



4-H Express

Grounded
in the past
Built
for the future

June/July 2020

Editor: Holy Luerksen — Production: Rebecca Klusky

Hello All Volunteers, 4-H Youth, and Extension,

We are experiencing historical events. The recent pandemic has not only changed how we shop and go about our lives, but it has put much of what we take for granted into perspective. With the University closing events and face-to-face meetings for 4-H over the past several months, it has been difficult to communicate with people as we once did. Zoom meetings are not a novelty, but a common occurrence. Please take a moment to reflect on the successes you have achieved and not the challenges yet to overcome. Our club leaders and 4-H Program Coordinators are **working** hard to bring programming to all of us as soon as possible.

Our pets/animals are thriving due to the additional time spent at home. I know from personal experience that our pets have had more playtime and walks than they usually would this time of year. The 4-H motto "To Make The Best Better" can be put into daily practice. Spending quality time with our family provides us all with an opportunity to improve the lives of those around us.

With the welcoming warm weather, get out and enjoy time with your family. Soon we will be meeting again and planning events to help our communities. Look forward to the months to come, they will be what we make of them! Enjoy a sunset, or a sunrise. Take time to thank those who have helped us along the way.

Be Well,

Chad Lashua
4-H Leaders' Association President

Washington DC
Experience
Is Postponed.
New Travel Dates Are
Oct 28 – Nov 2, 2020.

Based on recommendations by the BrightSpark Tour Company and the guidelines through the State 4-H Office, the Learning Journey's Washington DC Experience for Langlade and Lincoln Counties will take place this fall. More information will be shared with the trip delegates and chaperones later this summer.

Purpose Statement

"We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities."



Extension
UNIVERSITY OF WISCONSIN-MADISON
LINCOLN COUNTY

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are confidential.



Dear Lincoln County 4-H Families:

As we are all living through this challenging time of the COVID-19 pandemic, please remember the 4 H's of 4-H—Head, Heart, Hands, and Health. I never could have imagined a time like right now. I want you to know that I am here for you, 4-H is still here for you.

HEAD

Things may look different and we are all learning together. We are living history right now, maybe start keeping a journal, and create a scrapbook,

HEART

How can we as 4-H'ers show heart? By sharing kindness with a chalk drawing on your driveway or decorations in your window. Sending a letter or card to a resident at the local nursing home.

HANDS

Hands on learning can and does happen at home or wherever you may be during this time. Some 4-H projects may not be the same as they normally are and we need to remember that different can be OK or even good enough. Maybe now is a good time to be exploring deeper the project areas you are most excited about or trying something new. You may need to improvise with supplies at home, but that is a great skill to learn and practice too!

HEALTH

How much are we learning about health right now?! Watching out for the health of ourselves, our families, our neighbors, and our communities! There is so much information, I encourage you to continue to check with reliable news sources like the Department of Health Services and the CDC for health related updates and information.

CDC: www.cdc.gov/coronavirus/2019-nCoV/

Lincoln County: co.lincoln.wi.us/health/page/novel-coronavirus-covid-19

Inside this newsletter are a number of links to resources for projects and activities, online learning and more. They are being provided to be just that—resources. Maybe you don't have time right now, or in a few weeks, maybe when summer comes you can check them out. I encourage you to reach out at any time and stay safe!

Holly Luerssen

4-H Program Educator





4-H Summer Camp Update for 2020

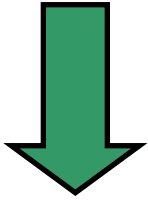
Unfortunately, due to the COVID-19 developments and guidance from the State 4-H Office and the University of Wisconsin Division of Extension, we are in a position where we will be **cancelling the following 4-H Summer Camps that Lincoln County was participating in.**

WOW – Environmental Leadership Camp on June 10-12, 2020

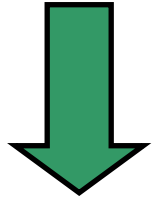
Day Camp on July 6, 2020

Overnight Camp on July 7-10, 2020

This sure is disappointing for those that were looking forward to the 4-H Summer Camp experience. We appreciate the 2020 Camp Staff that has been preparing for the camps from the counselors to the adult volunteers.



