

October/November

Dear 4-H Members, Leaders and Families:

Investing, it's a word that we've heard a lot recently. But this article isn't about that kind of investing. It's about investing something much more valuable, and ultimately more important, your time. There are many ways of investing your time, and one of the most satisfying is investing in people.

There are many kinds of people, old, young (and in between!) in a community. And, of all these people, investing your time by working with youth can be the most rewarding and satisfying. It's not always easy, but who said investing is? Realize that the youth you are working with today are not only the future of our community; they are the future of our country.

There are many opportunities available for working with youth in your community, and here are some guidelines for potential investors:

Community members and leaders: One great way to find out more about your community's youth is by involving them in discussions about youth in the community. The perspectives gained from these discussions can prove invaluable in ensuring that our community meets the needs of its youth. Lincoln County has several opportunities that allow young people a voice including Teen Court, Social Norms, and Lincoln County 4-H and committees.

Business leaders: You can provide opportunities for youth to learn about business management such as record keeping, budgeting, communications, and other important life skills.

Youth service organizations: You already are involved with youth, but a good challenge is to continually assess your progress and continue to think of new innovative ways of involving youth.

Community agencies and organizations: You always need more help, so why not create opportunities for youth to be involved in volunteering and other community service projects? This can provide wonderful ways for young people to get involved with the community, and it gives them a sense of belonging.

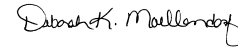
Teachers: In working with young people, you can encourage them to grow in their strengths, follow their dreams, and learn to work together in building our future.

Parents and Caretakers: It has been said that "the hand that rocks the cradle rules the world." You are the primary investors in young people, and from an early age you are the ones who will be relied upon and looked up to for support. Your responsibility is exceptional, and the opportunity is both amazing and staggering; it is up to you to do your best to fulfill this role.

With a new 4-H year approaching, what better time is there than to get involved with youth! If you have a special talent, please contact us and we can try to find a great fit to help you invest in our future generation. If you meet a 4-H leader, to thank them for their investment in our community's young people. On Tuesday, October 27th from 2-4 pm at TB Scott Library many volunteer organizations representatives will be available

to help you link your talents with a way to invest in not just the youth but in the community! Hope to see you there!

Sincerely,



Debbie Moellendorf
4-H Youth Development Educator
Lincoln County UW-Extension



Amanda Kostman
4-H Youth Development Program Advisor
Lincoln County UW-Extension

Important Deadlines – Re-enrollment Due Dates



November 1 - Deadline for re-enrollments to join 4-H and still be able to exhibit at the county fair in Junior Division as a 4-H member. **If you miss this reenrollment deadline, you will not be able to exhibit at the county fair in the Junior Division as a 4-H member.** If a youth has been absent/inactive as a 4-H member for more than 12 months, they would be considered a new member upon joining 4-H again. *(Policy change adopted June 25, 2008 by 4-H Board of Directors).*



All enrollments – including re-enrollments – need to be signed by the Club Leader. Enrollments without the club leader signature will not be accepted. We strongly encourage leaders to get the re-enrollments into the UW-Extension as early as possible.

Helpful Websites:

Lincoln County Government Website:
co.lincoln.wi.us/

Lincoln County UW Extension Website:
www.uwex.edu/ces/cty/lincoln/

Lincoln County 4-H Website:
www.lincolncounty4h.com

Wisconsin 4-H Youth Development Website:
www.uwex.edu/ces/4h/index.cfm

Also look for the Lincoln County 4-H Facebook page:
Do a search for Lincoln County 4-H and we will be there!

Look for the newsletter online!

The newsletter is available online in PDF format now with clickable links! For fast access to any of the information in the newsletter, visit <http://lincolncounty4h.com/newsletter.cfm>

Don't Miss the Banquet!

The annual Lincoln Count 4-H Recognition Banquet will be held on Saturday, October 24, 2009!

Look for the registration in this issue.

The 4-H Board of Directors will again be holding a silent auction, dessert auction and a 50/50 Raffle at this year's banquet. If clubs or individuals have items to donate, please bring them the evening of the banquet or drop them off at the UW-Extension office by Friday, October 23rd.

Calendar

October

- 4-10-----National 4-H Week
 - 10-----Project Discovery Day—Merrill, Lincoln Country Service Center Merrill,
 - 10-----Wisconsin Bird Lover's & Exotics Club Small Animal & Bird Annual Swap, Neillsville
- 10-11-----Tri-County RBA Rabbit Show, Jefferson
 - 12-----Lincoln County Horse Project: Meeting with Elections, 608 E. 2nd Street Merrill, 6:30 pm
 - 15-----Focus on Goats Conference Registration Due
 - 14-----Make a Difference Day registrations due
 - 16-----4-H Recognition Banquet Registration Due
 - 17-----Wisconsin 4-H Fall Forum, Stevens Point
 - 17-----Lincoln County 4-H Bowling, Lincoln Lanes
 - 17-----Lincoln County Horse Project: Overnight Trail Ride, Underdowns
- 17-18-----Beaver Dam Pigeon & Bantam Poultry Show and Swap, Beaver Dam
 - 19-----Fair Board Meeting, Fair Office, 7:00 pm
 - 21-----Fall Youth Leadership Conference Registration Due
 - 23-----WI 4-H Horse Leaders Conference Registration Due
 - 24-----Lincoln Country 4-H Recognition Banquet, Schult Country Inn, 5:30
- 24-25-----Wisconsin Bird & Game Breeders Show & Swap, Fond du Lac
 - 24-----Make a Difference Day in Merrill
 - 25-----Honey Bee Poster Contest Entries Due
 - 27-----Lincoln County Volunteer Link Day, 2-4 pm at T.B. Scott Library
 - 28----- Board of Directors Meeting, LCSC, 6:30 pm
- 30-31-----Lincoln County Horse Project: Haunted House
- 30-31-----Focus on Goats Conference, Sinsinawa
 - 30-----O'Tannenbaum Tree/Basket Donation Registration Due

November

- 1-----**Re-Enrollments Due in UW Extension Office**
 - 1-----Teen Court Panel Member Applications Due
- 1-4-----2009 North Central Region Volunteer Forum, Lincoln, NE
 - 2-----Prudential Spirit Community Awards Applications Due
 - 2-----NGA Youth Garden Grant Application Due
 - 6-----Arts Lab East Registration Due
- 7-8-----Youth Leadership Dairy Derby
- 7-8-----Purebred & Household Cat Show, Janesville, WI
 - 9-----MASS Beef Mandatory Meeting
 - 9-----Lincoln County Horse Project: Project Meeting, 608 E. 2nd Street Merrill, 6:30 pm
- 11-----Annual Leader Assn. Meeting in Merrill, Land Resource Center Meeting Room, 7 pm
- 13-14-----WI 4-H Horse Leaders Conference, UW Oshkosh
- 13-15-----Youth as Partners in Civic Leadership Conference, Wisconsin Lions Camp
 - 16-----Fair Board Meeting, Fair Office, 7 p.m.
 - 21-----Fall 4-H Youth Leadership Conference, Wisconsin Dells
 - 26-----Office Closed –Thanksgiving Holiday
 - 27-----Office Closed –Thanksgiving Holiday

- 28 ----- Northern Lights of Christmas Parade 4:00 p.m. in downtown Tomahawk
- 11/27-12/1 ---- National 4-H Congress, Atlanta GA

