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**Marinette County  
4-H Newsletter  
January, 2023**

Happy New Year 4-H Family and Friends!

It is the perfect time to reflect on the year behind us and plan for the New Year ahead! What were you able to accomplish last year? What are some goals you would like to achieve this coming year? How can 4-H get you there? There are some amazing opportunities coming up at the local, state, national, and even international levels of 4-H. Could you be a participant, volunteer, chaperone, youth leader, or leader for one of these opportunities? The sky is the limit and we are here to help you achieve your goals!

Be sure to check out this issue for opportunities to explore 4-H and all it has to offer. Take a peek at the Happier January calendar included for some great tips and ideas for your family to start the year off right! We would love to hear from you about how your 4-H experiences are going and/or to see some photos of you in action! Don't hesitate to reach out to [aimee.elkins@wisc.edu](mailto:aimee.elkins@wisc.edu).



Four-ward Together!

Aimee Elkins  
4-H Youth Development Educator  
Marinette and Oconto Counties

**IMPORTANT!! WE NEED YOUR FEEDBACK**  
Starting with the February, 2023 4-H newsletter, we will be sending it out via e-mail to enrolled members using the family addresses you have listed in 4-H online. (If you have not re-enrolled yet, we suggest you do it as soon as possible.) We understand that some people have trouble with broadband in the county. If you still wish to have a hard copy snail mailed, please let the office know **prior to January 30th** either by calling Nancy at 715-732-7514 or e-mailing [nancy.servais@wisc.edu](mailto:nancy.servais@wisc.edu)

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.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Section 504 del Rehabilitation Act.

## 2022 RECOGNITION AND ACHIEVEMENT DAY

This event was held at the Grover Town Hall, on Sunday, December 11. The host was Nelligan Lake 4-H Club. We thank them for all the hard work they did and everyone who attended for the wonderful food. Jennie Pillath, President of the Marinette County 4-H Leaders Association, served as emcee for the event and the 4-H Queen, Alexis Birr, handed out the awards.

Some of the 4-H members and leaders honored included: Royalty, club leaders, Board of Directors, James W. Crowley winner, 4-H High Achievement awards, Rookie Boy and Girl, Outstanding 4-H Club and Scrapbook, Golden Book awards, 5th Year Project Achievement, 4-H Graduates, Cloverbud Record Book acknowledgments, 4-H Member Completion Record acknowledgments, National 4-H Week Window Display, individual project awards, leader year recognitions, committees and individual recognitions. Special awards went to: Trent Van De Walle as 2022 Outstanding Youth Leader, Heather Carlson as Volunteer of the Year, Mario Ruiz as Friend of 4-H, and, Troy Van De Walle as Outstanding Alumnus.

Contact the 4-H office if you would like a program book containing all the names of the individual winners.



**Trent Van De Walle**  
Outstanding Youth Leader



**Heather Carlson**  
Volunteer of the Year award



**Mario Ruiz**  
Friend of 4-H award



**Troy Van De Walle**  
Outstanding Alumnus award

## CO. 4-H LEADERS ASSOC. SCHOLARSHIPS

To be eligible, you must have been in Marinette County 4-H at least four years and be a 4-H graduate of Marinette County or eligible to graduate. Open to high school seniors, freshmen and sophomores in post-secondary education, inc. college, university or technical school and a full-time student. Scholarship applications are available in the Extension office. Deadline: **March 1.**




## WI 4-H FOUNDATION SCHOLARSHIPS

More information here: <https://wis4hfoundation.org/scholarships/>


The WI 4-H Foundation will award more than \$20,000 in scholarships to outstanding WI 4-H members & alumni pursuing higher education in 2023. To be considered for financial support, applications must be received by the WI 4-H Foundation via email by Wednesday, March 15, 2023, 5:00 pm. WI 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 WI 4-H Foundation scholarships students must have been a WI 4-H member for at least three years; should 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 2023-2024 academic school year. Scholarship winners from previous years are not eligible to receive a second 4-H Foundation scholarship.




## Discovering 4-H Series Grades K-2

**Head, Heart, Hands, and Health  
Have fun! Explore each 'H' with us!**




For questions, contact your  
Local Extension Office




**JOIN US VIA ZOOM!**  
6:00 – 7:00 pm

- January 17- Head- Straw Rockets
- January 31- Heart- "The Day You Begin" Book
- February 14 -Hands - Lava Mug Cake
- February 28- Health- Happy minds and bodies



**Scan QR Code to register today!**  
Registration deadline: January 6  
Receive a box with supplies, a supply list, and connect information for the interactive zooms!


