Board

RABBIT
PROJECTTo those enrolled in the RabbitProject for
this year.
There are ways to learn more about the rab-

bit project while waiting for work shops that will be taking place as soon as the fairgrounds are available. Also, attending a rabbit show can be very helpful, and fun. Here are a couple of shows that are being held this spring

FIRST:

Sponsoring club-Cedar River Rabbit Club Austin, MN March 27 ,2021 Packer Arena 601 7th Street East Doors open at 7:00 A.M. Judging starts at 8:30 A.M. For supplies-Wolfe's Animal Supply (515)556-5123 <u>Wolferabbit3@mediacombb.net</u> Call or email ahead for special orders Show Secretary Stephanie Stundahl ((507) 440-4328 <u>sstundahl@gmail.com</u> Free to watch, but if you wish to enter--Entry Fee per rabbit is \$3.50, Fur \$2.00, Meat Pens \$3.50, Single fryers \$3.50 SECOND:

Sponsoring club- Rochester Area Rabbit Club May 8,2021 NOTE: Pre entry only show 1448 Austin Rd Owatonna MN 55060 Steele County Fairgrounds Show Secretary Karla Novey (507) 281-0156 <u>dknov@kmwb.net</u>

QUESTIONS?

Call Becky Larson (715) 294-2830, or cell (651) 278-2830 ardl@centurylink.net

Or Brenda Brandt (715) 294-2214 henry022@centurytel.net





DOG PROJECT KICK-OFF will be Saturday, April 17th, 3pm-5pm at the Polk County Fairgrounds. Registration, check shot records, move equipment and set-up building – Saturday, April 17th 3:00–5:00 p.m. (rain date 4/24 same time)

Groups of 20 or fewer, 20 ft. between groups, Physical distancing of 6 ft. between members, Face masks required, Hand sanitizing/disinfecting required.

DINO HUNT SCHEDULED FOR MAY 7th, Friday night from 6:00 to 8:00pm at Balsam Lake Rod and Gun Club

Because dinosaurs are such a terrible threat to the agriculture industry in Polk County we are offering all Polk County 4-H'ers ages eight (Explorers) to 12 and do not have a Hunter's Safety Certificate the opportunity to participate in Polk County's 4-H Shooting Sports Dinosaur Hunt

The 4-H Shooting Sports Program will supply the B.B. guns and ammunition for this event. There will also be an Archery Event. If you have questions about the Dinosaur Hunt, please call Chad & Stacey Lutsey at 715.268.4241 Or Dave & Carolyn Peterson at 715.857-5897.

Parents are encouraged to attend with their children



2021 4-H Summer Camp Experiences will likely look a little different for the summer of 2021. While we hope to plan some overnight experiences, day experiences are also in the works and we need your help! Dates are TBD – potentially one day a month or one day a week for a month, at different locations in Barron, Polk, and/or St. Croix Counties. If you are interested in being a counselor for even one day camp, please apply! If you are interested in helping create these camp experiences through any of the following positions, <u>complete the camp staff</u> and return to the Extension Office by Tuesday April 13, 2021.

application and return to the Extension Office by Tuesday, April 13, 2021.

All positions are required to provide leadership and be a positive role model for campers and other staff. Attendance at all camp counselor training sessions is required. Applicants could have past leadership experience working with children and have previous camp experience.

Experiences/Opportunities (subject to change)

We are planning to offer numerous camp opportunities including:

Day Experiences: In-Person day experiences will include a day-long excursion in Barron, Polk, and/or St. Croix Counties. These experiences will last from morning through evening. Experiences will be based on interest area and might include canoeing, environmental, topic specific (STEM, Arts, fishing, etc.). You can commit to one experience, or all of them. These experiences will be geared toward specific age groups.

<u>Virtual Experiences</u>: Virtual experiences will allow youth to connect virtually and explore specific topic areas, connect with older youth and have fun.

