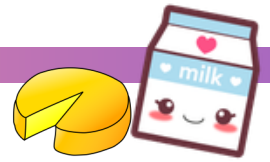


June 2019 Sawyer County 4-H Youth and Family Newsletter



4-H CALENDAR OF OPPORTUNITIES

Cancellations may be made due to low enrollments for programs. **Pre-register** for meetings and activities by the deadline! **All who register** will be contacted if there is a cancellation. Meetings are cancelled if school is cancelled. All meetings are open to 4-H youth and adults.

Please contact the Extension office for details for any meetings.

Visit our website <https://sawyer.extension.wisc.edu/> for current information and follow us on Facebook!

- | | |
|-----------|---|
| Jun 7 | Registration due for Champ Camp |
| Jun 8 | 4-H Project Day, Fairgrounds, 1-4PM |
| Jun 11 | Leaders Association Meeting, Winter Library, 6PM |
| Jun 12 | Registration closes for Water Stories Summit |
| Jun 13 | Small animal project meeting, Kathy's home, 12:30-2PM |
| Jun 20 | Small animal project meeting, Kathy's home, 12:30-2PM |
| Jun 22 | June Dairy Breakfast, Sawyer County Fair Grounds, 6-11AM |
| Jun 24-27 | Wisconsin 4-H & Youth Conference, UW-Madison |
| Jul 9 | State 4-H Plant Science Day, see our website for more details |
| Jul 9-11 | Rusk/Sawyer Summer Camp, Trail's End camp in Bruce WI |
| Jul 13-14 | Open Pleasure and Speed Shows, Marinette County Fairgrounds, Wausaukee WI |
| Aug 1-3 | Water Stories Summit, Upham Woods, WI Dells |
| Aug 1-11 | Youth Expo and Wisconsin State Fair, Wisconsin State Fair Park, 640 South 84th Street, West Allis, WI |
| Aug 22-25 | Sawyer County Fair |



Please submit articles to Extension support staff, Tanya Hofer for the

July newsletter by June 25th



Club/Group/Project Connection



The Stone Lake 4-H group recently went to the New Moon Bike and Ski shop in Hayward to learn about bike safety and how to take care of our bikes. Ian Finch taught us how to know if our bike is the right size for you, how to change the inner tube, and how to do an overall safety check. Everyone learned something new and had lots of fun. - Laura Gregory

A small animal project meeting was held on April 28 at my home. The 4-Hers worked on their educational poster of their choice which was started at the March meeting. In April they worked on putting it all together. We welcomed a new member to our project, Gretta Kiss.

May is a busy month with many things happening so I decided to have 2 meetings in June. The meeting dates are June 13, and June 20th at 12:30 to 2PM. If anyone else is interested in attending they will need to call for the directions and details. The major topics to be covered are bathing your chicken or grooming your animal entry for the fair. The second topic is each 4-Her will present their animal to the group and tell us about it, breed, how they care for it, housing, grooming, feeding, special needs, and the various parts of the animal are some of the topics we will cover. The kids are encouraged to bring their own small animal that they are planning to enter in the Fair. It is meant to be a practice session prior to fair judging time. My phone is 715-558-4375. Please contact me by text or phone if you are interested in attending. - Kathy Moe





4-H Project Day

Don't forget Project Day at the Sawyer County Fair Grounds on Saturday, June 8th from 1-4 pm. Youth and Project leaders will be showing off their project skills! This fun filled afternoon will provide some hands-on experience as well as a chance to meet other members with your same interests. You may even get inspired to try a project you haven't done before.

4-H Members!

Do you have a story or a picture you would like to share? It can be about anything you choose. Perhaps a project you are working on or your favorite pet? A picture of you with that pet or project? If you would like to have it in the newsletter, have a parent or leader email it to tanya.hofer@wisc.edu and we will get it in the next issue!

It's getting to be that time...

The fiscal year ends June 30th, so that means that club financials and club charters will be due not long after that. Leaders and club members should be working together to complete these. Please be discussing your SMART goals from the current year as well as what your goals will be for next year. You may turn your financial section in anytime after June if you would like.