**But all is not lost, You can
Bring Camp Home to You!**



Lumberjacks: Building Your Future

Exciting news for Lincoln & Langlade County youth!

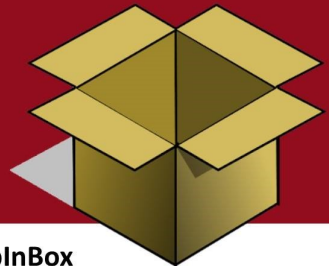
Would you like to try and mimic the summer camp experience at home this summer?

We've created a "camp in a box" program for you!

We'll include great activities (with the materials needed to complete them.) Think nature, STEM, arts & crafts, water games, evening activities, and so much more! The camp theme is "Lumberjacks: Building Your Future". The kit is designed for youth in 5K and older.

Cost is \$10 for the first camper and \$3 for each additional camper in the same family.
Registration is due June 15, 2020.

This is a multi-county 4-H program with Clark, Langlade, Lincoln, Marathon, Oneida, Shawano, and Wood.



Reserve your box **NOW!** <https://bit.ly/4HCampInBox>



Cabin Fever Friday!

Cabin Fever Friday is a new resource being developed and provided each Friday in Lincoln County during the COVID-19 outbreak. You can find it on the 4-H Blog and on the Extension Facebook page. We've included one issue in this newsletter as an example. This is an opportunity to **try new activities** and **learn new skills doing 4-H projects**. If you're looking for an idea to **pass the time** or just want to **try something new**, check out these fun projects that come out every week. **Cabin Fever Friday** will have a **variety of projects** and **skill levels** highlighted.

Please remember the *social distancing and safety guidelines* while doing these projects. If you would like to **take a picture of you or your family doing one of these 4-H projects**, feel free to email it to holly.luerssen@wisc.edu, with the subject line: **Cabin Fever Friday Photo** and each family will be entered into a drawing at a later date for some special gifts!

Hands-on Learning At-Home

As always, Extension and 4-H want to support youth and families with fun, hands-on learning that helps young people build life skills like critical thinking, problem solving, and decision making. World events are making things more challenging right now. But we don't let that stop us!

Extension educators from around the state created a handy list of easy-to-access activities and curriculum: bit.ly/LC4HHandsOn

The resource page is organized by grade level and is full of Extension and 4-H resources as well as high quality, fun, learning activities from a range of other sources.

As you would expect, we focused as much as possible on experiential learning and fun.

Then, to save you time, energy, and unnecessary worry, we:

- Filtered out many activities with hard-to-find supplies and those that needed a lot of adult supervision to be safe.

- Included activities that encouraged some kind of safe social connection and/or involved getting youth out of the chair and moving.

- Included high quality, inclusive, and accessible resources for all ages, including parents, caregivers, and families.

Click the link to see what's there now. Bookmark it to check back for new resources added later: bit.ly/LC4HHandsOn

Cabin Fever Friday

June/July 2020



4-H Cabin Fever Friday!

May 8, 2020



4-H is an opportunity to try new activities and learn new skills. If you're looking for an idea to pass the time and want to try something new, check out the projects below. 4-H Cabin Fever Friday will be created weekly with a variety of projects and skill levels highlighted each week. Please remember the social distancing and Safer at Home guidelines while doing these projects. If you would like to take a picture of you or your family doing one of these 4-H projects, feel free to email it to me at holly_luerrsens@wisc.edu, with the subject line: 4-H Cabin Fever Friday Photo and each family will be entered into a drawing at a later date for some special gifts!

Straw Rockets

Did You Know?

The modern rocket design was created in the beginning of the 20th century. Rocket designs are still improving today. Engineers develop new rockets using control variables. By changing one variable at a time they can determine if a change will increase or decrease performance. Designs might fail. Engineers use those trials to improve designs.

