What is 4-H?

4-H is a community of young people across America who are learning leadership, citizenship and life skills. 4-H is about having fun, learning, exploring and discovering. In 4-H, young people make new friends, develop new skills, become leaders and help shape their communities. About 50,000 Wisconsin youth are enrolled members of 4-H clubs in Wisconsin. Another 195,000 Wisconsin youth get involved in 4-H through special educational opportunities at school, in after school programs, or at neighborhood or youth centers. These youth live in cities, suburbs, small towns and rural communities. 4-H gives them a chance to pursue their own interests - from photography to computers, from building rockets to raising sheep. A list of 4-H projects is available online. They go places - to camp, to state and national conferences, even to other countries on 4-H exchange programs. They learn to be leaders and active citizens.

In 4-H clubs, they serve as officers and learn to conduct meetings, handle club funds, and facilitate group decision-making. In a growing number of communities, 4-H youth serve as youth representatives in municipal or county government or as members of Teen Courts. They give back to their communities. 4-H members get involved in volunteer projects to protect the environment, mentor younger children and help people who are less fortunate.

4-H experiences are designed to address the four essential elements of positive youth development: Belonging, Mastery, Generosity and Independence.

In the future this is where I plan to highlight what is going on in the county and let everyone know what events are coming up. If any of you have any events to put in this newsletter I ask that you send me and email at neil.klemme@ces.uwex.edu, by the last week of the month. These will be going out on a bi-monthly basis and this section will include events for the following two months. For this edition I want to make sure everyone is aware of the Member Achievement Night planned for October 14, 2012, at 2:00pm at the Veterans Memorial Building in Hurley. Food will be Pizza and Salads catered from The Golden Nugget. We are asking members to invite a friend to come check out the 4-H program. We are proud to be 4-H members and want to get more people involved. The Achievement Banquet is also an opportunity for all members to look back at the year we’ve had and look forward to new possibilities next year. See you then.

Hello Iron County 4-H members, leaders, and families. My name is Neil Klemme, and I wanted to take a minute to introduce myself and tell you a little bit about where I come from. I grew up in Plymouth, WI and became a 4-H member when I was 7 years old. I grew up in a family that includes 5 brothers and 2 sisters and each of us was a 4-H members from 7 or 8 years old all the way through high school. I have been involved in 4-H in some way ever since, as either a volunteer, camp staff person, intern at UWEX, as a staff person in two counties and now as your 4-H Youth Development Educator. I hope that my passion for 4-H is contagious and that I can show you the impact that 4-H has had on my life. I look forward to meeting you all and helping to make your experience in 4-H one that you will be proud of as I am mine.

Hello Iron County 4-H members. My name is Mike Saari and I am a senior at Hurley High School. I’m in a school to work program through the school to here at the court house. I will be assisting Neil on the monthly newsletter along with other 4-H programs. I am looking forward to becoming involved in 4-H.
Thanks to all of the Volunteers who made the Iron County Fair a Success

Several fundraisers take place at the Iron County Fair that support the 4-H program and provide young people with more opportunities to learn and experience new things. The silent auction, held in the exhibitors building, was a success again this year because of the hard work of Kim Pallone. She scours the community trying to find the great prizes that are bid on at the fair.

The second major fundraising effort at the fair was the annual Pie Auction. This year 13 pies were entered into the competition. Thanks needs to be given to the judges who spent over an hour sampling the entries. They were incredibly professional and serious about their job. Thanks to Don Hill, Peter Thewis, and Kyle Anderson for your help. Each pie was judged on a scale of one to five in 5 categories; appearance, aroma, crust, filling, and of course flavor. Entries this year came from:

- Charlene Lintonen
- Cheryl Lintonen
- Jeanne Matchells
- Sharon Ollstad
- Irene Salamann
- Laura Ermling
- Jenna Laurent
- Joe Gajan
- Tony Radavich-Honorable Mention
- Joyce Gajan-Honorable Mention
- Deborah Leonard-Grand, Reserve Grand Champion

What a great event! Unfortunately we didn't have any youth entries this year. Let's make that a goal for next year!

I feel it is important to recognize those who generously supported our 4-H program by buying one of these great pies.

