



4-H Family Newsletter

January-February 2015

UW
Extension

Cooperative Extension University of Wisconsin-Extension

P.O. Box 218, Courthouse, Washburn, Wisconsin 54891 Phone (715) 373-6104 FAX (715) 373-6304

Dear 4-H Families,

Each year the Bayfield County 4-H Leaders Association takes out an insurance policy with American Income Life that provides accident insurance for all 4-H members while participating in a scheduled 4-H club or project meeting.

WHAT IS THE COVERAGE PROVIDED BY THIS INSURANCE?

The American Income Life Policy provides up to \$2500.00 for any injury that is sustained during a 4-H program. If an injury takes place during a 4-H event you should immediately contact the 4-H office and provide the necessary information to submit a claim. To view the complete coverage of this policy you can visit the American Income Life website at: <http://www.americanincomelife.com/TOBAnnual.aspx>

AM I COVERED UNDER THIS POLICY IF I AM A 4-H LEADER?

Only 4-H Leader's who have requested to be included by the accident insurance policy and paid \$1.00 are covered. If you would like to receive this coverage or double check that you requested accident insurance call the 4-H office.

ARE THERE ANY 4-H EVENTS or INJURIES THAT ARE NOT COVERED?

This policy does not cover illness, eyeglass replacement, suicide, aviation accidents, hernia in any form, loss covered under Medicare, injuries sustained while downhill skiing, tobogganing, bobsledding, or snow tubing.

IF WE ARE PLANNING TO DOWNHILL SKI, OR A SLEDDING EVENT HOW CAN WE GET INSURANCE COVERAGE? American Income Life provides a group insurance policy that can be taken out prior to this event. This policy **MUST** be taken out prior to a 4-H sponsored event or club activity. Specifically, these activities are: downhill skiing, tobogganing, sledding or tubing.

CAN WE GET INSURANCE FOR A 4-H EVENT FOR THE COMMUNITY? A group policy can also be taken out to provide insurance to non 4-H members or uninsured 4-H Leaders and parents who are participating in a recognized 4-H event. To apply for this additional 4-H event coverage you can either call the 4-H office or take out a policy at the American Income Life website at:

<http://www.americanincomelife.com/frm4HOnlineApplication.aspx>

There are three levels of coverage that cost between .15 .20 and .23 cents/per person/per day. There is a minimum charge of \$8.00 per policy that is taken out.

IS THERE ANY LIABILITY INSURANCE FOR 4-H LEADERS?

All certified 4-H Leaders are covered by a \$ 10,000,000 Bayfield County's County Mutual Liability Insurance Policy.

If you have any questions about 4-H Insurance, please call us at the 4-H office.

Ian Meeker
4-H & Youth Development Educator
Bayfield County

Donna Ganson
4-H Program Assistant
Bayfield County

Events Calendar

FEBRUARY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Sewing Camp
8	9	10	11	12	13	14 Book Across the Bay
15	16 Leaders Meeting	17	18	19	20	21
		← Superior Days →				
22	23	24	25	26	27	28 Kiting Club Demo



MARCH 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 CANSKI Shindig	4	5 CANSKI Gear Check-In	6	7
8	9	10	11	12	13	14
15 Mojakka Dinner	16 Leaders Meeting	17 CANSKI Gear Check-In	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January

31 Ashwabay Summit Race



February

7 Sewing Camp, 10 am-2 pm, Iron River Community Center

14 Book Across the Bay

16 Leaders Association meeting, 7 pm, Iron River Community Center

17-19 ... Superior Days, Madison

28 CheqBay Kiting Club demo w/ UMD

March

3 End of Year CANSKI Shindig

5 & 17 .. CANSKI Gear Check-In

15 Mojakka Dinner, 12-2:30 pm, the Workshop in Oulu

16 Leaders Association meeting, 7 pm, AERC

**The dates for the Bayfield County Fair this year are:
August 6 - August 9, 2015**

Its never too early to start working on projects for the Fair! Take a look at the 2014 Premium List for project ideas:

<http://www.bayfieldcounty.org/DocumentCenter/View/2125>

2015 Sewing Camp

Saturday, February 7

10am – 2pm

Iron River Community Center

Pants & Patterns—the Basics

You are invited to the 2015 Sewing Camp to be held on Saturday, Feb. 7, 10-2 at the Iron River Community Center. This year we'll be making simple pants or shorts from a Simplicity pattern. Kids will learn and practice basic sewing skills like reading and understanding pattern lingo, cutting out a pattern, sewing and finishing seams, and making a waistline casing. You can make some cozy lounging pants or fun shorts for the warmer weather. Attached you will find the back of the pattern envelope that has information on how much fabric to buy for your size and choice of pants or shorts. Woven fabrics like cotton or cotton blends or flannel are recommended –

1520

Simplicity
easy-to-sew



- ◇ Patterns have been ordered and given to you at Sewing Camp
- ◇ Cost is \$1 to cover the pattern

What to bring:

- Your prewashed fabric
- Thread to go with the fabric
- 1 inch wide elastic, enough to go around your waist + 2 inches
- A sewing machine
- Iron and ironing board if you have them
- Scissors, pins, seam ripper
- A sack lunch
- A sewing helper

Sandy Rau will be coordinating our camp again this year. Feel free to contact her or Donna if you have any questions.

avoid knits for this project. Remember to prewash your fabric.

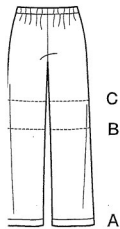
- ◇ **To register:**
Contact Donna ASAP at 715-373-6104 ext. 4 or donna.ganson@uwex.ces.edu

We hope to see you there!

1520

PIECES/PIEZAS

Patterns and Instructions
available in Français
à l'intérieur de
l'emballage.



CHILD'S, TEENS' AND ADULTS' PANTS AND SHORTS IN TWO LENGTHS

Fabrics: Cotton and Cotton Blends, Flannel, Gingham, Laundered Cottons, Baby Cord, Batiks, Broadcloth, Calico, Chambray, Poplin, Seersucker, Sweatshirt Fleece, Cotton Interlock. For Children's sizes, if used as sleepwear, use fabrics and trims that meet the flammability standards set by the U.S. Government. Extra fabric needed to match plaids, stripes or one-way design fabrics.

Notions: Thread. Look for Simplicity and Wrights® Trims.

BODY MEASUREMENTS	CHILD'S / TEENS				In
	24-25	26-28	30-32	34-36	
Hips					
Sizes	XS 4-5	S 6-8	M 10-12	L 14-16	

All Views worn 1" below waist

	45***	60***	1 1/2"	2"	3"	4"	Yd
A Pants	1 1/2"	1"	1 1/2"	2"	3"	4"	Yd
B Shorts	1 1/2"	1"	1 1/2"	2"	3"	4"	Yd
C Shorts	1 1/2"	1"	1 1/2"	2"	3"	4"	Yd

A,B,C Elastic 1/2 yd. of 1" wide; Ribbon or Twill Tape 3/4 yd. of 3/8" to 1/2" wide

GARMENT MEASUREMENTS (Hip Printed on Pattern Tissue)

	30 1/2"	32 1/2"	35"	38 1/2"	In
A,B,C Hip					
A Side Length	27 1/2"	29 1/2"	34 1/2"	35 1/2"	In
B Side Length	14 1/2"	15 1/2"	17"	18 1/2"	In
C Side Length	9 1/2"	10 1/2"	12"	13 1/2"	In
A Leg Width	15"	15 1/2"	16 1/2"	17 1/2"	In

BODY MEASUREMENTS	TEENS / ADULTS				In
	31-32 1/2"	35-37	39-41	43-45	
Hips					
Sizes	XS	S	M	L	XL

All Views worn 1" below waist

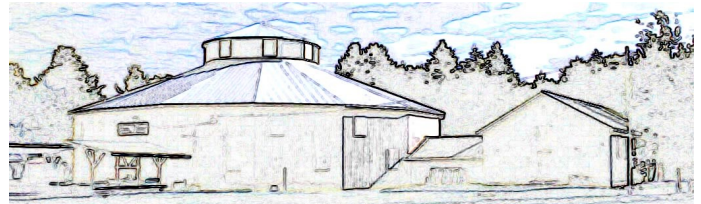
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B Shorts	1 1/2"	1"	1 1/2"	2"	3"	4"	Yd
C Shorts	1 1/2"	1"	1 1/2"	2"	3"	4"	Yd