The Horse Project starts ride nights

May 28th and we will be riding every Tuesday night at the Fair Arena. Anyone is welcome to come watch. We start around 5pm. - Lori Clifford

Hey 4-Hers!

Do you love creating things?

Do you want a life long skill working with wood?

Do you want to make money with your creations someday?

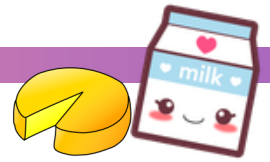
Mr. Kozak is the answer to all of these questions! Contact him to find out about woodworking project days.



Carl's grandson, Luke with the box he built to hold his books next to his bed. It was built from some recycled wood and an old axe handle. What could you make for your room or house?



Opportunities



Wisconsin Youth Water Stories Summit

From glaciers to trade, water has touched every part of life and history in Wisconsin. We should stop, listen and learn about our rivers and lakes around the state.

Upham Woods Outdoor Learning Center has 4 1/2 miles of shoreline along the Wisconsin River creating a remarkable setting for the Wisconsin Youth Water Stories Summit.

Whether your child has never been to Upham Woods or they want another chance to camp at Upham, we're here to get them out on the water and to make a memorable summer.

This camp is available at no cost to the camper thanks to Environmental Protection Agency Local Environmental Education grant nos. NE 00E02399. Just find a way to get here!

What is the Water Stories Summit all about?

This camp will explore water on the landscape and invite campers to write the story of their waterway. Water has formed Upham Woods. It carved out Blackhawk Island and the narrowest part of the Wisconsin River. The rocks contain ripples from an ancient watery world and our salamanders and macro-invertebrates wriggle around a new one today. Our programming will focus on these features and others as campers explore on canoes, through swimming, and with the help of technology. Participants will have the chance to use professional grade field equipment on the Wisconsin River to measure pH, turbidity and understand how those variables impact their environment.

This camp is open to anyone age 8-17 who lives in Wisconsin.

Adult volunteers are welcome.

What will campers be doing?

Step 1: Show up, move into cabin

Step 2: Choose your adventure: hiking, swimming, fishing, using the low element challenge course, observing our nature center animals

Step 3: Conduct a water quality assessment with everyone along our stretch of the Wisconsin River

Step 4: Write your water story a little each day to share at final campfire as a skit, song, presentation, or written story

Step 5: Go home, share what you learned and what you loved!

They'll be sleeping and eating and exploring throughout their time at Upham Woods as well. Take a tour of Upham Woods including our cabins!

Why choose the Water Stories Summit over a traditional summer camp?

This camp is unlike any other. Your child will come in as a camper and leave as a camp scientist.

Previous camp scientists have left this camp:

- feeling more confident about their science skills
- liking science more
- understanding what affects water quality
- caring more about their local environment and aquatic environments around Wisconsin
- more confident in their ability to be change-makers in their communities and solve water issues

This information was reported in "Youth Engagement with Natural Resource Issues Using Mobile Digital Technology" by Justin Hougham, Caitlin Graham, Marc Nutter, and Isabelle Herde at the Wisconsin Association of Environmental Education in November 2018.

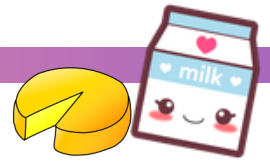
THE QUICK LOOK

- REGISTRATION CLOSES JUNE 12 AT 11:59 PM
- DATES: THURSDAY AUGUST 1 — SATURDAY AUGUST 3
- COST: FREE
- LIMITED AVAILABILITY — FIRST COME FIRST SERVE BASIS

CONTACT ISABELLE HERDE AT

isabelle.herde@wisc.edu

or (608) 254-6461 with any questions or concerns.



Opportunities

7th Annual BC4HY Horse Project

2019 Champ Camp

June 22, 2019 - Barron County Fairgrounds - Rice Lake WI

- The camp will run from 8:00a.m. --4:00pm.
- We will proceed rain or shine.
- The camp is for any active 4H horse project member from any county, or any youth rider with basic horsemanship experience. Participants must provide their own horse and must be able to ride comfortably at a trot.
- Participants must be at least age 9 and no older than 19.
- A riding helmet and hard-soled boots are required for each rider. Closed-toed shoes must be worn when handling horses or while in stalls with horses.
- Horses must be well-mannered in a group setting away from home and participants must be able to saddle, bridle and care for their horse (parental assistance is allowed)
- A current negative Coggins is required for each horse participating in the camp.
- Participants may only ride the horse that s/he brought to camp...no riding others' horses.
- Each participant must have a designated adult/guardian on premises.

