



UW-MADISON EXTENSION
Langlade County 4-H
1225 Langlade Rd.
Antigo, WI 54409

HAD
HEART
HANDS
HEALTH

Forecast



January/February

Editor: Holly Luerssen 2020 Production: Stephanie

As the 2021-22 4-H year is underway, we thought it would be good to provide an overview of the various 4-H adult volunteer roles. It is important that adults who enroll in each of these roles carries out this role to make 4-H happen for the youth.

Organizational Leaders provide overall leadership for a 4-H club. As the title indicates, this person is an organizer, not someone who does everything for the club. A club can have more than one organizational leader. Organizational volunteer leaders: coordinate member and leader enrollments; guide planning of the yearly club program; oversee election of club officers; assist club officers in planning effective club meetings by helping them with their agenda and parliamentary procedures; recruit and support other volunteer leaders, youth volunteers and resource people; serve as a communication link between the club and the county Extension office; work with the community to build understanding and support for 4-H; coordinate club reports, record books and county fair participation; and keep club members and parents informed of county programs/events and 4-H Youth Development policies and procedures.

Project Leaders work with a small group of 4-H members usually outside of the regular monthly club meeting to help them reach their learning goals in a specific 4-H project. Members set their own project goals and need the support and encouragement from project leaders. Project volunteer leaders should establish a regular schedule of project experiences where members can gather to work on their projects. The activities that occur at project meetings should vary. Talks and demonstrations might be presented at one meeting, a trip to secure resources for project work might be another, and two or three meetings might be spent actually working on specific parts of a project. It's important to allow time at project meetings to answer questions, have members report on progress made, and help them think about what comes next. Curriculum is available for most 4-H projects specifically designed for the project leader. Project leaders need to be flexible and take into consideration the age and ability of each youth as well as the amount of parental support and resources available. Young people, parents/guardians and project leaders all need to work together to see that 4-H project work occurs, "learning by doing" takes place, and everyone has fun while developing life skills.

Activity Leaders help members carry out specific activities the club has included in its program for the year. These may be field trips, community service projects, fund raisers, or social events. To begin the planning process, an activity leader should help members form a committee and agree on the goals of the activity. Is the activity being conducted for fun, to learn a new skill, to develop cooperation among 4-H families, to raise funds for club activities, or to assist a charitable cause? When the committee is clear on the goals of the activity, it's easier to plan the activity and determine if the event was successful.

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It is not the activity leader's responsibility to plan the activity, but rather to guide the members as they plan and conduct these experiences. Tasks that youth may need help with include planning, gathering information, obtaining resources, assigning responsibilities, promoting the activity, overseeing people and tasks, managing risk, and evaluating.

No matter which volunteer role adults choose to serve in, their service benefits their own family, other local youth, their own skill development and their connections in the community. The dedication and commitment of each of our enrolled adult volunteer leaders is important to the success of the 4-H program in Langlade County. Please do not hesitate to contact either of us if you have questions or need additional resources to help you in your role.

Happy New Year! - Holly Luerssen, 4-H Educator—Langlade & Lincoln Counties

(Source: 4-H Volunteer Roles)

Purpose Statement

"We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities."



Extension
UNIVERSITY OF WISCONSIN-MADISON
Langlade County

An EEO Affirmative Action employer. University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. 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 confidential.



Older Youth

4-H Leaders Association News



Older Youth Travel Experiences

Scholarship Application

Langlade County 4-H Awards Committee understands that a few youth may have been hesitant to apply for a travel experience scholarship this past fall. That hesitation might have been because the summer of 2022 experiences had not been confirmed.

But Guess What!

Trips are being planned!