<u>Outpost Camp</u>: This 2-night excursion is for youth in grades 7 and 8 where they canoe, assist in cooking their own meals over a campfire, enjoy nature, and work together as a team. Youth sleep in tents.

Family Camping Experience: This overnight adventure is for the whole family. Families will participate in family activities including fishing, hiking, and exploring nature. They will cook meals over the campfire, play games, and sleep in tents, while experiencing fun with others.

Counselor Opportunities (youth 9-12 grade)

Counselors fill many roles at camp, read through the descriptions and think about what a good fit for you would be.

Counselor: Counselors assist in planning camp prior to the experience and help resource counselors with activities at camp. Depending on experience, are responsible for the supervision of up to 10 youth. Responsible for making sure youth get to and from all scheduled activities on time and participate in sessions. Minor problems that arise are the responsibility of the counselor, including, but not limited to youth involvement.

Nature Counselor: Includes counselor duties. In charge of developing nature activities that are appropriate for the campers' age and abilities related to a particular camp experience. Communicating with the Camp Director about what supplies are needed for activities. Able to communicate clearly so that youth are able to understand nature concepts through activities.

Arts and Crafts Counselor: Includes counselor duties. In charge of developing arts and crafts that are appropriate for the campers' age and abilities. Communicating with the Camp Director about what supplies are needed for activities. Giving clear and concise directions while leading these crafts with the help of cabin counselors.

Recreation Counselor: Includes counselor duties. In charge of developing recreational activities that are appropriate for campers' age and abilities related to a particular camp experience. Communicating with Camp Director about what supplies are needed for activities. Giving clear and concise directions for the activities with the help of cabin counselors.

Junior Director: Includes counselor duties, if desired. Responsibility for creating a welcoming and safe environment, allowing young people a safe place to experience our 4-H summer camp experience. The assistant director works closely with the Camp Director to plan summer camp. With the help of the camp director, will address issues that arise during camp with camp director, communicates to campers the procedures that make camp run. Coordinates timing and transitions between sessions, is the 'emcee' of summer camp.

Application Deadline: April 13

4-H CAMP COUNSELOR APPLICATION

Name	Current Age	Birth Date	Ma	le Female	
Address		City		Zip	
County	Club	Grade in Schoo)I	Years in 4-H	
Cell Phone	T-shirt size	•			
Email	<u> </u>				
Have you previously attended	l a Camp Counselor Training	g Workshop?			
If so, when and where?					
List camps (4-H and non 4-H) which you have attended:		C ca	mper or counselor-	
	Camp	Year	Camj	per Counselor	
			5		
		*			

Are you interested in l	being a counselor for (check all that apply)
	Day Experiences
	Virtual Experiences
	Outpost Camp
	Family Camping Experience

Please list dates you are NOT available this summer (vacations/other obligations) to help in planning				
	2			

Please Rank y	our Counselor Preferences (1 being most interested in, 6 being least interested)
	Counselor
	Nature Counselor
	Arts and Crafts Counselor
	Recreation Counselor
	Junior Director

Interests We would like to know your interests and ideas for types of campes (i.e. canoeing, arts, STEM, etc.)

Camp Activities				
Which of the following are you comfortable leading at camp experience? (Please check all that apply.)				
archery	games & recreation			
arts & crafts	music			
backpacking	nature			
campfire programs	nature activities (other than water)			
canoeing	relay games			
drama activities	science discovery activities			
fishing	singing			
flag ceremonies	swimming			
foods & nutrition	other (describe)			

Describe your experiences with 5 of the camp activities you identified on the front page.

(Applicant signature)

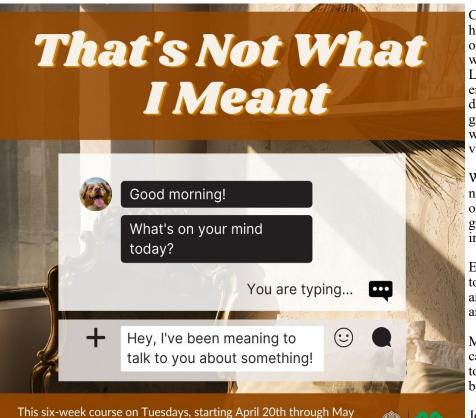
(Date completed)

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.





