

To All Columbia County 4-H Families and FFA Advisors

From: Pat Wagner, 4-H Positive Youth Development Educator, Columbia County

Here is your weekly update of 4-H happenings both county-wide and state-wide. New this week – all **NEW** articles will be in **RED** for convenience. The remainder of the Weekly Update will be in chronological order.

Click the topic below you are interested in and you will be directed to that topic's information.

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[DEADLINE FAST APPROACHING – 4-H Project-Based Kits For January and February 2021!](#)

Can't have an in-person 4-H project meeting, but still want to learn through 4-H. Why not sign up for one of the *Explore At Home 4-H Project Kits*? Columbia, Dodge and Sauk County 4-H Educators have created them just for you! There will be 3 kits created for each of the first 6 months in 2021. Topics by month of release include: **January** – Cloverbud, Electricity, Food Science; **February** – Child Development, Cloverbud, STEM Mechanical Science; **March** – Aerospace, Cloverbud, Reduce/Reuse/Recycle; **April** – Ag Science, Cloverbud, Home Environment; **May** -- Ag Science 2, Cake Decorating, Cloverbud; **June** – Animal Science, Cloverbud, Sewing. Each kit will include the supplies necessary to complete the learning experience for the fee listed on the registration form. Sign up NOW to get your Explore at Home 4-H Project kits for January and February, 2021. Details below. Register by December 15th at: <https://forms.gle/3QBssALCSmsj7yxMA>

January 2021

- [Cloverbud](#)

Using a variety of resources, you will get to try out some cloverbud winter activities. There are several different resources for cloverbud activities, some will be items to make, and others will be some things to try, learn and reflect. Some activities include:

- Sock Snowman
- Coffee filter snowflake
- Winter Bird Activity
- Pine Cone Bird feeder
- Music Time
- Bean Bag Sock
- Family Flag
- Scrumptious Sundae (no ingredients supplied)

- **Kitchen Science**
Every time you cook in the kitchen, you use the science of chemistry to mix and heat ingredients to create things like biscuits, pretzels, fruit salad, french toast and more. Using the kitchen science kit and resource materials provided, youth will learn with their adult or older youth mentor about the science of food in the kitchen. Youth will conduct fun food experiments and then be able to follow recipes to create foods in their kitchens. A “Kitchen Science for Kids” guide will be included in all Kitchen Science kits.
- **Electricity**
Using the 4-H Electric Excitement curriculum, you will demystify the “magic” of electric circuits, magnetism, motors and electronics. You will learn what electricity actually is, how it works and how to harness its power. With the Exploring Electricity at Home Project Kit you will...
 - Make a flashlight
 - Build a switch
 - Conduct an experiment to determine if items are conductors or insulators
 - Build a circuit
 - Build a compass
 - Explore magnetism

February 2021

- **Cloverbud**
Using a variety of resources, you will get to try out some cloverbud winter activities. There are several different resources for cloverbud activities, some will be items to make, and others will be some things to try, learn and reflect. Some activities include:
 - Wildlife Tracking
 - Learning about weather patterns
 - Try winter outdoor activities
 - Experiment with your 5 senses
 - Winter art activities
- **STEM is Science, Technology, Engineering and Math**
Youth will engage in learning about scientific concepts and processes, the engineering design process cycle, and technology creation and building. Hands-on activities, which will incorporate creative problem solving principles, will make up this STEM 4-H project kit and will include most materials for the creation of the following:
 - Marshmallow catapults
 - Straw Rockets
 - Bee Buzzers
 - The Strongest and Tallest Tower for the Build a Tower Contest
 - Telescopes
- **Child Development**
Learning about Child Development means learning first about yourself. Using the Growing On My Own Child Development Curriculum you will learn about emotions and how unique you are. The activities in this kit are fun ways to focus on you. Activities in this kit includes:

○ Vision Board	○ Scavenger Hunt
○ Emotion Masks	○ Old Fashion Paper Toy
○ Morning Routine	○ Mindful Breathing for Kids
○ I Fit in My Family	○ Do-It-Yourself Fidget Toys

Register by December 15th at: <https://forms.gle/3QBssALCSmsj7yxMA>



ENCOURAGEMENT NOTES

Due to COVID-19 our medical workers are exhausted and need ENCOURAGEMENT... you can help!!!

HOW: It is easy! Write down notes of encouragement and support. You can thank a health care worker, encourage them with an inspirational thought, or just say hello and tell them that you are thinking of them. No special skills are required. No special materials are required; crayons and construction paper are just as welcome as a custom designed note card.