December

- 3 ----- O'Tannenbaum Tour Setup/Decorating
- 3 ----- O'Tannenbaum Tour Tree Decorating/Set up, The Arena, noon – 7 pm
- 4 ----- Arts Lab West Registration Due
- 5 ----- Holiday Parade 5 pm, downtown Merrill
- 5 ----- MASS Beef Weigh-In, 9 – Noon Lincoln County Fairgrounds
- 5-6 ----- "O'Tannenbaum!" Tour at the Arena, in Merrill
- 5-6 ----- Arts Lab East, State Fair Fairgrounds
- 12 ----- Lincoln County Horse Project: Project Meeting and Holiday Party, 608 E. 2nd Street Merrill, 6:30 pm
- 21 ----- Fair Board Meeting, Fair Office, 7 p.m.
- 24 ----- Office Closed – Christmas Holiday
- 25 ----- Office Closed – Christmas Holiday
- 31 ----- Office Closed – New Year Holiday

January

- 1 ----- Office Closed – New Year Holiday
- 7 ----- Required Club/Youth Leadership Training, Merrill
- 16-17 ----- Arts Lab West, Fall Creek, WI
- 25 ----- Community Service Grants Applications Due to UW-Extension Office
- 26 ----- Required Club/Youth Leadership Training, Tomahawk

LCSC - Lincoln County Service Center, 801 N. Sales Street, Merrill
Please enter on south side

In case of bad weather, listen to WJMT and WJJQ Radio Stations for cancellations of county events.

President's Corner

It's a new beginning! We usually think of spring as a season of new beginnings, but in 4-H we can have all sorts of new beginnings in Fall. When you are enrolling in 4-H this month, whether as a new member or as a long time returning member, think about something new or different you may like to try. 4-H has so many great and fun projects to enroll in! Enrolling in a project that you've been in for many years is great because you can always learn something new, but adding something new (to you) can be really exciting. Who knows, you may even discover a talent you never knew you had, or you may even try something you thought you would love and then find out... well, not so much!

The wonderful world of 4-H offers so much: fun, friendship, learning and sharing. I guarantee everyone can find something that they enjoy!



Submitted by Cindi Christiansen, President
Lincoln County 4-H Leader's Association, Inc.

Club Highlights

Do you want to let others know what your club is doing?

Here's your chance - it's as simple as turning in a copy of your club meeting minutes to the UW-Extension Office or emailing it to rkludy@co.lincoln.wi.us.

Did you club do something spectacular? Share it here. Write up a short article telling just how fun and great your club's event was, add a picture and send it in. Let the world know the good work your club is doing!

Why not share your club's story with others?

Let The Fun Begin!

Mirror, Mirror on the Wall

Number of People: Unlimited (But works best with even numbers)

Materials: None

Time: 10 Minutes

Directions:

1. Ask the participants to pair up and face each other.
2. One person is designated **A** the other is **B**.
3. **A** assumes the role of the mirror and **B** initiates all movements.
4. **A** reflects all of **B's** movements and activities, including facial expressions while looking into the mirror.
5. **B** acts out some simple activity, such as getting ready for school in the morning, in front of the mirror.
6. After approximately two minutes, call time and the roles are reversed.
7. As the pairs become comfortable, reverse roles every 10 to 15 seconds. It should become unobservable as to who is the mirror and who is the actor.

Energizers and Icebreakers for all Ages and Stages by Elizabeth Sabrinsky Foster

4-H Salutes

Memory Book Awards!

This year's memory books are in and evaluated. Thank you to all the youth that took the time to complete a memory book. We understand that the memory book process can be a lot of work, however, it is also an excellent learning tool and can serve as a wonderful book of 4-H memories.

Molly McGinn, Barnes Creek Buccaneers, Grade 1
Morgan Wardall, Barnes Creek Buccaneers, Grade 3
Joshua Schmidt, Barnes Creek Buccaneers, Grade 6
Aubrey Wardall, Barnes Creek Buccaneers, Grade 6
Bobbie Wimmer, Barnes Creek Buccaneers, Grade 6
Emily Schmidt, Barnes Creek Buccaneers, Grade 9
Suzanne Simon, Barnes Creek Buccaneers, Grade 10
Sarah Barkholz, Hi-Lo's, Grade 2
Julianne Barkholz, Hi-Lo's, Grade 3
Brandon Pankow, Hi-Lo's, Grade 3
Rebecca Barkholz, Hi-Lo's, Grade 6
Katie Reiter, Hi-Lo's, Grade 6
Johnathan Barkholz, Hi-Lo's, Grade 7
Stephanie Welke, Hi-Lo's, Grade 8
Steven Fehlberg, Merrill Busy Bees, Grade 6
Joseph Barkley, Merrill Busy Bees, Grade 8
Shelby Fehlberg, Merrill Busy Bees, Grade 8
Amanda Barkley, Merrill Busy Bees, Grade 12
Daniel Tiffany, Pine River Pioneer Sunrise, Grade 10

Be part of the fun and keep a Memory Book for the upcoming year!



Thank you to Cheryl and Stevie Roets of the Barnes Creek Buccaneers 4-H Club for judging the 19 memory books and 1 secretary book.



Day Camp Thank Yous!

A big note of "Thanks" go out to all those who participated in the 4-H Day Camp that was held on Friday August 21st at Stange's Park in Merrill. **Campers:** Brandon Amelse, Kelsi Chaney, Devin Clements, Riley Clements, Lily Cordova, Eli Duerkop, Emily, Heidi and Maggie Keeku, Leila Linnell, Holli Odden, Dru Sabtke, Shelby Smukowski, Kasey, Paige and Taylor Sondelski. **Adult counselors:** Brian Amelse and Debbie Moellendorf. **Youth counselors:** Erin Riddle, Stevie Roets, and Jaci Zimmer. **Counselors-in-Training:** Brittany Garrett, Mikala Georink, Stephanie Middlestead and Kati Zimmer. Thanks to you, day camp was spectacular!



Trips and Awards Applications

A salute goes out to Brenda Krueger, Lisa Krueger, Steven Roets, Kassie Schepp, Kelsey Schoeppler, Suzanne Simon and Matt Thistle for submitting Older Youth Trips and Awards Applications. Great Job!



Secretary Book Awards

Only one Secretary Books was submitted to the office. Well done and thank you for taking the time to keep such good record of your club's activities during the year!

Emily Schmidt of the Barnes Creek Buccaneers – Top Secretary

Are you a club Secretary? Don't forget to keep up your book and submit it for an award this upcoming year!



Hurray for the Market Place!

Congratulations to Myria Kludy, Paige Luedtke, Lydia and Noah Moat and Karissa Karau and Jessica Walmer. Thank you also to Art Lersch, CRD Educator, and all the parents for their efforts in making this project a success. We are recruiting youth for next year's project. Watch for information in an upcoming 4-H Express.



Right to left: Debbie Moellendorf, Noah Moat, Karrisona Karau, Myria Kludy, Paige Luedtke and Art Lersch. Not Pictured: Lydia Moat and Jessica Walmer.



Way to go Ambassadors!

Thanks the 2008 – 2009 Ambassadors: RaeAnn Brixius, Myria Kludy, Amanda Koshak, Erin Riddle, Stevie Roets and Cassie Timm. Thank you for all of the hard work you put into this year!

Welcome to the new 2009-2010 Ambassadors: RaeAnn Brixius, Brittany Garrett, Myria Kludy, Amanda Koshak, Alex Kreie, Erin Riddle, Steven Roets, Kelsey Schoeppler and Megan Spreeman.



Safety Day Camp Salute:

Thank you to Brittany Garrett, Mikala Georink, Myria Kludy, Stephanie Middlestead, Erin Riddle, Jaci and Kati Zimmer for assisting with year's Lincoln County Safety Day Camp. Youth from throughout Lincoln County learned about staying safe at home, in their yard and in their neighborhood on this all day event held on August 11th at the MARC Complex in Merrill.



