



UW-MADISON EXTENSION

# Douglas County 4-H Newsletter

December/ January 2019

## Inside this issue:

Memo from Katie	1
Calendar	2
Enrollment Info	3
Project night	3
4-H Achievement Night	4
Winter Camp	4
Art Lab	5
Volunteer Corner	5
JR Leaders Snow tubing flyer	6
Volunteer 4-H Café	7
Leader Contacts	8
4-H Calendar	9



Hi 4-H members and families!

Welcome to the new 4-H year! I hope everyone is enjoying the snowy winter season!

As we think about 4-H, here is a deeper looking into the meaning of the 4-H pledge.

Over its 100-year history, 4-H has developed traditions that help define its culture and identity, such as the recitation of the 4-H pledge. Here are some ways you can help youth carry out the 4-H pledge.

I Pledge: My HEAD to clearer thinking

- Give youth opportunities to lead simple tasks at first and take on more responsibility as they grow.
- Avoid jumping in to help unless you are really needed. Encourage young people to overcome obstacles on their own.
- Encourage, motivate, and praise members who complete leadership roles.

My HEART to greater loyalty

- Create opportunities for 4-H members to interact with each other through games, group tasks, and their 4-H project work.
- Develop traditions to welcome new members and celebrate individuals.
- Find ways to involve family and community members in as many activities as possible.

My HANDS to larger service, and

- Have the group adopt a service project that fits their interests and meets a community need.
- Arrange tours of local sites and opportunities for youth to learn from others in the community.
- Encourage youth to consider the feelings of others.

My HEALTH to better living

- Help youth find resources to explore their 4-H projects and activities.
- Provide project learning experiences.
- Model and teach that failure or frustration is not a disgrace but a part of the learning experience.
- Be fair and consistent when enforcing rules and giving feedback. FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD

*Katie Stenroos*

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements. Any person requiring special accommodations for attending Douglas County UW-Extension programs should contact 715-395-1363 in advance of scheduled programs so that appropriate arrangements can be made.

La Universidad de Wisconsin-Extensión, un empleador con igualdad de oportunidades y acción afirmativa (EEO/AA), proporciona igualdad de oportunidades en empleo y programas, incluyendo los requisitos del Título VI, Título IX, y de la Ley para Americanos con Discapacidades (ADA).

# CALENDAR DECEMBER 2019/ JANUARY 2020

Page 2

<b>Dec '19</b>	24	Extension Office Closed
	25	Extension Office Closed
	29	4-H JR Leaders Event– Snowtubing on Mont Du Lac
	31	4-H Re-enrollments due in 4-H Online
<b>Jan '20</b>	1	Extension Office closed
	2	4-H Winter Camp Registrations Due
	13	4-H Leaders Association Meeting, Northwestern High School, 6:30pm
	17-19	Northern District Winter Camp, Camp Crossroads, Drummond, WI
	17-19	WI 4-H Art Lab, Madison, WI
	20	Project Night at Northwestern High school

4-H CLUBS	LOCATIONS	LEADERS	PHONE #S
<b>BIT N' SPUR 4-H</b>	Superior	Nola Stenroos Carolyn Jones	(218)348-3707 (218)349-7707
<b>CLOVER COUNTRY</b>	Maple	Pat Luostari Tricia Garland	(715) 363-2456 (218)341-3220
<b>HORSES 'R' US</b>	Lake Nebagamom	Lareasha Connors	(507)461-1393
<b>LAKELAND RIDERS</b>	Superior	Tia Love-Hankins	(715) 378 - 4246
<b>NORTHERN LIGHTS</b>	Superior	Diane Van Zee Kara Rivord Angel Carlson Kristy Strom	(319)321-8430 (218)390-5242 (715)817-0778 (218)393-9912
<b>PONY EXPRESS</b>	Superior	Madison Stalvig Elizabeth Eccles	218-434-5879 715-817-5541
<b>DISCOVERY 4-H CLUB</b>	Cooper Elementary	Ryan Stovern Sarah Hamilton	(715) 718-0661 (218)393-8162
<b>HORSE ASSOC.</b>	Youth Building Fairgrounds	Lareasha Connors	(507)461-1393