WHY: Honestly, medical workers are worn out. Caseloads keep growing and the impact of this pandemic has been huge for our healthcare staff. We are trying to get the word out that community members are thinking about them and want to support them. Having words of encouragement when the days seem dark, long, and never-ending could make all the difference. We need our healthcare staff to persevere!

WHEN: Now and for however long you feel inspired to provide these notes. We are using the notes to provide a moment of renewal for the staff, and we anticipate that the impact of COVID-19 on our healthcare systems will continue well into the spring of 2021. Your ongoing support of this initiative would be extremely appreciated.

WHAT TO DO: Write up some notes/cards – please do not seal your individual note envelopes, if you use any.

WHERE: Deliver them to: Inside front entrance of Aspirus Divine Savior Hospital or mail them to: Aspirus Divine Savior Hospital & Clinics, P.O. Box 387, Portage, WI 53901 ATTN: Kari Due – Community Health

Thank you so much for your support!!

NOTE CARD EXAMPLES:

- *Thank you so much for all the hard work you have been doing. Sometimes the people you care for are too sick to tell you how much they appreciate your care, let me say it for them.*
- *Take care of yourself. We need you so much. Thank you for all you do!*
- *I know you are busy. I know your work does not seem to let up at all right now. I am cheering for you!*
- *You are the light in someone's darkness. Keep shining!*

Adult and Youth Mental Health First Aid Trainings Available

With Mental Health predicted to be the **fourth wave of the Covid-19 Pandemic**, we have an opportunity to help in a community member's mental health crisis. Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders.

Through the ROTA SAMHSA WIROSE grant, the Health and Well-Being Institute of the Division of Extension is providing Adult and Youth Mental Health First Aid Trainings virtually across the state January through March 2021. **Extension colleagues, volunteers and the general public** are invited to register for these events. Please visit The Wisconsin Rural Opioid and Stimulant Engagement (WIROSE) Project website here for more information on these two FREE , virtual trainings -- <https://wirose.wisc.edu/mental-health-first-aid/>



WHY YOU SHOULD CONSIDER
BEING A MENTAL HEALTH FIRST AIDER

On average
123
people die by suicide each day.

59.4%
of Wisconsin High School Youth
have experienced depression, anxiety,
self-harm or suicidal ideation in the
past 12 months

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.



Sign up for a FREE Mental Health First Aid Training
at <https://wirose.wisc.edu/community-programming/>

Adult Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6-hour, Instructor-led Zoom Meeting at NO-COST

Upcoming Trainings

All trainings start at 9am and end at 3:00pm

Click on date to register

Jan 15th
Jan 22nd
Feb 4th
Feb 12th
Feb 26th

Youth Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 4.5 hr, Instructor-led Zoom Meeting at NO-COST

Upcoming Trainings

All trainings start at 8:00am and end at

12:30 pm

Click on date to register

Jan 15th
Jan 29th
Feb 2nd
Feb 19th



Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WIROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WIROSE is a project of the Extension Health and Well-being Institute. Visit us at: <https://wirose.wisc.edu/>

2021 Wisconsin 4-H Foundation Scholarship Applications Now Being Accepted

The Wisconsin 4-H Foundation will award more than \$15,000 in scholarships to outstanding Wisconsin 4-H members and alumni pursuing higher education in 2021. To be considered for financial support, applications must be received by the Wisconsin 4-H Foundation via email by **Monday, March 15, 2021**.

Wisconsin 4-H Foundation scholarships are awarded to students based on demonstrated personal growth through 4-H, development and leadership in 4-H, academic performance, and future educational goals.

To be eligible for Wisconsin 4-H Foundation scholarships students must have been a Wisconsin 4-H member for at least three years; have a grade point average of at least 2.5 on a 4.0 scale, and be enrolled or planning to enroll at a university, college, or technical school during the 2021-2022 academic school year. Scholarship winners from previous years are not eligible to receive a second 4-H Foundation scholarship.

The application is a one-page resume and a one-page cover letter, both of which give the 4-H youth a chance to share their 4-H achievements, as well as their future plans. Applicants are asked to treat this process as if applying for a job. Cover letters and resumes must be submitted as one PDF document and emailed to scholarships@wis4hfoundation.org. For detailed information about what to include in and how to prepare the application documents, 4-H youth can visit www.Wis4HFoundation.org/scholarships.