4-H Arts Camp

Congratulations to Jeza Kleinschmidt, Brenda and Lisa Krueger for attending 4-H Arts Camp held at Upham Woods Camp in Wisconsin Dells. Congratulations on earning your "Artistic License".

Our 4-H Stories

4-H After School Club Fun!

During the last school year three schools in Lincoln County, Prairie River Middle School, Tomahawk Elementary School and Washington Elementary School, hosted Afterschool 4-H clubs! During the meeting, the 4-H Ambassadors, adult volunteers and participating youth conducted a short business meeting and then participate in a 4-H activity/community service project. Youth in each of the programs selected different projects based on their interests and skill levels. The youth chose to do projects like sewing bears to be donated to the Health department to comfort kids getting shots, to tie blankets to HAVEN to weaving baskets, doing science experiments and making bird feeders and playdoh. This gave youth that may not have the time to participate the traditional 4-H program to have the opportunity to experience traditional 4-H.

Youth enrolled in the clubs were full members of 4-H so they were eligible for all 4-H activities, including participation in camp and to enter exhibits and compete at the fair. University of Wisconsin-Extension programs in 4-H Youth Development give young people a chance to learn new skills, gain self-confidence and contribute to their communities. 4-H Youth Development educators create real world experiences that teach leadership and citizen ship skills. 4-H Youth Development programs emphasize getting youth involved in and excited about civic activity, and improving youths' skills in interpersonal relations (communications, negotiations, group decision-making and dealing with conflict).

4-H will continue to offered at the after school programs again starting this fall. Information will be available through the After the Bell program at Prairie River Middle School, through the Washington Enrichment Program at Washington Elementary School and in the parent packets at Tomahawk School. If a child is already a member of a community 4-H club, they may also enroll in this 4-H after school club to have more 4-H opportunities.



Prairie River Middle School 4-H Club Afterschool members work on tie blankets to be donated to HAVEN



4-H Ambassador Myria Kludy demonstrates how to make a Bear to be donated to the Health Department to comfort children getting shots at the Washington Elementary School after school 4-H Club.



Youth in The Tomahawk Afterschool 4-H Club work intently weaving baskets.



A Week in Washington DC

By Suzanne Simon

Leaving never felt so good, I started my week just thinking about being away from my parents for a week and not having to do any chores. Little did I know how much I would actually be learning, not only about leadership, and government, but maybe the most important thing I learned that week was about myself.

We started the long week with a bus trip from Wausau all the way to Gettysburg. Trust me it was a long trip. I got a total of 47 minutes of sleep that night because I was up meeting all the kids on the bus. The second day, upon arriving to the national 4-H conference center I was so excited, I was about to meet kids from 6 different states, Arkansas, Connecticut, New Jersey, Vermont, Indiana and Maine. We started by meeting our Directors, Jake and Rachel, as soon as we arrived, they would be the ones giving us the tours that week whenever we left, they were also the ones who taught the sessions on creating the mock bills.

Later that night we all went to a pin trade, where everyone brought either a pin, nick-knack, memento, or something representing their state or city and traded them with others. I met even more people and it was one of the times during the week where I learned the most. I realized how kids living on other states are a lot less judgmental than the kids living here. They are very friendly and welcoming to everyone. I met a certain group from Connecticut that immediately befriended me. Throughout the week they would continually ask me to sit with them to eat, take pictures and do things together. Upon realizing this, I tried it out, learning only that the more polite you are to

people the more they respond to you. It was as simple as telling someone to have a good day when leaving a store or helping someone pick something up when they drop it.



Susan and a new friend from Connecticut.

Later on that week we learned how to write bills, like the ones government writes. We wrote on a couple different subjects. My group ended up writing about why we are against the production of ethanol. Towards the end of the week we had a mock session where we voted on all the bills.

During the week we visited almost all the monuments you can think Washington is known for, we had time to visit the Smithsonian museums, the Jefferson monument, the Lincoln memorial, the Iwo Jami memorial, Arlington Cemetery, the Korean War memorial, the WWI and WWII memorials, the Vietnam wall, the capitol, Mount Vernon, the Holocaust museum, and on the last day we got to go up in the Washington Memorial.

The week was so full of fun, two of the things I found most interesting was seeing the Air Force band play and going to the Kennedy Center to see the Play "Sheer Madness", which was hilarious.

The last day was hard though, we had to say goodbye to everyone who had changed us forever, not knowing if we would ever see those we had gotten so close to during the week. We were finding it a lot harder to go home than it was to leave home in the first place.

The best part of going to Washington DC was meeting new people, I miss them very much, but other people can teach you so much. Many times, not even trying, you find yourself in others. They teach you how you want to be, or how you don't want to be. I think that is the best part of Conferences, finding yourself. So my week in Washington was so well spent not only learning about bills, government, monuments, and museums, what I could bring home to teach others, but most importantly, learning about me.



Dog-Gone Good Fun

By Myria Kludy

One of the main story lines in great classic stories is "a kid and their dog" and this weekend was full of them. On the 9th of August in Luxemburg, WI, there was the 4-H State Dog Agility Show, where 57 dog lovers showed off their dogs skills. To really understand what the 4-Hers were doing running around in circles in humid 80 degree weather you need to know exactly what dog agility is and how everyone got there.

Dog agility consists of a series of obstacles for your dog to go over and through. There are jumps and tunnels, a table they have to sit on, an A-frame that the dogs have to go over, a teeter-totter that the dogs have run over and the dog walk (a plank raised about 4 ft off the ground with ramps leading up to and down from it). Unfortunately knowing what all the obstacles are only half of the challenge. Now, the 4-Hers have to get dogs over them.

Beginner trainers and dogs can do the run on leash, but the real challenge (and fun) comes when the dogs run off leash. Even the best trained dog gets distracted by the spectators and heat.



Myria and Sadie coming out of the tunnel.

Anyone who belongs to the 4-H dog project can join in. The Lincoln County 4-H dog agility program practices on Thursdays starting in May and ending before the fair. On Wednesday night of the Lincoln County Fair they have their big show were all of the kids get to show off both their and their dog's skills. In addition to agility, the 4-Hers can also show their dogs in obedience and showmanship. These skills are part of the State Dog Show that is held separately from the state agility show.

Five kids and six dogs from Lincoln County went to the State Agility Show: Jaclyn Dengel with Cocoa, Jenna Dengel with Brandy, Jerrica Dengel with Roxy and Emma, Karissa Karau with Chance and Myria Kludy with Sadie. After a long day of drenching our dogs to keep them cool and sun burning ourselves we came home with a total of eleven medals including four firsts. Karissa and Chance even earned a best in class; they only gave away four of these and as this was Karissa's last year with Chance, everyone was really excited for her



Dog Show Participants (left to right) Jerrica Dengel, Karissa Karau, Myria Kludy, Jenna Dengel and Jaclyn Dengel.

Now that you understand why kids have fun running around in circles in 80-degree weather, you can come to a practice or the fair show or even the state show. Don't miss out on the 4-H fun.



4-H Can Mean International Travel

By Hayley Schoeppler

Most people, when they hear the word 4-H, think of the county fair. One word that does not come readily to mind is "international." In fact, 4-H has a very active international program. Each year, 4-H youth from across the United States travel to such varied countries as Australia, Costa Rica, Finland, and Japan. Not only does 4-H give youth the opportunity to travel abroad, it also offers the chance to host international students in your home. These home stays can last from one month to a whole school year.