## 4-H BOARD OF DIRECTORS

**President:** Diane Van Zee  
**Vice-President:** Clorissa Kroll  
**Treasurer:** Angel Carlson  
**Secretary:** Nola Stenroos  
**Historian:** Kristen Clemmer  
**Youth Delegate-at-Large :** Donald Carlson  
**Youth Delegate-at-Large :** Armela Lane  
**Adult Delegate-at-Large:** Levi McCracken  
**Adult Delegate-at-Large:** Jenny Kroll  
**Advisor:** Tricia Garland



**Help wanted for our newsletter and website!**

Send your club stories, meeting minutes, photos and/or videos to the office!

## UPCOMING EVENTS

### **4-H ONLINE ENROLLMENT 2019-2020**

**Begins NOW!**

**Deadline is December 31st, Midnight**

**New members have until May 1st**

After Dec. 31st contact the office or a 4-H Board Member and be voted in by the Board of Directors at their next meeting.

**YOU CAN MAKE PROJECT CHANGES BY ADDING OR DELETING PROJECTS UNTIL MAY 1**

**Enroll at:** <http://wi.4honline.com>

New members can call the office for help in enrolling or contact the leader of the club they want to join. Dues are \$5.00 for 4th grade and up and \$3.00 for youth K-3. Please pay your club leader and leaders will pay the office for all members by December 31st.

#### **\*IMPORTANT LEADER INFO THIS YEAR!\***

There are many changes on the adult Additional Information screen related to the legal agreements and releases. Every adult needs to select a volunteer role by checking one or more boxes in the Volunteer Role Selection section. **All leaders need a separate email for criminal background checks from each other.**

**New this year:** All adult volunteers will be emailed a Volunteer Acceptance Letter upon county approval. The role is dependent upon the selection on the Additional Information screen. If a volunteer has more than one role, they will receive a separate letter for each role.

#### **Help with 4HOnline**

If you remember your email but not your password, request a new password and it will be sent to your email. If you do not have access to an electronic device to register you can come to the office and we can help you!

You will still be required to fill out a paper enrollment form for authorizations.

For help call: 715-395-1363 Cheryl Shockley

### **4-H Project Night**

**January 20, 2020 at Northwestern High School.**

**Projects: 6:15 pm-8:00pm**

**New 4-H Volunteer training: 6:15-7:00pm**

4-H Project Night is a free and open to the public. It is a way for youth and families to learn about 4-H projects.

Project areas may include: Workshops may include STEM, robotics, Geospatial, woodworking, crafts, photography, small animals, foods and nutrition, cooking, fitness activities, learn how to do a demonstration, first aid and introduction to 4-H for children in grades K-3.

**More information to come!**

### **4-H Achievement Night**

**Congratulations to the following members who received recognition and awards by completing the Member Elevation process!**

Katelyn Hamilton  
Brice Johnstad  
Armella Lane  
Hallie Stalvig  
Dreammarais West

**Congratulations to the following leaders for who were recognized for their years of service!**

Dianne James— 10 years  
Tricia Garland— 15 years  
Jenny Kroll— 20 years  
Terri Hammbereback— 25 years  
Pat Luostari— 35 years

*Congratulations*

## UPCOMING EVENTS

### Northern District 4-H Winter Camp!

**January 17-19, 2020**

**Camp Crossroads, Drummond, WI**

**Arrive: Friday between 7:00-8:00 pm**

**Depart: Sunday around 12:00 noon**

**Campers must be 14 years old OR in the 8th grade**

**Cost: \$80.00**

To register: Contact Katie Stenroos by phone or email

By January 2, 2020

### CAMP DETAILS/WHAT TO BRING

#### LODGING

Cabin units are carpeted and heated. Sizes of cabins vary from 8-18 beds per unit. The camp utilizes a common shower area during the winter months. Bedding and towels are NOT provided in cabin units.

