Dear Family and Friends of Pierce County 4-H

Hello again! My name is Katy Bishop and I am the Pierce County 4-H Program Assistant. I had the honor and privilege of spending this past summer working with and alongside many of the amazing members, volunteers, family and friends of the Pierce County 4-H. With that, I am so honored and fortunate to have the opportunity to work again in this county.

I want to make it a goal for the rest of my time here to reach out and truly get to know all those who make Pierce County so special. Maya Angelou once said, “I’ve learned that people will forget what you said, people will forget what you did, but they will never forget how you made them feel.” So many people here have made an impact on my life and I hope to do the same to you all.

As I said in the last newsletter, I come from quite a large county that was very competitive and money driven. Being able to attend and work at the 2019 Pierce County Fair gave me a greater perspective of what 4-H really means. I am blown away by how family and community-oriented Pierce County is, as well as the amount of pride you all have for this great county. Pierce County 4-H truly is “making the best better”.

I am excited to learn even more about the Pierce County 4-H program and to meet many new faces. We have some exciting programs planned for the upcoming months and I encourage you to take full advantage of everything 4-H has to offer!

Sincerely,

Katy Bishop,
4-H Program Assistant

Frank Ginther,
4-H Youth Development Agent
Pierce County UW-Extension Staff  
Frank Ginther – 4-H Youth Development Agent  
Lori Zierl – Family Living Agent  
Sarah Johnson – Nutrition Educator  
Diana Alfuth – Horticulture Educator  
Vacant – CNRED Agent  
Katie Bartko – Nutrition Coordinator  
Kristen Bruder – Area 5 Director  
Mike Travis – Agriculture Agent  
Sandy Radkey – Support Staff  
Katy Bishop – 4-H Program Assistant  
Beth Ingli – Support Staff

4-H Family Calendar

September
25-26 Farm and Rural Safety Days, Fairgrounds
30 4-H Awards Trip Application Due

October
1 Cedar Crest Ice Cream Contest Entries Due
1 4-H Horse Committee, 7pm
3 Beef Selection & Feeding Workshop, Dressen’s Farm 6:30 pm
3 Notify the UW-Extension Office of National 4-H Week Display locations by today!
6 4-H Awards Trip Interviews
8 4-H Awards Trip Interviews
8 Hunter’s Safety Course, Prescott Middle School
6-12 National 4-H Week
11 Older Member- The Haunting Experience Registration Due
11 Cloverbud/Explorer- Pumpkin Patch Registration Due
12 4-H Awards Day, Ellsworth High School 11 am
12 Kids and Cows
15 All 4-H Club and Group Charters Due (A 2nd copy of your Annual Financial Report is NOT required, thank you to those who met the July deadline for the AFR!)
17 Pierce County Dairy Banquet, Elmwood Auditorium
17 4-H Adult Advisors Council 7:30 at Annex
19 Cloverbud/Explorer Pumpkin Patch Trip 8:20-11:30 am, White Pine Berry Farm
19 Older Member, Haunted Hayride Trip 6:00-10:45pm
17-20 Minnesota Beef Expo
26 Discovery Day, Seyforth Building 8:30-Noon
29 Leader VIP Training, RF Library 6:30 p.m.
30 4-H/FFA Livestock Committee

November
1 4-H Enrollments Due into 4-H ONLINE
1-3 Statewide Fall 4-H Leaders Forum and Hall of Fame Celebration, Green Lake, WI
8-10 State 4-H Horse Leaders Conference, UW-Oshkosh
14 Leader VIP Training, Courthouse Annex 5:30
17 Livestock Rules Meeting- Seyforth Bldg, 3pm

28-29 UW-Extension Office Closed – Happy Thanksgiving

December
7 Leadership Day and Office Training 9am-3pm
7 Beef Weigh In – UWRF Farm 9-11 am
8 Volleyball Tournament Day

Tid-bits from the Fair Office
To All Superintendents and Helpers  

at the Pierce County Fair:  
A big thank-you to all of you that helped out on Entry Day, Judging Day, Check Out Day, or any other miscellaneous task that the Fair Office asked you to do. Without your help the fair would not have run as smoothly. Thanks a million for volunteering and we hope to see you at the Fair next year!

The Fair Staff Ann, Matt, April, Rose, and Matt’s Crew

Plaques and Premium Sponsors  
There are many area businesses, 4-H Clubs and individuals who donate time, money, and plaques for the Fair. Please take time to send a thank you to them for their support if you were awarded a trophy or plaque. Their information is listed on the back of your plaque.