The Awards Committee is happy to announce a **SECOND CHANCE** opportunity. If you are interested any of the experiences:

Apply for a travel scholarship by January 21, 2022
Interviews will be held on February 1, 2022

Handbooks and more information are available at <https://bit.ly/LG4HOlderYouth>

Langlade County 4-H Leaders Association Calendar 2022



January

Continue 4-H Leaders Association Bylaw Review

February

Pork Roast Committee
Begin Leader Training/Retreat
Final Review of Bylaw's



**All leaders, parents, club members and 4-Her's are always welcome to join our meetings! **





4-H Leaders Association News

2022

4-H Leaders Association Board Members

President
Roseann Hoffman

Vice President
Tina Wild

Treasurer
Gene Matuszewski

Secretary
Corey Curtis



Carol Lese
Shaughn Novy
Kim Frisch
Kathy Hohensee
Open Leader Spot

Nick Wild
Alyssa Frisch
2 Open Youth Spots

MARK THIS ON YOUR CALENDAR

November 6, 2022

4-H Achievement Celebration





Older Youth Op-



Langlade County

<https://bit.ly/LG4HOlderYouth>



American Spirit East Current 4-H members, grades 8-10. June 3-12, June 10-19 or June 17-26, 2022. Youth learn about America's heritage and build awareness of the many steps taken to gain U.S. independence and freedom by visiting historical sites in Philadelphia, New York and Boston.



Citizenship Washington Focus (CWF) Current 4-H member, grades 10-12. June 18 or July 2-9, 2022. Participants learn the importance of civic and social responsibilities as they relate to the development of better citizens and leaders.



Leadership Washington Focus (LWF) Current 4-H members, grade 6-8. Tentatively July 2021. Delegates will build confidence in their ability to motivate and direct others in meaningful action, practice effective communication with others and public speaking, work with others to create and accomplish goals, and form friendships with other 4-H'ers from across the nation.



University 4-H Departments send delegations of 4-H youth between ages 15 and 19 to participate in the National 4-H Conference. 2022 Conference Dates will be March 20-24 in Washington, D.C..



*Save
The Date*

Summer

Camp Date:

JUNE 13-15, 2021

2022 Overnight Camp will be held at
Northern Lakes Impact Center in Rhinelander, WI
A New Location!

Lots of new opportunities including rock climbing, archery range, large swimming area, Funyaks, Corcls (Yes. That's a thing, look it up.), a nature center with animals, mini golf, and so much more.

Registration for youth campers in 3rd-7th grade will be available in March of 2022.

We are currently recruiting for camp staff:
Counselors, Jr Directors, and Adult Volunteers.

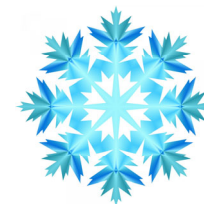


4-H Summer Camp had a long history at beautiful Camp Susan in Deerbrook. This year we are moving our summer camp program a little farther north to Northern Lakes Impact Camp just south of Rhinelander. Moving to a new location will provide the campers with many more opportunities to engage in the outdoors from a rock climbing wall, adventure course, enough canoes to take a group of 20 youth out at a time, cabins with bathrooms in each building, and so much more. A bus will help provide transportation for campers to and from camp.

Administratively, this camp holds all the certifications necessary for camp, medics, life guards, adventure programs, and other required paperwork. This will relieve a huge paperwork and staff certification burden from 4-H Educators which will enable them to provide more time to training staff and to create other programs for camp.

We look forward to youth joining us on this new summer camp journey. If you have any questions, please reach out to Holly Luerssen, 4-H Educator.

Livestock Opportunities



The Wisconsin Youth Livestock Program (WYLP) is excited to offer Live Virtual Zoom educational programs for the spring of 2022.

January 13—Grand Challenge: Animal Health & Welfare

February 10—Grand Challenge: Precision Agriculture

March 10—Grand Challenge: Food Safety Pork Carcass Evaluation, Fabrication and Cooking with Pork

April 14—Grand Challenge: Land and Water

May 12—Grand Challenge: Biomedical Advancements

For registration and details about each presentation

visit <https://go.wisc.edu/tng61h>

Each session begins at 7:00p.m.

Presentation followed by a question –and-answer time.





