



August 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!

- | | |
|-----------|---|
| Aug 1-3 | Water Stories Summit, Upham Woods, WI Dells |
| Aug 5 | MASC work night, 5pm - 7pm |
| Aug 1-11 | Youth Expo and Wisconsin State Fair, Wisconsin State Fair Park, 640 South 84th Street, West Allis, WI |
| Aug 17 | Gymkhana Horse Show, Pierce County Fairgrounds, Ellsworth, Wisconsin, 8AM |
| Aug 22-25 | Sawyer County Fair |
| Aug 31 | Record books due to club leaders |
| Aug 31 | 4-H Horse Champ Show, La Crosse County Interstate Fairgrounds West Salem, WI, 8AM |

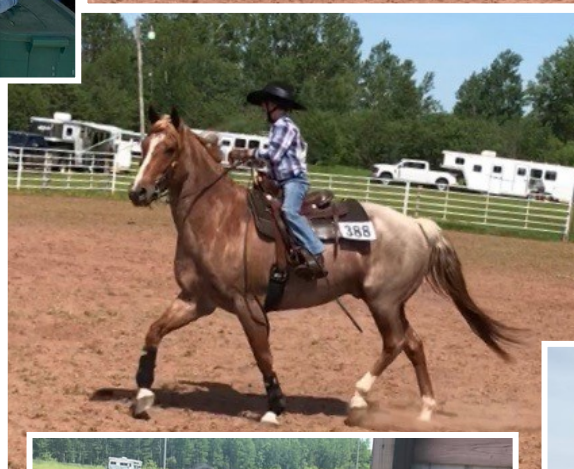


**Please submit articles to Extension support staff, Tanya Armsbury for the
September newsletter by August 25th**

Club/Group/Project Connection

June 29th the Hayward Horse Project volunteered in Marengo working their WSCA show. Our club earned some money for our volunteering. We plan to use the money to buy items for our horse club. We worked registration, announcing, judges ring, running gates and much more. It was a very hot day and our kids did awesome. Thank you to all of the kids and parents who helped out! Also some of our riders competed in the competition. A fun day was had by all.

- Lori Clifford





Club/Group/Project Connection



A Small Animal project meeting was held on July 13, at 12:30 at Kathy Moe's home. Griffin Hexum and his little sister Lily attended the meeting. Griffin brought his gorgeous and very friendly French/English angora rabbit to work with. We covered and reviewed the following: parts of a rabbit and a hen chicken, practiced for small animal judging, how to dress for showing, and how to give a chicken a bath. We actually gave one of my chickens a bath and washed their feet with a toothbrush! Presenting a clean animal to the judge is very important. I will let the group know about the next meeting. If anyone has questions please give me a call. - Kathy Moe

MASC Updates & Reminders

Our first work night is scheduled for Monday, August 5th from 5pm - 7pm!

Each year the Youth in MASC need to complete their YQCA (Youth for the Quality Care of Animals formerly MAQA) training to sell their animals at the auction. This can be done online, just follow the link below and print the completion certificate for your 4H book prior to August 21st!

<https://yqca.learnrow.io/Account/Login>

Please send Joey Johnson an email with the pie/cake you will be bringing to the auction and the recipe by Friday, August 16th! Wenonah.Johnson@gmail.com



FYI

The Wisconsin 4-H Key Award Program recognizes a select group of 4-H participants who have demonstrated consistent growth in their 4-H involvement, developed and applied leadership skills, and actively participated in the functions of their 4-H club and community. To be eligible, candidates must be in 9th grade or above and must have completed at least three years of 4-H and one year of youth leadership.

If you wish to apply for the Key Award, please visit our website at <https://sawyer.extension.wisc.edu/4-h-youth-forms-and-resources/> to get the form. Or, you can contact Sky Holt to have one mailed to you. Applications are due to Sky by September 15th.

sky.holt@wisc.edu
Sky Holt
Extension Sawyer County
10610 Main Street Ste. 194
Hayward WI 54843

**4-H Horse Champ Show
Pleasure and Fun Speed Show**
Saturday, August 31, 2019, 8:00 a.m.
La Crosse County Interstate Fairgrounds
West Salem, Wisconsin

This show is open state-wide to 4-H horse project members who have received a 1st or a 2nd in qualifying classes at their county fair. **NOTE: ENTRIES MUST BE POST MARKED WITHIN 7 DAYS OF THE QUALIFYING SHOW.** If your fair is after the deadline date, please give us a call. We want you to join us!