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## Discovering 4-H Series Grades 3-6

**Let's Celebrate Together!**


- Get to know new friends
- Create paper art
- Learn science with food
- Add wellness to your routine
- Play interactive games




For questions, contact your  
Local Extension Office



**JOIN US VIA ZOOM!**  
Jan. 24, Feb. 7, Feb. 21  
6:00 p.m.–7:00 p.m.  
Registration open until Jan. 6



**CONTACT**  
For questions, contact your  
Local Extension Office.



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Have you signed up yet for our two Discover 4-H Series? These are FREE opportunities for both non-members and members to learn more about what 4-H is and some of our different project areas.

We are able to offer this these at no cost thanks to a grant from the Wisconsin 4-H Foundation! If you'd like to sign up, please visit: <https://go.wisc.edu/756vd7>.

### ATTENTION: ADULT VOLUNTEERS

We still have lots of volunteers that are in need of completing training. If you re-enrolled but did not receive a confirmation email from UW-Madison with your role descriptions, you are not yet fully approved and need to reach out to us as soon as possible. The 4-H office will let you know what is needed and where to find the site to complete the necessary training(s). Contact the 4-H office at 715-732-7514 or email [nancy.servais@wisc.edu](mailto:nancy.servais@wisc.edu)

### 4-H TRIPS

Teens interested in attending trips should fill out the Marinette Co. Sponsored Event Application. Second-round applications are due Feb. 1 & applicants will be interviewed at the February 4-H Association Meeting. Applications available from your club leader or by calling the 4-H office at 715-732-7514.



### CONGRATULATIONS TO OUR NEW OFFICERS!!

Elections were held during the awards ceremony at Achievement Day. Elected to the positions are:

Vice President—Lisa Witak and Treasurer—Julia Lepinski.



Thank you to our outgoing Board members, Tracey Johnson and Kari LaCount, for all your hard work.



## SAVE THE DATE—TRI COUNTY SUMMER CAMP

We are so thrilled to have the opportunity to host a tri-county summer camp again in 2023!! If you or anyone you know may be interested in being a camp counselor this year sign up right away!

# Calling all camp staff!

Snow might be falling, but we're already looking ahead to a GREAT WEEK OF 4-H SUMMER CAMP! (Reserve August 1 -4, 2023 on your calendar.)

We are seeking youth currently in grades 8 - 13 to act as camp counselors and waterfront staff at our many 4-H opportunities this summer. We are intending to host 3 day camps and one week-long residential camp (4 days, 3 nights for campers.) Youth will not need to lead in every camp offered.

The camp application will be open from December 15th - January 15th. Applicants will be invited to initial trainings upon application.

Find the camp application at:  
[tinyurl.com/23CampCo4H](https://tinyurl.com/23CampCo4H).



## MINUTES

### November Leaders Association Minutes Monday, November 21

Attendance: Jennie Pillath, Lisa Witak, Aimee Elkins, Kari LaCount, Barb Kolosowski, Sue Deschane, Deb Heitman.

Meeting called to order at 6:05 by President Jennie Pillath.

Pledges were said.

Secretary's Report: There was not a report in the newsletter.

Treasurer's Report: Lisa made a motion to pay the bills that need to be paid. Barb seconded. Motion carried.

#### Update from Aimee:

- Space Camp will be happening. If there are any youth interested, then interviews will need to be done.
- Youth Thriving Survey was sent to all youth 13

Marinette County 4-H

# SPARK YOUR LEADERSHIP

4-H WINTER LEADERSHIP CAMP 2023  
February 3-5, 2023  
SPENCER LAKE CAMP, WAUPACA

**Who:** Youth in Grades 7-12 & 4-H Membership not required  
**Cost:** Marinette 4-H members \$32, non members \$130  
(reach out to your local educator if you need financial assistance)

Come connect with other youth from different counties, while adding to your leadership tool box and having fun!

Register here:



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years and older. Please encourage your youth to fill out as it provides programming feedback.

- Over 85 of the craft kits were ordered. Aimee asked for \$150 from the Association to help offset costs of the materials. For now, the kits will continue to be offered during this time of the year. Fall/winter seemed to have the most interest.

- There was a short discussion on the paper newsletters versus virtual newsletters and how it may look like in the future. No decisions were made.

- All club charters were turned in on time.

#### **Committee Reports:**

**Food Stand:** There was a profit of about \$3600 after bills were paid.

**Fair Board:** None

**Raffle:** It was decided to continue with this in the future. After expenses, there was a profit of about \$2100.

**Awards and Trips:** None

**Royalty:** New magnetic signs were donated from Stephenson National Bank. A thank you will be sent.

**Scholarship:** None

**Shooting Sports:** Courses for certification are still in progress.

#### **Old Business:**

**Camp Bird Money:** Youth who attended camp still have not received their money back from Shawano County that was reimbursed by the Association. There was a discussion on how to do this differently in the future so this delay does not happen again.