Hosting an international student is an excellent way of learning about another country. Often, students are prepared to make a meal for their host families, introducing them to their home cuisines. Depending where your student's from, you might even get to practice with those chopsticks. Most students are eager to share handicrafts they know such as origami and knitting. Many bring along pictures from their home countries showing not only their homes, but also the landscape, local celebrations, and well-known landmarks. In return, international students get to experience American culture. This can include attending a Fourth of July celebration, a local fair, or even a day trip to nearby metropolitan areas. But it's the day-to-day activities that are the most fun; swimming, playing card games, shopping, and trying out new food. And, since this is Wisconsin, milking a cow is a must!

No matter what activities you do, hosting an international student is a great way of building friendships, getting to know about another culture, and gaining a deeper appreciation for your own. It's not always easy opening up your home to a complete stranger, but the rewards are worth it. And who knows, maybe next year you could be the one traveling abroad.



Putting on a yukata requires a good deal of skill which our Japanese student, Shizuka, was very willing to teach us.

If you are interested in hosting or traveling on international 4-H exchanges with Australia, Costa Rica, Finland, Norway, Mexico, Japan, or South Korea, please contact your county extension agent by calling (715) 539-1072.



Madison Schultz wins the Wisconsin International Poultry Club Pullet Surprise Contest!

In an attempt to promote the breeding and exhibition of purebred poultry among Wisconsin's youth, the Wisconsin on International Poultry Club holds an annual Pullet Surprise Contest for young people in Wisconsin. Over the past 23 years that the contest has been in existence, over 50 young people, have been given a wonderful start in raising poultry with the excellent quality bird and equipment they receive when they win this contest. The Wisconsin International Poultry Club is the main sponsor and the presentation of the award will take place at their annual show in Portage September 26-27.

Madison Schultz, a Lincoln County 4-H poultry project member and winner of the Pullet Surprise Junior division this year, has selected a pair of Columbian Wyandotte Bantams from the flock of David Lefeber of Cassville, WI. Steven Roets, also a member of the Lincoln County 4-H poultry project, was honorable mention. While he will not receive the prizes that Madison will receive it is an accomplishment to have that distinction. Let's take a look at their submissions:

My Most Memorable Moment

Madison Schulz

My most memorable moment in poultry was when I was seven years old and decided to attend the poultry show in Portage, WI. This was my first chicken show other than our local fair. I have shown chickens since I was four years old, but was always too young to show in 4-H so I competed in the open classes with my chickens. The show in Portage had no age limit so I was very excited. I even could show in showmanship for the first time.

The day came and Mom, Grandma, Great-Grandma and I loaded up the horse trailer with my chickens and geese. It was late when we arrived so once all the animals were comfortable in their cages, we headed off to our motel. I needed to get my rest because tomorrow was my first showmanship class.



Studying for Poultry Showmanship at the Lincoln County Fair.

In the morning, we went to check on my chickens and find out exactly what time the showmanship class was taking place. I was nervous because I didn't really know what to expect. I found out that I was supposed to have a long sleeve white jacket and closed toe shoes. So I guess my t-shirt and flip-flops weren't going to work. My grandma had an idea. She remembered passing a Good Will store on the way to the show. She thought maybe we could find something there that would work.

At the thrift store, I found a white long sleeve button up shirt that fit me pretty good. I also found a pair of socks and some nice shoes to wear. My grandma bought them for me and I quickly got dressed. We rushed back to the show just in time to get my chicken cleaned up and ready.

When it was my turn, I was pretty nervous. I saw a lot of kids with nice white coats with chicken patches all over them. I figured that must mean that they must know a lot about chickens. Finally it was my turn. Mom told me to tell the judge everything I knew about my chicken. The judge was really nice and liked my chicken. She said I did a good job.

When it was time to hand out the awards, I was really excited. The judges started by calling off the third place winners. When they called off the second place winners and they didn't call my name, I was pretty disappointed. Mom said that it was a big show with a lot of tough competition. She said I could always show again next year. Then the judges called off the reserve champion showmanship winner. That kid went up and got a trophy. Then the judge said, "and the grand champion beginner showmanship trophy goes to Madison Schulz." I couldn't believe it! I won the big trophy!

Why is it chickens?

An original poultry poem
Steven M. Roets

Why it is chickens,
A question I always hear,
The answer is very simple,
Yet long and very dear.

The answer that I give them
It's never quite the same,
But either way it affects them,
And then they understand.

Have you ever held one,
Felt its racing heart,
While its legs are shaking,
Spoke soft soothing words?

Have you ever touched one,
With its feathers so soft?
Have you ever seen little chicks,
Run around their mom?

Have you ever been pecked,
Or doo-dood on?
And even though I'm angry,
I love them still the same.

Have you ever felt the rush,
Of winning a big prize?
Then you know that all the work you put in,
Really has paid off.

Have you ever watched one,
Run across the yard?
See one take a dirt bath,
Or scratching the ground?

Have you ever buried one,
Held it as it died,
Have the felt the yearning,
For it to be alive?

So when my friends ask me,
Or they tease and scoff,
I tell them my story,
And then they knock it off.



Stevie Roets sharing his love of chickens.

Leadership Opportunities for Youth and Adults

Have a Project Workshop!

Plan a project workshop during your regular club meeting (or at a different date). Plan it far enough ahead that we can advertise it to other clubs. We would be happy to include it in the 4-H Newsletter. Most clubs don't have leaders for every project in which their members are enrolled. A county wide workshop is easy to organize and more kids can benefit from your leaders' knowledge. AND you don't have to plan a special meeting!

For example – if your club has a lot of members interested in rocketry and you have a leader who is good at teaching this, host an Aerospace Project workshop at your club meeting! If every club hosts a workshop, everyone will get to see how other clubs operate and get some exciting new ideas!



Resources for Project Leaders

Here are several websites for leaders to utilize in planning 4-H Projects.

Wisconsin After School Activity Plans:

www.uwex.edu/ces/4h/afterschool/curriculum/activities.cfm

Wisconsin Curriculum Resources

www.uwex.edu/ces/4h/pubs/

On the "Search Publications" box on the right, search for "Activity Plans". Not all projects have plans available.

Wisconsin 4-H Project Page

www.uwex.edu/ces/4h/onlinpro/index.cfm

Choose your project from the list on the right.

National Directory of 4-H Materials

www.4-hdirectory.org

4-H SET webpage

www.uwex.edu/ces/4h/set/resources.cfm

Cooperative Extension Media Collection

www.uwex.edu/ces/media/

To order from the Media Collection, please contact the UW Extension at 539-1072.



2010 Coordinators Needed!!

The arrival of the new 4-H year means that we are in need of volunteers to coordinate county events/activities for the upcoming 2009-2010 year.

Music and Lip Sync Festival – Moonspinners 4-H club will coordinate.

Communications Contests – Usually held on a Saturday in mid-February. This includes the Speaking, Demonstrations, Illustrated Talks and Puppetry Contests.

Drama Festival – Corning Yankees 4-H club will coordinate.

Softball – Held during the summer months.

4-H Raffle – Begin preparations in March/April (i.e. solicit/purchase prizes, print and distribute tickets) and concludes during the Lincoln County 4-H Fair.

Dairyland Stand/Raffle Booth Coordinator – Rita Koepke will coordinate.

Farm Olympics – Held Sunday of the fair. Coordinates games and activities for teams of youth.

Bowling Event – Usually held in early October during National 4-H Week.

4-H Recognition Banquet – Makes arrangements for facility, food and decorations for the banquet. Coordinating group receives profits from 50/50 raffle.