For details and registration packets, please visit our website at <https://sawyer.extension.wisc.edu/> or contact Sky Holt.

**Fairgrounds cleanup nights:
Tuesdays starting at 6PM**



Livestock Comfort at the Fair

**Bernie O'Rourke, Extension Youth Livestock Specialist
UW Madison, Department of Animal Sciences**

July 2019

A hot fair leaves fair exhibitors looking for coolness for both themselves and their fair animals. When temperatures reach above 80 degrees and the relative humidity is above 65 percent, comfort is certainly compromised. This kind of weather can be especially deadly for swine, as they have non-functioning sweat glands. Effects of heat stress are hard on livestock. Here are some suggestions to keep your animals cool.

Signs of heat stress:

Animals under stress will be uncomfortable, much like we are when enduring this heat. General signs of stress are: panting, open mouth breathing, excessive salivation, lack of coordination, trembling, inability to stand and high rectal temperature. During a heat wave it is difficult for animals to maintain their normal body temperature. Research indicates as the heat and humidity increases during the heat of the day so does the body temperature of animals. If the heat and humidity continue during the evening hours and for many days, the animal can't recover to its normal body temperature. Effects of heat stress can reduce feed intake, reduce weight gain, perhaps even death.

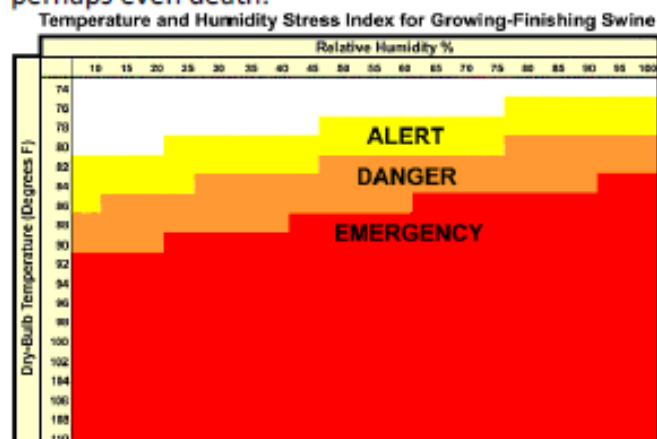


Chart courtesy of Iowa State University – Swine chart

Transportation of animals:

Before transportation make sure the animals have been hydrated and sprinkle animals with water. Use wet shavings for bedding, never use straw. Straw acts as an insulator. Transport animals during the coolest part of the day, such as early morning or late evening. Haul as few animals as possible, don't crowd animals in the trailer. In the trailer, open ventilation holes. Load and unload promptly. Fairs may need to adjust their schedule of arrival and departure of animals to accommodate the cooler part of the day.

Barns at the fair:

There should be ample ventilation within the barns at the fair. When heat and humidity can't be lowered, more air movement across people and animals can help remove heat and lower heat stress. Generators might be needed for supplemental electricity and should be located away from spectators as they are noisy and distracting. If animals are located on the outside edge of a barn where sunlight shows, use tarps to shade the morning or afternoon light. Make sure it isn't trapping heat, making the situation worse.

At the fair:

Check in is a situation where fair staff should consider an alternative time for weighing, ultra sounding, and other animal tasks. Facilities should lend themselves to a low stress environment and the process should be quick and effortless. The show also might need to be conducted at an alternative time. Moving the show into the evening hours could be advantageous. Water animals and utilize electrolytes if needed to get animals to drink. Allow access to water at all times, without them making a mess of their pen. Rinse animals to keep cool. It might be easier and less

stressful to rinse them in their pen rather than taking them to a wash rack numerous times throughout the day. Early release of animals from the fair may need to be considered. Loadout procedures should be followed as stated earlier. Animal grouping should be another consideration if possible. Don't put as many animals in a pen and leave some distance between tied animals in the barn.