Recycled Ribbon Program  
Have you ever given a thought as to what to do with all your Pierce County Fair Ribbons? How about recycling them? If you happen to have any old ribbons, instead of throwing them away, we would love them back to reuse again. Of course, they need to be in good condition and not have any writing on the tag. Please drop them off at the Fair Office or give them to your club leader. We will accept Jr. Fair and Open Class ribbons. If you aren’t interested in keeping all your ribbons, please consider donating them back to the fair. As budgets continue to tighten, every little bit helps.

Pierce County UW-Extension Staff
Frank Ginther - 4-H Youth Development Agent  
Lori Zierl – Family Living Agent  
Sarah Johnson – Nutrition Educator  
Diana Alfuth – Horticulture Educator  
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Beth Ingli – Support Staff
*2019 PIERCE COUNTY FAIR premium check handout*

All 4-H/FFA Fair premium checks will be available for distributing and cashing at a location in October similar to last year. If you are unable to get your check on the day your location is assigned, it will be your responsibility to go to the Pierce County Treasurer’s Office located at 414 W. Main St., Ellsworth to pick up your check between 8: am and 4:30 pm starting October 9, 2019 through December 27, 2019. Schedule of distribution locations and times are:

**Wednesday, October 2**
- Plum City High/Middle School 9:30 am
- Plum City Elementary School 9:45 am
- Ava Maria Academy 10:00 am
- Elmwood School 11:00 am
- Spring Valley Elementary School 1:00 pm
- Spring Valley High/Middle School 2:35 pm

**Thursday, October 3**
- St. Joseph’s School 10:45 am
- Prescott Intermediate School 11-11:30 am
- Prescott High School 11:30-12pm
  
  Freshman/Sophomore
  12-12:30pm
  Junior/Senior
- Prescott Middle School 12:30 pm
- Westside Elem School River Falls 1:30 pm
- River Falls Public Library 3–7:45 pm
  (Main level board room)

For ALL River Falls Schools (Public, private, parochial & home schools)

**Tuesday, October 8**
- Ellsworth Elementary 8:10-8:25am
- Ellsworth Middle School 8th grade 11-11:30am
  6-7th grade 11:50-12:21
- St. Francis School 12:30 pm
- Ellsworth High School 1:15-1:49pm

**Starting Oct. 9 and after YOU PICK UP**

At Pierce Co. Treasurer’s Office in courthouse in Ellsworth. You can pick up checks there between 8:00 a.m. and 4:30 p.m. starting Oct. 9 through Dec. 27th 2019 if you miss the other dates.

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**Fair Planters**

Thank you to all the individuals and clubs for beautifying the fair with planters during the Fair. We will have pots available again in the spring.

**Club Signs**

We had 26 signs that were put up by 16 clubs advertising the Fair. Thank you to these clubs who helped promote the Pierce County Fair in their areas.

Big River Defenders
- Country Partners
Busy Fingers
- Falcon Falls
Denim & Dust
- Helping Hands
Fancy Doers
- Martell Rushers
Merri-Heirs
- Olivet Otters
River Ramblers
- St. Croix Stars
Soaring Eagles
- Town & Country
Maiden Rock Rockets
- Valley Eagles

Over the winter months is a great time to start working on your fair sign for next year.

Any Questions for Fair Office
The Fair Office is on very limited hours now. So if you have questions, call Ann at 715-273-6874 or e-mail her at awebb@co.pierce.wi.us and she will get back to you as soon as she is available.

**Like the Pierce County Fair on Facebook**
Pierce County Fair and Fairgrounds WI on Facebook

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**2019 Herdsmanship & Animal Scramble Results from the Fair**

All 4-H Clubs and FFA Chapters are automatically entered into herdsmanship. Based on the number of animals they sign up on their fair entry forms, clubs and chapters are split into either large or small herds. It is a premium award for the club or chapter to maintain a clean, safe, and creative display of their animals to the public fairgoers. The exhibit is planned and constructed mainly by exhibitors, and it is judged on a variety of topics. Topics include: cleanliness, neatness, and general appearance of exhibits, conduct and appearance of exhibitors present, storage of feed and equipment, originality of decorations, and quality of animals. Species judged in this year’s competition included beef, swine, sheep, dairy, rabbit, poultry, goat, and horses. Judges this year were pleased with the creativity of the exhibits!