The clubs who coordinate county events have the first chance to serve refreshments for the event where appropriate. This can be a great club fundraiser. If no one comes forward to coordinate an event, the event will be cancelled. Please contact the UW-Extension office at 539-1072 for more information or to volunteer. A job description and outline of what needs to be done is available for each event. Call today to volunteer.



4-H Recognition Banquet

"4-H Volunteers are Always Ready to Lend a Hand!"

Thank you to Jane Maule and the Merrill Busy Bees 4-H Club for coordinating this year's banquet. **The banquet will be held on Saturday, October 24th**, at Schult Country Inn in Merrill. This year's banquet invitation and registration form are included in this newsletter. Please be sure to **return your registration form by Friday, October 16th**.

The 4-H Board of Directors will again be holding a silent auction, dessert auction and a 50/50 Raffle at this year's banquet. If clubs or individuals have items to donate, please bring them the evening of the banquet or drop them off at the UW-Extension office by Friday, October 23rd.



State-Wide Fall 4-H Youth Leadership Conference

The 5th Annual State-Wide Fall 4-H Youth Leadership Conference will be held on Saturday, November 21st at the Chula Vista Resort & Conference Center in WI Dells. Yes, it's open to 4-H youth, in 7th grade and older, from across the state. This event is sponsored by Southern District Leadership Team members (SDLT).

Why should you attend the 2009 State-Wide Youth Leadership Conference?

- You will become re-energized about 4-H!
- You can learn about 4-H opportunities available to older youth!
- You will learn new ideas and leadership skills through fun, hands-on workshops!
- The chance to meet other older youth from all over the state!

- After the conference, you get to enjoy the indoor water park with your new friends!
- It's planned by 4-H older youth for 4-H older youth...so you know it's going to be great!
- It's only \$45
- Your parent may attend the conference for only \$15 (which covers lunch, but not a water park pass)

Make this a family outing...your whole family can enjoy an overnight experience at Chula Vista. There is a block of rooms, listed under "Southern District 4-H Program," for \$129 per night for November 20 or 21.

Mark your calendars and save the date. Recruit your friends and join the fun. See the flyer and registration in this newsletter, pick one up at the UW-Extension office or print one off at www.uwex.edu/ces/cty/rock/4h/documents/09Flyer-3.pdf.
Registration deadline is October 21.



Annual Meeting of the Lincoln County 4-H Leaders' Association, Inc.

This year's annual meeting is set for November 11, 2009 at 7 p.m. in the Lower Level Conference Room at the Lincoln County Services Center at 801 N. Sales Street in Merrill. Election of 4-H Board of Directors and Fair Board members and presentations of 4-H Leaders' Association Financial summaries and budgets will be given. We would like to encourage all youth (grades 8 and over) and adult volunteer leaders to attend this very important meeting.



4-H Leaders' Association FAQ

What is the 4-H Leaders' Association, Inc.?

This is the organization that works in cooperation with UW-Extension to conduct the county 4-H program. They do this by conducting educational programs, supporting volunteer education, raising funds to support 4-H programs, coordinating county level recognition, representing 4-H to the community and advocating for support of 4-H with public officials. In addition they work with 4-H Youth Development staff to identify emerging youth development needs and may provide support for programs to meet these needs.

Who is a member of the Lincoln County 4-H Leaders' Association, Inc.?

Any enrolled 4-H volunteer leader who has completed the volunteer orientation process and youth in grades 8 and older are members of the association. As a member they are entitled to vote and serve on the Board of Directors or Fair Board.

What is the role of the 4-H Board of Directors?

The Board of Directors is composed of seven to eleven adult directors. The board also includes youth directors of no less than two to an equal number of adult directors on the board. The Board is responsible for organizational planning, policy making and enforcement of policies, legal and fiscal responsibilities for the organization. This board meets the fourth Wednesday of the month except they do not meet in July.

Your Current 4-H Board of Directors:

President – Cindi Christiansen
Vice President – Sandy Thurs
Secretary/Youth Director – Hayley Schoeppler

Treasurer - Kathy Walters
Fair Board Representative - Lori Lemke
Director – Kim Brixius
Director – Nancy Reinhardt-Porath
Director – Caroline Lemke
Director – Cheryl Roets
Director – Katherine Taylor
Director – Holly Schoeppler
Youth Director – Jessica Barnhill
Youth Director – Myria Kludy
Youth Director – RaeAnn Brixius
Youth Director – Erin Riddle
Youth Director – Stevie Roets
Youth Director – Kelsey Schoeppler

How does the Lincoln County 4-H Fair Board fit?

Lincoln County 4-H is unique in that we are one of two counties where the 4-H Leaders' Association operates the county fair. A Fair Board composed of seven to eleven adult members of the Association manage the business operations of the county fair. The 4-H Youth Development Agent and Program Advisor serve as advisors for both of these boards and the association.

Your current Fair Board members:

President – Lloyd Buck, Jr.
Vice President – Brad Becker
Secretary/Treasurer – Sue Kunkel
Admin. Secretary – Gloria Lukes
Financial Secretary – Janet Klutterman
4-H Board of Directors Representative – Lori Lemke
Director – Dale Christiansen
Director – Dave Buck
Director – Mark Duley
Director – Dave Haskins
Director – Dick Stoeckmann
Director – Van Vanderkam
Director – Sherry Walters

How can someone get involved in these Boards?

The Lincoln County 4-H Leaders' Association, Inc. holds an annual meeting each year in November. This year's meeting is set for November 11, 2009 at 7 p.m. in the Lower Level Conference Room at the Lincoln County Services Center at 801 N. Sales Street in Merrill. At this time, members of the Association are nominated for open positions on each of the boards and an election is held. If you are interested in serving on either of these boards, please let me know at the end of the meeting.

This year the association needs to fill the following positions on the boards:

- 4-H Board of Directors:
 - Five adult director positions – 2- year terms
 - One adult director position – 1- year terms
 - Two to eleven youth director positions – 1 year terms (number depends on number of adult directors)
- 4-H Fair Board:
 - Three adult director positions – 3-year terms



Background Checks Repeated Every 4 Years

Wisconsin 4-H Youth Development has implemented a state policy requiring a background check be conducted every 4 years for all 4-H volunteers. To implement this policy, the UW-Extension office will continue conducting a background check for all re-enrolling 4-H volunteers in their 4, 8, 12, 16, 20, 24th year this fall and in future years. Please feel free to contact Debbie at the UW-Extension office if you have any questions or concerns about this policy.



New Leaders Wanted

Do you enjoy working with 4-H youth? Want to help with projects or organize an activity? Then become a 4-H leader! Whether you can help once a month or once a year, we will be glad to have you! If you are interested in becoming a new 4-H leader, you can get an enrollment form from your club leader or from the UW-Extension. You will also need to fill out a Volunteer Application and complete New Volunteer Training by May 1st.

Adult Volunteer Enrollment Deadlines

Paperwork must be in the UW-Extension office by the date listed to be on time

November 1st - Re-enrollments due at the UW-Extension Office.

May 1st - Deadline for all new leaders to complete New Volunteer Training. After

May 1st, any adult who has not completed this volunteer training will lose their status as a 4 H volunteer and will no longer be considered an enrolled 4 H leader in Lincoln County.

We strongly encourage new leaders to get their enrollment forms in as soon as possible, so they don't get missed on our mailing lists and can get their project materials early.

Opportunities Unlimited

Time to enroll for 2009-2010 4-H Year

4-H enrollments have been distributed to club organizational and resource leaders.