Additional ways to mitigate heat stress:

- Invest in some durable fans. Resist the urge to buy a cheap, household fan; spend the extra money for a high velocity farm fan. These fans will move more air for your animal's comfort. Know the rules of the fair on where you can put and hang fans. While we are looking to keeping our animal safe we also need to keep the fair goers and young children safe.
- Consider freezing ice in plastic pop bottles for the animals to lay on. This is especially helpful with swine as it is difficult for them to get rid of body heat.
- Avoid overworking the animals during the high peak times of the day. Work livestock in the early morning and late afternoon.
- Consider feeding the majority of the animal's diet in the evening. Digestion increases the animal's body temperature, therefore digestion in the evening during the coolest time of day would be best.
- Consider feeding more concentrates rather than hay. Concentrations such as corn, contribute less to the heat of digestion than hay.
- Sprinklers with big water drops can cool down animals. Misting (small drops) may just add humidity and could make the problem worse.

Other items to keep in mind:

- Animals that have past health problems can be more affected by heat stress than animals with no prior health problems.
- Heavier livestock are more susceptible to heat stress than those lighter in weight.

- Dark hided animals are more susceptible to heat stress than light colored animals.
- With high heat indexes, animals should be drinking double the amount compared to normal temperature. If they aren't doing so, closely monitor.

What to do if animal is showing signs of heat stress:

- Contact your veterinarian; if at an exhibition, contact the veterinarian on staff.
- Make sure it is drinking water.
- Cool the animal by running "lukewarm to cool" water on the belly from fore to rear flank area. Extreme cold water could shock the animal.
- Don't move them or create any additional stress for the animal.

Your #1 responsibility at the fair are you and your animals, therefore it is crucial to be there early in the morning till late at night managing them. While the fair is time for fun and friends, these conditions could be life threatening for your animals. Enjoy hanging out in the cool barn playing cards with your friends while keeping a close eye on your project animals.

References:

Trucker Quality Assurance, National Pork Board. Found July 16, 2019. <https://www.pork.org/certifications/transport-quality-assurance/>
Chichester, L.M. & Mader, T.L. Heat Stress – What you should know to make livestock shows a success. Found July 16, 2019. <https://newsroom.unl.edu/announce/beef/2410/13764>
Nebraska Beef Quality Assurance Program, Heat Stress. Found July 16, 2019. <https://bqa.unl.edu/heat-stress-resources>
Boyles, S. Heat Stress and Beef Cattle. Found July 16, 2019. <https://agmr.osu.edu/sites/agmr/files/imce/pdfs/Beef/HeatStressBeefCattle.pdf>

Reviewed by: David Kammel, UW Madison Biological Systems Engineering



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<http://fyi.extension.wisc.edu/youthlivestock/>



FYI

Reminder: Starting September 6th, you will need to re-enroll in 4-H through 4-H online.

The system will be unavailable from 11:59pm on Aug. 31st until Sept. 6th at 8:00am.

All new and returning members/volunteers/leaders need to enroll through 4-H online each year.

Getting started

To get started with the re-enrollment process, log into 4HOnline (<http://wi.4honline.com>) with your family email and password. (Contact the Sawyer County Extension office if you can't remember your password). To access the system, use Google, Firefox or Mozilla....Internet Explorer will NOT access the system.

On the family home screen, click on the orange button labeled Continue to Family.

On your Member/Volunteer list, find the family member you wish to re-enroll and click on Edit next to their name.

Re-enroll

At the bottom of the next screen, click on the button for Enroll for 2019-2020.

If the youth is over 17 years old, a box will appear asking if you wish to enroll as a youth or an adult. If the youth is graduating from 4-H and wants to continue as an adult leader, then choose Enroll As Adult, otherwise select Enroll as Youth.

You will now see the Personal Information that you entered when you first enrolled. Look over the information and make any corrections. If the youth was in 12th grade last year, you must select the grade for this year, either Post High School Education or Not in School. When you are done, click on Continue.

Next is the Additional Information screen where you will need to accept the agreements and answer the Photo Release and Accommodations questions. Click Continue when done.

