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

Dear 4-H Families:

Well, the groundhog saw his shadow, and winter has certainly decided to make it's appearance during the extra 6 weeks! Although we are getting snow, and lots of it, spring will be here before we know it. There are so many wonderful events and opportunities coming up to participate in - it is very exciting. Be sure to check your newsletter for more details.

Now is also the time of year to make sure enrollments are updated or completed before we need to send information off to the fairs. It would be a great idea to log in to 4-H online and be sure everyone is enrolled or re-enrolled for the year and that all project selections are accurate. If you have any issues making selections or changes just contact me, or our amazing office support staff and any of us are happy to help!

Spring is a time where we see nature refresh and replenish itself. Are there some goals that you have to do the same for yourself? It is a perfect time to start or re-start working on some goals that you have. March is National Nutrition month - check out the attached calendar and activities to enjoy some family fun, while making healthy choices!

Stay safe, healthy, and think spring!

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



IF YOU DIDN'T CONTACT THE 4-H OFFICE PRIOR TO JANUARY 30TH, YOU ARE ONLY RECEIVING THE NEWSLETTER ELECTRONICALLY. If you still wish to have a hard copy snail mailed, please let the office know either by calling Nancy at 715-732-7514 or e-mailing 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.

ENROLLMENT INFORMATION

By now, **only those (new and returning) members who have completed their on-line enrollment forms and leaders who have completed the volunteer protection requirements are receiving this newsletter through 4-H online or snail mail, if requested.** General leaders, please check with your group to make sure everyone is registered. New members must join by May 1 in order to exhibit at the Fair.

TREES AND SHRUBS AVAILABLE

The Menominee Co. Conservation District is again offering for sale trees & shrubs, along with other supplies. Ordering is open until March 15th. Pick up will be Friday, April 28th 1-5 pm & Saturday, April 29th 9-noon at the Menominee County Road Commission, Stephenson, and Saturday, April 29th 10-noon at Tractor Supply, Marinette. To see what is for sale and to order on-line visit <http://www.menomineecd.com/> & click on 'tree sale.'



UW-MADISON SCIENCE EXPEDITIONS / EXPLORE SCIENCE - CAMPUS OPEN HOUSE

UW-Madison Science Expeditions *April 14-16*. Connect with researchers, visit labs and field sites and grow your interests in STEM. For further information, visit science.wisc.edu/science-expeditions/

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

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.

WI TOWNS ASSOCIATION SCHOLARSHIP

The WI Towns Association, Rural Mutual Insurance Company & Scott Construction, Inc., will be awarding \$7,000 in scholarships to high school seniors graduating in 2023 from a public or private high school in WI that plan to enroll in a WI public or private college or a university in 2023. The winners are determined by independent judging of an essay contest. The essay should address the topic: "If Wisconsin could design its local government funding system from scratch, what would be the best and most equitable way to fund town government services?" Essays must be postmarked by **May 26, 2023**. For more information and an application, visit <https://www.wisctowns.com/resources/scholarship/>



STATEWIDE SCHOLARSHIPS

Each year, the WI 4-H Foundation provides a sum of money to the State 4-H Office for needs-based scholarships for youth to participate in statewide educational experiences. WI 4-H believes that cost should not be a barrier to program participation. Youth can apply for a scholarship by submitting their information at the Qualtrics form linked below. The responses to this form will remain confidential and will only be shared with a small committee managing the scholarship funds.

[Statewide Educational Experiences Scholarship Form](#)

Each youth should submit one form per program they are participating in. Staff will do their best to assess each request and make a determination on the amount awarded.

Programs

This scholarship fund is available to any youth who is attending one of our Statewide Educational Experiences. Examples of these experiences are:

- Advanced Space Academy
- Animal Science Programming (AASD, Quiz Bowl, Skillathon, Judging Contests)
- Arts Camp or ArtBEAT!
- Citizenship Washington Focus (CWF)
- Fall Forum
- National 4-H Congress
- National 4-H Conference
- Space Camp
- State Arts Team (Drama Company or Arts)
- Summer Academy
- Other Programs

Please reach out to Laura Pine at lpine@wisc.edu or Justin Lieck at justin.lieck@wisc.edu with questions regarding these scholarship applications.