**Clubs**

**Rabbit Large Herd**

1. Town & Country
2. Country Partners
3. Olivet Otters
4. Big River Defenders
Animal Scramble 2019

Animal Scramble is where the senior champion show people from 11 different species come and compete and learn together. There is 11 different stations each one dealing with a different species of animals. Each one is worth 20 points. The concept is to see who has the most well rounded knowledge about different species and how to show them. This year’s participants were Trista Falde, Sidney Boyer, Meggan Daniels, Ezme Raesler, Roslind Anderson, Lindsey Augustine, Maddie Paquet, Shaelyn Olson, Sophia Cole and Kaylee Bazille. Our Grand Champion was Sydney Boyer from Dog!

Leader’s Corner

Annual 4-H Leader Training

As usual, at least one leader, and/or committee member is required to attend an Annual 4-H Leader session in order for your group to complete the Charter process. Youth volunteers can also attend the programs.

This year’s session is on culture and expanding access, a key goal for Wisconsin 4-H.

Session training date is Dec. 7th – 9:00 a.m. until 3:00 p.m. – Courthouse Annex

Please register by Monday Nov. 25th by contacting the UW-Extension Office at: 715-273-6781 or email sandy.radkey@wisc.edu OR francis.ginther@wisc.edu.

4-H Charters, Secretary’s Books, and Club Financial Audit

IMPORTANT: The Extension Office MUST
have a copy of your Club Charter including your Club Financial Audit on an annual basis. Electronic, PDF fill-in versions of the Charter are available at: http://fyi.uwex.edu/wi4hvolunteers/clubs-and-groups/charters/

**IMPORTANT – PLEASE USE THE “February 2019” 4-H CLUB CHARTER FORMS!”**

***All Club Charter paperwork and audits are due in Pierce County to the UW-Extension Office on or before October 15, 2019.***

**4-H Financial Books Closed June 30, 2019**

The 4-H Adult Advisors and all Wisconsin 4-H groups and committees closed their accounting books for the 2018-2019 4-H year on June 30, 2019. Club and Committee Treasurers should have started the new 2019-20 fiscal year as of July 1, 2019. Thank you to those who met the July deadline for Annual Financial Reports (AFR). Those still working on their AFR’s please turn them in with your Charters which are due by October 15th.

**Volunteer VIP and MRT Trainings**

Required Training for all New 4-H Volunteers (Formerly Youth Protection, now VIP)

All NEW Wisconsin 4-H volunteers will have to complete a “Mandated Reporter” training, done online, and come in for a “VIP Meeting” with their local 4-H Youth Development Agent (In Pierce County that is: Frank Ginther). Current volunteers who were up to date with “Youth Protection” as of last year do NOT have to do this – but please pass this along to your new club volunteers!

**Step One:** Enroll as an adult volunteer in 4hOnline.com. Use your family account, add adult, do not make your own new account. You should be on the same account with your kids. Once you made yourself an account, from your individual profile page on your 4honline account, click on “trainings” (toward the top middle of the screen). It will take you to a new screen, click on “Sign Up for a Training” and then click on the Mandated Reporter Training (the other training on that page is optional but the MRT is a must) click the sign up button for the Mandated Reporter online training and get started. Once you are done it will say complete on our side.

**Step Two:** Sign up for one of the Volunteers in Preparation (VIP) Meetings with Frank. (See dates below) Please call/email ahead to sign up – at least by Noon the business day BEFORE the meeting to let us know you plan to attend. We need at least three people to hold the session. They are about an hour long, and will be offered the following dates if there are sufficient attendees:

- Monday Oct. 29th – 6:30 p.m. – River Falls Public Library
- Sunday, Nov. 14 – 7:00 pm – Courthouse Annex Conf. Room, Ellsworth

Contact the UW-Extension Office at 715-273-6781 or these e-mails to sign-up: sandy.radkey@wisc.edu.
4-H Youth Development Agent Frank Ginther at francis.ginther@wisc.edu with questions or to arrange an individual VIP training meeting.