A,B,C Elastic 1 1/2 yd. of 1" wide; Ribbon or Twill Tape 3/4 yd. of 3/8" to 1/2" wide

GARMENT MEASUREMENTS (Hip Printed on Pattern Tissue)

	36"	40"	44"	48"	52"	In
A,B,C Hip						
A Side Length	42 1/2"	43"	43 1/2"	44"	44 1/2"	In
B Side Length	20"	20 1/2"	21"	21 1/2"	22"	In
C Side Length	15"	15 1/2"	16"	16 1/2"	17"	In
A Leg Width	19"	19 1/2"	20"	20 1/2"	21"	In

*without nap **with nap ***with or without nap



Reminder: The Fair dates are different this year. They will be on the second weekend of August (August 6-9) so make sure to time your projects accordingly!

What's going on at the Fair this year?

Keep up with what is new at the Bayfield County Fair. Check it out and "Like" them on Facebook!

<https://www.facebook.com/bayfieldcountyfairwi>

LETS GET STARTED! A Message to Mem- bers ...

January and February are a great time to get started with your 4-H projects and avoid the last minute "it's almost fair time – too much to do!" blues. Start by setting some goals and writing them down on your project record sheets. **If you start your record book now, you'll be way ahead in August when it's time to turn them in!**

Tips on Setting Goals for your Projects:

- Set goals for what you'd like to learn and do individually. You might also set goals as a project group for what you'd like to accomplish.
- ◇ As the year progresses, record what you did and learned in your record book on the project pages.
- ◇ At the end of the year, reflect on what you've done and learned and celebrate what you've accomplished in your record book with words and pictures.
- ◇ Remember—It's okay for goals to change as the project work happens.

LETS GET STARTED! A Message to New and Continuing Project Leaders ...

As you look to the year ahead, think about how you can help your project members have a great learning experience this year. Set a goal for yourself to get to know your group early and offer support through project meetings and making yourself available for questions outside of scheduled meetings.

(We know the most important rewards of being a project leader are intrinsic, but the Bayfield County 4H Leaders Association will say a small thank you for your efforts again this year by covering the cost of your season pass to the fair when you document the time you've spent working with your project kids.)

- **Establish a schedule** of project group experiences where members may gather to work together on their project. This schedule could be once a month for six months, four Saturdays in a row, or three times a week during the month of June. The important thing is that members and adults gather to learn and have fun together.
- **Vary the activities** that occur at project meetings. Talks and demonstrations might be presented at one meeting, a field trip to secure resources for project work might be at another, and two or three meetings might be spent working on specific components of a project item.
- **Allocate time at project meetings to update project records**, answer questions, have members report on progress made, and help them think about what comes next.
- **Try to maintain contact with parents** of members. Answer their questions and encourage them to work with their members at home on their projects. Parents might be invited to attend one or more project meetings.
- **Allow time for members to bring their project work to a meeting.** Have each member review and evaluate his or her work. Review the planning sheets and the goals they set

earlier. Give recognition for the work that has been accomplished. Youth, like most adults, have unfinished work or tasks, but they will probably be willing to discuss what they have accomplished.



- **Celebrate the accomplishment of learning by doing.** Some clubs have an after the fair show and tell of favorite projects. This gives kids an opportunity to share accomplishments they're proud of with people they care about who care about them.



Young people, parents and project leaders all need to work together to see that 4-H project work occurs, that learning by doing takes place, and that everyone has fun while developing the life skills of decision-making, communication and responsibility.

Adapted from article written by Sheri Seibold, Extension Educator, Youth Development, University of Illinois Extension, Matteson Center.

Meet Your Ambassadors



My name is Anna Edmunds and I am a freshman at Washburn High School. I have been a member of Ashwabay 4-H club for ten years. My favorite projects are food preservation, art, canoeing, adventure, and CANSKI. In school I participate in cross country running, soccer and student government. I also play the saxophone in the concert band and jazz band. Some of my other hobbies include waterskiing, biking and swimming.