Older Youth Opportunities



UW-MADISON EXTENSION
Langlade County 4-H

4-H Scholarships

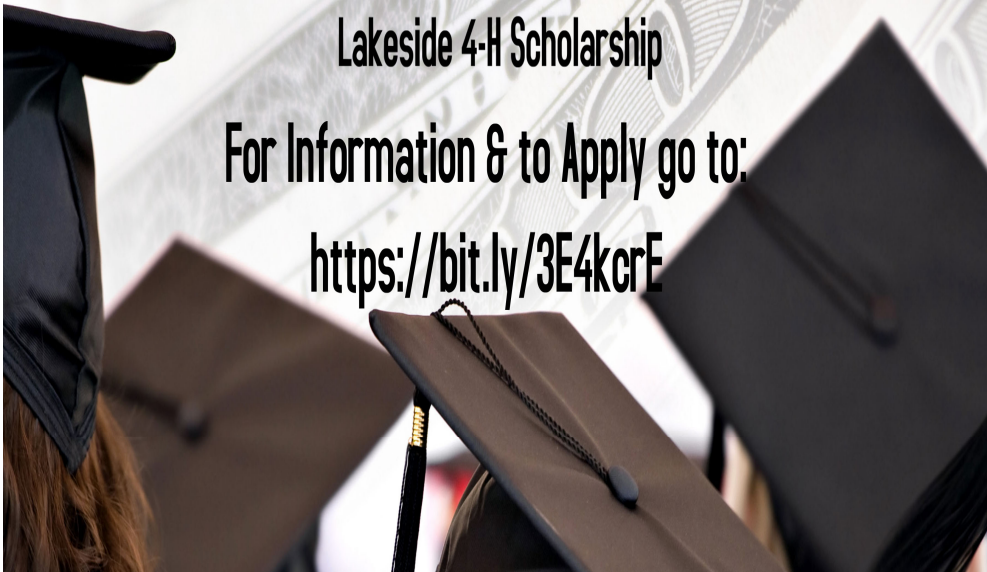
Novak Family 4-H Medical Scholarship

Langlade County 4-H Archery Scholarship

Lakeside 4-H Scholarship

For Information & to Apply go to:

<https://bit.ly/3E4kcrE>



Summer Camp

NOW RECRUITING

JOIN US!



SUMMER CAMP STAFF

JUNE 13-15, 2022

Counselors, Jr Directors, & Adult Staff

Youth in 8-13th grade & adult volunteers are encouraged to apply to be part of our 2022 Summer Camp team.

For 2022 Camp Staff Information Go To:
<https://bit.ly/4HCampStaffInfo22>



SIGN UP AND JOIN US! REGISTER ONLINE
<https://bit.ly/4-HSCampStaffApp22>





Adult Training

SUPPORTING YOUTH MENTAL HEALTH

A 4-H Volunteer Training Winter 2021

Through interactive online & in-person training participants will learn, practice situations, and engage in discussions:

- Volunteers' important role in supporting youth mental health
- The signs and symptoms of a mental health challenge
- Simple skills and strategies to build trusting relationships
- Roles, responsibilities, and resources for volunteers

January 18, 2021
6:30-8:00pm

Lincoln County Service Center in Merrill, WI

To Register:
<https://bit.ly/4HYMHTraining22>

YMH training is offered for all adults working with youth. It is open to all 4-H adult volunteers, especially those considering overnight responsibilities with youth in 2022.

