



CLOVERBUD QUARTERLY

St. Croix County 4-H Newsletter for Cloverbud Families

Fall 2016



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STEM for KIDS

Hammond Library—The Hammond Community Library is offering a monthly STEM Class for kids from PreK-7th grade. We are meeting on the 4th Thursday of the month. PreK-4 are from 6-6:45 pm and 5-7 grades are from 6:30-8 for more information contact Michelle Johnson at mjohnson@hammondpubliclibrary.org or Beth Sippl at bj.sippl@gmail.com

Somerset Library—Lego Club meets every 2nd Wednesday from 3:15pm—4:15pm and every 3rd Saturday from 10am—11am. All ages are welcome.

Hazel Mackin (Roberts) Library—Lego Club will meet on Sept. 17 from 10:30am—11:30am for youth 5 years old and up. Please do not bring your own Legos.

St. Croix County Community Events

Sept. 12—Art on the Kinni (River Falls)
Sept. 19-20—River Falls Bacon Bash (River Falls)
Sept. 25—Heritage Days (New Richmond)
Sept. 26-27—Spirit of the St. Croix Art Festival (Hudson)
Oct. 3—Fall Festival at the Orchard (Baldwin)
Oct. 24—Hilltop Pumpkin Party (Hudson)
Nov. 21—Community Craft Fair (Baldwin)
Nov. 27—Light Up Night (Hudson)
Nov. 27—River Dazzle (River Falls)

Cedar Crest Ice Cream Flavor Contest

Cedar Crest Ice Cream and the Wisconsin 4-H Foundation have teamed up to present a Create an Ice Cream Flavor Contest.

Who: All 4-H groups in the State of Wisconsin

What: Develop and name an ice cream flavor

When: Entries must be sent or emailed to Cedar Crest Ice Cream no later than October 1, 2016.

To download an application go to <http://wis4hfoundation.org/cedar-crest-ice-cream-flavor-creation-contest/>



Help St. Croix County Celebrate National 4-H Week!

Sunday - Make a 4-H poster to hang at school, the library, or around town telling people how great 4-H is.

Monday - Save someone's day. Do something really nice for someone else.

Tuesday - T-Shirt Tuesday. Wear your favorite 4-H t-shirt today.

Wednesday - Superheroes Unmasked: Heroes don't always wear capes. Write a thank you card to your hero (parent, 4-H leader, community member, etc.)

Thursday - Throwback Thursday—Alumni, 4-Hers parents, and volunteers post your child's (or your own) favorite 4-H memory on the St. Croix County 4-H Face Book Page

Friday - Enter the St. Croix County 4-H Clover Contest and win some great prizes. See the back page for more information.

Saturday - Help out with a community service project and make a difference.

HONEY BEE POSTER CONTEST

Theme for 2016: Honey Bees pollinating for vegetables

Divisions: 2nd grade and under, 3rd-5th grades, 6th-8th grades, and 9th-12th grades

Prizes for each division: 1st - \$35, 2nd - \$25, 3rd - \$15

Rules:

1. Size 11"x14" poster board
2. Print clearly, on back side: Name, address, age and grade
3. Include theme in design
4. Posters become property of W.H.P.A.
5. Most bees today live in bee hives. Paper wasps live in nests hanging from a tree branch. Not bees!

Mail by October 25, 2016 to:

Sharon Pufahl
W6432 Hwy O
Mauston, WI 53948
(608) 847-4407



Adult Volunteers Needed

- Fall is the time of year that we look for volunteers to assist with planning for our upcoming 2017 programming.
- We are looking for adults who would like to volunteer to help with the 2017 St. Croix County 4-H Clover College.
- This is a project exploration event for youth grades K—5.
- The committee will meet 2-3 times for planning. Please contact Heather 715-531-1938 or heather.vierling@ces.uwex.edu for more information or to sign up to help on the committee.



St. Croix County 4-H Leaders Association meetings are the 3rd Tuesday of the month at 7:00 pm at the St. Croix County UW-Extension Office

APPLE SLICE TREATS

Directions:

Wash and slice apples so you get thin round cuts
Cover one side of the apple with peanut butter
Sprinkle toppings over peanut butter (coconut, chocolate chips, nuts, raisins, marshmallows, berries, bananas, granola, candies, etc.)
Eat and enjoy!