Cost of Camp : \$50

Camp Includes

- 4 dynamic sessions by experienced clinicians
- Bottled Water and Lunch are provided
- Stalls for your horse for day use
- Champ Camp T-Shirt

Lunch is included for paid camp attendees. Family members are welcome to join for \$5/person. We will have a "cash jar" on site and ask that you sign up for extra lunches during morning registration. We ask that family members contribute \$1/bottle of water, but are welcome to purchase on site as well

- Bedding, feed and stall care are responsibility of camp attendee, and must be used. Stalls must be cleaned.
- \$25 camping fee (stall can be used during the Fun Show on Sunday if you would like, but must be cleaned)
- \$20 deposit required for stalls/campsites for those staying overnight on Sat. Camp attendees must "check-out" with a BC4HYHP Leader and have stalls/campsites approved to receive refund of \$20.00 deposit

Questions can be directed to:

Libby Smith 715.205.4529 esmithx4@gmail.com, Carol Dahlstrom 651.303.1527 cjdahlstrom@yahoo.com
or McKenna George 715.418.3167 georgem_41@yahoo.com

Schedule

Saturday June 22

8:00-8:30 **Check in!** Make sure horse is ready for the day
8:30 Welcome – information meeting; Group assignment
8:45 Group Picture under the pavilion near the arena (wear camp T-shirt!)

9:00-10:00 Group 1 Gymkhana in large arena
Group 2 Showmanship (behind large arena)
Group 3 In Hand Trail – small arena

** 20 Minute water break **

10:30-11:30 Group 1 In Hand Trail - small arena
Group 2 Ranch Riding (split large arena)
Group 3 Dressage (split large arena)

** Lunch break! - (water is available on the grounds for horses) **

During the break, all groups will come together for a guest speaker: Meet the Vet, to discuss common first aid techniques and a Q & A session

1:00-2:00

Group 1 Dressage (split large arena)
Group 2 In Hand Trail - small arena
Group 3 Ranch Riding (split large arena)

2:15-3:15

Group 1 Ranch Riding (split large arena)
Group 2 Dressage (split large arena)
Group 3 Showmanship (small arena)

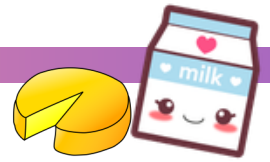
** 3:15-4:00 Social time with whole group with snacks and water before breaking for the day **

Sunday June 24

8:00am Fun Show – See Show Bill for details

Please see our website at <https://sawyer.extension.wisc.edu/> for registration and more details

Opportunities



Open Pleasure and Speed Shows!

Saturday, & Sunday, July 13 & 14, 2019

Sponsored by the Marinette County 4-H Horse Project

Come for a fun day of pleasure showing on Saturday, including Halter, Showmanship, English Pleasure & Equitation, Western Pleasure & Horsemanship, and stay for a Speed Show on Sunday!

Marinette County Fairgrounds

Fairgrounds Road, Wausaukee, WI 54177

Camping available on the grounds Friday and Saturday nights, stalls also available

Pleasure Show

Saturday, July 13, 2019 9:00 AM

Judge: Rebecca Barrett

Speed Show

Sunday, July 14, 2019 9:00 AM

Show Bills available at:

<http://marinette.uwex.edu/4-h-youth-development/marinette-county-4-h-horse-project/>



North Country Master Gardeners announce Children's Program -- Kids in the Garden

Spoooner— May 24th, 2019 — North Country Master Gardeners – University of Wisconsin-Madison Extension announces Kids in the Garden, a FREE summer program for kids 3 to 12 years of age.