The Health Form for members is optional at enrollment, but you could be asked to complete it in the future if you attend any events that require one. Click Continue when done.

If you are an adult volunteer and see the Volunteer Screening page, then it has been 4 years since the last time a background check has been completed. You need to check over the answers to the questions and correct as needed. This page will only appear every 4 years. Click Continue when done.

On the Participation -> Club screen, confirm the correct club is listed. If you serve in a volunteer role (but not as a project leader) click on Edit and select the volunteer type. Click on Update to save the change. Click on Continue when done.

On the Participation -> Projects screen, confirm all the projects you are enrolled in are listed. Add any missing projects. If you are dropping a project, click on Edit for that project and then click on Delete. After making sure all your projects are listed correctly, click on Submit Enrollment.

**Project materials should be ordered through leaders and project leaders,
not through 4-H online.**



FYI



Home

FFA

What every FFA & 4-H child should know about losing

Kacie Hulshof, Staff Writer on July 22, 2019

In a society that is known for giving out participation trophies, 4-H and FFA both believe in developing future generations to not only be good winners, but also to be gracious losers. Not everyone will get a ribbon every time, but hopefully everyone learns something new. At a young age, it is vital to understand the grace of losing. You can learn just as much from losing as you did from winning. Losing is never easy, but it is a part of life.

As a parent, it can be tough to watch your child lose. However, during competitions, there will always be a first and a last. How to handle a loss looks different to every child and every situation. Here are some pointers when it comes to losing -- like a champ.

First thing to recognize is the difference in 4-H and FFA competitions. It is not a ball game where you can blame someone else on the team for the loss. It is an individualized sport/activity where your own hard work shows in the ring or during the contest. Winning does not happen overnight. It takes effort, responsibility, and attention to detail.

Next, come prepared to lose. *Wait, what?! ...* Just let me explain. First place should not even be the goal, it should be the reward. Don't go into the competition expecting to win. That will reveal a cockiness that is unattractive at all ages. Start with a humble and realistic outlook; winning would only be icing on the cake.

Before any competition or contest, set three goals no matter if you win or lose. For example, they can be to learn something new, enjoy the experience, and place higher than you did last time.

When we lose we can do two things: self-destruct or we can pick ourselves up and set goals for the next time. Also keep in mind what the contest is all about -- the love for your project. Always be proud of what you do. Secondly, take this opportunity to push yourself to do better next time.

When your child doesn't win, you can either build them up or tear them down. Your first reaction is the one they will remember the most. Of course, always tell them how good they did and the noticed improvements from last time. Also, give it to them straight. Although they did their absolute best, someone else was simply better in the eyes of the judge.

In addition to showing support, be sure to ask the judge how to improve. Everyone knows when it comes to the judges to be respectful and to appreciate the fact they volunteer their time. However, every judge will have a different opinion and be looking for different characteristics. Ribbons are the judge's opinion of who had the best day, not who worked the hardest throughout the year.

If the child feels comfortable and wants to see for themselves how they performed, record them. This provides the opportunity for them to watch it back and point out what they could do differently, together.

Sportsmanship is key during competitions. If you lose, congratulate the winner, it will build character. If you win, be humble, thank the judges, and look to see who you can help along the way. The knowledge earned after every show is more important than a buckle or ribbon. A contest is just someone else recognizing you ONE day, out of the 365 days you worked.

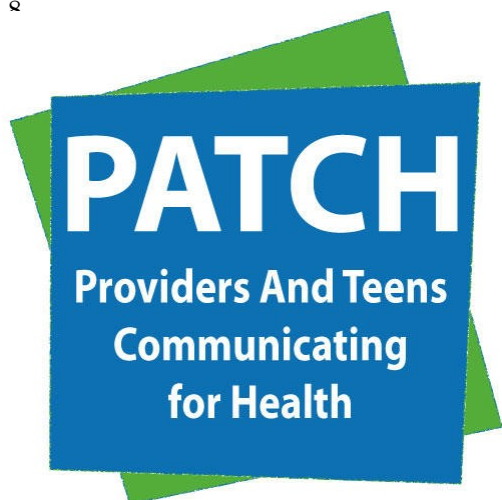
However, sometimes life just isn't fair. Depending on the personality of the child and age, tough love works as well. Sometimes they just need to hear "suck it up, buttercup," and "go get 'em next time!" Or, add some humor -- you were first, just on the other end. Every parent knows their child best and what they need in that moment. The only way to not lose is not participating, and that is just not worth it.