Remember the following dates:

November 1st - Deadline for re-enrollments to join 4-H and still be able to exhibit at the county fair in Junior Division as a 4-H member. If you miss this re-enrollment deadline, you will not be able to exhibit at the county fair in the Junior Division as a 4-H member. If a youth has been absent/inactive as a 4-H member for more than 12 months, they would be considered a new member upon joining 4-H again. (Policy change adopted June 25, 2008 by 4-H Board of Directors).

March 1st - Deadline for new members to join 4-H and still be able to exhibit at the county fair in the Junior Division.

After March 1st - May still join 4-H, but will not be allowed to exhibit at the county fair in the Junior Division. Youth enrolling after March 1st may participate in all other 4-H programs and activities as a member.

May 1st - Last date to change (add or drop) a project. Youth must be enrolled in the project by this date to exhibit in that project area at the county fair in Jr. Division.

June 15th - Fair entry deadline, no one may switch enrollment status once fair entries are submitted. Fair entry forms and books are distributed in late April/early May.



4-H Promotion

Looking for a way to promote your positive experiences in 4-H but not sure how? The 4-H Brand Network is the place to find out! The 4-H Brand Network has promotional ideas that range from slogans and posters to radio and television ads. Visit www.4-hbrandnetwork.org and get started today. National 4-H Week (October 4 – 10) is the perfect time to share your love of 4-H!

On the 4-H Brand Network site, you can download the National 4-H Week Kit Promotional Materials include:

- Flyers -- Letter Size & Legal Size
- Bookmark
- Letterhead
- Proclamation
- Certificate of Achievement
- Certificate of Appreciation
- News Release
- Newspaper Ads in three column widths in Black and White and Color

If your club did something special to promote 4-H around National 4-H Week, send a brief summary of what you did and number of people reached to the UW-Extension Office. Add a picture and we'll put that in, too. Thank you for your support and for sharing!



Holiday Parades

Northern Lights of Christmas Parade November 28th begins at 4:00 p.m. in Downtown Tomahawk. Bring the whole family to see Santa at Santa's Cabin after the parade. The cabin will be near the Tomahawk Community Bank Garage on North 4th Street. For more information or to enter a float, please call 715-453-5334 or (800) 569-2160.

The Merrill Holiday Parade will begin at 5 pm, December 5th and is made up of many twinkling holiday floats with great holiday decorations. Santa will be at the parade for all children both young and old. At the end of the parade, over 50,000 tree lights will be turned on at the Courthouse. What a beautiful sight to be seen over a mile away! Call 536-9474 for details to enter a float.



Reminder: 4-H Board Rules on Sticking To All Deadlines

The 4-H Board continues to discuss the importance of deadlines for various 4-H events/activities and other information. Deadlines are put in place to allow sufficient time for preparations for events/activities and to send communications back out to participants. The 4-H Board of Directors continues to abide by all deadlines. Please be sure to read the 4-H Express carefully and follow all deadlines. We want all youth to benefit from participating in all that 4-H has to offer, while teaching them the responsibility of following deadlines. **This includes the November 1st re-enrollment deadline!**



Community Service Grants

A project providing seed money for 4-H Youth to implement local community service activities.

Sponsored by the Wisconsin 4-H Foundation and We Energies, through the Wisconsin Energy Corporation Foundation

Who can apply?

Any 4-H club or group of 4-H clubs can apply for a grant. We encourage 4-H members to fill out this application themselves, or in partnership with an adult.

What kinds of projects can get support?

The 4-H Community Service Grant program is looking to support 4-H clubs' community service projects that...

- Are determined and led by youth, with support from adults;
- Have a lasting, positive impact on the community; and,
- Involve organizations and individuals outside of 4-H as partners.

How do we apply?

- Identify a project that will benefit or improve your community.
- Determine what you will need in terms of money and other resources to do your project.
- Fill out the application and submit it to your county's 4-H Youth Development agent.

You can ask for \$50 - \$500 from the 4-H Community Service Grant program. However, the grant *cannot* cover the entire cost of a project. Your club will have to supplement the grant with club funds, ask for in-kind donations, hold a fundraiser, or

look to other sources to get everything you need for your project.

The citizenship curriculum, *Public Adventures*, can help groups plan and carry out their community work. Request a copy from your 4-H Youth Development Staff.

What is expected of us if we are awarded a grant?

- Acknowledge the support of the 4-H Foundation and of We Energies in the publicity for your community service project. Let people know that they've helped you!
- Submit a final report to your county 4-H Youth Development agent and the 4-H Foundation, explaining how you've used the money and what you've accomplished, by September 1, 2009.

Calendar:

Applications due to your county 4-H Agent January 25, 2010
Applications due to Wisconsin 4-H Foundation January 30, 2010
Notifications sent out March 2009

For an application, contact the UW-Extension Office or visit www.uwex.edu/ces/4h/foundation/grantscomm.cfm. Applications must be postmarked by January 30, 2009.



Shake Rattle and Roll! 2010 4-H Club Training: For Club Officers and the NEW Annual Club/Group Training...

This year's **Mandatory Club Leadership Training** will be held on January 7, 2010 in Merrill and January 26 in Tomahawk. As last year, the Club Officer Training will be held at the same time. One leader from each club is **required** to attend this training, but we highly encourage any interested adult or youth leader to attend this training.

Mark the date so you don't miss out on this fun opportunity to learn how to make your 4-H meetings Shake Rattle and Roll!



2009 Prudential Spirit of Community Awards

Once again, you have the opportunity to gain statewide or even national recognition. 4-H members who have demonstrated outstanding volunteer community service can participate in the 2010 Prudential Spirit of Community Awards.

The Prudential Spirit of Community Awards honor young people in middle level and high school grades for outstanding volunteer service to their communities. Created in 1995 by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), the awards constitute the United States' largest youth recognition program based solely on volunteering. Over the past 14 years, the program has honored more than 80,000 young volunteers at the local, state, and national level.

Local Honorees receive a Certificate of Achievement from their schools or organizations. Those who qualify (50 hours of service for age 14 and younger, 100 hours for those older) also receive the President's Volunteer Service Award. State Honorees receive an award of \$1,000, an engraved silver medallion, and an all-expenses-paid trip with a parent or guardian to Washington, D.C., for national

recognition events. National Honorees receive an additional award of \$5,000, an engraved gold medallion, a crystal trophy for their schools or organizations, and a \$5,000 grant from The Prudential Foundation for a nonprofit, charitable organization of their choice.

For more information or an application visit www.spirit.prudential.com
Deadline is November 2, 2009



Third Annual O'Tannenbaum Tour

The Lincoln County 4-H Foundation is having its third annual decorated Christmas tree tour on Dec. 5-6, the weekend of the Merrill Christmas Parade. The O'Tannenbaum Tour will again be held at the Arena Restaurant on Saturday and Sunday, from 10:00 am to 4:00 pm. The magic of the Merrill Christmas Parade can be continued as you step into the O'Tannenbaum Tour that will take you through a magical land of decorated trees, wreaths and gift baskets, all available for raffle. Volunteers are needed to decorate trees, sell raffle tickets, take admission at the door and clean up. Keep in the holiday spirit and join us! If you would like to help in any way, please call Cheryl Buck at 536-5424 or Tammy Klade at 536-6463.

Decorated Trees Needed

We are asking that each 4-H club decorate a Christmas tree or provide a gift basket for the O'Tannenbaum Tour. As all the moneys raised are going for the 4-H program that support 4-H and all 4-Hers, it would be nice to show that the clubs are also involved. There is an "O'Tannenbaum Tree/Gift Basket" entry form in this newsletter. If you are interested in participating in the O'Tannenbaum Tour, fill out the form and return it to Cheryl Buck by **October 30th**.