#### MEALS

Three well-balanced meals will be served in the Crossroads dining area for our group. Breakfast will be served on Sunday. No dinner will be served on Friday night, please plan to eat before you arrive. If you have a long drive home on Sunday plan to stop for food or pack snacks. An evening snack will be served around 10pm.

#### ACTIVITIES

Broomball, time to explore the beautiful camp surroundings will compliment a rotation of educational rotations. The camp has a limited number of snow shoes available. If you wish to ski and have access to equipment, feel free to bring them.

#### OTHER AVAILABLE SERVICES

Aspen Lodge: Indoor game room which includes ping pong, climbing wall, air hockey, carpet ball and music.

#### WHAT TO BRING:

Warm clothing for indoor & outdoor activities

Winter boots, hat, mitts/gloves, etc.

Sleeping bag & personal items (toothbrush, soap, towel, etc)

Flashlight

Health Form and Expectation Statement. Health Forms should be completed on 4-H Online site.

Desire to have fun, learn, and expand your leadership skills

Winter Camp is a **community** of **older 4-H members** from **Northern Wisconsin** who are learning **leadership, citizenship** and **life skills**.







Wisconsin 4-H Art Lab is an opportunity for youth grades 9-12 to engage in the arts in downtown Madison. Partnering with UW-Madison and off-campus programs, this weekend will provide youth hands-on learning experience from professionals in a pre-selected art concentration. Program experiences will garner critical and creative thinking, self-expression, and further field knowledge, a focus on applications of art in the everyday world such as entrepreneurship, social justice, and community involvement. Concentrations will be coincided with entrepreneurial development activities such as group discussions, Madison arts entrepreneur talk, and space and resources to plan future action. This is an open enrollment program; all Wisconsin youth are invited to participate in this program. Cost is \$125 and scholarships are available.

2020 Art Concentration will include, dance, visual arts, theatre, and spoken word plus others.

More information and registration information can be found at <https://fyi.extension.wisc.edu/wi4harts/art-lab-2/>

## 4-H Volunteer Corner

“What is the 4-H volunteer’s Role?”



Your responsibility is to help 4-H members learn by supporting youth in educational activities and events through 4-H clubs and groups. Another way is by helping them learn specific project skills. 4-H members have fun with projects while “learning by doing.” Most people remember more if they actually experience something and have an opportunity for “hands-on learning.”

Learning takes place within the learner. It is not something done to the learner. We encourage skills that will be useful to the young person now and in the future. We help each member develop good habits, experiment with new ideas, and practice problem solving skills. By doing this, we help them become self-directed and contributing members of society.

Another way you can help 4-H members learn is to teach them how to think, not what to think. Volunteers help develop creative thinking in young people by giving them a chance to make decisions on their own. They’ll learn from their own choices.

Finally, be sure to recognize and encourage each 4-H member so they feel noticed and important. The most significant recognition that can be given to members is sincere praise and attention. Let them know they are important and what they have done is worthwhile.

*4-H volunteers provide a safe environment for members so they can experiment, make mistakes, correct mistakes, learn, and grow.*



# Douglas County 4-H JR Leader's Association Snowtubing and dinner!



UW-MADISON EXTENSION

All youth in grades 8-13 are invited to attend the event on  
December 29<sup>th</sup> at Mont Du Lac!

What is the JR Leader's Association: A fun group for older 4-H members to connect and participate in activities together and become leaders and role models in the 4-H program!

1:00pm-Meet at 4-H Building at Fairgrounds

1:30pm-Arrive at Mont Du Lac

1:30pm-4:30pm- Snow tubing fun!