**Why 4-H?**

4-H is a community of seven million young people around the world learning leadership, citizenship, and life skills. Research has shown that 4-H’ers excel beyond their peers. Some of the statistics founded are outstanding. Two examples are: 4-H’ers are nearly 4 times more likely to make contributions to their communities and 4-H’ers are nearly 2 times more likely to make healthier choices. Youth should join 4-H to help make their futures stronger and achieve success in multiple areas of life. Encourage a friend to join with you today!!!
**Adult Advisors Council**

The next quarterly meeting for the Pierce County 4-H Adult Advisors Council (AAC) is October 17th at 7:30 pm in the Annex Conference Room of the Courthouse Annex in Ellsworth. Adult Advisors Council is looking for 2019 adult council members (2-year term) for the following districts:

Bay City  Ellsworth  Elmwood  Prescott  Spring Valley  River Falls

If you are interested in serving on the AAC, please call a council member or the Extension Office. **Current Council Members are:**

**Officers:**

- Josh Chrest, Val Achenbach, Jenny Karras, Dennis Baird, Kathy Brubaker Youth; Nolan Rohl, Lydia Cole, Logan Chrest, Ty Mader, Cat Stewart

**Adults:**

- Jim&Mary Ashbach, Jessie Shafer, Nicole Doherty, Dulcie Anderson, Laura Hennemann, Dan Miller, Angela Boles, Aaron Daniels and Melanie Mader

In addition AAC is seeking youth representatives (1 year terms) for the coming year. Please consider serving on the group!

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**2019 4-H Awards Program**

The annual 4-H Awards Program has been set for Sunday, October 12 at 11 am at the Ellsworth High School. The following Clubs will be hosting the event: Busy Fingers, the Soaring Eagles, and Maiden Rock Rockets

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**Older Youth**

**Older Member Haunting Experience**

**Saturday October 19th 6 - 10:45 pm**

Join us for a thrilling and terrifying trip to the scariest haunted hayride and house in Minnesota. We will be taking a bus to Cottage Grove’s “The Haunting Experience” on October 19th 6 - 10:45 pm. We emailed out the registration from, as well as attached it to the end of this Informant.

Registrations Due by October 11th

We will also be having a Holiday Shopping trip in mid-November at the Mall of America. Keep an eye out for information.

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**Cloverbud / Explorer**

**Cloverbud/Explorer Great Pumpkin Adventure**

**Saturday October 19th 8:20 – 10:30 am**

We will be having a fun filled day visiting White Pine Berry Farm in River Falls where we will take a guided wagon ride, a kid friendly corn maze, and pumpkin picking! We emailed out the registration form as well as attached it to the end of this Informant.

Registration Due by October 11th

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**Display Contest for National 4-H Week**

**2019 4-H Display Contest**

National 4-H Week is October 6-11!

We would like to encourage Pierce County 4-H Clubs to put up a window or yard sign display promoting the 4-H spirit during National 4-H Week! The theme will be “Shake it Up” so please promote 4-H in whatever display format works best! Prizes will be 1st - $50; 2nd - $45; 3rd - $40; 4th - $35; and 5th - $30. Please notify the office the location of your club’s display by Oct, 3rd to be judged. All displays must be up by October 6th and must remain up until Oct. 11th for judging. If your business allows, keep it up all year.

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**Enrollment for 2019-20**

**TIME TO RE-ENROLL FOR THE NEW YEAR!**

**RE-ENROLLMENT with “4-H ONLINE”**

4-H members can start or re-enrolling in the 4-H Online account on September 15th. **Use your current account to re-enroll**, do NOT make a new 4-H online account if you are re-enrolling! Use your family email for the username, and if you forgot the password – click the “I forgot my password” button and one will be emailed to you. If you have any trouble, call the UW-Extension Office and we can look up your username (your username is the email you used to sign up for the account). For forgotten passwords click the - I forgot my password link (you will need to have your email in there) and a password will be sent to your email. 4-H Online has a number of helpful features, check them out at this link: [http://4h.uwex.edu/4honline-for-families/](http://4h.uwex.edu/4honline-for-families/)

New members should create a new account. Call the Extension Office if you need help.

Questions on enrolling call the UWEX Office 715-273-6781
Deadline for 4-H Enrollment
The deadline to be enrolled in 4-H for the 2019-20 4-H year is no later than - **November 1st**

NEW MEMBERS who have never enrolled in Wisconsin 4-H should go to [https://4h.uwex.edu](https://4h.uwex.edu/) and set up your account. All family members in the same household should be on the same account.