Clubs can set up and decorate their trees on Dec. 3rd, the Thursday before. Please contact Cheryl Buck at 536-5424 or Tammy Klade at 536-6463 for more information.



Get Connected!

The Internet is a great way to share information and stay connected. Lincoln County 4-H has a website (www.lincolncounty4h.com) and a facebook page. Interested in having an online presence for your club or group? Just visit www.uwex.edu/ces/4h/clubs/online.cfm for helpful startup advice. The site also provides information on educating members and families on internet use.

Fair

Do You Have Suggestions for the 2010 Fair?

The Fair Board has started planning for the 2010 fair. Are there things you would like to see done differently at the fair? Do you have any suggestions for grandstand entertainment? Do you have any ideas for a fair theme and/or special activities to go along with the theme? If you do, please call Gloria Lukes at 536-5212 and leave a message, send a note to the Lincoln County 4-H Fair, PO Box 921, Merrill, WI 54452-0921, or drop the note off at the UW-Extension Office. Your comments and suggestions are always welcome.

2010 FAIR DATES:

July 14-18, 2010

Watch the Lincoln County 4-H Fair website at www.lincolnco4hfair.com for the most up-to-date information.

Arts and Communication

Statewide 4-H Arts Workshops

Announcing TWO Statewide 4-H Arts Workshops! Open to Adults and Teens (Grades 9-12). Sponsored by 4-H Arts and Communications.

Art Lab East

December 5 at 10:00 am to December 6 at Noon

Milwaukee County UW-Extension Office & the State Fair Youth Center Milwaukee, WI

Cost: \$35.00, **Registration Deadline: Nov. 6**

Art Lab West

January 16 at 10:00 am to January 17 at Noon

Beaver Creek Reserve, Fall Creek WI

Cost: \$35.00, **Registration Deadline: Dec 4**

After its brand new introduction last year, the results are in! Art Lab East and Art Lab West are back! More than 150 4-H members and leaders took part last year and we're hoping for more of the same this year! Both 4-H youth and adults are invited to participate in one..... or even **both** of the Labs

The mission of the Art Labs is to provide an in-depth and focused experience in the "art track" of choice. Each participant will choose one track for the entire weekend.

Tracks available:

- Culinary Arts
- Clowning
- Choreography for Musical Theatre
- Basketry
- Photography
- Comic Book Art
- Directing for the Theatre
- Fiber Art
- Oil Painting
- Video Production & Editing
- Jewelry design and production
- Leather craft
- Tae Kwon Do
- Found Art Sculpture
- Digital Sound Recording

4-H youth and adults will select one of a wide variety of educational tracks to go "in depth" and explore the art form that interests them the most! Participants will also work together in large groups for team building and sharing. Our Sunday brunch will even feature the creations of the Culinary Arts Track!

Why not get a group of youth and adults together from your county for a weekend of fabulous 4-H bonding and ART!

Auditions for the State 4-H Drama Company and the 4-H Showcase Singers will be conducted at 3:00 pm on Saturday of each weekend.

Additional information, a brochure and the registration form are on the 4-H website at www.uwex.edu/ces/4h/events/artsleadership.cfm

For more information contact Tim Talen, 4-H Arts and Communication Specialist, (920) 946-0688, timothy.talen@ces.uwex.edu.



Honey Bee Poster Contest

The Wisconsin Honey Producers Association (W.H.P.A.) invite youth to submit a poster with the theme, "I Can't Picture Life Without Honey Bees".

Divisions are: 2nd grade and under, 3rd through 5th grade, 6th through 8th grade, 9th through 12th grade. There are prizes for each division, first is \$25, 2nd place is \$15, and 3rd place is \$10.

Posters must be 11x14 inches on poster board. Print clearly on the back: Name, address, age and grade. Include the theme in the design. Be aware that posters become the property of WHPA.

Mail posters by October 25, 2009 to:

Sharon Pufahl

W6432 Hwy.

Mauston WI 53948

Contact with questions: 608.847.4407.

Family Home and Health

Teens' diets often lack enough calcium

Parents can help by serving milk and eating regular family meals

A recently published five-year study from the University of Minnesota reveals effective ways to help teens establish healthy eating habits that will last as they grow into young adults. The Minnesota study looked at food and beverage intakes of over 1500 teens when they were in high school, and again five years later when they were young adults.

The study found that two-thirds of young adult females and more than half of young adult males are not getting enough calcium in their diets. That means their calcium intakes are lower than national recommendations or the Daily Recommended Intakes (DRIs).

The Minnesota study identified behavioral factors that are related to young people, including more calcium in their diets. For example, young women had higher calcium intakes if they were concerned about their health and were confident in their own abilities to eat a well-balanced diet. Young adult males' calcium intakes were higher if they liked the taste of milk, maintained a healthy weight, and received support from friends and other peers.

The researchers also reported factors that may explain some of the changes in teens' calcium intakes as they mature into adulthood. Behaviors that predicted higher calcium intake in females as young adults were watching less TV, liking the taste of milk, and eating regular family meals as teens. Young men had higher calcium intakes if they ate breakfast and were health conscious when they were teens.

There were also negative behavioral factors that were associated with lower calcium intakes. For females, the negative behaviors included frequent snacking, consuming fast food, and drinking soft drinks. Similarly, males who did not believe that they could eat a well-balanced diet and frequently ate fast food consumed lower amounts of calcium than their peers.

This study tells us that parents can instill healthy eating practices in teens by serving milk at meals and eating as many meals as possible together as a family. It's also important to give teens the skills and knowledge to develop healthy eating habits and build confidence in their ability to maintain a healthful lifestyle as they grow into adults. If you have younger children at home, it is of paramount importance that you start to instill healthy eating habits at an early age.

For more information on healthy eating for teens and children, contact Tammy Hansen or Debbi Warren at the Lincoln County UW-Extension Nutrition Education Program office, 539-1072.

Tammy Hansen, UWEX- Lincoln County Nutrition Education Program Coordinator

Plant & Soil Sciences

Play in the Dirt - Youth Garden Grants

NGA is delighted to announce that The Home Depot returned as our Youth Garden Grants sponsor for 2010. During its long history, the Youth Garden Grants program has helped more than 1.3 million youngsters reap rewards and vital life lessons from working in gardens and habitats. Thanks to the generosity of The Home Depot, we can reach many more eager young learners.

NGA awards Youth Garden Grants to schools and community organizations with child-centered garden programs. In evaluating grant applications, priority will be given to programs that emphasize one or more of these elements:

- Educational focus or curricular/program integration
- Nutrition or plant-to-food connections
- Environmental awareness/education
- Entrepreneurship
- Social aspects of gardening such as leadership development, team building, community support, or service-learning.

Who should apply: Schools, youth groups, community centers, camps, clubs, treatment facilities, and intergenerational groups throughout the United States are eligible.

Applicants must plan to garden with at least 15 children between the ages of 3 and 18 years. Previous Youth Garden Grant winners who wish to reapply may do so, but must wait one year (e.g., if you won in 2009, you can apply again in 2011) and have significantly expanded their garden programs. Further information is available online at www.kidsgardening.com/ygg.asp

Application deadline (postmark date): November 2, 2009.

Animal Science

Rural Youth Loans through the USDA

The Farm Service Agency makes loans to rural youths to establish and operate income-producing projects in connection with 4-H clubs, FFA and other agricultural groups. Projects must be planned and operated with the help of the organization advisor, produce sufficient income to repay the loan and provide the youth with practical business and educational experience. The maximum loan amount is \$5000.