"4-H IS A COMMUNITY OF YOUNG PEOPLE ACROSS AMERICA WHO ARE LEARNING LEADERSHIP, CITIZENSHIP AND LIFE SKILLS"



EARTH DAY TREES

Aimee signed our county 4-H program up for families to get free trees again this year should you wish.

The group name is: *Marinette and Oconto County 4-H Programs* which you would search for and then complete registration here at our groups dedicated link: <https://www.neighborhoodforest.org/parent-registration/?school=26435>

The trees are shipped to one location - the Oconto County Extension Office and families will need to make arrangement to pick up the trees there. As a note, families probably should not order unless they are able to travel to Oconto. If you want to order as a club and have one person pick them up that works also. It is 1 free per youth. Registration is due by March 10

POLLINATOR GARDEN PROGRAM OFFERED

Honey bees and other pollinators play an important role in the agricultural ecosystem. These same pollinators are under stress from a number of factors: pests, disease, lack of habitat and more.



The Growmark System would like to help youth organizations do their part to help sustain and increase honey bee populations. This is the eighth year of the program, open to 4-H clubs, Ag in the Classroom groups, FFA chapters and other youth organizations throughout the United States. Groups who previously participated in the program have been automatically re-enrolled.

Organizations are asked to locate a public place and secure permission to plant a pollinator garden prior to filling out an application. This could be in a park, near a school, along a well-traveled road, at the county fairgrounds or any visible location. Growmark will provide enough seed to plant approximately a 700-square-foot area, as well as educational signage to be placed around the garden.

"More than 300 youth organizations have been part of the program since 2016," said Karen Jones, Growmark Youth and Young Producer Specialist.

Clubs wishing to participate should fill out the online application <http://bit.ly/2023GMKPollinator> by March 8. Questions may be directed to Karen Jones, kjones@growmark.com or 309-557-6184.



We are trying something new this year to showcase our talented youth, and offering a combined event to Marinette and Oconto Counties highlighting the arts. Categories will be offered in MUSIC/MOVEMENT, SPEECH, DRAMA, and CLOTHING. More details regarding registration and scoring will be emailed in the coming weeks. We are looking forward to a fun and talent filled event! Please contact Aimee, aimee.elkins@wisc.edu



MINUTES

February Leaders' Association Meeting Monday, February 20 at Crivitz Fire Department

Attendance: Lisa Witak, Sue Deschane, Anne Biernasz, Deb Heitman, Steve Marvin, Aaron Marvin, Barb Kolosowski, Aimee Elkins

Vice-President Lisa Witak called the meeting to order at 6:30. Pledges were said.

The Secretary's Report was approved as written in the previous newsletter. Anne made the motion to accept the report. Barb seconded. Motion carried.

Treasurer's Report: A \$200 donation in memory of Ethel Baker for the food stand was received.

Committee Reports:

Food Stand: Will be closing at 9 pm. Wednesday's hours will be 1-5. Hoping prices will remain the same. Also exploring "breakfast in-a-bag" options for the mornings, especially for those involved in animal judging.

Fair Board: None

Raffle: Working on getting the items that will be printed on the tickets.

Awards & Trips: Interviews were held prior to the Leaders' Meeting at 6:00pm.

Scholarship: Due March 1st

Royalty: None

Shooting Sports: Continuing with training.

Old Business:

Camp Bird Money: Money to the youth from the county reimbursement has been taken care of. Aimee is working on a process that will make this smoother for camp this year.

New Business:

Movie: Anne's club is sponsoring a movie at the Mariner Theatre on May 6th. This will allow anyone to attend for free. The Leaders' Association will sponsor a movie on April 1st. Only 4-H enrolled members, leaders, and Cloverbuds will get \$5 towards concessions. Sue made the motion to sponsor the movie and provide the \$5 for concessions. Barb seconded. Motion carried.

Aimee mentioned the possibility of joining Oconto County in their Fine Arts activity that they are in the process of planning.

Sue made a motion to adjourn. Deb seconded. Meeting adjourned at 7:00 pm.

Next meeting is March 20 at Grover Town Hall.

