Take advantage of what 4-H offers

Last month I included information about the Wisconsin Arts Lab and I hope that some of you will consider attending. This is a great opportunity for you to meet new people from around the state and learn more about the arts projects in Wisconsin. Call Neil for more information.

I also wanted to share with you some more opportunities that I hope you will consider next year and into the future.

Take a look below for more information about a few 4-H outreach programs:

Purpose of the Wisconsin 4-H Outreach Programs:

- To recognize the accomplishments of outstanding 4-H members in projects, activities, community contributions, and leadership.
- To encourage youth participation in high quality educational programs.
- To demonstrate publicly the quality of the 4-H Program.

National 4-H Conference
Where: Washington D.C.
When: April 5-11, 2013

Six (6) youth are selected to attend this conference held at the National 4-H Center. Each participant selects an issue and works with other youth from across the country to develop plans that help direct future 4-H programming.

Delegates spend the majority of the time contributing to stimulating, task-oriented groups. One day is spent on Capitol Hill meeting with legislators and touring.

Qualifications:
- Be in 7th-10th grade at the time of selection.
- Be a 4-H member or member of another Extension program.
- Carry county approval through time of award.
- Registration fee.
- Some counties offer local sponsorships.

Costs:
- The total cost of the National 4-H Congress is approximately $1,100.
- The Wisconsin 4-H Foundation sponsors a portion of the cost.
- The remaining amount is the responsibility of the delegate and his/her family.

National 4-H Congress
Where: Atlanta, Georgia
When: Nov. 29-Dec. 3, 2013

Delegates participate in self-development seminars, tours, and a service project, while exchanging ideas with youth from across the country.

Qualifications:
- Be in 10th-12th grade at time of selection. Maximum age 18 as of January 1, 2013.
- Be selected at the county level.
- Carry county approval through time of award.

Costs:
- The total cost of the National 4-H Congress is approximately $1,100.
- The Wisconsin 4-H Foundation sponsors a portion of the cost.
- The remaining amount is the responsibility of the delegate and his/her family.

We're on the web:
http://iron.uwex.edu/4-h-youth-development/
https://www.facebook.com/

I have to say I was incredibly impressed with the fair last year. It was my first year and having worked in larger counties in the past I didn’t know what to expect. I was surprised by many things but what I wasn’t surprised by was the quality of the leadership on the Fair Board level, the dedication of the volunteers that gave so much of their time to make the fair a great experience for everyone in attendance, and the enthusiasm of the young people who proudly displayed their art, animals, and other fair projects for those who attend the fair. The 4-H building is a great structure and the history of the building only adds to the feel of the fair. However with all old buildings some things could be freshened up. The display booths could be rebuilt and made more stable. I encourage all of the clubs to take time between now and August to plan out a club booth. The best way to promote 4-H is to show everyone who walks through the building all of the fun you had during the year. I would like to reenforce the building to really highlight the projects made by the 4-H youth. Also, I hope you are all thinking about what you would like to take to the fair this year and give yourself enough time to do your very best. You may be making projects at project meetings and these are great. But I also hope you are thinking about how you can take what you learned and create your own projects. When you decide what you want to take to the fair look in last year book and decide what category it falls under and write it down. I have discussed this with the Fair Secretary and it would be a lot easier for everyone if your projects are registered ahead of time. Your tags can be printed out ahead of time and you would just have to attach them to your project and hand them over. I hope this will make the registration process easier as well.

As with any changes there will be some need for education. I am willing to visit your clubs at any point between now and the fair to help families fill out the registration forms. The key is to think ahead about the projects you want to bring to the fair. I look forward to working with all of you.
4-H Listed Among the Top: Social Impact Report

Our Background
For more than 100 years, 4-H has stood behind the idea that youth is the single strongest catalyst for change. What began as a way to give rural youth new agricultural skills, today has grown into a global organization that teaches a range of life skills. 4-H is dedicated to positive youth development and helping youth step up to the challenges in a complex and changing world. 4-H is dedicated to helping cultivate the next generation of leaders and tackling the nation’s top challenges such as the shortage of skilled professionals, maintaining our globalcompetitiveness,encouraging civic involvement, and becoming a healthier society.