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**Horse Project**

4-H Horse Leader Conference

Information

4-H Horse project leaders and youth leaders (7th grade and up) are invited to attend the annual State 4-H Horse Leaders Conference, November 8-10, 2019. This year it is at UW- Oshkosh. Many interesting topics will again be offered. Information, including the registration form will be available at: [http://fyi.uwex.edu/wi4haganimalscience/wi-4-h-horse-leaders-conference/](http://fyi.uwex.edu/wi4haganimalscience/wi-4-h-horse-leaders-conference/). This conference alternates between River Falls and Oshkosh every other year. Go to the website to find out more information.

**Horse Committee**
The next 4-H Horse Committee meeting will be on Tuesday, October 1st at 7 pm in the Annex Conference Room of the Courthouse Annex.

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**Discovery Day**

Save the Date – Saturday, October 26th 8:30-Noon

Join us for a day of fun and hands-on project learning. Open to all youth grades K-12. 4-H members are encouraged to bring a friend to experience what they can do in 4-H. All projects will be taken home. Participants will rotate to different subject/project area stations giving them a chance to explore and learn new projects. A Registration Form is attached at the end of the Newsletter as well as emailed out to 4-H Families and Club Leaders.

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**NEW 2020 Plat Books to be out soon!**

Thank you to the clubs and individuals that helped sell ads for the new plat book. We are a little behind on it but hope to have it rolling on the press very soon and ready for sale by November.

Please do what you can as a club to help sell these books. All proceeds from the sales of these books go to the general 4-H account to help all 4-H members and programs.

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**Fundraising**

**County Fair Silent Auction**

Thank all of those you contributed to the Silent Auction at the fair! We raised $1572.00 to help fund Pierce Co. 4-H programs this year.

The baskets you donated were very creative!

Congratulations to Heartland Hustlers for bringing in the most money from their basket and getting a Dairy Queen Cake for their next club meeting!

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**TSC Paper Clover Campaign**

Tractor Supply Company is Looking for Local 4-H Clubs to Join them for the Fall Paper Clover Campaign. The Fall Tractor Supply Company Paper Clover Campaign is right around the corner, starting October 9, 2019 and running through October 20, 2019. Add $1 at Checkout and your money supports leadership activities for Wisconsin 4-Hers.

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**The Wisconsin 4-H Foundation is offering another way for clubs to participate:** If your club partners with your local TSC to promote 4-H at the store, the Foundation will give your club $50. TSC stores with 4-H clubs’ participation have better sales, and, of course, better sales means more money that can be used to help fund leadership programs throughout the state. There are many TSC stores in Wisconsin, so even if there is not a TSC in your county you can still partner with the TSC that is closest for you. Remember, though, the $50 is awarded to only one club per store. If you are interested, please contact Joanne at the Wisconsin 4-H Foundation at Joanne@Wis4HFoundation.org or (608) 262-1597. The Foundation can provide contact information for the store in your area, then your club and the store can work together to plan your event. Keep in mind that this opportunity is first-come, first-served (one club per store).
Livestock

All Livestock exhibitors will need to attend a Rules Meeting this year. Exhibitors only need to attend ONE rules meeting regardless of how many species they are showing. The first one is coming up on November 17th, 3pm at the Seyforth Building. 2-3 additional dates will be planned during the winter months. Please watch for more details.

If you have questions about the workshops or anything else livestock related please email us at piercecountylivestockcommittee@gmail.com

Beef Workshop
On Thursday, October 3rd 6:30pm, Caleb Dressen will be offering a “Beef Selection & Feeding Workshop” at the Dressen's Farm N4787 515th St. Ellsworth, WI

There are also two upcoming Beef workshops opportunities outside of Pierce County.
Kids n Cows on Oct 12th
MN Beef Expo Oct 17-20th
If any youth are interested in going they should email the livestock committee for more info.

The Beef Weigh-In is coming up on Saturday, Dec. 7th at UWRF Mann Valley Farm. 9:00-11:00 a.m. All market animals need to be weighed in. If any questions call Beef Superintendents Kurt or Nettie Nelson. 715-594-3805.

Kids & Cows Family Day
Kids & Cows Family Day event will be held Saturday, October 12, 2019 at the Barron County Fairgrounds in Rice Lake, Wisconsin. Events Schedule:
Registration 8:00- 9:00
Educational Workshops & Speaker 9:00- 12:00
Food Stand & Ag Olympics 12:00-1:00
Showmanship Competition 1:00-3:30
Breed Show & Supreme Champion 3:30
*Kids are encouraged to bring their own cattle-Kids & adults without will have one provided.
Sponsored by Wisconsin Beef Producers (www.wisconsinbeefproducers.com) or contact Lori Lyons 715-210-0049

Livestock Committee Meetings
The next Pierce County 4-H/FFA Livestock Committee meetings will be held on Monday, October 30 in the Annex Conference Room of the Courthouse Annex. Rules update for 2019-20 will be on the agendas.