Dates: The program will be offered on Monday afternoons from 4:00 pm to 5:30 pm; and repeated on Tuesday mornings from 9:30 am to 11:00 am. Each program will start with a topic-related story read on storyboards while walking around the garden and provide an educational presentation, a nutritious snack, and an activity.

Monday & Tuesday, June 10th & 11th – Planting Our Garden and Construction of a Bug Condo!

Monday & Tuesday, June 24th & 25th – Composting We Go and Magical Hummingbirds!

Monday & Tuesday, July 8th & 9th – Yoga in the Garden!

Monday & Tuesday, July 22nd & 23rd – Marvelous Monarchs and Pollinators!

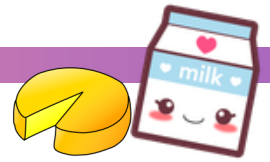
Monday & Tuesday, August 5th & 6th – Apples, Apples, Apples and Painting Friendship Rocks!

Where: Spooner Agricultural Research Station Display Gardens, 780 Orchard Lane, Spooner, WI 54801 (Children's garden – raised beds area of the gardens)

In case of rain– we will meet at the Spooner Agricultural Research Station large meeting room. To Pre-register & for more information call Lorraine Toman at the Spooner Agricultural Research Station, 715-635-3506. **A parent or an adult is required to stay with children under 10 years of age. **



Please see our website at <https://sawyer.extension.wisc.edu/> for registration and more details



Turkey Ranch Wraps

Ingredients:

- | | |
|--|-------------------------------|
| 8 thin slices cooked turkey | 1 cup shredded lettuce |
| 4 flour tortillas (6 inches), room temperature | 1 cup shredded cheddar cheese |
| 1 large tomato, thinly sliced | 1/3 cup ranch salad dressing |
| 1 medium green pepper, cut into thin strips | |

Steps:

Place two slices of turkey on each tortilla. Layer with tomato, green pepper, lettuce and cheese. Drizzle with salad dressing. Roll up tightly.

<https://www.tasteofhome.com/collection/easy-recipes-for-kids-to-make-by-themselves/>



Impossibly Easy Mini Cheeseburger Pies

Ingredients

Burger Mixture :

- 1 lb lean (at least 80%) ground beef
- 1 large onion, chopped (1 cup)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon garlic salt
- 1 cup shredded Cheddar cheese (4 oz)

Baking Mixture:

- 1/2 cup milk
- 1/2 cup Original Bisquick™ mix
- 2 eggs

Garnishes, if desired :

- 12 mini kosher dill pickles
- 1 medium tomato, chopped
- Ketchup and mustard

Steps

- 1 Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- 2 In 10-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Cool 5 minutes; stir in Worcestershire sauce, garlic salt and cheese.
- 3 In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup burger mixture. Spoon 1 tablespoon baking mixture onto burger mixture in each muffin cup.
- 4 Bake about 30 minutes or until toothpick inserted in center comes out clean, and muffin tops are golden brown. Cool 5 minutes. With thin knife, loosen sides of muffins from pan; remove from pan and place top side up on cooling rack. Cool 10 minutes longer, and serve with garnishes.

<https://www.bettycrocker.com/recipes/impossibly-easy-mini-cheeseburger-pies/ef22573e-bd2f-49fe-a240-d53ecdb76920>



Potato Topped Mini Meatloaves

Ingredients

Potatoes

- 1 pouch (4.7 oz) instant mashed potatoes

Meatloaf Mixture

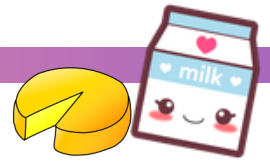
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| 1 lb extra-lean (at least 90%) ground beef | 1/4 teaspoon pepper |
| 1/4 cup bread crumbs or cracker crumbs | 1 egg |
| 2 tablespoons chopped onion | Ketchup or BBQ sauce |
| 2 tablespoons milk | |

Steps

1. Heat oven to 375°F. Place foil baking cup in each of 12 regular-size muffin cups.
2. Make potatoes as directed on pouch. Set aside. In large bowl, mix meatloaf mixture ingredients. Press about 3 tablespoons meat mixture in each muffin cup.
3. Spread about 2 teaspoons of the ketchup or BBQ sauce over meatloaf mixture in each muffin cup. Spoon potatoes on cupcakes.
4. Bake 14 to 16 minutes or until meat thermometer inserted in center of cupcake reads 160°F. Sprinkle with parsley; serve immediately.