When all else fails, an ice cream treat is a great pick-me-up and supports dairy farmers!

No matter what you do, have fun! That is a lot of what 4-H and FFA are about! While instilling future generations the love of agriculture and livestock, they are learning responsibility, humility, sportsmanship, and a grace for losing. Ribbons will come and go, but the work ethic and responsibility gained will continue forever.



Opportunities



PATCH Youth Advocacy Fellowship

At PATCH, we believe that health care practices, programs, and policies should be developed with young people rather than just for them. Currently, we are seeking **Wisconsin youth ages 12-21** to join the 2019/2020 PATCH Advocacy Fellowship team. PATCH Youth Advocates will learn the skills needed to make an impact and create change for their generation, and will put these skills into action as adolescent health consultants!

The PATCH Advocacy Fellowship is an 8-month commitment (October – May). All Youth Advocates must attend a **required two-day in-person training in Madison, WI from 10am on Saturday October 19th through 4pm on Sunday October 20th**. Follow-

ing training, Youth Advocates will meet twice a month via video conferencing (likely on the first and third Tuesdays between 7pm and 9pm), complete modules each month (approximately 1 hour on their own time), plus other opportunities and events throughout the year (all optional).

Qualifications/Requirements

- Youth must live in Wisconsin.
- Youth must be 12 - 21 years old at the time of application.
- Youth must be passionate, responsible, and reliable.
- Youth must responsibly and reliably communicate via email and other online spaces.
- Youth must be able to attend the full in-person training October 19-20th in Madison, monthly meetings via video conferencing, and other occasional events as offered.
- Youth must be able to work independently.

Youth must be enthusiastic about sharing their story and expertise as a youth to influence programs, policy, and practices at the state, local, and community levels.

What will they gain?

PATCH Youth Advocates will gain valuable leadership experience, improved communication and presentation skills, access to interesting and up-to-date health information, and an opportunity to use their voice to create statewide change. All hired Youth Advocates will receive an all-expense paid stay in Madison, WI for training (assistance with transportation is also available upon request) and \$10/hr for each additional event and meeting attended throughout the year (amount will vary each month and may be anywhere between \$40-\$80 per month). The Fellowship is also an impressive accomplishment to include on college applications and job resumes.

How to Apply

Applications are due by **11:59pm on Friday, September 13th, 2019**. PATCH Staff will contact applicants no later than Friday September 20th. Interviews for selected candidates will take place the week of September 23rd. Final decisions will be made by October 1st, 2019.

Learn more about Wisconsin's PATCH Program and the Fellowship here:

www.wipatch.org

Apply to the PATCH Youth Advocacy Fellowship here:

<https://supportwomenshealth.wufoo.com/forms/2019-patch-youth-advocacy-fellowship-application/>

DIY

Banana Pudding in a Sack

Yields 10 servings

10 snack packs (1 oz. each bag) mini Nilla Wafers
1 box (3.9 oz.) instant pudding (any flavor, vanilla or banana work well)
2 cups of milk
3-4 firm, ripe bananas
1/2 tablespoon lemon juice
1 tub (16oz) Cool-Whip or can of Reddi Wip
10 maraschino cherries
10 disposable Birchware spoons

Open each snack pack and pour half the contents of each bag into a large bowl. Stand the bags upright in a baking dish leaning against each other.

Make the pudding in a separate bowl by beating pudding mix and 2 cups cold milk with whisk 2 min. Pudding will be soft-set in 5 min

Chop the bananas into rounds and toss them in a bowl with the lemon juice until all of the bananas are covered. This will prevent them from browning.

Assembly:

Pour two rounded tablespoons of pudding over the wafers in each of the bags. Top with a few banana slices and more vanilla wafers. Layer one rounded tablespoon of pudding on top of the wafers, top with additional banana slices and wafers. Pipe or dollop whipped cream on top and garnish each bag with a maraschino cherry. Serve immediately or refrigerate for 1-2 hours so the wafers become soft. Place a disposable spoon in each bag before serving. Enjoy!