Design A Straw Rocket

1. Gather supplies
2. Cut two labels in half the short way to make four 1" x 1 1/4" labels.
3. Wrap one label around the end of the *larger* (milk shake) straw; seal completely to make a rocket nose cone.
4. Attach both ends of the three remaining labels at the opposite end of the same straw.
5. Stick the adhesive together and crease to make three rocket fins. Add team initials to fins.
6. Test fire the rocket by inserting a *smaller* (drinking straw) inside of the larger straw rocket.
7. Ready to launch? Stand at the launch line (marked by masking tape) Aim the rocket into the air, away from anyone else and launch by blowing hard.
8. Create a flight log to record each person's distance.
9. Emphasize health and safety issues by telling youth to discard their smaller straws after using them and only launch rockets in an orderly fashion at the official launch line one at a time.
10. How did it go? Hoping it would go farther? Try changing the fins or change the nose cone label. Does a shorter or longer straw make a difference in the flight?

https://www.atchison.k-state.edu/docs/4_h/after_school/aerospace/RocketsAway.pdf



UW - MADISON EXTENSION
Langlade & Lincoln Counties

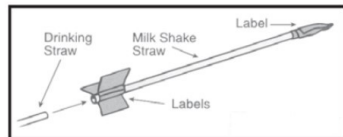
4-H Project Area: Aerospace

Life Skill: Inquiry

Time: 20-30 minutes

**Supplies For Designing A Straw Rocket
Per Person**

- 2 - 1" x 2 1/2" adhesive labels
- 1 Sweetheart (or smaller) drinking straws
- 1 Carnival (or larger) milkshake straws
- Pair of scissors
- Roll of masking tape
- Tape measure
- Paper to create a flight distance log per person



Reflect:

- What happened when you made changes to the fins of your rockets?
- How did the changes affect your straw rocket's flight?

An Activity of UW Madison Division of Extension—Lincoln & Langlade Counties—Holly Luerrsens 4-H Program Coordinator

Here is the link to all the issues: bit.ly/LC4HCabinFever





4-H Broadcast Emails from 4-H Online

One way the local and state 4-H program has been communicating information to a majority of families is through sending emails from the 4-H Online system. We understand for some, these emails have been pushed to junk email folders. Please add no-reply@4honline.com to your list of email addresses that are ok to be accepted emails. **Especially during this time of COVID-19**, with new information coming out so often, this is one of the only ways for most of the state or specific project areas to get information at the same time. Also, double check the email address in 4-H online is correct.

Extension Office

As of May 27, the Lincoln County Service Center has reopened. This means the Extension office is also open! As before the hours will be from 8:15 am to 4:30 pm and Becky will be there to help you out as needed (**Note:** She is at lunch from 1 pm—2 pm). As usual, you can reach her at 715-539-1074 or by email at rebecca.kludy@wisc.edu.

However, due to University of Wisconsin, Division of Extension directives, all of the educators are required to work from home through June. Holly may be in the office occasionally, however, the best way to get in touch with her is via email at holly.luerssen@wisc.edu or her mobile office phone: 608-265-2363.

Share Your Strength

By Youth For Youth Social Media Campaign

Globally, teenagers are the largest demographic of people who struggle (developmentally and physically) with compliance to the guidelines regarding physical distancing and restricted movement. Help other youth better understand the risks of COVID-19 and the potential implications of ignoring recommended guidelines.

Develop a Twitter, Snapchat, Instagram, Facebook, Meme or other social media post. This post should:

- 1) Target youth ages 12-18
- 2) Share factual Information regarding COVID-19
- 3) Encourage youth to comply with CDC recommendations (See CDC COVID-19 Website—www.cdc.gov/coronavirus/2019-ncov/)
- 4) Share one idea on how you are coping with the COVID-19 restrictions or ways you are keeping a strong and positive attitude about the changes.
- 5) Motivate youth to action either by sharing the post on their platform or helping their community in another way! Use hashtags, keep it brief and use a great visual!

Fair Cancellation

June/July 2020



It is with a heavy heart that we share an update regarding the 2020 Lincoln County Fair. Recently, the Fair Board has made the decision to cancel the upcoming fair. Please read the attached press release for more information.

We would like to thank the Lincoln County Fair Board for their considerations regarding the safety of the 4-H members and their families. We look forward to an amazing 2021 Lincoln County Fair.