**Achievement Day:** A reminder that Achievement Day is on December 11th at Grover Town Hall. Also, two Association positions will be up for election, vice-president and treasurer.

**Planning Recreational Activities:** Anne is still looking into the possibility of a movie day in Marinette later this winter.

#### **New Business:**

The budget was reviewed and increases and/or decreases were made based on needs. No approvals were made until everyone had a chance to look.

Barb also shared about tree decorating in Wausaukee Sunday at noon.

The next meeting will be January 16 at the Town of Pound Hall.

Lisa made a motion to adjourn and Barb seconded.

Meeting adjourned at 6:56pm.

Respectfully submitted by Deb Heitman.



“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”



# Happier January 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

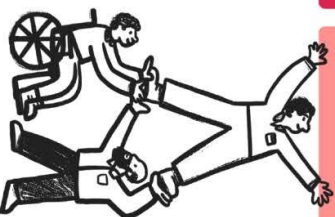
27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together





## 4-H Club Meetings

Almost every 4-H club holds **regular** club meetings. Even within the same club, no two club meetings are the same. Ideally, every meeting should have three parts—**recreation (fun)**, **business**, and **learning**. Youth leadership plays a huge role in the success of a club.

Most clubs have youth officers (president, vice president, secretary, treasurer, and other selected roles) who are responsible for running each meeting. Youth leaders not only gain excellent life skills, they help to keep the meeting relevant and fun for members of all ages. All youth have a responsibility to contribute to their clubs through their voice and their actions!

### What is **my role** as an adult?

Adults help create a safe, positive atmosphere for all 4-H members when they empower and encourage youth. While at a meeting, it's important to be a positive role model for everyone in attendance. Caring adults play an important role in the mental health of youth, and 4-H can help connect youth with positive adults.



Reprinted with permission from North Dakota State University Extension Center for 4-H Youth Development



Credit: Lisa Ostrenga

### Make this a **positive experience**.

1. Actively listen to all 4-H members.
2. Let youth run the meeting. It's their club!
3. Attend as many meetings as possible.
4. Ask your club leader how you can help.
5. If you have a hobby or skill, consider offering to be a guest speaker!

### Should I **stay** or should I **go**?

It's strongly recommended that parents/guardians attend the 4-H meeting with your child. Club meetings provide great opportunities to learn with other club members, but the learning doesn't stop there. By attending the meeting, you can reflect on the meeting together and continue the education outside the club.

Parliamentary Procedure Answer Key (see Member Edition):

1. Motion | 2. Second | 3. Discuss | 4. Re-state the motion | 5. Vote



Have a minute? Please provide feedback by filling out this [5-question survey](#)





## Get to Know Your Club

All 4-H clubs have adult leaders and youth decision makers. Most clubs have youth officers, like a president or a treasurer. Fill in the name and role of your club leaders, and then ask them a question. Try to meet a new club member that you don't know yet, too!

Role	Name	Question	Answer
Adult Leader		How long have you been the club leader?	
Youth President/Leader		What's the best part of being a club officer?	
		How many years have you been in 4-H?	
		What's your favorite hobby outside of 4-H?	
		What's your favorite part of 4-H?	

## How is the meeting run?

Most 4-H clubs use **parliamentary procedure** to make club decisions. See if you can put the five steps of this procedure in order. Each step is written in **bold**. The answers are found at the bottom of the adult edition.

**Re-state the Motion**—The president restates the motion before the group votes.

1. \_\_\_\_\_

**Discussion**—The motion is discussed by all members. Members might want to bring up good or bad things about the motion, or maybe find some ways that it needs to be changed.

2. \_\_\_\_\_

**Motion**—A motion is a request that something can be done. Only one motion should be placed before the group at one time. A motion can be discussed and changed.

3. \_\_\_\_\_

**Vote**—The group votes to decide if they will pass or deny the motion. Voting usually happens by voice. Members say “aye” if they agree, and “nay” if they disagree. Voting sometimes happens in other ways (secret ballot, show of hands).

4. \_\_\_\_\_

**Second**—If someone agrees with the motion, they can “second the motion,” which means it can be discussed by all members.

5. \_\_\_\_\_

*Adapted from Quick and Easy Guide to Parliamentary Procedure, Wisconsin 4-H Southern District Leadership Team, 2001.*

## How are you a part of parliamentary procedure as a club member?

Exploring 4-H for New Families is developed by Heidi Vanderloop Benson, Chippewa County 4-H Program Educator and Ben Hoppe, Brown County 4-H Program Educator, UW-Madison Division of Extension.

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