4:30pm- Dinner provide at Mont Du Lac

5:00pm- Depart Mont Du Lac

5:30pm- Arrive back at 4-H building for pick up

**The event is free, pre-registration is required by December 27<sup>th</sup> to  
katelin.stenroos@wisc.edu or 715-395-1365.**

**Youth must have a waiver signed by parents/ guardians completed online, or they will not be able to snow tub. Link to complete waiver:**

**<https://www.mdlresort.com/waivers-and-forms/>**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_

Youth Phone number: \_\_\_\_\_ Youth email address: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_ Phone number: \_\_\_\_\_

**Ethnicity** (please circle): Hispanic Non-Hispanic Prefer not to respond

**Race** (please circle): American Indian Asian Black or African American Native Hawaiian

White Two or more races Prefer not to respond

Does your child have any food allergies? \_\_\_\_\_

I grant the University of WI Board of Regents and University of WI-Extension, the right to use, publish, and copy-right my child's image (including audio, moving image or photograph) for educational programs, website, and promotion of University programs. The University adheres to all Federal and State laws associated with this use.

\_\_\_\_ Yes \_\_\_\_ No

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

By signing this form you are allowing your child to attend the JR Leader's Snowtubing event.

The University of Wisconsin-Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential

AREA 2 4-H POSITIVE YOUTH DEVELOPMENT  
EDUCATORS PRESENT...



An opportunity to meet other volunteers from northwestern Wisconsin for annual leader training and meaningful, guided conversations. Please come share resources and ideas about club or project activities.



SATURDAY, JANUARY 25, 2020  
9:30 A.M. - 4:00 P.M.  
SPOONER AG RESEARCH STATION  
( W6646 WI-70, SPOONER, WI 54801)

REGISTER VIA GOOGLE FORM AT:  
[HTTPS://FORMS.GLE/AYKKLTW58PU8UZ2U6](https://forms.gle/aykkltw58pu8uz2u6)

BEFORE MONDAY, JANUARY 13TH

FOR MORE INFORMATION OR TO REGISTER VIA PHONE CALL  
BETH RANK, BURNETT CO 4-H EDUCATOR AT 715-349-2151.



## COMMUNITY CLUB LEADERS 2020

Diane Van Zee	Northern Lights	<a href="mailto:dianevanzee@hotmail.com">dianevanzee@hotmail.com</a>	319-321-8430
Kara Rivord	Northern Lights	<a href="mailto:kararivord@gmail.com">kararivord@gmail.com</a>	218-390-5242
Angel Carlson	Northern Lights	<a href="mailto:swansona28@yahoo.com">swansona28@yahoo.com</a>	715-817-0778
Kristy Strom	Northern Lights	<a href="mailto:jakstrom5@yahoo.com">jakstrom5@yahoo.com</a>	218-393-9912
Madison Stalvig	Pony Express	<a href="mailto:stalvig23@gmail.com">stalvig23@gmail.com</a>	218-434-5879
Elizabeth Eccles	Pony Express	<a href="mailto:Elizabethheccles317@gmail.com">Elizabethheccles317@gmail.com</a>	715-817-5541
Pat Luostari	Clover Country	<a href="mailto:pluostari@yahoo.com">pluostari@yahoo.com</a>	715-363-2456
Tricia Garland	Clover Country	<a href="mailto:triciaagarland@gmail.com">triciaagarland@gmail.com</a>	218-341-3220
Laresha Connors	Horses R Us	<a href="mailto:ulconnors@msn.com">ulconnors@msn.com</a>	507-461-1393
Nola Stenroos	Bit N Spur	<a href="mailto:nstenroos@gmail.com">nstenroos@gmail.com</a>	218-348-3707
Carolyn Jones	Bit N Spur	<a href="mailto:care17bear@gmail.com">care17bear@gmail.com</a>	218-349-7707
Ryan Stovern	Discovery Club	<a href="mailto:ryanstovern@gmail.com">ryanstovern@gmail.com</a>	715-718-0661
Sarah Hamilton	Discovery Club	<a href="mailto:ebihomes@yahoo.com">ebihomes@yahoo.com</a>	218-393-8162
Tia Hankins	Lakeland Riders	<a href="mailto:rtabcdz@msn.com">rtabcdz@msn.com</a>	715-378-4246