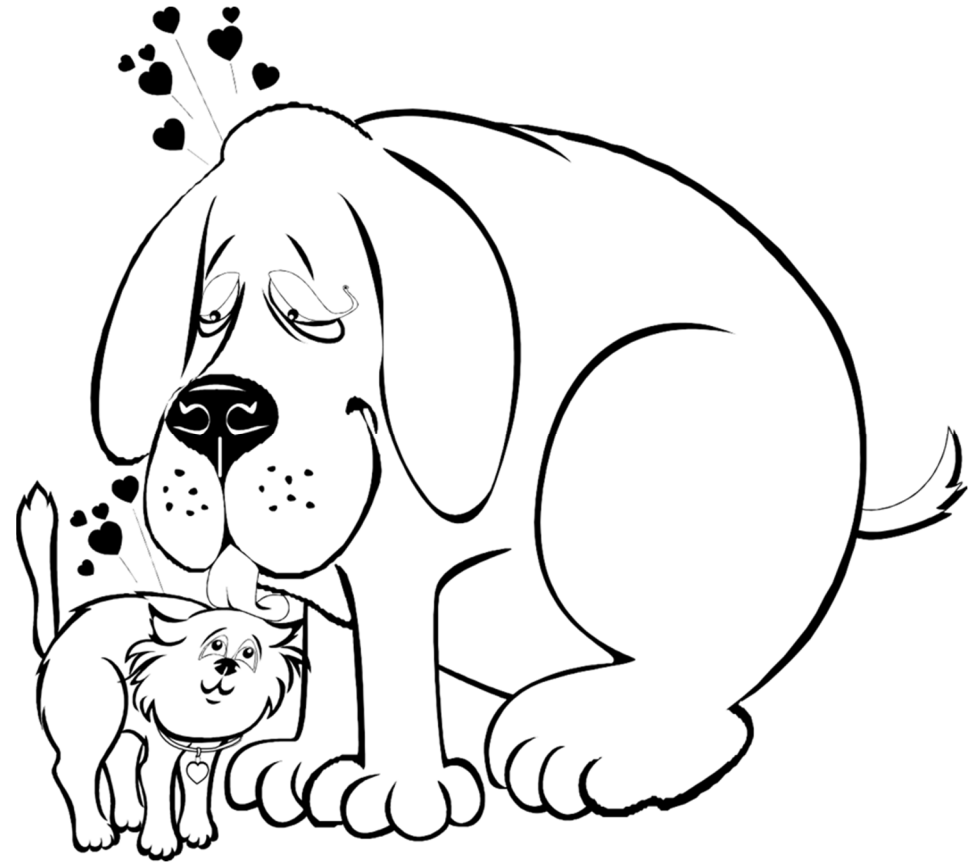
Questions? Contact Holly Luerssen, 4-H Educator at holly.luerssen@wisc.edu.



Cloverbud



“ The only way to have a friend is to be one.” ~ Ralph Waldo Emerson



Happy Valentine's Day!

From: _____



Cloverbud

Valentines for Community Service

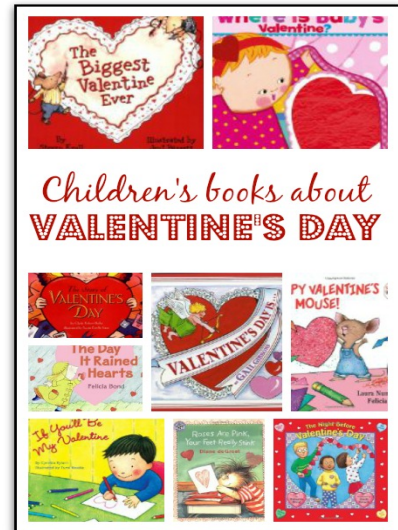
You will need *:

Crayons, markers or colored pencils, small food-storage containers, 4-H stickers and/or heart-shaped or other Valentine stickers, candy (regular and sugar-free)

*Be sure to plan this activity in advance. It is best to call the nursing home or elderly neighbor and ask when would be the best time to visit and deliver the Valentine gifts, so as not to interrupt meals or other activities. It will give you an opportunity to find out how many of the residents are diabetic and would need sugar-free candy. It will also allow the residents to enjoy both looking forward to the Cloverbuds' visit and the visit itself.