Respectfully submitted by Deb Heitman

ANIMAL SCIENCE

SHARE-A-KID PROGRAM

Each year, the WI Dairy Goat Association promotes interest in dairy goats in our state. One of the ways they encourage young people in this aspect of agriculture is through the Share-a-Kid Program. They award an average of 4 to 6 dairy goat kids with young people across the state each year. Everyone will be notified by mid-May about the status of their entry. Entries will be accepted from January 1 until April 1.

Youth must be between the ages of 10 and 17 by January of this year to enter. • Entry form and all required signatures must accompany the essay. The youth applicant will write an essay of a minimum of 100 words (more is encouraged) that explains 1) any prior experience or knowledge they have with or about dairy goats; 2) why they would like to have a dairy goat, and 3) how they would care for a dairy goat (food, shelter, and medical care). We also want to know what they love about goats.

For more information and application, visit:
<https://www.wdga.org/out-and-about/>

DAIRY MANAGEMENT INC. SCHOLARSHIP

The National Dairy Promotion and Research Board (NDPRB), through Dairy Management Inc. (DMI), annually awards up to eleven \$2,500 scholarships to eligible undergraduate students (rising sophomore through senior) enrolled in college/university programs that emphasize dairy. Majors include: communications/public relations, journalism, marketing, business, economics, nutrition, food science, and Ag education. In addition, the NDPRB awards a \$3,500 James H. Loper Jr. Memorial Scholarship to the outstanding scholarship recipient.

Scholarships are awarded based on academic achievement, an interest in a career in a dairy-related discipline, and demonstrated leadership, initiative and integrity. Candidates are expected to fill out an online application, submit an official transcript of all college courses, and write a short statement describing their career aspirations, dairy-related activities and work experiences. The application information is evaluated by a NDPRB Scholarship Committee composed of an external review panel and at least two Board members. The recommendations of the Scholarship Committee are summarized by NDPRB staff and the scholarships are then awarded.

Scholarship recipients will be selected on the basis of the following criteria:

Academic performance.

Courses related to dairy.

Apparent commitment to a career in dairy.

Involvement in extra-curricular activities, especially those relating to dairy.

Evidence of leadership ability, initiative, character and integrity.

Students may be awarded scholarships in multiple years. Scholarship winners must be enrolled during the entire academic year for which the scholarship is awarded.

Completed applications should be submitted on-line no later than May 12, 2023. Questions regarding this application or regarding the NDPRB scholarship program can be directed to Nate Janssen at 847-627-3335 or by emailing us at ndbscholarships@dairy.org.

TYLER THIEL MEMORIAL MEAT GOAT ESSAY

Tyler Thiel Memorial will be gifting a registered Boer goat doeling to a 4-H member in Shawano, Marinette, Oconto, Outagamie, or Waupaca county. To qualify for this goat, you must show it in the 2023 county fair. When old enough, doe must be bred to a meat breed buck. One of its kids must be shown at the first fair that it is eligible for.

The essay may be handwritten or typed, 1 - 2 pages long, and postmarked by April 6th, 2023. Please answer the following in your essay:

* Tell about the other livestock that you, and your family raise.

* Do you have goats now? _____

If yes, tell us more...(breed, age, how many, how you care for them, and what's your plan with your herd)

* Explain why you are interested in goats...

* Why do you show or want to show goats at the Fair....

* Explain your facility....

* Explain how you will take care of this goat (Feed, water, shelter, medications, dewormer, etc.)

For more info and an entry form, please contact the county 4-H office.

2023
4-H County Activities & Special Projects
Volunteer Sign-Up - Deadline Extended to March 15

YOUTH and ADULTS—As you plan your new 4-H year, please consider sharing your time and talent in one or more of our county activities and special projects. Please sign up to serve in your area of interest for the coming year. Whether you are new or are already helping in an area, please complete this sign-up sheet. If there is more than one person to a sheet, please put name next to choices. Committee sign-ups are on an annual basis. You need to sign up each year to be on the Committee.

Name(s) _____ Club _____
Phone _____ E-mail _____

Please put your name next to the group you'd like to help with & return to the Extension Office. Limit of three (3) committees per person.

___ **Awards and Trips** - provides leadership in promotion of 4-H trips, works with Leaders Association and the County 4-H Office to determine candidate selection process. Meets February and October or as needed.