Carcass Show Champions 2019
Beef Grand Champion: Joey Shafer
Reserve Champion: Amber Maier
Dairy Grand Champion: Matt Meier
Reserve Grand Champion: Peyton Freud
Lamb Grand Champion: Nina Augustine
Reserve Champion: Andrew O’Connor
Pork Grand Champion: Paige Meyer
Reserve Champion: Dylan Zeilinger

Congratulations!

Shooting Sports

If you are interested in shooting powder burning events next summer such as muzzleloader, shotgun or smallbore rifle or pistol keep in mind that to do these events you must have completed a certified Hunter’s Safety course. If you are going to be 12 soon & still need to complete Hunter’s Safety there is a class starting at Prescott Middle School on October 8th. For more information please go to https://gowild.wi.gov/customers/safetyedclass

Volleyball Tournament

4-H Volleyball Tournament
SUNDAY DEC. 8th
Information and team registration form will be mailed to club leaders soon.
Start getting your club teams ready!
Grades 3 – 7 – Junior Teams
Grades 8-12 Senior Teams
Games will be at the River Falls High School.
Start forming teams now! If you don’t have enough for a team just send in the few you have interested and if we have another team to combine you with, we will. We will try as hard as we can to combine but it is not a guarantee.
Leaders watch for packets end of October that will be due back here end of November.

4-H Newsletter/Informant

The 4-H Newsletter will be sent again this year as an email only UNLESS you let us know you would like to receive the newsletter via regular mail, hardcopy. We will send the November (first of year) and the July (Fair Edition) out to
Learning Opportunities

4 Essential Elements of Positive Youth Development-new Online Learning Modules

Would you like to learn more and how they relate to your role as a leader working with youth? Check out how you as an adult volunteer or youth leader can foster the development of these elements in the youth. You will have an opportunity to

- Learn about each element in relation to different age youth from kindergarten to high school.
- Consider how you can develop life skills in youth.
- Build on what you know to foster the growth of these elements in young people.

Each module is about 7-10 minutes in length. You move through the module at your own pace. It will take you about 30-45 minutes to complete all four modules. Instructions for locating the training on your 4-H Online account are here:


Wisconsin Cloverbud Lessons Available

Nine new activity plans designed specifically for Cloverbuds – youth in grades Kindergarten to 2nd grade – have been released on the Wisconsin 4-H Youth Development web page. Involve 4-H and community youth in activities that are hands-on, fun, and sometimes a little messy. These nine lessons have been developed with Cloverbuds in mind, letting them explore science, theater, service, their senses and their own identities throughout the seasons. Each lesson is clearly laid out to get youth thinking, involve them in a hands-on activity and help them deepen their understanding through processing questions. Each lesson also comes with a family letter – available in both English and Spanish – which helps parents and caregivers continue the learning at home. To download the activities and letters, visit https://fyi.uwex.edu/wi4hcloverbuds/activity-plans/ and click the “Unlock Activities” button. After a short survey, you will gain access to lessons from each of two years (nine activities each year), family letters in two languages, and Cloverbud Leader Resources.

Health and Well-being

Understanding the Dangers of Teen E-cigarette Use

The latest data and information to help increase awareness about the dangers of youth vaping. This resource is geared towards students in grades 9-12, and contains a fact sheet on vaping, activity to use with students, infographic and other helpful data on e-cigarettes. Go to this site for activities and complete information:

http://www.scholastic.com/youthvapingrisks/

Recreational Marijuana Versus Medical Marijuana

“Chronic State” shares Colorado’s story since legalizing marijuana 5 years ago. It is a candid 60 minute video to start or continue the conversation regarding the legalization of addictive substances in Wisconsin. To watch the vide visit:

https://vimeo.com/280127474

Four Ways Culture Can Impact Mental Health

1. Culture Stigma.
2. Understanding Symptoms
3. Community Support
4. Resources

You can help address the mental health of minorities by understanding the role culture plays in mental health and by becoming trained to help those around you. Mental Health First Aid gives people the skills to identify signs of mental health and substance use challenges and action steps to take to help them get treatment. Find a Mental Health First Aid course near you and #BeTheDifference in the life of someone who may need your support today.

