



# CLOVERBUD QUARTERLY

St. Croix County 4-H Newsletter for Cloverbud Families

WINTER 2018



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## Learn the 4-H Pledge

*"I pledge my HEAD to clearer thinking,  
my HEART to greater loyalty,  
my HANDS to larger service, and  
my HEALTH to better living, for my  
club, my community, my country, and  
my world."*



## St. Croix County Community Events

Dec 1—Candlelight Stroll (Hudson)  
Dec 2—Reindeer in the Park (Hudson)  
Dec 4—Baldwin Horse Parade / Festival of  
Lights (Baldwin)  
Jan. 26-28—Hot Air Affair (Hudson)



## 2018 Mini Talent Explosion

SAVE THE DATE  
April 7, 2018

This is a great opportunity to  
show off your talents in music,  
theater, dance, and speech.  
Look for more details and  
registration information in  
future 4-H Communicator  
Newsletters.



Join us on  
Facebook  
*St. Croix County 4-H*

# 2018 4-H Clover College

Feb. 24, 2018 - Glenwood City High School

**JOIN IN THE FUN AND BRING A FRIEND!!**

This event is open to youth K—5th (4-H and non) for project exploration.  
See registration page in the back of this newsletter.



Choose from 16 different workshops to participate in.  
Many of them will include a completed fair project.

## 2018 4-H Food Expo



January 27, 2018  
UW-River Falls

Join in for a fun filled day of cooking and learning. Youth will completed 5 workshops related to cooking and nutrition. This event is open to all youth (4-H and non 4-H).  
Registration form is in the back of this newsletter.

## ***Adult Volunteers Needed***

We are looking for adults who would like to volunteer to help at the 2018 St. Croix County 4-H Clover College. This is a project exploration event for youth grades K—5. Please contact Heather 715-531-1938 or [heather.vierling@ces.uwex.edu](mailto:heather.vierling@ces.uwex.edu) for more information on how to help.



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

## Bread in a Bag

### Ingredients:

- 3 cups all purpose flour divided
- 3 Tbsp white sugar
- 1 .25 package rapid rise yeast (2 1/4 tsp)
- 1 cup warm water
- 3 Tbsp olive oil or vegetable oil
- 1 1/2 tsp salt
- Large zip lock bag

### Directions:

In a resealable zip lock bag place 1 cup flour, sugar and yeast and add in warm water. Squeeze air out of the bag and seal. Squish with your hands until well mixed together. Let it rest for 10 minutes at room temperature. Bubbles will form. Open bag and put in 1 cup of flour, oil and salt. Seal bag again and squish until well blended. Add last cup of flour and continue mixing in the same manner until well blended. Remove dough from bag and put onto a lightly floured surface. Knead for 5-10 minutes or until smooth. Divide dough in half and place each half into a greased mini loaf pan. Or make one large loaf. Cover with a towel and allow to rise for about 30 minutes. Bake in a 375 degree oven for 25—30 minutes or until bread is golden brown.



# Colored Ice Balls

As the winter arrives, so does snow and ice. Ice plays a key role in the Earth's water cycle and climate. This activity lets you explore the properties of ice and also allows youth to be creative and make works of art.

### Supplies Needed:

Balloons  
Food Coloring  
Water  
Cold Weather

### Instructions:

Add a few drops of food coloring to a balloon. Attached the balloon to a faucet and fill your balloon with water to any size you wish. Lay the balloons out in the snow. For a perfectly round ball rotate your balloon each day (otherwise you will get a flat spot on the bottom). Wait until the balloons turn to ice, this will take a few days. Once the balloons have turned to ice, cut away the balloon to reveal your colored ice ball. For an extra affect, place a spot of your ice ball under hot water. Let a small amount of the ice smelt away. In the new crevice that has formed, place a tea light and aluminate your ice ball.



### Questions You Can Ask Youth:

- 1.) Why are some of the balls opaque and others clear?
- 2.) Will the balls become ice faster if the temperature is higher or lower?

### Share / Reflect:

What changes could we make to the balloon to get a different final product?