___ **Raffle/County Fundraising** - develops annual fundraising plan, makes recommendations on and helps coordinate and promote planned fundraisers.

___ **Food Stand** - provides leadership in developing 4-H food stand policies and procedures, recommends menu items, orders food and supplies, helps to evaluate, etc. Meets April-September, 1-2x/month as needed.

___ **Scholarship** - reviews scholarship procedures, assists in selection of scholarship winners.

___ **Royalty** - Prepares candidates, helps with all aspects of contest, secures judges, facilitates Royalty coronation at the Fair, awards & follow up. Meets April-August.

Yes No I am interested in serving as a Committee Chair or Co-Chair. List Committee: _____

4-H ACTIVITY COORDINATOR or COMMITTEE — Plan and implement special county activities. Can be youth or adult or youth/adult team. Duties include assisting with promotion and coordination of event, selecting judges, event follow up.

___ Speaking Contest & Music Fest (normally held in February/March)

___ Drama & Variety and Demonstration Contest (normally held in April)

___ Super Saturday/Project 101 Day

___ Fair help (office or at fair) (August)

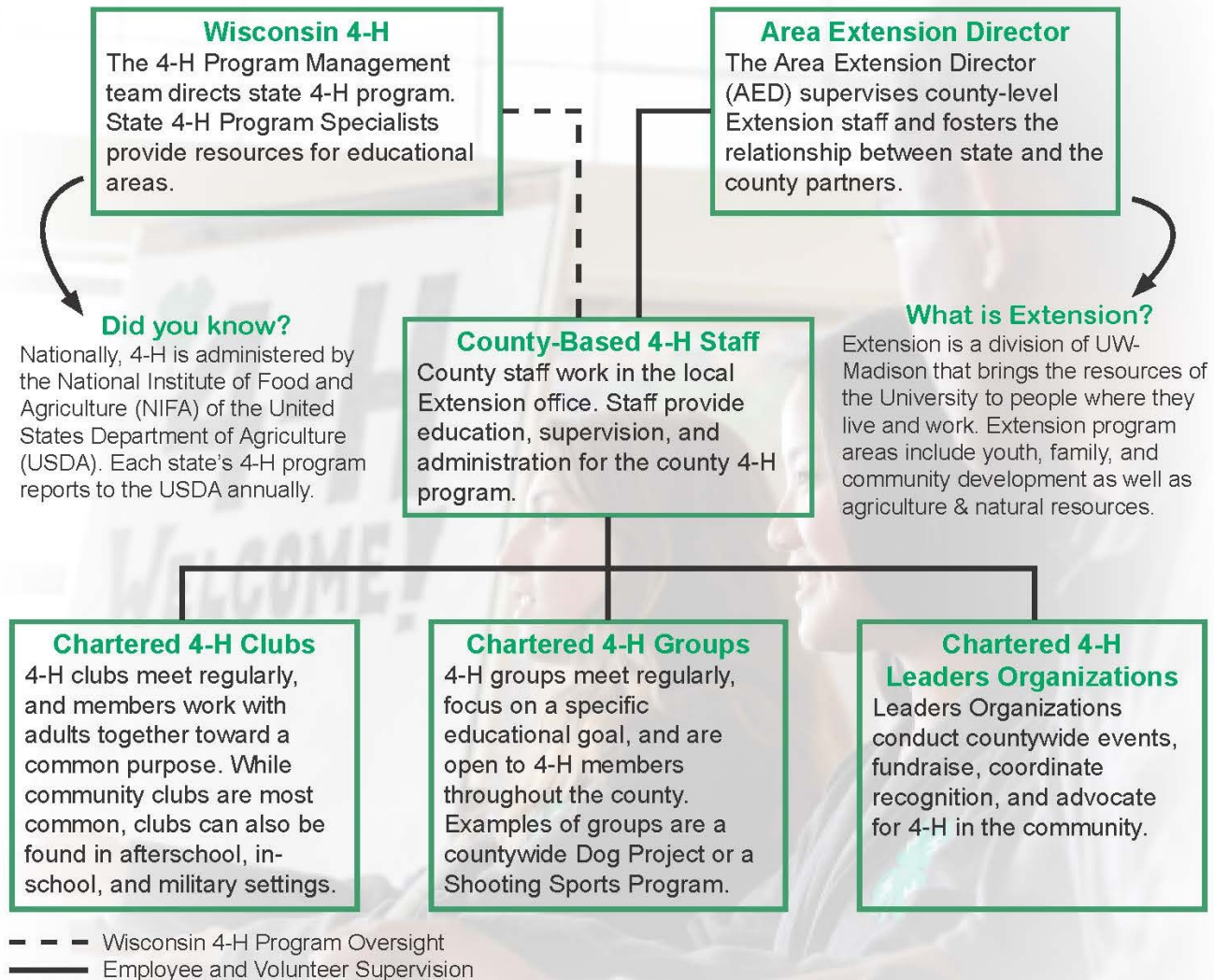
___ Other. Please list: _____

Thank you! Please return to the Extension Office by March 15th.



Beyond the Club

You're a part of something big! 4-H is the nation's largest youth development organization, with more than 6 million members and over 90,000 clubs. Because of how big 4-H is, it can be hard to understand where you (and everyone else) fits into the greater scope of 4-H from a state and national level.




Where do I fit?

Most members get their start with a 4-H club. If your child wants to get more involved with 4-H beyond the club level, check with your club leader or your county-based 4-H staff to learn about additional 4-H opportunities. Getting involved with your county's groups or the Leaders Organization can be great ways to connect with new opportunities.



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






YOUTH Matter!

Youth lead and make decisions in 4-H clubs, groups, and experiences. That means that the most important piece of 4-H is YOU. As a 4-H member, you help to make decisions and can make your voice heard.

You can help to lead and make decisions in 4-H. Each statement is a way that you can get involved. Decide if you think the statement shows how you can be involved in 4-H at the club, county, state, or national level. Circle where this might apply. Some statements might apply to more than one level of 4-H.

EXAMPLE Sign up for a committee to help run a local 4-H event.