**Photo & recipe inspiration from <https://www.sprinklebakes.com/2017/02/totally-portable-banana-pudding-in-sack.html>*

Alternate recipe: Walking Tacos! They have all the ingredients you'd imagine a taco would have like ground beef, cheese, lettuce (et cetera) but instead of being layered in a taco shell they are stuffed in mini bags of Fritos. Their portability makes them perfect for camping, picnics, or just for eating in front of the TV.



Campfire S'mores in a Cone

Yields 12 servings

Ingredients

1/2 cup milk chocolate chips, or more to taste
12 ice cream cones (cake, sugar, or waffle)
1/2 cup miniature marshmallows, or more to taste
12 12x12-inch squares of heavy-duty aluminum foil

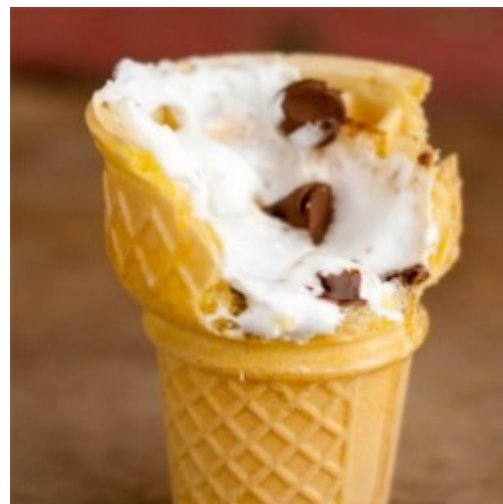
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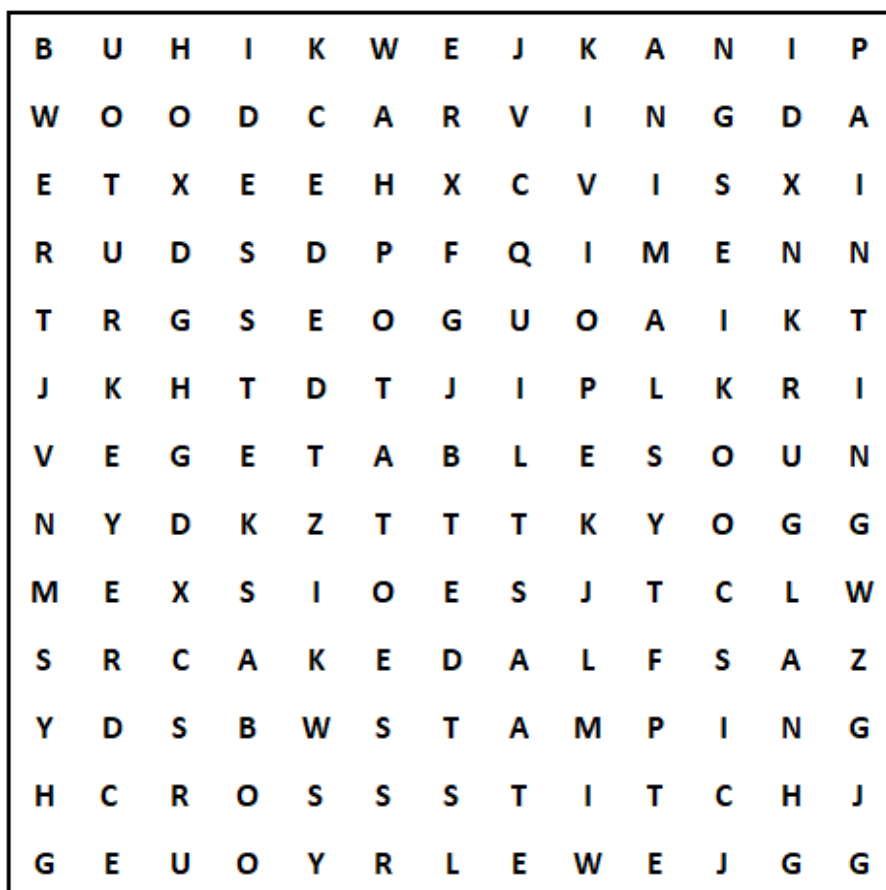
Place about 1 teaspoon chocolate chips into an ice cream cone, followed by a layer of mini marshmallows. Continue layering chips and marshmallows into the cone until full. Repeat with remaining chips, marshmallows, and cones.