A panel of experienced youth educators will screen the applications and select finalists. Applications chosen as finalists will be ranked by a second panel comprised of 4-H and youth development experts. The 4-H Foundation will assign available scholarships to the top-ranking applications based on scholarship criteria. Applicants who are awarded scholarships will be notified by postal letter and email in May.

Alyssa Frisch received a WI 4-H Foundation scholarship in 2020 to study mechanical engineering. She is a member of the New Directions 4-H Club in Columbia County.



Thea Collins received a WI 4-H Foundation scholarship in 2020 to study at Winona State. She is a member of the Lodi Challengers 4-H Club in Columbia County.



[Wisconsin 4-H Movement Coloring Book Released](#)

This fall 4-H youth from across the state were encouraged to submit drawings of what belonging, independence, generosity, and mastery look like to them in 4-H. Amy Mangan-Fischer, Washington County 4-H Educator, facilitated the contest. Youth from Barron, Columbia, Dodge, Eau Claire, Fond du Lac, Jefferson, Outagamie, Racine, and Washington County participated. **Briella Brusveen** of the Welsh Prairie Livewires 4-H club, submitted a picture and it is included. The coloring book can be downloaded free of charge and can be found [here](#).

[Columbia Co. Fair To Hold Beef Weigh-In December 12 – Contact Jordan Mahnke Before You Go](#)

The Beef Weigh-In is scheduled to take place at Lodi Veterinary Care, 705 N. Main St., Lodi, WI from 9 – 11 a.m. The following rules will be in place for this weigh-in / identification event:

- Upon arrival, remain in your vehicle until it is your turn.
- No social gatherings in the parking lot
- Face Coverings are REQUIRED
- Limit 1 adult and 1 youth into weigh-in at a time
- Social Distance while inside weighing area
- ALL animals MUST be haltered

A Special Thank You to Lodi Veterinary Care for hosting this event! If questions, please contact Jordan Mahnke, Beef Superintendent, at 402-360-0221.

(Note: “This event is not organized by UW-Madison Extension and you can check with its organizers for details on safety protocols.”)

[Columbia County 4-H Dog Project to Meet December 13th](#)

The next Dog Project training Zoom mtg is on Sunday 12-13-20. Working on Module 2: Dog Care, Husbandry & Welfare. The Zoom meeting will be opened up at 6:30pm so youth can join early, talk to Sandy & Maureen or each other. The presentation will be from 7pm to 8pm-ish.

Topic: 4H Dog Project Meeting Time: Dec 13, 2020 06:30 PM Central Time (US and Canada) Join Zoom Meeting <https://us02web.zoom.us/j/81388923464?pwd=RVkySXd0M3ZXT2tBdURLLzEvTU9RZz09> Meeting ID: 813 8892 3464 Passcode: 899910 One tap mobile +13126266799,,81388923464#,,,,,0#,,899910# US (Chicago) +16465588656,,81388923464#,,,,,0#,,899910# US (New York) Dial by your location +1 312 626 6799 US (Chicago) +1 646 558 8656 US (New York) +1 301 715 8592 US (Washington D.C) +1 346 248 7799 US (Houston) +1 669 900 9128 US (San Jose) +1 253 215 8782 US (Tacoma) Meeting ID: 813 8892 3464 Passcode: 899910 Find your local number: <https://us02web.zoom.us/j/81388923464?pwd=RVkySXd0M3ZXT2tBdURLLzEvTU9RZz09>

[Columbia County 4-H Self-Achievement Award Application Deadline Extended to December 15](#)

Each year youth are eligible to apply for the 4-H Self-Achievement Award. The pandemic altered many schedules; therefore, the application deadline for this award has been extended to December 15. Guidelines for this award are listed here. Many did not complete 4-H record books for the 2019-2020 4-H year and maybe a self-achievement award would be appropriate as 4-H work did happen during the 2019-2020 4-H year, especially prior to the pandemic. If interested in earning a disc for your Columbia County 4-H plaque, please complete an appropriate application found on the Columbia County Extension 4-H website at the link below and submit to the Extension Office by December 15. You will need a signature from your 4-H club leader to complete the application. If questions, please contact pat.wagner@wisc.edu. Self-Achievement Link at: <https://columbia.extension.wisc.edu/4-h-youth-development/4-h-awards/self-achievement-awards/>