Hi! I'm Kelsie Shields, a sophomore at Washburn High School and a member of the Friendly Valley 4-H Club. I've been involved in 4-H for almost ten years now. My favorite projects are art and photography, and this past year I have enjoyed being a counselor at 4H Camp, a member of CANSKI, and a junior superintendent in photography at the Bayfield County Fair. I am super excited for this upcoming year where I will be visiting Washington D.C. though the 4H Washington Focus trip, participating in 4H Adventure trips, and hopefully seeing you all at 4H Camp!



Hi, I'm Reed Edmunds, a junior at Washburn High School. I have been a 4-H member for eleven years with the Ashwabay Club. I particularly enjoy the woodworking, fishing, and service projects and racing with CANSKI. I also enjoy snow kiting and kiting on Lake Superior. I have worked on several woodworking projects for Faith in Action. In high school I am involved in the ecology club, jazz band, and the band where I play the trumpet and the clarinet. In my free time I enjoy boating, all sorts of hunting, Cross Country Skiing and downhill skiing.



My name is Emma Meeker. I am 16 years old and a Sophomore at Washburn HS. I am a member of the Ashwabay club and have been a part of 4-H since I was a Cloverbud. This year I am very excited to be a youth delegate and travel down to the state capitol for Superior Days! I enjoy being a part of sport teams such as our high school Volleyball, Soccer and Alpine Ski Teams. I also enjoy taking pictures, traveling, and being outdoors. Some of my favorite projects with 4-H are photography, outdoor adventure trips and being a counselor at 4-H Camp.

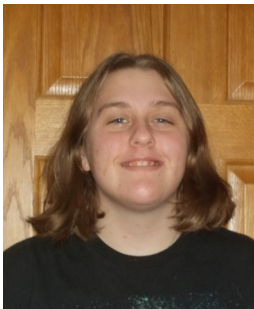


I am Micah Tuura from the Gitche Gumee 4H Club. I am a senior at Northwestern High School and my favorite subjects in school are math, science and physical education. I also enjoy playing sports; football, golf, baseball, etc. at school and down hill skiing, water skiing, tubing, knee-boarding, wake-boarding, swimming and just about anything else that is outdoors. After school everyday I lift weights to build muscle to play college football and to stay in shape. I am an avid hunter and enjoy fishing all year round. I coach my sisters 3rd & 4th grade basketball team and help with my brothers baseball team in the summer. I love to relax when I can but when I can't I work hard to get the things that need to be done finished. But, over all I like to hang out with my family and friends. Within 4-H I'm in woodworking, clothing, cooking, fishing, hunting and a few other things. My sisters and brother are also in 4-H too, so I help them and the kids that are with them during their 4H project meetings and I like seeing them be proud of what they have made with or did with their own two hands.



My name is Bridget Motiff. I am a sophomore at Washburn High School and am a member of the Ashwabay 4H club. I enjoy the photography and drawing projects. Outside of 4H I play volleyball, basketball, soccer.

Meet Your Ambassadors continued ...



Hello, my name is Autumn Pully. Right now I am a Sophomore at Ashland High School. I am a member and Secretary for the Whittlesey Creek 4-H club. I am also a member of the Ashland FFA, where I am the reporter. My hobbies consist of drawing, painting, and attending rabbit shows. With my rabbits I have won a Best in Show, a Reserve in Show, multiple Best of Breed awards and multiple Best in Show awards at the fair. I enjoy teaching youth about showing rabbits, rabbit showmanship, and sheep showmanship. My hopes are to teach youth about rabbit judging at a rabbit workshop in the future.



Hi, I'm Nicole Lupa, a sophomore at Ashland High School where I enjoy playing volleyball and softball. I am a member of the Ino Valley 4-H Club. I enjoy the photography project and working with the younger members. I'm active in county and state 4-H events and have attended Youth Conference in Madison, Winter Camp and Summer Camp. I am looking forward to being an active 4-H ambassador.



4-H SUMMER CAMP DATES JULY 10-12

We will be holding 4-H Camp at Camp Northwood's in Delta again this summer. Registration information will be sent out in the May 4-H Newsletter. If you are interested in helping out with planning our 4-H Summer camp call the 4-H Office. Counselor applications will be mailed out to all counselors and CITS from last year. If you were not a counselor last year or know someone who would like to apply, have them request an application by calling the 4-H office.