Club County State National

Vote on topics at meetings.

Club County State National

Represent my region on the Wisconsin Leadership Council.

Club County State National

Lead other young people and be a mentor as a camp counselor.

Club County State National

Attend Leaders Organization meetings and share my opinions.

Club County State National

Apply to be a delegate for National 4-H Conference.

Club County State National

Run for an officer position.

Club County State National

Be on the 4-H Communications Team.

Club County State National

Apply for the 4-H Drama Company.

Club County State National

Be a counselor for Space Camp.

Club County State National

Teach other members something I know.

Club County State National

Be on the 4-H Arts Team.

Club County State National



Credit: Heidi Vanderloop Benson



4-H Drama Company performing at 4-H & Youth Conference

Credit: Wisconsin State 4-H Communications Team

Don't know what one of these statements is talking about? Ask your club leader, county-based 4-H staff, or do an online search with your parent/caregiver!

Which of these leadership opportunities sounded the most interesting? Why is it interesting to you?

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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Mindful March 2023

MONDAY



6 If you find yourself rushing, make an effort to slow down

TUESDAY



7 Take three calm breaths at regular intervals during your day

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

Snacktivities

A dynamic duo of fun and flavor

Yummy snacks and movement make a great team!
Mix and match these tasty recipes and fun activities to energize your day.



ACTIVITIES



Animal Copycats

ACTIVITY: STRETCHING

1. Choose a comfortable space to move. Lay out a towel or set up a chair to sit on.
2. Think of an animal you like and imagine how they would stretch. Would they arch their back? Flap their wings? Lie on the ground and roll from side to side? Now imitate that animal, holding the stretch for 10-20 seconds.
Bonus: Make the sounds your animal makes!
3. Pick another animal and stretch again!



STRETCHING FEELS GOOD AND
KEEPS YOUR MUSCLES FLEXIBLE

Guess the Weather

ACTIVITY: FULL BODY MOVEMENT

1. Find a sheet of paper, a pair of scissors, and something to write with. Cut the paper into small pieces.
2. On each piece, write down a weather word, like rain, wind, sun, thunder, or lightning. More ideas: heat, cold, hail, cloudy, rainbow, tornado.
3. With a partner, take turns picking a piece of paper and acting out the weather word without talking. The bigger your movements, the better. The weather is big!