- Hitts Fine Furniture
- Hurley Animal Hospital
- Sandhill Land Service
- Iron County Fire Association
- Duluth Implement
- The Beronich Brothers
- Marty Lippke
- Jim Harma
- Mercer-Kero American Legion Post 375- Saxon WI
- Stoffel's Country Store
- The Beronich Brothers
- Marty Lippke
- Joyce Gajan
- Jim Harma
- Mercier-Kero American Legion Post 375- Saxon WI
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- The Beronich Brothers
- Marty Lippke
- Joyce Gajan
- Jim Harma
- Mercier-Kero American Legion Post 375- Saxon WI
- Stoffel's Country Store

It is also important to recognize the hard work of the volunteers that helped to make the auction a success. Irene Salamann was there to check pies in, to serve the pies to the judges, and pretty much make the whole thing a huge success. Thank you Irene.

The auctioneer for the event and did a great job getting those bidding to keep bidding bringing top dollar for the 4-H program. I think everyone went home happy.

People are always looking around like who would pay 500.00 dollars for a pie. Isn't the pie your paying for your paying for a kid to go to camp, to learn a skill, or to participate in a state or even a national trip—Fair Volunteer.

Volunteers Needed

Throughout the 2012-1013 year Iron County 4-H will be holding several Project Discovery Meetings. The point of these meetings is to open door to all that 4-H has to offer those involved.

Iron county 4-H is putting a call out to any parent, Aunt, Uncle, Friend, or supporter of the 4-H programs to come forward and help lead and plan these Project Discovery Meetings. If you can bake, make things out of wood, take pictures, or have another talent that you would like to share with a young person, We are asking that you get involved in the Iron County 4-H Program. Stop keeping these talents hidden and get out there and volunteer. Project Days will start in January and we will have one a month through June. That way kids will have some great ideas for showing at next years Iron County Fair. The goal again is to show our 4-H members all that they can do in the 4-H program.

Schedule of Events

A little prep needed:

- Make Trail Mix ahead of time using whole grain oat cereal, dried fruits and nuts. See recipe idea ->
- Half a kiwi and a spoon to eat it with.
- Canned chopped fruit chunks in individual paper cups.
- Pretzel rods and cubed cheese or applesauce.
- Celery with peanut butter and raisins (Check with teacher for any student allergies).
- Kabobs of cubed ham and cheese on a pretzel.
- Baked tortilla chips with salsa.
- Kabobs of fresh fruit and flavored yogurt to dip fruit in.

This was the grand champion pie for the 2012 Pie Auction.

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If you have a project related talent that you would like to share with our members, Please contact Neil Klemme at 715-561-2695, or email him at Neil.Klemme@ces.uwex.edu. I look forward to hearing from you.

~ Tasty Trail Mix ~

Mix the following ingredients:
- 1 c dried fruit
- 1/2 c raisins and / or craisins
- 1 c Wheat Chex cereal
- 2 c pretzel sticks
- Half a kiwi and a spoon to eat it with.
- Canned chopped fruit chunks in individual paper cups.
- Pretzel rods and cubed cheese or applesauce.
- Celery with peanut butter and raisins (Check with teacher for any student allergies).
- Kabobs of cubed ham and cheese on a pretzel.
- Baked tortilla chips with salsa.
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~ Pumpkin Dip ~

Mix the following ingredients:
- 1T canned pumpkin
- 1 c low-fat vanilla yogurt
- 1T orange juice concentrate (use 100% juice)
- 1/2 tsp. of cinnamon
- 1 T maple syrup (optional)
- 1T maple syrup (optional)

Dip in with graham crackers

~ Tasty Trail Mix ~

Mix the following ingredients:
- 1 c dried fruit
- 1/2 c raisins and / or craisins
- 1 c Wheat Chex cereal
- 1c Cheerios
- 2c pretzel sticks
- Serve in individual containers or let children scoop their own from a large bowl

~ Pumpkin Dip ~

Mix the following ingredients:
- 1T canned pumpkin
- 1 c low-fat vanilla yogurt
- 1T orange juice concentrate (use 100% juice)
- 1/2 tsp. of cinnamon
- 1 T maple syrup (optional)
- 1T maple syrup (optional)

Dip in with graham crackers
Whole grain crackers (Triscuits)
Dried apricots, raisins, cranberries
Cheese curls or slices
Small size, 100% juice boxes
Whole grain graham crackers
Whole grain mini rice cakes
Toasted sunflower seeds or nuts
Packaged pea pods and radishes
Single serve applesauce cups

Whole grain mini rice cakes
Whole grain, low sugar cereal (Regular Cheerios)
Air popped popcorn
Bagged baby carrots
Fig Newtons
Cherry tomatoes
String cheese
Low fat pudding cups

Constant exposure to low-nutrient foods makes it difficult for children to learn how to make healthy food choices. By providing students with nutritious choices whenever food is available, including in the classroom, schools can positively influence children’s eating habits.