### Horse Association: Meets 4th Monday of the month at fairgrounds

President- Laresha Connors Vice-President- Levi McCracken Treasurer- Patti Stalvig

## BOARD OF DIRECTORS 2020

<b>President</b>	Diane Van Zee	<a href="mailto:dianevanzee@hotmail.com">dianevanzee@hotmail.com</a>	319-321-8430
<b>Vice-President</b>	Clorissa Kroll	<a href="mailto:puppy13angel16@gmail.com">puppy13angel16@gmail.com</a>	218-340-7237
<b>Treasurer</b>	Angel Carlson	<a href="mailto:swansona28@yahoo.com">swansona28@yahoo.com</a>	715-817-0778
<b>Advisor</b>	Tricia Garland	<a href="mailto:triciaagarland@gmail.com">triciaagarland@gmail.com</a>	218-341-3220
<b>Secretary</b>	Nola Stenroos	<a href="mailto:nstenroos@gmail.com">nstenroos@gmail.com</a>	218-348-3707
<b>Historian</b>	Kristin Clemmer	<a href="mailto:krisanderson63@yahoo.com">krisanderson63@yahoo.com</a>	715-558-6404
<b>Delegate-at-Large</b>	Jenny Kroll	<a href="mailto:Kroll0986@yahoo.com">Kroll0986@yahoo.com</a>	218-349-2710
<b>Delegate-at-Large</b>	Levi McCracken	<a href="mailto:1977mlevi@gmail.com">1977mlevi@gmail.com</a>	218-390-8821
<b>Youth Delegate</b>	Armella Lane	<a href="mailto:armellalane@superior.k12.wi.us">armellalane@superior.k12.wi.us</a>	218-409-9444
<b>Youth Delegate</b>	Donald Carlson	<a href="mailto:swansona28@yahoo.com">swansona28@yahoo.com</a>	715-817-0778

University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Madison Division of Extension provides equal opportunities in employment and programming including Title IX and ADA requirements. Any person requiring special accommodations can call 715-395-1363 or email me in advance of scheduled programs so that appropriate arrangements can be made.