Youth Loan Eligibility Requirements:

- Be a citizen of the United States (which includes Puerto Rico, the Virgin Islands, Guam, American Samoa, the Commonwealth of the Northern Mariana Islands) or a legal resident alien
- Be 10 years to 20 years of age
- Live in a rural area or in a town of 50,000 people or fewer
- Must obtain a written recommendation and consent from a parent or guardian if the applicant has not reached the age of majority under state law
- Comply with FSA's general eligibility requirements
- Be unable to get a loan from other sources
- Conduct a modest income-producing project in a supervised program of work as outlined above
- Demonstrate capability of planning, managing and operating the project under guidance and assistance from a project advisor. The project supervisor must recommend the project and the loan, along with providing adequate supervision.

To find out more about the FSA Rural Youth loan program, contact your local FSA county office to set up an appointment with a Loan Approval Office. The Lincoln County office can be reached at 715-536-6212.



Dog

There are currently no events for the dog project, but be sure to check out the 4-H Dog website for up-to-the-minute information! You can find it at <http://4h.uwex.edu/onlinpro/dogs.cfm>



Dairy

Remember to check out the 4-H website for up-to-the-minute information! You can find more dairy project information at www.uwex.edu/ces/4h/onlinpro/dairy.cfm

Youth Leadership Derby

Professional Dairy Producers of WI
November 7-8, 2009 – Milton High School, Milton, WI

What is the Youth Leadership Derby?

Youth Leadership Derby is a 24-hour lock-in filled with non-stop educational fun and leadership. Tours and hands-on labs bring students toe-to-toe with the dairy industry. A dairy background is not necessary, just a desire to learn more about the dairy business!

- Two-day, fun-filled lock-in with hands-on labs, valuable, interactive workshops and unique tours
- A conference made for students ages 15-18 interested in the dairy industry
- An opportunity to explore all aspects of the dairy industry
- A positive learning environment for kids to meet and learn from each other

For full details and the registration form, stop by the UW Extension Office or go to www.pdpw.org/event-derby. Don't miss out on this terrific opportunity to learn about the cutting edge of dairy production!



Horse

Remember to check out the 4-H Horse website for up-to-the-minute information! You can find it at <http://4h.uwex.edu/onlinpro/horses.cfm>

Upcoming Lincoln County Horse Project Events

- **October 12:** Project Meeting with Elections, 608 E. 2nd Street Merrill, 6:30 pm
- **October 17:** Overnight Trail Ride, Underdowns
- **October 30-31:** Haunted House
- **November 9:** Project Meeting, 608 E. 2nd Street Merrill, 6:30 pm
- **December 12:** Project Meeting and Holiday Party, 608 E. 2nd Street Merrill, 6:30 pm

Don't forget to visit the Lincoln County Horse Project website at:
<http://lincolncounty4-hhorseproject.web.officelive.com/>

The 4-H Horse Association Handbook is located at
<http://4h.uwex.edu/onlinpro/HorseHandbook.cfm>

Upcoming State Horse Events:

Wisconsin 4-H Horse Leaders Conference

November 13-15
UW-Oshkosh

A Statewide Leadership Workshop for 4-H Horse Project Leaders (Youth - 7th grade and up, and Adults)

Purpose of the Conference:

- To offer educational workshops which include both information and hands on activity ideas for leaders to utilize when teaching youth.
- To provide a forum for strengthening communications relative to the 4-H Horse and Pony Project.
- To provide an opportunity for participants to network and share experiences.

Numerous workshop topics are offered throughout the Conference by Invited Instructors. Possible Topics:

- *Youth - Adult Integration & Responsibilities within the Club
- What Does it Mean to be Volunteer Leader
- Equine Genetics
- Equine Health Care
- Essential Elements for Learning
- Shake, Rattle, and Roll' *
- Clique' It Off
- Horse Holiday Wreaths *
- The Equine Athlete
- And many ideas shared by participants.

Sponsored by:

UW-Extension 4-H Youth Development
UW -Madison Dept of Animal Sciences
Wisconsin 4-H Foundation
Wisconsin 4-H Horse Association

For more information go to website at

www.4h.uwex.edu/events/horseleadership.cfm

Registration deadline: October 23, 2009



Livestock – Beef, Sheep, Swine and Goat

Remember to check out the 4-H website for up-to-the-minute information! Events and information for specific projects can be found on the 4-H project webpage (<http://4h.uwex.edu/onlinpro/allprojects.cfm>) or at the UW Livestock website (www.uwex.edu/ces/animalscience)

Market Animal Show and Sale

2009-2010 Market Animal Show and Sale Calendar

November 9, 2009 – Mandatory Beef Project Meeting

December 5, 2009 – Initial Weigh-In for Beef Project members, 9 am – 11 am, Lincoln County Fairgrounds



Focus on Goats: A Conference in the Heart of the Nation's Dairy Goat Industry

October 30th to October 31st, 2009

Sinsinawa Conference Center
Sinsinawa, Wisconsin

A Two-day conference for producers, processors, extension agents and others featuring information and advice for those experienced and beginning in the goat industry

Sponsored by: The WI Dairy Goat Association, DATCP, DBIC, AgSource, Scharine Group, Wisconsin Cheese Makers Association, Nelson - Jameson Inc., and others yet to be received, with support from: University of Wisconsin Plattville

Cost: The cost of the conference for an individual is \$30 for one day or \$55 for both days. A \$10 late fee will be charged for registrations received after October 15th

For more information visit the conference website at

www.datcp.state.wi.us/registration/focusongoats.isp



Small Animal

Remember to check out the 4-H website for up-to-the-minute information!

You can find small animal event info at

www.uwex.edu/ces/animalscience/poultry/events.cfm

Purebred & Household Cat Show

November 7-8, 2009

Janesville, WI

The Central Wisconsin Cat Club and Janesville ABCat Club are cosponsoring a fall Purebred & Household Cat Show on November 7th & 8th, 2009 at The Craig Center (Rock County Fair Grounds, 1301 Craig Ave., Janesville, WI. Admission will be \$3.00 for adults and \$2.00 for children. We are willing to give special group rates to 4-H clubs. The show is open to the public from 9 am to 4 pm on Sat. and 8:30 am to 3:30 pm on Sunday.

For more information visit

www.uwex.edu/ces/4h/resources/showdoc.cfm?documentid=34901



Upcoming Small Animal Events

Oct. 10

Wisconsin Bird Lover's & Exotics Club Small Animal & Bird Annual Swap

Clark County Fairgrounds, Neillsville, WI

6am –noon (open at 5 am to vendors), \$2 entrance fee,\$5 fee for vendors. Large raffle. All animals need to meet state & federal regulations

Contact Randy at 920-729-0901.

Oct. 10-11

Tri-County RBA Rabbit Show

Jefferson Cty. Fairgrounds, Jefferson, WI

Contact Melissa at 262/495-2283 or ARTBUN@YAHOO.COM.

Oct. 17-18

Beaver Dam Pigeon & Bantam Poultry Show and Swap.

Dodge Cty. Fairgrounds, Beaver Dam, WI.

Contact Mike Smith at 920-887-2396.

Oct. 24-25

Annual WI Bird & Game Breeders Assn Inc Fall Show & Swap

Fond du La Co. Fairgrounds Expo. Center

Admission: \$3.00

Contact Jim Bleuer at 920-685-6553.

Inserts:

Banquet Invite.pdf
Leadership Flyer.pdf
Lincoln County Oct Link Days.pdf
Tannenbaum Entry Form.doc
Teen Court.doc
MADD.pdf