ATTENTION HORSE PROJECT PARTICIPANTS

Here is an opportunity for one of our counties youth to get some recognition on a state level. Check out the links in this article for more information and to download the application form.

- Each county horse project can select one sportsmanship winner from their county. This person will be chosen in a variety of ways and the selection process varies by county. The person nominated from your county for the award will be recognized at the state level as a recipient of this award.
- A person can only receive this state level award once. If a person has won the sportsmanship award from your county in the past, please select another person to receive this state level award.
- Please let that person know that they are the nominee for your county.
- The sportsmanship paper (typically filled out by an adult leader or youth leader) needs to be completed, postmarked by September 18th, and send it to regular mail to Casie Zimmer at: Cassie Zimmer W1719 County Road S Pulaski WI 54162

Alternatively, it can be handed in to Badger DaMuth during the WI State 4-H Horse Expo from September 13-16. The paperwork is attached to this e-mail or is available at: http://www.uwex.edu/onlinpro/docs/2012SportsmanshipAward.pdf

- All award nominations are due by September 16th, 2012. If you have any questions, you can call Casie at: (920) 619-4109 or she can be e-mailed at: wi4hhorse@gwemail.com
- All sportsmanship awards will be given out on Saturday, November 10th right before supper, at the 2012 WI Horse Leader’s Conference. This year’s conference is at UW-River Falls and runs from November 9th-11th. All older youth and leaders are encouraged to attend this conference. Information about the conference is available at: http://www.uwex.edu/keyevents/horseleadershiphtml. You do not have to attend the conference to receive your award. You can come and just receive your award or someone else from your county can pick it up for you. If you are not able to attend the conference, you will still receive your medal and the details of where to send it should be shared with Casie.

Notice that youth and adults can nominate someone for this position. Let’s recognize someone in our county.

Why Do We Do A Summer Camp Program?

Horse project leaders who enter this by working on team building activities at camp counselor trainings. By connecting the group as a team actions become group actions and success of the camp becomes a goal of the entire group. Campers need for belonging is achieved by creating a welcoming environment for the campers from the minute they arrive. Counselors are trained on how to create a welcoming and friendly environment and how to build a sense of team amongst their cabin group. This cuts down on the amount of home sickness and allows campers to begin to work on the next need, independence.

For some of the campers this may be the first time they have ever been away from their parents at night. At this age they are just beginning to see themselves as individuals and are looking for ways to venture out away from parents and siblings. For young adults this can be difficult for first timers. Counselors need to be prepared to handle homesickness and to create a safe place for them to have the confidence to explore this new world away from their parents. Counselors are given the incredible responsibility to care for a group of young people and are taking the steps to develop their leadership, communications, problem solving, and critical thinking skills which will make them better prepared for their next stages of independence in life, college or work.

The third need addressed by a summer camp program is Mastery. Campers and counselors want opportunities to demonstrate growth and understanding of tasks. Camp allows young people to learn new skills they may have never done before and practice some they have done, such as, canoeing, arts and crafts, recreation games, and swimming. It is important for counselors and adult volunteers to create a safe environment that allows young people to fall and try again.

The final need that camps fills for young people is the need for Generosity. Young people want to feel that they can contribute too. This is especially evident in the counselors who give up their time to come to camp and fill a very important role. Camps also provide a feeling of generosity by building into the schedule various activities that allow the campers to contribute, like, camp clean up, invasive plant pulling or some camps will plan a specific community service project and will have each camper contribute throughout the week.

These are the target skills of a summer camp program. Wherever programming is implemented these are the basic needs a camp director is attempting to provide the youth attending the camp. If you have additional questions about camp or have ideas for new camp programs feel free to call Neil Klemme, 4-H Youth Development Educator, at the UW-Extension Office at 715-561-2665.
You may have some cool ideas of your own and I would encourage you to do something. We will plan a bigger event next year when I have more time to organize Iron County. I feel like we have a very enthusiastic and excited group of leaders and youth and I would love to see us try to spread this to others and get others to join 4-H.

The week of October 7th through the 13th is national 4-H week. It is a great time to promote the 4-H program and try to get more kids to join what we already know to be the greatest organization in the world.

Some ideas for your club:
- Window display at a local business
- Display at your School
- Invite a friend to your club meeting
- Plan a fun club outing and invite friends
- 4-H Shirt to school day (I can order t-shirts with your club name on them.)

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