<b>DEC</b>	<b>31</b>	<b>ENROLLMENTS ARE DUE BY December 31<sup>st</sup>, 4:30 PM</b>
<b>JAN</b>	1	UW-Extension Office Closed for New Year's Day
<b>2020</b>	13	Leaders Meeting – Northwestern High School (6:30 p.m.)
	17-19	District Winter Camp – Camp Crosswoods, Drummond, WI
	20	Project Night – Northwestern High School (6:15-8:00 p.m.)
	20	Volunteer Certification – Northwestern High School (6:15-7:45 p.m.) (For new Volunteers/Leaders)
	27	Douglas County 4-H Horse Association Meeting – Youth Building (6:00 p.m.)
	24-26	Art Lab (for grades 9-13 and adults) – Wisconsin Dells
<b>FEB</b>	16	Winter Fun Day (sledding & pizza) – Nemadji Golf Sledding hill <b>Deadline Feb 15th</b>
	10	Leaders Meeting-Northwestern High School (6:30 p.m.)
	17	UW-Extension Office Closed for President's Day
<b>MAR</b>	23	Douglas County 4-H Horse Association Meeting – Youth Building (6:00 pm)
	28-April 2	National 4-H Conference – March 28-April 2
<b>APR</b>	<b>3</b>	<b>Cultural Arts Registration Forms Due</b>
	13	Leaders Meeting – Courthouse Extension Office Room 107 (6:30 pm)
	16-19	Midwest Horse Fair – Alliant Energy Center, Madison
	16-20	4-H U.S. Space Camp – Alabama
	18	Cultural Arts Festival, Demonstration, & Clothing Revue –NW Elementary School (8:30 am – 2:30 pm)
	24-26	Minnesota Horse Expo – St. Paul Fairgrounds
<b>MAY</b>	<b>1</b>	<b>Last Day to turn in Add/Drop forms</b>
	<b>1</b>	<b>Last Day for New Members to Enroll in 4-H to Participate in Junior Fair</b>
	1-2	WI 4-H Horse Education Days - Appleton
	11	Leaders Meeting – Courthouse Boardroom 207C (6:30 pm)
	25	Courthouse Closed for Labor Day
	18	Douglas County 4-H Horse Association Meeting – Youth Building (6:00 pm)
<b>JUNE</b>	5-July12	American Spirit East Experience – June 5-14/10-18 & July 3-12, 2020
	8	Leaders Association Meeting & Flowers – Fairgrounds Youth Building (6:30 p.m.)
	13-21	Citizenship Washington Focus & July 4-12
	22	DC 4-H Horse Association Meeting-Youth Building 6:00 p.m.
	22-25	WI State 4-H Youth Conference-Madison
	26-28	State 4-H Hunt & Dressage Show-Sheboygan County Fairgrounds
<b>JULY</b>	<b>1</b>	<b>Points Award Forms Due</b>
	3-12	American Spirit East Experience
	4	UW-Extension Office Closed for Independence Day
	<b>13</b>	<b>Leaders Meeting Fairgrounds Youth building 6:30 p.m.</b>
	<b>14-19</b>	<b>HEAD OF THE LAKES FAIR</b>
<b>AUG</b>	13	Mighty Machines, Middle School- 4 p.m.-7 p.m.
	16	Wisconsin State Fair – West Allis, WI
	24	Douglas County 4-H Horse Association Meeting – Youth Building (6:00 pm)
<b>SEPT</b>	7	UW-Extension Office Closed for Labor Day
	<b>8</b>	<b>Member Evaluation (M.E.) Packets Due</b>
	12-13	State 4-H Gymkhana Show
	<b>14</b>	<b>M.E. Interviews – Extension Office (6:00 pm)</b>
	18-20	State 4-H Horse Expo Show – West Allis
	21	Board of Directors M.E. Process Meeting – Extension Office (5:30 pm)
	28	Douglas County 4-H Horse Association Annual Meeting – Youth Bldg. (6:00 pm)
<b>OCT</b>	TBD	4-H Arts Camp (for grades 6-8) –Camp Upham Woods, WI
	<b>1</b>	<b>Charters are due</b>
	4-11	National 4-H Week
	11	4-H Achievement Night – Fairgrounds Curling Club (5:00 pm)
<b>NOV</b>	6-8	Fall Forum
	9	Annual Leaders Meeting-Extension Office (6:00 p.m.)
	13-15	WI State 4-H Horse Leaders Conference UW-River Falls
	26-27	Courthouse Closed for Holiday
	29- Dec 3	National 4-H Congress

Douglas County 4-H  
1313 Belknap Street, Room 107  
Superior, WI 54880



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
DOUGLAS COUNTY

**Douglas County Extension Office**

**Katelin Stenroos, 4 -H Program Coordinator**

**715-395-1365**

**Cheryl Shockley, Douglas County 4-H Support Staff**

**715-395-1363**

Mary Johnson- Garay, Positive Youth Development

715-395-1546

Jane Anklam, Horticulture and Agriculture Educator

715-395-1515

Julie Montgomery, FoodWise Coordinator

715-395-14

Tarah Nichols, FoodWise Educator

715-395-7443



**We're on Facebook!! Like us!!**  
**Douglas County Wisconsin 4-H**