Instructions:

Call a local nursing home or elderly neighbor and ask when/if Cloverbuds can visit the nursing home or elderly neighbor, and ask each Cloverbud to make personalized Valentines to give to residents. Have Cloverbuds color and decorate the picture and write a personalized Valentine greeting. Then, have the Cloverbuds decorate the outside of the food-storage containers with the stickers. Place candy (regular or sugar-free) in the containers. Take the Cloverbuds to the nursing home or elderly neighbor to give their Valentine gifts to the residents. Children should be encouraged to talk with the residents. This will create fond memories for Cloverbuds, volunteers and the seniors. Emphasize how the Cloverbuds' efforts helped these people have a better Valentine's Day and that their work is greatly appreciated. Seniors will enjoy their Valentines, candy and storage container long after the visit ends.



Teaching Activities:

Cloverbuds will practice their coloring skills and learn about community service by giving the pictures and candy boxes to those in a nursing home or neighbor hoods. Taking Cloverbuds to visit nursing home residents or neighbors encourages children to build relationships with senior citizens. Volunteers can use the visit to explain the aging process and that older people need others to love and appreciate them. Visiting these residents will make an impression on the Cloverbuds. They will be making a difference in others' lives.

Opportunities



Members, Leaders, Staff, and Avail Representatives are shown sharing love this holiday season.

Shoe Boxes of Love Thank You!

Thank you to all the individuals, families, and clubs that donated items to Avail's Shoe Boxes of Love. We filled a car with many items that will be used for the clients of Avail when in need.



LOGO DESIGN CONTEST

Langlade County 4-H is in need of our own Logo

Design Contest Rules

1. Design must include the correct 4-H emblem & Langlade County 4-H words.
2. Must be artist's original work, no tracing or copying other designs.
3. Draw design on an 8.5" x 11" vertical sheet of paper.
4. Submit a photo or drop off in the Langlade County 4-H office before the deadline. Emails will be excepted at loderbauer@wisc.edu

The winning artist will receive a FREE t-shirt with their design! The winner will be announced in the March/April newsletter! Start designing today!

CONTEST DEADLINE FEBRUARY 1, 2022



Club/Project

Cloverbud



Cloverbud Committee is looking for volunteers!

The Cloverbud Committee hosts different events for all our Cloverbud youth to enjoy and to help parents understand the world of 4-H. If this is something you are interested in please contact Stephanie at Loderbauer@wisc.edu or 715-627-6238 for more information.