June 2, 2020

With concern for the safety and health of the community, our exhibitors and their families, vendors, carnival workers, general public, and volunteers during the COVID-19 pandemic, it is with a heavy heart that the Lincoln County Fair Board has made the difficult decision to cancel the 2020 Lincoln County Fair.

We know COVID-19 has impacted many events, gatherings, and special moments across our county and we understand that the cancellation of our Fair will bring disappointment for those who participate, exhibit, support, and attend all the other venues. However, the safety of all those who are involved in our Fair is our highest priority. The future of social gatherings and safety guidelines are constantly changing, and we, as a united front, believe this action is the best way to ensure the safety of our fairgoers and fair families. It takes many hands to make our Fair a success. Each year we strive to provide a positive, clean, and entertaining experience for our community. With this year's situation, the responsibility to keep thousands of our friends and families safe weighted heavily on us. The challenges of safely social distancing with such great numbers of people are not a risk we are willing to take.

We also recognize the economic impact COVID-19 has had on our community. Many of our sponsors, exhibitors, volunteers and community members are experiencing financial hardship due to the current situation. We felt it was unfair to ask our community to financially support and participate during these unfamiliar times. We hope to channel our heartache to propel our planning and vision for the 2021 fair.

Please know that we will be doing our best to keep the Fair spirit alive through social media! A huge part of the fair is showcasing the talent of our county. We recognize the great deal of work that our exhibitors have already put into their fair projects, so we will be communicating by all means to keep everyone involved and listen to recommendations for the future!

Thank you all for understanding that this was not an easy decision. We are grateful and appreciate all of the efforts that were already put forward by those involved with the planning of the 2020 fair. From all of us on the Lincoln County Fair Board, we wish you and your family good health and a safe summer. Thank you for all of your continued support, and we can't wait to see you at the 2021 fair!

Lincoln County Fair Board President


Paul Russell





Don't miss out on any of the awesome 4-H goodness that is still happening!

The world is changing rapidly — and 4-H is adapting to keep pace. **Don't get left behind!** Please check your emails for messages from the 4-H Online program, follow the Extension on Facebook (bit.ly/ExtLinFB), and subscribe to the 4-H Blog (bit.ly/LC4HBlog).



Every difficulty is an opportunity in disguise.

COVID CANCELLATIONS

The hardest part of the Coronavirus Pandemic is the realization that we can't do things the way we have always done and we all have been looking forward to the summer when "things could get back to normal". Unfortunately, we are all going to have to wait a bit longer.

Grieving is natural when we lose these opportunities. However, we here at Lincoln County 4-H are working hard to come up with fun and innovative ways to provide hands-on educational opportunities. While we are all saddened by these cancellations, we are also excited at all the new possibilities this challenge offers!

Cancellations (as of June 1, 2020)

- Lincoln County Fair
- Wisconsin State Fair
- 4-H Horse Association is cancelling the 2020 Hunt & Dressage Show
- WI 4-H Dog Agility Show (Middleton, WI)
- WI 4-H Obedience & Showmanship Show (Washington County Fair Park)



States' 4-H

2020 Summer Pen Pal Program



CONNECT WITH STATES' 4-H YOUTH FROM
AROUND THE GLOBE THIS SUMMER!

**OUR PEN PAL PROGRAM RUNS
FROM JUNE - AUGUST 2020!**

Steps to Participate

- Sign up!**
1) Visit <https://www.surveymonkey.com/r/63RD9DR> and fill in your information.
- Match!**
2) We will pair you with a same gender, similar aged youth from a country of your preference (if possible).
- Connect!**
3) Write at least once per month with your match (you should each receive and send at least one message per month).
- Make Friends!**
4) Pair up with your pen pal and share fun facts about your daily life and culture. Be sure to check out our recommended topic of the month as a starting point for your letters.
- Share!**
5) Tell us what you've learned about your pen pal at the end of the summer. Send us a short summary introducing your new friend, including photos you may have received!