FOLLOW THE WI 4-H FACEBOOK PAGE FOR THE LATEST PROGRAMS AND EVENTS! <u>https://www.facebook.com/wisconsin4h/</u>



23rd will be covering self-awareness, non-verbal language and tone, intergenerational communication, how to hold onto your truth, listening, all the good stuff in a wonderfully safe place. Come learn from Emily and Megan how to have hard conversations. Everyone gets nervous sometimes, leaving a conversation wishing we would have said or done things differently. Let's learn more about ourselves and boost our emotional intelligence so we feel more confident in our abilities. This is geared to youth in grades 6-9, but anyone older can join. In fact, we'll have some opportunities for youth to invite their loved ones, too.

We will explore our self-awareness, body and nonverbal language, reflection and listening (to ourselves and others), mental health, and intergenerational communication in a REALLY informal and safe environment.

Emily Crook, La Crosse County Youth Educator, has a background in youth development and listening. She knows how to keep it real and celebrate our inner beauty.

Megan Suehring, Shawano County Youth Educator, has a background in youth development too and youth mental health. She knows how to be positive and embrace the chaos.

Join us Tuesdays, April 20 – May 25 from 8:00 -9:00 pm for a chat that will raise your points in emotional intelligence. Register now through 4HOnline!



JOIN A VIRTUAL COOKING CLASS TEEN EATS

Super-size your cooking skills with a focus on fresh taste and international flair. This 6 lesson course will have you loving foods and flavors you've never experienced.





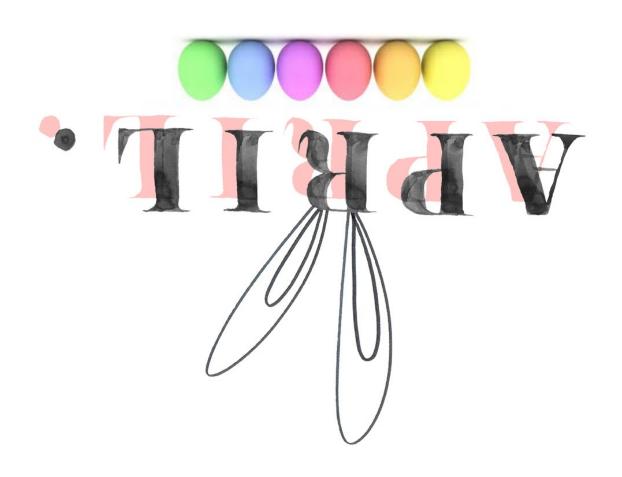
GRADES 9-13 APRIL 8-MAY 13, 2021, 4:30-5:30 PM 6 week series - via Zoom *basic cooking skills recommended

To Register <u>4H Calendar</u> or https://4h.extension.wisc.edu/opportunities/calendar/ Interested in a cooking class that goes beyond the basics? Super-size your cooking skills with a focus on fresh taste and international flair. This 6 lesson course will have you loving foods and flavors you've never experienced.

We will send welcome notes via email to participants as they register. They will have access to our course outline (syllabus) via Google folder, learn when they will receive Zoom link, and they'll have contact info, accessibility numbers, etc. Open to High school age students, limited to 20 participants. Registration now open in 4HOnline.

60098-984 (715) 485-8600 Balsam Lake, WI 54810 100 Polk Plaza, Suite 190 Polk County Office University of Wisconsin - Extension

BELURN SERVICE REQUESTED Permit No. 9 Monprofit bis9 egeteo9 .2.U Presorted Standard





The University of Wisconsin-Extension provides Title IX requirements, which include affirmative action and equal oppor-tunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disabil-ity, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record or veteran status.

EXtension of Miscousine Activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements activity of Willow Consider and the program or activity so that proper arrangements.

ΡΟLΚ COUNTY