Read the full article here:

National Survey on LGBTQ Youth Mental Health
The Trevor Project’s National Survey on LGBTQ Youth Mental Health has been released. The survey included 34,808 LGBTQ youth respondents between the ages of 13 and 24 from every state in the United States. Here are some key findings:
- 39 percent of LGBTQ youth surveyed have seriously considered suicide in the past 12 months.
- Nearly 1 in 5 LGBTQ youth attempted suicide in the past 12 months.
- 42 percent of LGBTQ youth who underwent conversion therapy reported a suicide attempt in the last year.

Mindfulness for Middle Schoolers
Two new studies from MIT suggest that mindfulness -- the practice of focusing one’s awareness on the present moment -- can enhance academic performance and mental health in middle schoolers. The researchers found that more mindfulness correlates with better academic performance, fewer suspensions from school, and less stress. More at https://www.sciencedaily.com/releases/2019/08/190826153630.htm

Leadership
Save the date for Leadership Day, Saturday, December 7, 2019.
This will feature 4-H club officer training, the annual 4-H leader training session, and many other great leadership activities.
Plan for a fun morning into early afternoon.

Robotics

➢ NXT’s Basics (Beginning Class)
Date: Oct. 21 and Oct. 22
Time: Start 6:00 p.m.  Fee: $5
Locations: Seyforth Building, Fairgrounds
In order to be confirmed you MUST Send in the $5 fee with name and grade and contact info to:
UWEX, PO Box 69, Ellsworth WI 54011
Once we receive your registration you will be confirmed. Classes do fill up and we will take on a first come order so get it in quick.

➢ NXT’s Dancing / Marching Lessons (Grades 4-12) Must have completed basics.
Date: Oct. 29, Nov. 7 and 8
Time: 6:00-8:00 pm  Fee: $5
Locations: Seyforth Building, Fairgrounds Ellsworth
In order to be confirmed you MUST Send in the $5 fee with name and grade and contact info to:
UWEX, PO Box 69, Ellsworth WI 54011
Once we receive your registration you will be confirmed. Classes do fill up and we will take on a first come order so get it in quick.

➢ NXT Speed – How fast can we go? (Grades 6 and up)
**Must have attended 2 or more previous classes.
Date: Nov. 19, 25 and 26
Time: 6:00-8:00 pm  Fee: $5
Locations: Seyforth Building, Ellsworth
In order to be confirmed you MUST Send in the $5 fee and name, grade and contact info to:
UWEX, PO Box 69, Ellsworth WI 54011
Once we receive your registration you will be confirmed. Classes do fill up and we will take on a first come order so get it in quick.

➢ EV3 Basics Welcome to our latest Mindstorms series, EV3, The next EVolution. (3rd generation). This is a basics class for all. This will be a 2 part Class. Day 1: building and EV3 programing basics, Day 2: programing and teardown.
Date – Dec. 16 and 17  Fee: $5
Time 6:00-8:00 p.m.  Send in fee & name.
Discovery Day
Saturday, October 26th, 2019
8:30 AM to 12:00 PM
At the Seyforth Bldg., Pierce Co. Fairgrounds
Cost: $10 for 4-H Members or $15 for non-4-Her’s
Registration Due no later than Monday Oct. 14th

Join us for a day of fun, hands-on project learning. Participants do not have to belong to 4-H. Open to all youth grades K to 12. 4-H members are encouraged to bring a friend to experience what they can do in 4-H. Participants will rotate to selected workshops giving them a chance to explore and learn up to 4 new projects. A morning Snack will be provided. Be sure to include food allergies when registering.

Name________________________________________
email please PRINT:
____________________________________________
Phone #_____________________________________
Grade_______
4-H Member? ____Yes _____No
Emergency Contact Name:
____________________________________________
Emergency Contact phone_____________________
Allergies (Food or Other) If none write none
____________________________________________
____________________________________________
Amount included with this registration:
_____ $10 (4-H member)
_____ $15 (non-4-H member)
Checks payable to- Pierce County 4-H
Due no later than Monday OCT. 14

You will be able to attend a total of 4 sessions. Please number the sessions below in order of your preference 1-6. We will do the best we can to get your first 4 preferences.