4-H Science
explores such relevant and cutting-edge topics as climate change, water quality and usage, alternative energy, robotics, scientific and technology literacy and sustainable agriculture.

4-H Healthy Living
is a holistic approach that includes encouraging healthy eating habits, physical fitness, the capacity to recognize and direct emotions and the ability to develop and maintain positive social interactions and relationships.

4-H Citizenship
concentrates on community action, leadership and personal development, and communication and expressive arts. Through Citizenship programs 4-H youth develop concrete skills to become capable, confident and contributing citizens.

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Most Effective Youth Organization:
According to and in-depth Longitudinal Study conducted by the Institute for Applied Research in Youth Development, Tufts University; 4-H Youth Are three times more likely to actively contribute to their communities and have higher educational achievement. 4-H prepares young people to step up to the challenges in their community and the world. Using research-based programming around positive youth development, 4-H youth get the hands-on real world experience they need to become leaders.

High Quality Positive Youth Development=
Competence+ Caring+ Character+ Confidence+ Connection.
Ultimately the 4-H youth makes a Contribution to his/her community.

University of Wisconsin, United States Department of Agriculture and Wisconsin counties cooperating. An Equal Opportunity/ Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming including ADA and Title IX requirements.
Superior Snowshoe Walks 2013

January 2nd– Hiking Annual Memorial Walks, Ending at Michigan Information Center, Sponsored by Maplewood Restaurant.
January 9th– Beaver walk sponsored by Beuemer FW.
January 16th– Gogebic Country Club sponsored by Elk & Hoond.
January 30th– Powdertown Mt. sponsored by Powdertown Mt.
February 6th– Brazen Inn Spa sponsored by Brazen Inn.
February 13th– Interstate Mt. Starting at Dudley’s sponsored by Indianhead Mt.
February 20th– Mayo’s walk sponsored by Mayo’s Restaurant.
February 27th– Alpin Inn Powdertown sponsored by Alpin Inn.
March 4th– GCC walk at Mt. Zen sponsored by Maplewood Restaurant.
March 13th– Snow Goose Trail sponsored by Snow Goose ski club consist of post back cook out with band fire. (Everyone bring hamburger or brats to cook on grill, drink and a dish to pass)

A few more things to get on the Calendar

Hello everyone. I am settled in and have met all of the club leaders and most of the youth in the 4-H program. I think it is time that I come to the your club meetings. I would like to get some dates for the 2013 year on my calendar. I could do a few things at the meeting.

A fun activity to liven things up

I could offer some kind of training

I could go over the early registration for the fair, and demonstrate how to fill out the forms.

I could just stop in and say high.

If you have met me already you know that I am a huge fan of the 4-H Club and would really love to help make your club meetings more productive, more fun and something that you will all look back on and say being a 4-H member was one of the greatest things I ever did. When I look back on my 4-H career my club meetings were a place to reconnect with friends, learn what was going on throughout the county, and develop my leadership skills. As I get to watch you all grow through the 4-H program I have made it my mission to provide those same experiences to you.

Give me a call and let me know When an Where and I’ll get it on my schedule.

Attention: Don’t forget a few deadlines that are approaching:

Foods Review: Registration Deadline is January 4th. If you are interested in participating in this event please contact either Neil Klemme At the UWEX office or Kandie Harma.

Art Beat and Art Lab: Application Deadline is January 25th. This event is a lot of fun and a great way to meet people. Contact Neil Klemme for more information. (Wisconsin 4-H Art Beat:Art Beat 3rd-5th grade) (Art Lab is open to 9-12th grade)

Mike’s Monthly Article

This month I will be writing about New Years resolutions and if people actually stick to them all year. According to studies only 22% of people who make New Years resolutions actually stick to them. The common points of the 22% who succeeded were, break large goals into small steps and create small changes that, over time, add up. Other key points include celebrate milestones, share goals with friends, focus on the benefits of success, and last but not least keep a diary of your progress. Theses are a few simple tips for sticking to your upcoming New Years resolutions.

Last year I made one and was pretty successful on keeping it. This year I am not sure if I am going to make one. Unless it is something along the lines of having fun in my last part of high school and first semester of college.

4-H Robotics Program to Start on January 14th.