Wrap each cone tightly in aluminum foil.

Heat the foil-wrapped cones in a campfire until chocolate and marshmallows are melted, 3 to 5 minutes.

** You can use any ingredients you like: strawberries, bananas, mini peanut butter cups*





Fair Categories and Exhibits Word Search

ANIMALS

BASKETS

CAKE

COOKIES

CROSS STITCH

JEWELRY

PAINTING

POTATOES

QUILTS

RUG

STAMPING

TURKEY

VEGETABLES

WOODCARVING



Answer Keys on last page

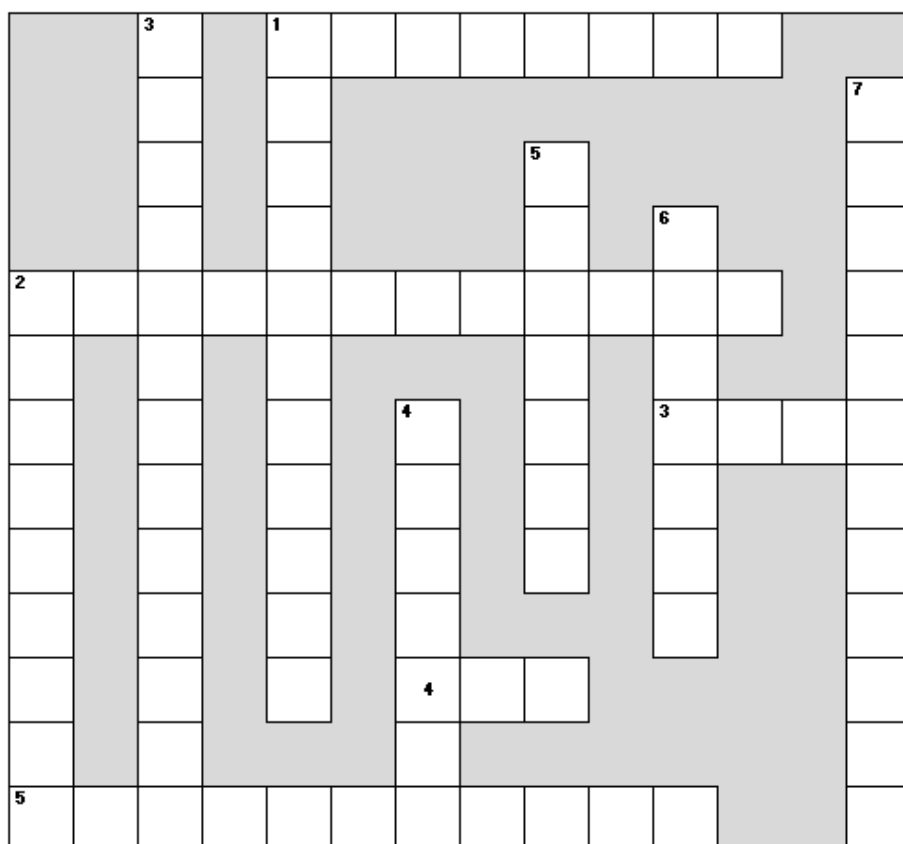
From the Newsletter Crossword Puzzle

Across

1. What does every member and volunteer need to do in 4Honline starting Sep. 6th?
2. Who should you contact if your animal is showing signs of heat stress?
3. A group or club working together towards a common goal
4. An award that recognizes growth and leadership skills
5. Banana Pudding in a Sack calls for this firm ingredient

Down

1. These are due to leaders by Aug. 31st
2. What did the Horse Project do in Marengo?
3. This is key during competitions.
4. What had its feet cleaned with a toothbrush?
5. A food on a stick, sometimes served with ketchup and mustard.
6. One sign of heat stress in animals
7. A squishy ingredient in Campfire S'mores





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
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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



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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
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