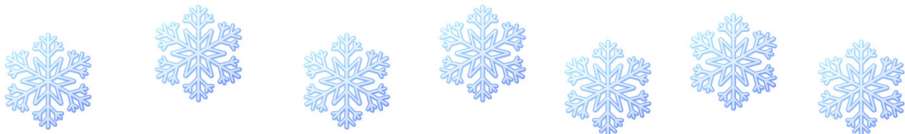
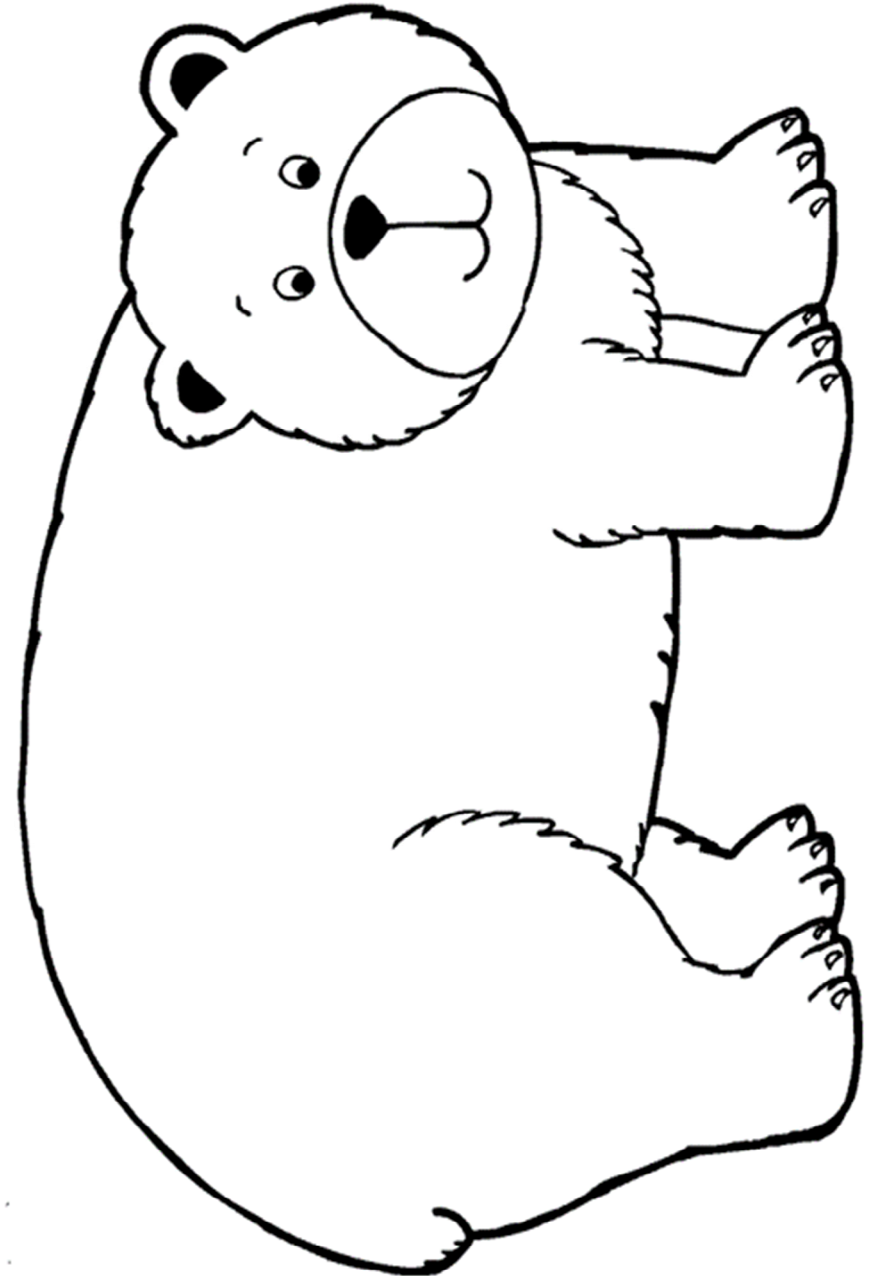
Next Cloverbud meeting January



Langlade County 4-H Programs area automatically cancel if in Langlade County or the county where the event is scheduled to occur issues one of the following:

1. Schools close early; No School; or At Home Classes Are Held.
2. The National Weather has issued a Weather Watch or Warning.

Check Facebook for up to date information





Cloverbud



A Long Winter's Nap

favorite books about
bears and hibernation



Yaawwnnn! These cold winter days make me feel lazy and sleepy. I just want to hibernate.

Hibernate? What is hibernate?

Hibernation is how animals save energy to survive harsh weather conditions or lack of food. When hibernating, an animal's heartbeat and breathing slows down and its body temperature drops

We usually think of bears when we think of hibernation. They eat up during the summer, putting on the extra pounds that they will need for their winter nap. They prepare a special place to hibernate — a bed lined with leaves and twigs. When winter sets in, the bears curl up in their dens and go without eating, drinking, or exercising for as long as 100 days!

While we probably are not going to hibernate for 100 days, we can have some hibernation fun. We can “bear-ly” wait for you to try!

First, we should prepare a snack to store some energy for our body. Let's make some energy balls.