____ Introduction to Llamas
____ Snapcircuits and Electricity
____ Basic Foursquare Sewing
____ Entomology and Bug Collecting
____ Vet Science- (How to have happy & healthy Animals)
____ Wildlife Challenge
____ Leathercrafting
____ Fun with Computers
____ Glass Etching (5th grade and up)
____ Making Apple Jelly and Preserving Apples
____ Quick and Easy Baking (5th and up)
____ Yarn Art
____ Holiday Card Making

Send in by Monday Oct. 14th to:
Pierce County Extension
PO Box 69
Ellsworth WI 54011
Or bring in to Extension Office in lower level of the Courthouse Annex in Ellsworth. Must be in by Oct. 14th!
Older Member Haunting Experience

“The Haunting Experience” for grades 8-12
Saturday, October 19th 2019  6:00 – 10:45 pm

Join us in a thrilling and terrifying trip
to the scariest haunted hayride & house in Minnesota.

“If you and your group are brave enough to join our haunted hayride attraction, you will be taken through the terrors of Wilhelm Steelworks, scream as we pass our haunted forest, and jump out of your seat as you spot the creatures that lurk along the tractor trails.” Your admission includes the hayride and the haunted house so do one or both. Navigate the haunted house’s winding corridors and be mortified with diabolical sights, sounds and smells. Wonder through the remains of an abandoned hospital if you dare… If you only want to do one experience, you can shop in the store, or sit by the bonfire and wait for the group to finish before leaving.

We will have two Pick up/Drop off Locations:

Pick Up- River Falls High School @ 6:00  Drop Off- River Falls HS @ 10:45
Pick Up- Prescott Tractor Supply @ 6:20  Drop Off - Prescott Tractor Supply @ 10:30

*PLEASE ARRIVE 10 MINUTES EARLY TO EACH ALLOTTED TIME*

Must be at least 12 – this is a high scare haunt. Bring a friend!

Registration Due: October 11

Name_________________________________ Grade _______ 4-H Member?  Yes  No

Email (print)__________________________________________

Parent Phone_________________________________ Participant Phone_____________________

Emergency Contact Name___________________________  Number____________________________

Amount Due: ______$27 4-H Member  ______$30 Non-Member  (If paying for more than one participant please fill out a SEPARATE FORM for each. You can use one check to pay for all)

Minimum amount of 20 participants required for this trip

Allergies/ Health Issues (Food or Other) if none write NONE_______________________________

Bus Pick Up/Drop Off Location (circle one)  River Falls  Prescott

Registration is Due to the 4-H Office by October 11th, 2019. Mail or bring to UW Extension
432 W. Main St. Courthouse Annex PO Box 69
Ellsworth, WI 54011

Checks made payable to Pierce County 4-H
Cloverbud/Explorer Halloween Day Camp
“Great Pumpkin Adventure”
Saturday, October 19th 2019 8:20 AM to 11:30

Join us for a fun filled day including a guided wagon ride, a kid friendly corn maze, and pumpkin picking!

If you are riding the bus: we will have two pick up/ drop off locations available:
Ellsworth: Pierce County Office Building- Pick up @ 8:20am  Drop Off @ 11:30
River Falls: High School Lower Level Lot- Pick up @ 8:35am  Drop Off @ 11:10
*PLEASE ARRIVE TO 10 MINUTES EARLY TO EACH ALLOTTED TIME*

If you are driving separate: Please arrive to the White Pine Berry Farm (1482 Oak Drive River Falls, WI) by 9am. If you are also picking up your child, please arrive 10-15 minutes before 11.
*Please specify if you will /will NOT be riding the bus and the location on the registration form below*

Registration Due: October 11th

Name_________________________________________ Grade_____ 4-H Member? Yes  No

Email (print)________________________________________

Phone________________________________________

Emergency Contact Name_______________________ Number__________

- Allergies (Food or Other) if none write NONE __________________________________________________________

Will you be riding the bus? (circle one)  Yes  No  Location: Ellsworth  RF
Will a parent/guardian be staying  Yes  No
If Yes, Name and Phone Number __________________________

_____ $13 Paid-Non-Member

_____ $10 Paid-Member (if paying for more than one participant please fill out a SEPARATE FORM for each. You can use one check to pay for all) Minimum amount of 20 participants required for this trip

Registration is Due to the 4-H Office by October 11th, 2019.
Mail or bring to UW Extension
432 W. Main St. Courthouse Annex PO Box 69
Ellsworth, WI 54011

Checks payable to - Pierce County 4-H