Pine Cone Bird Feeders

As the weather changes, some bird species migrate away, others visit your area while migrating through and still others stay close to home to stick out the winter months. With this project, you can help feed local and traveling birds any time of year.

Supplies Needed:

Several Large Pine Cones
Peanut Butter or Vegetable Shorting
Disposable Knives
String
Bird Seed
Pie Pan
Parchment Paper

Instructions:

Pour the bird seed into the pie pan and set aside. Tie one end of the string around a pine cone. Remember to leave enough string on the other end to tie to a tree branch. Using a disposable knife cover your pine cone in peanut butter (this gets messy). Make sure you get the peanut butter in-between the layers of the pine cone. Once the pine cone is covered in peanut butter roll it in the bird seed. Cover the entire pine cone in a thick layer of bird seed. Lay the pine cone on parchment paper overnight to dry. Once dry hang the bird feeder from a tree branch where you will be able to see the birds feeding on it.

Questions You Can Ask Youth:

- 1.) Can you name three different types of birds?
- 2.) Why do birds fly south in the winter?
- 3.) Do all birds sound the same?
- 4.) Can you think of other animals that might visit the bird feeder?

Share / Reflect:

Have the kids keep a journal or draw pictures of all of the birds they see eating off of their bird feeders.



ESSENTIAL ELEMENTS OF POSITIVE YOUTH DEVELOPMENT

As they grow and learn, all young people have four developmental needs. Those needs are:



Belonging: To know they are cared about by others

Independence: To practice responsibility and make decisions

Generosity: To practice helping others through their own generosity

Mastery: To feel and believe they are capable and successful

4-H helps meet these needs by providing positive youth development experiences. In 4-H, youth build skills and values, and use their skills, talents, and time in ways that make them feel confident and competent.

BELONGING—Young people want to belong and be members of groups or clubs. A sense of belonging may be the single most powerful positive influence 4-H adds to the lives of young people. Three elements create a strong feeling of belonging among club members. A positive relationship with a caring adults is one the most important ingredients of Positive Youth Development. A supportive relationship nurtures club members as they learn and helps them feel confident to try new things, tackle more difficult tasks, and set higher goals. An inclusive environment acknowledges and celebrates the similarities and difference in club members. In a welcoming environment, young people are more likely to participate and become engaged in learning activities. A safe emotional and physical environment encourages positive interaction among members and teamwork.

INDEPENDENCE: Independence grows by steps and begins with making small decisions that can turn into life-changing decisions. By exercising independence, youth mature in self discipline and responsibility, learn to better understand themselves, and become independent thinkers.

GENEROSITY: Generosity values and practices service to their communities. 4-H community service projects allow youth and adults to work together to help others. Community service helps youth build discipline, learn respect, value civic responsibility, and participate in real-world experiences.

MASTERY: Mastery is achieved when youth build their knowledge, skills, and attitudes, and then demonstrate they can use these abilities. 4-H members achieve mastery through hands-on learning and by demonstrating their knowledge and skills to others.

Re-Enrolling for the 2016-2017 4-H Year

- ♦ To get started with the re-enrollment process, log into 4HOnline with your family email and password between September 1—November 1.
- ♦ On the family home screen, click on the orange button labeled ***Continue to Family***
- ♦ On your Member / Volunteer list, find the family member you wish to re-enroll and click on ***Edit*** next to their name.
- ♦ At the bottom of the next screen, click on the button for ***Enroll for 2016-2017***.
- ♦ You will now see the Personal Information that you entered when you first enrolled. Look over the information and make any corrections. Please make sure you have the correct contact information (address, phone number, and email). When you are done, click on ***Continue***.
- ♦ Next is the Additional Information screen where you will need to accept the agreements and answer the Photo Release and Accommodations questions. Click ***Continue*** when done.
- ♦ The Health Form for members is optional at enrollment, but you could be asked to complete it in the future if you attend any events that require one. Click ***Continue*** when done.
- ♦ On the Participation—Club screen, confirm the correct club is listed. This is the best time to change clubs if you wish to do so. Click on ***Update*** to save the change. Click on ***Continue*** when done.
- ♦ On the Participation—Project screen, confirm all the projects you are enrolled in are listed. Add any missing projects. See below for definitions and rules pertaining to the Cloverbud and Exploring projects. If you are dropping a project, click on ***Edit*** for that project and then click on ***Delete***. If you would like to receive free educational materials for projects please make sure you click the curriculum box for each project you are requesting materials for. After making sure all your projects are listed correctly, click on ***Submit Enrollment***.