Call to let Neil know if your interested. There are limited spaces available. Project meeting will run from 6:30-8:00pm @ Iron County Courthouse. A special thanks to Extreme Tool and Engineering for their donation of $5000.00 as well as to the Iron County 4-H Leaders and Parents Association for their donation of $1200.00. Thanks to these generous donations we were able to purchase 4 robots, carrying cases, and battery packs.

New 4-H Leader Training:

This for all new 4-H leaders as well as any leaders who have not gone through the new leader orientation. If you are not sure if you have or not call Neil or Joyce at 715-561-2695.

This will be held on Monday, January 28th, 2013, @ 6:00-8:30. Please contact Neil so he can get a count of how many people will be there.

4-H Wins Big at the 2012 FIRST Robotics World Championship

En-tering the fourth year of its robotics program, 4-H set new records at the 2012 For Inspiration and Recognition of Science and Technology (FIRST) Championship with 21 competing teams and a 4-H team that won second place overall.

The event culminates after six weeks of building, engineering and constructing a 120-pound robot that can play basketball in this year’s challenge “Rebound Rumble.” The event brought thousands of youth together to collaborate and put their Science, Technology, Education and Mathematics (STEM) skills to hands-on use.

With the generous support from Journey’s and Lockheed Martin, 4-H has established 87 FIRST Robotics teams over four years in cities varied as Atlanta, Philadel-

pha, Salt Lake City and West Palm Beach. From urban to subur-

ban, 4-H youth in FIRST Robotics come from incredibly diverse back-
grounds to unite under a shared passion for engineering. That passion earned Scott Bren-

eman and the 4-H Techno Clubs of Accident, Md., the title champi-

onship finals. “I love this because there are so many things that can be done and discovered with ro-

bots,” Breneman said.

For more than 100 years, 4-H has been at the forefront of actively connecting young people to the sciences. Currently, more than five million youth across the nation participate in 4-H STEM programming in topics as varied as robotics, rocketry, wind power, GPS mapping, agricultural science, film making, environmental science and bio-fuels.

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that site of the annual Jack Frost Parade.

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Jack Frost Parade

On December 7th the annual Jack Frost Parade was held in Ironwood MI. Along with dozens of other floats and groups represented the Iron county 4-H program also showed their 4-H pride.

Several youth dressed up like trees, the theme of the parade, and walked the 4 blocks of the parade handling out candy and enrollment information for Iron County 4-H. Organized by Kandie Harma and the Hurley Lucky Clovers, the group wore homemade tree costumes, some that lit up, and marched down the road. What a great way to demonstrate enthusiasm for the 4-H program. Thanks to everyone who walked and here’s to more involvement in the 2013 Jack Frost Parade.

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January, 2013

“I love to see the kids showing the pride to be in 4-H. This is how we grow, let’s keep it up and show everyone the great young people here in Iron County.”

Neil Klemme - Unbiased 4-H Educator

4-H SPIRIT
On display at the Jack Frost Parade

4-H Swimming Party December 16

Enjoy the Family Meal

Family meals are important. You create close bonds and lifelong memories around the family table. A “family meal” is when the people you live with come together to eat and talk. It can include everyone or it can be just you and your child. Family meals don’t have to be fancy, and they can teach your child about healthful eating. You can be a good role model. When you try new foods, your child may be more willing to try new foods.

Try these easy ways to make family meals a pleasant part of your routine:

- Set a regular family mealtime. Regular mealtimes give your child a better chance to eat a variety of foods. This helps your child get the right amount to grow, stay well, and keep a healthy weight.
- Eat around a table. It’s easier to talk and listen to your family when you face each other. It’s harder to see each other when you eat side-by-side at the kitchen counter.
- Enjoy meal talk. Family meals are a great place to share your daily lives and laughter, and to pass down your values and traditions. Make easy conversation—no nagging or complaining. Talk so everyone can be a “Star” at mealtime. Don’t take over. Your child will listen and learn by feeling included.
- Be realistic about mealtime. Try to sit down together. Keep meals from lasting too long. If kids get fussy, your family meal won’t be fun. Stay together until everyone has finished eating.
- Eat easy, healthy and tasty meals. Think of meals your family likes that are quick and healthy. Make a shopping list for your weekly family meals and get your family to help with shopping, cooking, or cleanup.