**LET'S MAKE INTERNATIONAL FRIENDS
THIS SUMMER!**



Lego Club

Join the multi-county Lego Club. This youth led virtual club meets on Sunday's at 3p.m. to share a new challenge build each week. Join by registering at <https://bit.ly/LegoClub2020>.

Art Club

Join the multi-county Art Club. Bring a project you have completed or are working on to show. Learn new techniques and do projects together. This virtual club meets on Sundays at 2 pm. Join the Art Club by registering at <https://bit.ly/Register4ArtClub>.

Dog Project

- Wisconsin State 4-H Dog Project Facebook page has obedience training videos (from the Kewaunee dog project)"
- The WI 4-H Program page has links to many project resources
- The American kennel Club (AKC) has online resources! Check out: Titles & Programs You Can Do From Home (<https://www.akc.org/expert-advice/sports/akc-titles-programs-can-home/>) and a Virtual Rally program (<https://www.akc.org/sports/rally/rally-virtual-entry-pilot/>)

Watch for more of these virtual project opportunities on the Extension Facebook page (bit.ly/ExtLinFB) and 4-H blog (bit.ly/LC4HBlog)!

Virtual Clubs or Workshops

Are you interested in putting your leadership skills to work? Youth or adults can lead project demonstrations or host club meetings online. Let Holly know if you'd like to host a virtual workshop or meeting.

**Virtually or
in person...
4-H Rocks!**





Music Festival

Lincoln County 4-H Virtual Musial Celebration

The in-person Drama Festival was cancelled due to the current health crisis. Let's try something new. We will start with a virtual musical festival. All youth may enter either vocal or instrumental pieces via a video submission. The entries will be critiqued by a judge. We will follow up with a Awards Celebration Zoom meeting.

Registration Deadline: June 17, 2020

Vocal: <https://bit.ly/LC4HVocal>

Instrumental: <https://bit.ly/LC4HMusicInstrumental>

Guidelines:

1. Use good judgement on your entry selection. This is a youth competition. Profanity is prohibited. Must be appropriate for all ages.
2. Video Introductions: Name, Age, Experience in category, Title of Piece, Composer, Why you choose piece, etc.
3. Youth may participate in more than one category. (Vocals or Groups / Solos or Groups)
4. With or without props or costumes
5. Accompaniment Music—Any type accepted
6. Video Length:
 - Keep performance time to less than 4 minutes.
7. Video must show 4-Her's full view. Instrument must be easily seen also.
8. Submit videos via registration link provided.
9. Judge will complete a comment sheet for each entry. Sheets and ribbons will be mailed to contestants.
10. Merit ribbons may be given to the top performers in each category at judge's discretion.
11. Complete one registration form per entry.

MUSIC FEST CATEGORIES

All participants in groups of 2 or more must reside in the same household.

VOCALS

OR

INSTRUMENTALS

in

Solos, Duets, Trios or Small Group

Grade Levels

(As of Jan 1, 2020)

Cloverbuds

Junior (Grades 3-5)

Intermediate (Grades 6-8)

Senior (Grade 9-College Freshmen)

Questions?

Contact Holly Luerssen,
4-H Educator at holly.luerssen@wisc.edu.



Extension
UNIVERSITY OF WISCONSIN-MADISON
LINCOLN COUNTY



NON-PROFIT ORG.
U.S. POSTAGE PAID
MERRILL, WI
PERMIT NO. 4

Official Business
Penalty for Private Use, \$300

RETURN ADDRESS REQUESTED

4-H Express

June/July 2020

The quick guide to finding all the 4-H information

- Page 1 ----- Welcome
- Page 2 ----- Message from Holly
- Page 3 ----- Summer Camp
- Page 4 ----- Hands on Learning
- Page 5 ----- Cabin Fever Friday
- Page 6 ----- Keeping Connected
- Page 7 ----- Lincoln County Fair Cancellation Notice
- Page 8 ----- Calendar of Events
- Page 9 ----- Reaching to the World
- Page 10 & 11 ----- ONLINE: Clubs, Resources & County Events

I PLEDGE MY HANDS
to larger service.



#4HPLEDGE

HEAD | HEART | HANDS | HEALTH