MAKING UP MOVEMENTS IS FUN
AND ENERGIZING

Rainbow Roundup

ACTIVITY: FOCUSED EXERCISES

1. Find a place—indoors or outside—where you have room to move around and can see lots of colorful objects.
2. With a partner, take turns naming the color of 8 different objects. Do the movement that matches its color:
Red: RUN in place for 10 seconds.
Orange: OPEN your arms as wide as you can and stretch for 10 seconds.
Yellow: YAWN as big as you can 3 times.
Green: GALLOP 5 times in a circle like a horse.
Blue: BEND forward, reaching toward your toes. Hold the stretch for 10 seconds.
Purple: PLAY air guitar for 10 seconds.



BUILDING A STRONG, FLEXIBLE BODY
HELPS YOU DO THE THINGS YOU ENJOY

Balancing Acts

ACTIVITY: BALANCE

1. Standing in place, slowly lift one foot and balance on the other. Hold this position for 10 seconds. Then switch and balance on the second side.
2. Imagine a straight line in front of you like a balance beam. Place one foot in front of the other, walking 20 steps, touching heel to toe. Then try to walk backward, heel to toe, along the same line.
3. Seated in a chair or on the floor, sit up as tall as you can with your legs in front of you. Slowly raise one leg, then slowly lower it. Repeat with your other leg. Do this five times. If you feel like tipping to the side, use your core muscles to stay upright.



BALANCING IMPROVES COORDINATION
AND HELPS YOU MOVE CONFIDENTLY

Snacktivities

A dynamic duo of fun and flavor

Yummy snacks and movement make a great team!

Mix and match these tasty recipes and fun activities to energize your day.



Get more resources
HealthierGeneration.org/DelMonte

RECIPES



2-Minute Corn Salsa (serves 12)

5 MINUTES PREP TIME



Ingredients

- 1 jar (24 oz.) chunky salsa, mild, medium or spicy, as desired
- 1 can (15.25 oz.) whole kernel corn, well drained
- Optional add-ins: fresh cilantro or sliced green onion, ground cumin, grated lime zest, avocado, canned black beans (rinsed and drained)

1. Stir together salsa and corn. Stir in any of the add-ins, as desired.
2. Chill at least 2 hours before serving with tortilla chips, sweet potato chips, pita chips, bell pepper strips or sliced cucumber.

Peach Mug Cake (serves 1)

5 MINUTES PREP + 1 MINUTE COOK TIME



Ingredients

- 1/3 cup yellow cake mix
- 1 fruit cup snack (4 oz.) diced peaches, pears, or mangos in 100% juice, not drained
- 1 tsp. vegetable oil
- Optional toppings: Fresh raspberries or blueberries, toasted chopped walnuts or sliced almonds, toasted shredded coconut, powdered sugar, whipped cream

1. In a large microwave-safe mug, combine cake mix, contents of fruit cup snack and oil.
2. Microwave on HIGH for 1 minute or until cake rises and is puffed on top.

Fruit will be hot; let stand at least 2 minutes before eating. Add toppings, if desired.

Pineapple Paletas (serves 8)

5 MINUTES PREP + 6 HOURS FREEZE TIME



Ingredients

- 1 can (20 oz.) pineapple tidbits, chunks, or slices in water or 100% juice, not drained
- 2 Tbsp. fresh lime juice (about 1 large lime)

1. Pour contents of pineapple can and lime juice into a blender or food processor. Pulse until pulpy but not smooth.
2. Fill popsicle molds (or small paper cups) and insert popsicle sticks.
3. Freeze at least 6 hours or overnight. To loosen pops from molds, run warm water over outside of mold. Gently wiggle sticks and pull.

Snackable Pizzas (serves 1)

5 MINUTES PREP + 10 MINUTES COOK TIME



Ingredients

- Bagels, French bread, pita rounds or English muffins
- Pre-made pizza sauce
- Mozzarella, provolone, or Monterey jack cheese
- Optional toppings: pepperoni, red pepper flakes, mushrooms, olives, onion, bell pepper, cooked bacon

1. Preheat oven to 350°F. Line a baking sheet with parchment paper for easy clean up.
2. Toast crusts in a toaster or toaster oven and place on baking sheet.
3. Spread pizza sauce over crusts. Sprinkle with cheese and any toppings.
4. Bake 5 to 10 minutes or until cheese is melted.