



CLOVERBUD QUARTERLY

St. Croix County 4-H Newsletter for Cloverbud Families

Fall 2017

UW
Extension

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**WE HAD A GREAT TIME AT CLOVERBUD
DAY CAMPS THIS SUMMER!!!!**



St. Croix County Community Events

Sept. 8-9—Falcon Frontier Days Rodeo (River Falls)
Sept. 9—Art on the Kinni (River Falls)
Sept 14-17—Fall Festival (Amery).
Sept. 16-17—River Falls Bacon Bash (River Falls)
Sept. 22-24—Heritage Days (New Richmond)
Sept. 23-24—Spirit of the St. Croix Art Festival (Hudson)
Oct 28—Main Street Art Crawl (River Falls)
Oct. 28—Hilltop Pumpkin Party (Hudson)
Oct 31—Rotary Halloween Parade (Hudson)
Nov. 24—Light Up Night (Hudson)
Nov. 25—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, 2017.

For more information and to submit applications go to <http://www.cedarcresticecream.com/about-us/2017-ice-cream-flavor-creation-contest/>



NATIONAL 4-H WEEK

OCTOBER 1-7, 2017

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 - Help recruit new kids for 4-H. Get your friends to join a 4-H club.

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

HONEY BEE POSTER CONTEST

Theme for 2017: Honey Bees where they live.

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. Create a 11"x14" size 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.

Mail by October 25, 2017 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 2018 programming. We are looking for adults who would like to volunteer to help with the 2018 St. Croix County 4-H Clover College. This is a project exploration event for youth grades K—4. 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.

**Our first committee meeting will be on September 13
@ 7:00pm at the UW-Extension Office.**



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

BAKED CINNAMON

APPLE CHIPS

Ingredients:

4 apples, cored and sliced 1/8" thick
1-2 Tsp. ground cinnamon
1-2 tsp. granulated sugar
Cooking spray

Directions:

Preheat oven to 200 degrees F
Mix sugar and cinnamon together. In a large bowl add mixture to apple slices.
Spray a baking sheet with cooking spray. Lay apple slices flat on the cookie sheet.
Bake 2-3 hours until chips are dry yet still soft. Flip slices over half way through cooking.



Homemade Telephone

How does sound travel? How does the human ear hear and interpret sounds. This science experiment explores how vibrations travel and move all around us.

Supplies Needed:

2 Plastic Cups
2 Paper Clips
5' - 8' Piece of String
Scissors or Hammer & Nail

Instructions:

- 1.) Ask the children to pair up and stand 5' - 8' apart. Give each of them a cup. Ask one child to talk into the cup. Have the other partner hold a cup up to their ear. Can they hear what their partner is saying?
- 2.) With adult help, poke a hole in the bottom of each cup using a nail and hammer or scissors.
- 3.) Instruct the children to thread the string through the hole in the bottom of their cup. Then tie the paper clip to the ends of the string in the cups.
- 4.) Ask the youth to pull the string tight and talk into the cup. Can they hear what their partner is saying?



Questions You Can Ask Youth:

- 1.) Could you hear your partner through the telephone?
- 2.) Could you hear your partner better when the string was loose or tight?
- 3.) How can you connect your phones so that 4 people could be connected at the same time.

Taking it a Step Further:

Let children try different types or lengths of string, dental floss, or fishing wire, or different types of cups.



RESPONDING TO SCARY EVENTS: TEACHING CHILDREN THROUGH OUR OWN ACTIONS

Adapted from an article by: Dave Riley, Ph.D., UW-Madison/Extension

Sometimes events in the world of adults can affect children, events like war or the death of a public figure. But children don't have an automatic reaction to those events. They watch us adults to learn how to appraise the meaning of the events, and how they ought to react.

For example, following the terrorist attacks on the Twin Towers in New York City, children who watched great amounts of TV coverage for the next 6 weeks were far more likely to develop a "post traumatic stress disorder." These were not children who knew anyone injured by the attack. These children were harmed not by the attack, but by the TV news and their parents' reactions to the news.


Children do not have an automatic fear response to things like news reports of terrorist bombings or war. They look primarily to the adults around them for cues on which emotional responses or opinions to adopt. If their parents and teachers are calm, then children will respond calmly also.

During scary events children experience unhealthy levels of fear, becoming emotionally distraught, sleepless, regressing in less mature behavior, or clinging to their parents and teachers. If a child had a loved one that was hurt because of a conflict, then this fear is normal. But for most children, these fears are irrational, unhealthy, and unnecessary.

The most startling thing about their fears is that the TV reports normally don't show anything scary happening. People may be arguing or protesting but typically no deceased or injured people are shown. So what frightened the children? In some cases they witnessed scenes of children crying after devastating situations. This is a truly frightening sight to any child. In most cases they were scared by the tension and uncertainty they observed as their own teachers and parents watched the news.

When we ignore the everyday violence of the TV shows, children easily learn to consider it normal. In contrast, when we turn the volume up and obsessively watch the news reports with worried brows, then children get worried too.

Seen in this light, every frustrating or scary event in a child's life is an opportunity to teach them emotional self-control and a healthy style of coping. Similarly, we can teach our children to fall apart emotionally at life's changes, or we can teach them calmness in the face of unsettling events. We teach this primarily through our own example (modeling) and by coaching their healthy coping responses.



Re-Enrolling for the 2017-2018 4-H Year

- ♦ To get started with the re-enrollment process, log into 4HOnline with your family email and password between September 6 —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 2017-2018***.
- ♦ 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.



FUN BACK TO SCHOOL IDEAS...get the year started right!

- 1.) **First Day of School Countdown**—start the countdown the week before school starts.
- 2.) **Have a Backpack Fairy Visit**—hid something special in your child's backpack on the first day of school.
- 3.) **Pimp out Your Car**—decorate the inside and outside of your car for a fun drive to school.
- 4.) **Fill Their Room with Balloons**—so when they wake up in the morning all they will see are balloons.
- 5.) **Special Lunchbox Treat**—create something special for lunch on the first day.
- 6.) **Back-to-School Special Breakfast / Dinner** —make their favorite foods for dinner or breakfast.
- 7.) **Take a Photo**—remember their first day with a photo.
- 8.) **Back-to-School Party**—have a party the night before to celebrate the start of a new school year.
- 9.) **O'Fish-ally First Day of School Art**—have them create a work of art on the first day of school.
- 10.) **Cake**—bake a Back-to-School Cake for your kiddos.
- 11.) **Start a "Caught Ya Being Good Jar"** - every time you see them doing something good drop in a penny, nickel, dime, or quarter.
- 12.) **Homework Station**—set up a homework station for youth success.