Cloverbud Project

This educational program for young people going into Kindergarten, first, and second grade, focuses on building self-esteem and creativity. Discover 4-H through experiences in animal sciences, communication and visual arts, food and nutrition, personal growth and many more. (Cloverbud project members are **NOT** eligible to show animals at the fair.

Exploring Project

Exploring is an experience of discovery for 4-H members in grade Exploring members sample a wide variety of projects offered in 4-H. Projects include nature, foods, arts and crafts, plus many more.

You will learn more about yourself, being a 4-H member, your community and the people in it, and your environment. **(Exploring Project members are eligible to show ONE animal at the fair. You MUST indicate what species on your enrollment form to receive animal mailings)**



3.



Pack A MyPlate Lunch

HEALTHY LUNCH = VEGETABLE + PROTEIN + WHOLE GRAIN + FRUIT + DAIRY



Vegetables	Fruits	Proteins	Grains	Dairy
<ul style="list-style-type: none"> Baby carrots Broccoli florets Cauliflower florets Celery Cherry or grape tomatoes Cucumber slices Edamame Green beans Jack-o'-lantern slices Lentils Mushrooms Red, yellow or green pepper slices Spinach Sugar snap peas 	<ul style="list-style-type: none"> Apples Apple sauce Apricots Blueberries Cherries Dates Grapes Kiwi Mango Melon Nectarines Oranges Papaya Peaches Pineapple Plums Strawberries 	<ul style="list-style-type: none"> Chicken salad Ham Hard-boiled eggs Hummus Nut butters (peanut, almond, cashew, sunflower) Refried beans Roast beef Sliced chicken Sliced pork Smoked salmon Tofu cubes Tuna salad Turkey White or black bean dip 	<ul style="list-style-type: none"> Bacon brown bread Brown rice cakes Cinnamon rollin bread Croissant crockers Cronut Multi-grain bun or roll Oatmeal – rollin cookies Popcorn (air-popped) Whole grain tortillas Whole grain crockers Whole grain pizza salad Whole wheat English muffin Whole wheat pita Whole wheat pretzels 	<ul style="list-style-type: none"> Cheese slices, sticks or cubes Cottage cheese Cream cheese Goat cheese Milk Smoothies Sour cream Yogurt
Preparation – Packing <ol style="list-style-type: none"> Wash vegetables under cold water. Add a dipping sauce such as hummus or ranch dressing. Add vegetable slices to a sandwich. Keep vegetables cool. 	Preparation – Packing <ol style="list-style-type: none"> Select fresh, dried or packaged fruit. Choose canned or packaged fruit with no sugar or syrup added. Wash fruit with cold water. Most kids like cut fruit instead of whole fruit. Keep fruit cool. 	Preparation – Packing <ol style="list-style-type: none"> Slice leftover meats from dinner for sandwiches. Roll up meats around a vegetable stick. Make sandwiches the night before and refrigerate or freeze them. 	Preparation – Packing <ol style="list-style-type: none"> Use whole grain breads instead of white sandwich bread. Try a tortilla wrap or flatbread to make a sandwich. Mix it up! 	Preparation – Packing <ol style="list-style-type: none"> Choose low-fat or skin milk products. Milk can be purchased at school or a very low cost. This is your child's best bet to be sure the milk is kept cold.

- 1.) Open to all Cloverbuds and Explorers. One entry per person.
- 2.) Decorate a 4 Leaf Clover. Show us what you have learned in 4-H and how you have grown from it. Make it your own, you are #4HGrown!
- 3.) Use crayons, colored pencils or markers.
- 4.) Cut out your Clover, write your first name and last initial, your current grade, and your 4-H club neatly on the backside of your Clover.

4 Leaf Clover