## Encourage your Child to Think Like an Inventor— *Art activities spark creativity and discovery*

Adapted from an article by: Christine Melby (Director of Messes & Masterpieces)

Need a creative spark with your kids this winter? Here's some fuel to start the creative fire...

**The Kindling** - Bits of creativity to get started

- **Every child is an artist** if adults let go of control. Focus on the process not the product.
- **Practice letting go** of control and order and be present in the moment and the mess.
- **Control the mess** by laying down a washable table cloth and cover good clothes with parent sized t-shirts.
- **Have a designated spot** for child's art supplies to make it easier for him or her to have ownership and make it easier to spontaneously create.
- **Messes happen.** Encourage children to help clean up.

**The Sticks** - Fine motor skills to spark intricate details.

Cutting

Draw

Paint Small

Bead

Glue

Sculpt

**The Logs** - Large motor skills for surprising results

Hammer

Paint Big

Build big things

Draw large objects

**The Fuel** - What you do and say creates the fire in your child.

- Remember, the result is not important—the process is. Encourage discovery by trying these words...
  - “Tell me about your masterpieces. Is there a story here?”
  - “How does the glue / paint feel between your fingers?”
  - “I see you used many colors. What's your favorite? or What's your favorite part of this design?”
- Encourage children to think like an inventor. To tell a child their “masterpiece” is very creative or pretty is great, but to tell them “That's a great invention!” gives them power. It helps them think anything is possible and gives meaning to their work. Try these words...
  - “Wow! What an amazing invention! Tell me how you did that! or Tell me how that works?”
- Lead by example. Be a good role model when your child asks you to draw something or try along with them. You may feel like saying “I can't “ but instead say “Okay! I'll try!” or “How about we do it together!”



# Clover College



Saturday, February 24, 2018

Glenwood City High School

Open to all youth grades K-5th

Registration at 8:30am / Will start at 9:00am

Registration Fee: \$10 or \$25/family.

Non 4-H Youth will receive a 50% off discount.

## 2018 Clover College Participant Registration

Name (s) \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_

Grade (s) \_\_\_\_\_ Parent (s) name \_\_\_\_\_

Emergency contact name \_\_\_\_\_ Emergency contact telephone \_\_\_\_\_

I am currently a 4-H member: \_\_\_\_ Yes \_\_\_\_ No Club Name \_\_\_\_\_

Health Concerns: (allergies, etc.) \_\_\_\_\_

I require an accommodation for a disability to participate in this program: \_\_\_\_ Yes \_\_\_\_ No

Amount enclosed: \_\_\_\_\_ (\$10/person or \$25/family) Ck# \_\_\_\_\_ Cash \_\_\_\_\_

Make check payable to: St. Croix County 4-H Leaders, Inc.

Deadline: **February 16, 2018.** No refund for cancellations will be issued after the deadline.

Please rank top ten choices and note the names if more than one person registers per family. First-come / first-serve for session choices. All youth will attend 5 sessions. Limited participants in each session.

\_\_\_\_\_ Lefsa

\_\_\_\_\_ Deep Roots

\_\_\_\_\_ Woodworking

\_\_\_\_\_ Turkey Calls

\_\_\_\_\_ K'Nex Building

\_\_\_\_\_ Cozy Critters

\_\_\_\_\_ Sewing 101

\_\_\_\_\_ Creative Crafting

\_\_\_\_\_ The Wonderful World of Color

\_\_\_\_\_ WeDo's

\_\_\_\_\_ Hola! Habla espanol?

\_\_\_\_\_ Fidget Spinners

\_\_\_\_\_ Embroidered Dishtowels

\_\_\_\_\_ Popcorn Fun

\_\_\_\_\_ Cake Decorating (Please rank level of experience)

\_\_\_\_\_ Ceramics

Beginner \_\_\_\_ Intermediate \_\_\_\_ Advanced \_\_\_\_

Yes \_\_\_\_ No \_\_\_\_ I am available to help with sessions at Clover College on February 24, 2018:

Name \_\_\_\_\_

# Clover College

Saturday, February 24, 2018  
Glenwood City High School (850 Maple St.)