RECIPE:	Energy Balls
PREP TIME:	20 minutes
DIFFICULTY:	Easy, with adult help
INGREDIENTS:	3 cups quick oats 1 cup creamy peanut butter 1/2 cup mini chocolate chips 1/2 cup honey
METHOD:	<ul style="list-style-type: none"> Combine all ingredients into a mixing bowl and stir together. Place the bowl (covered with lid or plastic wrap) in the refrigerator for 20-30 minutes. When chilled, roll into balls (slightly smaller than a golf ball). Eat right away, store covered in the refrigerator or freeze.

Next step, we need to make our den. Grab some blankets and cover a table that you can fit under. Bears like cozy little spots that are not too big. Make sure the inside is dark for excellent sleeping. Put your favorite pillow and blanket in your den. You might want to bring along a teddy bear to share the fun!

We probably should do a little exercise before we go into our den. Let's do 10 toe touches, reach up to the sky as high as you can 5 times, and of course, we must do a quick bear walk!

Although most of the time you may be sleeping, you might want to bring along something fun if you are not ready to sleep. You can even put a flashlight in your den to help you see better. Here is a coloring page for you or how about a book to read? Can you find a book about bears?

Are you feeling sleepy yet? If not, grab a piece of paper and write the word “HIBERNATION”. Can you find the letters inside that word to make these words – bear, ate, ran, ton, not, hear, near? Can you find any other words from those letters?

Yaawwnnn! Time for that winter nap. See you this spring!

Club/Project



Langlade Co. 4-H Dog Project

Dates to Remember

January

January 11th **Kick off Meeting** at 7:00 pm Langlade County Resource Center @837 Clermont Street (Old UWEX Office Building)

February

1st **Educational Event**—Grooming at Jenny's House of Dogs—7:00pm

March

1st **Showmanship Clinic** Clover Room Fairgrounds 7:00pm

8th **Training Begins** Clover Room Fairgrounds 7:00pm

15th **Training** Clover Room Fairgrounds 7:00pm

22nd **Training** Clover Room Fairgrounds 7:00pm

29th **No Project Meeting**

If you would like more information please contact Jenny Kressin at 262-939-9374 or Gotgoldens86@hotmail.com



Leaders News

It takes a volunteer. Langlade County 4-H has many wonderful older youth and adult volunteers. We need your help with one of the upcoming Winter or Spring 4-H activities. In order for activities to happen, we need volunteers like you to help. Please consider to help with one of the following activities.



4-H Older Youth Members or Leaders

Help is need to make the following Activities Happen!

Communications Contest

Talent Explosion

Cloverbud Project Committee

Project Discovery Day

Winter Family Activity

Contact Holly or Stephanie at 715-627-6238 for more information

Older Youth Opportunities



Youth — We Need You!

The Leaders Association 4-H Board has room for up to 3 older youth to join their team for the 2022 year.

The Next Langlade County 4-H Board Meeting will be held at 6pm on January 20th at the 4-H Office. We hope to see you there!



Why? It's your program. You have a voice to share on programs and activities of the Langlade County 4-H program. It's a youth program, after all. (You will gain valuable skills as a Youth Rep and it looks great on job & college resumes.)

When? The 4-H Board typically meets the third Thursday of ever month beginning at 6pm. Then as available for program support and leadership.

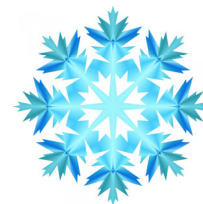
Who? Youth in 7th grade and older may participate as a 4-H Board Member.

Interested or have questions? Reach out to Holly or Stephanie at the 4-H Office. 715-627-6236 or holly.luerssen@wisc.edu.



Older Youth Opportunities

Leadership



COMING SOON

JANUARY 28 - 29
LIONS CAMP • ROSHOLT, WI
YOUTH IN GRADES 7 - 13

4-H TEEN LEADERSHIP WINTER CAMP

1.28.22 Registration 6:30 - 7 p.m.
1.29.22 Program concludes 7 p.m.

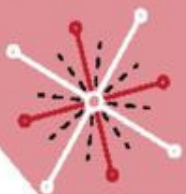


24 HOURS OF FUN?

Don't flake out!