Guidelines

1. 4-H members 3rd grade and older are eligible to apply for these recognition awards.
2. Ask your Club Leader or the Extension Office for application forms.
3. The deadline for application is when the record books are due at the county level. (EXTENDED)
4. A member is not required to have earned previous levels of recognition in order to earn any other level as long as they meet the requirements.
5. A member is not required to earn a recognition award every year; however, requirements for recognition must be met during the current 4-H year in which the member wants to be recognized.
6. Only one (1) Achievement Award may be received in any given year.
7. A member may receive the Clover Award one time.
8. Awards will be as follows:

Clover Award Disc	Ruby Award Disc
Emerald Award Disc	Diamond Award Disc & \$25 Award
Sapphire Award Disc	

Columbia County 4-H Enrollment Continues Through December 31st

Columbia County 4-H Enrollment details are found at <https://columbia.extension.wisc.edu/4-h-youth-development/4honline-enrollment-information/> You will enroll in 4-H for the 2020-2021 4-H year at <https://v2.4honline.com/#/user/sign-in> Be sure to use Chrome as your web browser as Internet Explorer does not work. Your family login will be the same as you used last year. If your password does not work, click on the Reset Password link on the login page and you will be emailed a new one.

The system will look totally different from what we had in the past, but you can use the 4-H Online 2.0 Family Enrollment Instructions available at: <https://4h.extension.wisc.edu/4h-resources/4-h-online-2-0-family-enrollment-guide/> for help during the enrollment process.

Prefer Paper Copies?? If your family would prefer paper copies of the Columbia County 4-H enrollment materials, please request them by contacting the Extension Office and asking for Sarah Millard at 608-742-9688 or sarah.millard@wisc.edu.

Visit The New Wisconsin 4-H Website

It's new! It's full of information! Find it at this link! <https://4h.extension.wisc.edu/>

Extension Program Guidance & Approval Forms For Face-to-Face Gatherings

Whenever people are gathering in the name of 4-H, there needs to be an approved plan. 4-H members and leaders may be allowed to hold face-to-face gatherings in pods of 10 people or less and up to 50, but only if pods of 10 or less are arranged for. To accomplish this and receive approval, the following steps MUST be taken BEFORE the gathering occurs. Please request an Extension Program Guidance and Approval form from Pat Wagner and complete and return to her. Wagner will then submit the form to the *workflow* for approval by the UW-Madison Division of Extension 4-H Positive Youth Development Program. Once approval is received, the gathering may proceed. Following the gathering, a contact log must be submitted with names of all who were in attendance. If you have questions, feel free to contact Pat Wagner at 608-742-9685 -- pat.wagner@wisc.edu.

Updated Wisconsin 4-H FAQs as of 11.23.2020

The Wisconsin 4-H program just updated guidance for programming this week. Please see the link here <https://4h.extension.wisc.edu/4-h-faqs-related-to-covid-19/> Item #4 bullet 4 is new and so is item #11 bullet 4. There is also a list of accepted programs under item #1 listed as ***Educators will submit a checklist and have it approved. Pre-event registration, notification and post-event reporting are required, (please discuss plans for this with the Educator) Here are some examples of plans that have been approved.***

Columbia County Extension Office Hours – 8 a.m. – 4:30 p.m. – We're Open!

Sarah Millard, Administrative Assistant, and at least one of the Extension Educators are in the office Monday through Friday from 8 a.m. to 4:30 p.m. daily to serve our county residents. At other times, Extension Educators continue to work remotely using appropriate technology. Columbia County Extension is still only a phone call or email away. That has not changed. We are still able to provide up to date, University research-based answers and advice in a timely manner.



ADRC Food Drive

Last year's weather prevented the delivery of Home Delivered Meals to Columbia County Residents that rely on us to eat.

Please donate **NON-EXPIRED** non-perishable, microwaveable food items starting **November 2nd through December 18th**.

The ADRC drivers will deliver the items to Columbia County Home Delivered Meals participants to have as a back-up meal.

Thank you for your generosity!

Suggested items include: low sodium soup/stew, canned meat, fruit/pudding cups, pasta meals, beans/veggies, crackers.

Drop off locations:

Aging & Disability Resource Center of Columbia County
Columbia County Court House
Columbia County Administration Building
Columbia County Health Care Center
Columbia County Sheriff's Department
Beard Chiropractic Office

Weekly Emails Online!

<https://columbia.extension.wisc.edu/4-h-events/4-h-calendar-of-eventsdeadlines/>