## Session Descriptions

### Lefsa

John Johnson

Learn how to make a soft Norwegian bread from potatoes and flour.

Grades K-5, Class limit: 10

### Woodworking

Jerry & Melanie Ponoth

Use your carpentry skills to build a beautiful woodworking project to take to the county fair.

Grades K-5, Class limit: 12

### K'Nex Building

Beth & Joe Sippl

4-H is looking for youth who want to become engineers. Use your Lego skills in this advanced building workshop.

Grades 3-5, Class limit: 12

### Sewing 101

Char Croes & Eileen Van Dyk

Come learn the basics of sewing and walk out with a completed item to show at the fair.

Grades 3-5, Class Limit: 5

### WeDo's

Beth & Joe Sippl

Discover the fun in building robots. Youth will learn to build and program robots.

Grades 2-5, Class limit: 12

### Hola! Habla Espanol?

June Mathiowetz

Want to learn Spanish? Here's your chance. Learn basic words and phrases. Discover more about Spanish culture, food, language and traditions.

Grades 3-5, Class limit: 12

### Deep Roots

Judy Lacy

Grow baby plants from roots. Learn how to care for plants and what size of container they need to grow.

Grades K-5, Class limit: 10

### Turkey Calls

Mike Lindley

Learn about the exciting world of the outdoors. Learn to use a turkey call and make your own to take home.

Grades K-5, Class limit: 12

### Cake Decorating

Samantha Michaud

Learn cake decorating skills from a former 4-Her. You will develop the skills to create beautiful cupcakes.

Grades K-5, Class limit: 10

### Cozy Critters

Val Meijer

Get up close and personal with your favorite pets. Discover new animal species and learn basic animal care.

Grades K-5, Class limit: 12

### Creative Crafting

Melissa Heath

Get ready, set, craft. Join us for fun and you will create an awesome bird house to show at the fair and hang outside for the birds in your yard.

Grades K-5, Class limit: 10

### The Wonderful World of Color

Heather Vierling

Learn the science behind color. Explore color mixing and create bright and exciting fair projects. You need to bring a white t-shirt or socks to tie dye.

Grades K-5, Class limit: 12

### Fidget Spinners

Brenda Franklin

Join in the fun and make your own unique fidget spinner.

Grades K-5, Class limit: 20

### Embroidered Dishtowels

Riley & DeAnn Hammer

Come and learn the basic embroidery stitches to make a decorative dishtowel. Embroidery has roots all the way back to the Greek Gods...come learn this folk art passed down through many cultures as a way to embellish and personalize household items and clothing.

Grades 3-5, Class limit: 10

### Popcorn Fun

Malcolm & Jody Lenz

Learn what you can do with the wonderful treat we call popcorn. You can grow it, cook it, craft with it, and even conduct science experiments with it.

Grades K-5, Class limit: 15

### Ceramics

Red Cedar Ceramics

Create an amazing ceramics project for the fair. Learn how to craft art out of clay.

Grades K-5, Class limit: 10



# 4-H FOOD EXPO



Want to learn how to decorate a cake, prepare nutritious foods or just improve your skills in the kitchen? Join us for the 4-H Food Expo. This event is open to all youth (4-H and non 4-H) interested in learning more about foods & nutrition. Youth will attend 5 different sessions. Topics include: cake decorating, ice cream from scratch, nutrition, preparing pie crust, and foods fair entries.



**GRADE:** Open to all youth (4-H and non 4-H) any age

**WHEN:** Saturday, January 27, 2018

**WHERE:** UW-River Falls (Agriculture Building)

**TIME:** 9:00am—3:00pm (Registration 8:30am)

**COST:** \$15.00 / youth

**WHAT TO BRING:** Please bring an apron and pack a bagged lunch.

**NAME:** \_\_\_\_\_

**GRADE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PARENT'S NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**COUNTY:** \_\_\_\_\_

**CAKE DECORATING EXPERIENCE** (please circle one): Beginner, Intermediate, Advanced

**Make checks payable to:** St. Croix County 4-H Leaders Association

**Mail to:** St. Croix County UW-Extension  
1960 8th Ave., Suite 140  
Baldwin, WI 54002