Games - Prizes - Challenges - Snacks - Outdoor Recreation -
Campfire - Movies - Learning - Leading - Living LOUD
MORE COUNTIES = MORE FUN

Registration open:
tinyurl.com/4-HWinterCamp22
through Friday, January 7th or
whenever spots are filled.
Don't delay!



\$75 A Youth

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.



LET'S GROW OUR 4-H LEADERSHIP TOOL BOX

ADULTS & YOUTH IN 6TH GRADE AND OLDER ARE INVITED TO JOIN US FOR A ONE DAY LEADERSHIP TRAINING. EACH PARTICIPANT WILL ENGAGE IN HANDS ON LEARNING, CONNECT WITH OTHER LEADERS, AND HAVE A VARIETY OF RESOURCES TO TAKE BACK TO THEIR CLUBS OR PROJECTS.

YOUTH & ADULT PARTNERSHIPS
MEETINGS MADE BETTER
GUEST PRESENTORS

MARCH 12 OR 19



2022 LEADERSHIP RETREAT

for Langlade & Lincoln Counties

FEE: FREE! Lunch Included!
March 12th - Antigo
March 19th - Merrill
Come to the space or date that works for you!



Register by March 1st: <https://bit.ly/4HLeadershipDay22>



Calendar of

<http://bit.ly/LC4HCalendar>

January

- 1 ----- New Year's Day—Langlade County Extension Office Closed
- 2 ----- Langlade County Office Closed Observation of New Year's
- 7 ----- **Deadline** 4-H Teen Leadership Winter Camp Registration
- 11 ----- Dog Project Kick off meeting—Resource Center Lower Level 7:00pm
- 14 ----- Radio Spot—Phlox Flames
- 17 ----- Martin Luther King Jr. Day Office Closed
- 18 ----- Supporting Youth Mental Health 6:30-8 Merrill
- 20 ----- Leaders Association Meeting 6:30 4-H Office
- 21 ----- **Deadline** Trip Scholarships Due to Office
- 28-29----- 4-H Teen Leadership Winter Camp 6:00pm –7:00pm
- 31 ----- Leaders Training 6:30-8:00pm Virtual

February

- 1 ----- Trip Interviews times to TBA
- 11 ----- Radio Spot—Mayflower
- 14 ----- Valentin's Day
- 14-18----- 4-H Office Closed
- 17 Leaders Association Meeting 6:30 4-H Office

March

- 12 ----- 2022 Leadership Retreat Antigo
- 19 ----- 2022 Leadership Retreat Merrill



Forecast Deadlines

February 15—March/April Forecast

April 15—May/ June Forecast

Clubs are welcome to share events or meetings by these dates.

If you have any questions please contact the office 715-627-6238 or Loderbauer@wisc.edu

Club News





LEARN TOGETHER, LEAD TOGETHER: YOUTH-ADULT PARTNERSHIPS

YOUTH AND ADULTS: JOIN US!
LEARN ABOUT YOUTH-ADULT PARTNERSHIPS, AND HOW WE CAN LEARN AND LEAD TOGETHER!



NOVEMBER 30, 2021

6:30-8:00PM

FOCUS: RELATIONSHIPS, COMMUNICATION AND INCLUSIVITY

REGISTER HERE:
<https://go.wisc.edu/7r9x64>



JANUARY 31, 2022

6:30-8:00PM

FOCUS: VOICES, ROLES AND PARTICIPATION

REGISTER HERE:
<https://go.wisc.edu/vze9e3>



4-H On The Breakfast Show

4-H Club/Project promotions with Justin Wadsworth Morning Show.

Second Friday of Each Month at 7:30am

January 14—Phlox Flames 4-H Club

February 11—Mayflowers 4-H Club

March 11—4-H Archery Project

April 8 -

May 13-

June 10-

July 8-

August 12 -

September 9-

October 14

November 11-

December 9 -

Contact Holly or Stephanie at the office to book your spot!