Based on the recipe from <https://www.bettycrocker.com/recipes/potato-topped-mini-meatloaves/6d4981e9-897c-4eef-a86c-eced67424ab5>





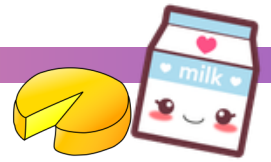
Contact Information for 4-H Volunteer Leaders 2018-2019

Organizational Club/Group Leaders and Officers

Crystal Hexum - 4-Leaf Clover Club Co-Leader	crystal.hexum@yahoo.com	715-699-2996
Lori Clifford – 4-Leaf Clover Club Co-Leader	klclifford04@Hotmail.com	715-699-2964
Deb Steiner - Winter Evergreens Club Co-Leader, 4-H Clubs Inc. President	tdsteiner5@gmail.com	715-266-6417
Tina Coss - Winter Evergreens Club Co-Leader, 4-H Clubs Inc. Vice President	tina_coss@yahoo.com	715-266-8016
Carrie Keenan – 4-H Clubs, Inc. Secretary	carriekeen4@gmail.com	715-634-0721
Donna Knuckey – 4-H Clubs, Inc. Treasurer	jdknuck@live.com	715-266-4402
Laura Gregory - Stone Lake 4-H Club Leader	meadowviewfarms@hotmail.com	715-558-6901
Rhandi Ehn - MASC co-group leader	lynnr3684@gmail.com	715-661-4005
Joey Johnson - MASC Treasurer	wenonah.johnson@gmail.com	715-558-3519
Alesha Pecha - 4 Leaf Clover Cloverbuds co-leader	pechaale@charter.net	715-558-4660

Project and Resource Leaders

Angie DeLisle - Horse Project co-leader	adelisle@hayward.k12.wi.us	715-634-8456
Carrie Keenan - Horse Project co-leader	carriekeen4@gmail.com	715-634-0721
Judah Keenan - Horse Project co-leader	carriekeen4@gmail.com	715-634-0721
Donna Knuckey - Swine Project co-leader	jdknuck@live.com	715-266-4402
Jeremiah Knuckey - Swine Project co-leader	jdknuck@live.com	715-266-4402
Kathy Robinson - Horse Project co-leader	kjr91@hotmail.com	715-699-5405
Jessica Bjork - Project Leader for Sawyer County Youth Health Leaders (SCYHL)	jbjork@sawyerhs.hayward.wi.us	715-634-4806
Angie Kennell - Horse Project co-leader, Resource Leader, Flower Project leader	creativechaos1@hotmail.com	715-634-7781
Brittany Dennis - Horseless Horse Project co-leader	brit.25@live.com	715-558-6652
Sabrina Dennis - Horseless Horse Project co-leader	sab.14@live.com	715-558-6447
Kathy Moe - Exploring Your Environment Leader, Small Animals Leader, Horse Resource Leader, Backpacking/Hiking RL, Bees RL, Entomology RL, Horticulture RL	kmoe@fs.fed.us	715-634-4897



Debi Steiner - Photography Leader, Art Leader
(Winter Evergreens)

tdsteiner5@gmail.com

715-266-6417

Kyle Kinsley - MASC Beef Project Leader

kkinsley.kk.21@gmail.com

715-563-0118

Carl Kozak - Woodworking Project Leader

Cekhh@cheqnet.net

715-634-2219

Shelley Bartz - Lego Project Leader

Shelleysb4@gmail.com

715-307-7198

Bryan Bartz - Activity Leader

Bryan54843@gmail.com

715-634-5322

Ann Korn - Sewing Project Leader

korn.ann1@gmail.com

715-634-3951

Extension staff

Sky Holt - 4-H/Youth Development Educator
Main contact for 4-H questions

sky.holt@wisc.edu

715-634-4839

Tanya Hofer - UWEX support staff

tanya.hofer@wisc.edu

715-638-3316