UWEX Nondiscrimination Policy

Periodically, UW-Extension takes steps to assure that our partners know and understand our policy of non-discrimination. This letter is to remind or notify you that the University of Wisconsin-Extension does not discriminate in the treatment of individuals, in the admission or access to its programs and activities, in the provision of services, or in employment.

Further, UW-Extension will not participate with organizations or in activities which discriminate on the basis of any of the legally prohibited categories of discrimination. Categories of prohibited discrimination include race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental status, arrest or conviction record, or membership in the national guard, state defense force or any other reserve component of the military service.

Consistent with the Americans With Disabilities Act, persons who need materials in alternative format or other accommodations must write or call the UW-Extension contact person for the specific program or call the Bayfield County Extension Office, 715-373-6104, at least ten (10) working days prior to the event.

Individuals who need TTY access may contact the Bayfield County Extension Office by calling the Wisconsin Telecommunications Relay System, 1-800-947-3529 or 711.

What's A Quinzhee?

Q & A with Mitchel Hinson:

Mitchel, how was winter camp? Did you sleep outside?

Well, we slept in a quinzhee. We had very large sleeping bags so it wasn't too cold.

What is a quinzhee?

A quinzhee is a type of igloo that begins as a large pile of snow and then is dug or carved out to make it like a cave. It has two openings in the side. The snow acts as an insulator and a wind barrier.

Did you get much sleep?

I woke up, tucked down into my sleeping bag so my head was completely covered. I heard movement from the other people in the quinzhee and I thought they must be waking up to go out to the bathroom. But when it continued I poked my head out because it was keeping me awake. At first I thought somebody had turned their headlamp on and was shining it right at me. Then I thought two people were shining headlamps at me. I finally realized it was daylight coming in through the two openings. I had been sleeping so well in my sleeping bag in the quinzhee that I could have slept for at least another hour.

What else happened at camp?

Doug Liphart went through the ice three times.

One of the optional rotations we had was an ice safety and rescue class. It was done by Doug Liphart. He taught us a lot about hypothermia. He taught us the signs to detect if you or someone else has hypothermia. He mostly focused on mild or beginning stages of hypothermia. He also talked about what you should



Testing out what it feels like to sleep in a snow shelter were Lucas Stiemann, Justice Moore and Mitchel Hinson

carry in a pack whenever you are out on ice. As part of the class he took us out on the lake and showed us how to use an ice chisel to test if the ice is safe. We practiced two ways of saving someone who has fallen in the ice. One way needed more people but no tools, the other needed less people but required a length of rope. Doug jumped into a pre-cut hole and we saved his life.

Is there anything else you would like to say about winter camp?

I had a great time meeting new people and getting outdoors in winter.

Wisconsin 4-H International Exchanges

Wisconsin 4-H challenges youth to become global citizens by offering international homestays and hosting experiences as well as intercultural workshops offered on a county, district and state level.

HOSTING OPPORTUNITIES

Hosting is a unique opportunity for both rural and urban 4-H families to host a visitor from another country. During the summer, Wisconsin 4-H

families welcome 12-17 year old Argentinean, Costa Rican, Finnish, Japanese, Korean, Mexican, and Norwegian delegates or their adult chaperones into their homes for one month (July-August).

Opportunities also exist for hosting Japanese or Eurasian students for the school year. Students between the ages of 15-18 study in Wisconsin high schools while living with a

host family for ten months to improve their English, learn about American culture, and become part of an American family.

Applications are due in late winter/early spring.

FOR AN APPLICATION or more information contact Ian or visit <http://wi4hinternational.org/>

Winter Camp

This year Bayfield County sent 7 Older Members to the annual 4-H Winter Camp at Camp CrossWoods. They joined another 40 4-Her's from Northern WI. Highlights included building and racing Cardboard Sleds, hands on science experiments, GPS orienteering, Ice Rescues, Building a Snow Quinzee and a competitive game of Broomball. Congratulations to Mitchel Hinson and Justice Moore who slept in the Quinzee for their first Winter Camping overnight experience.

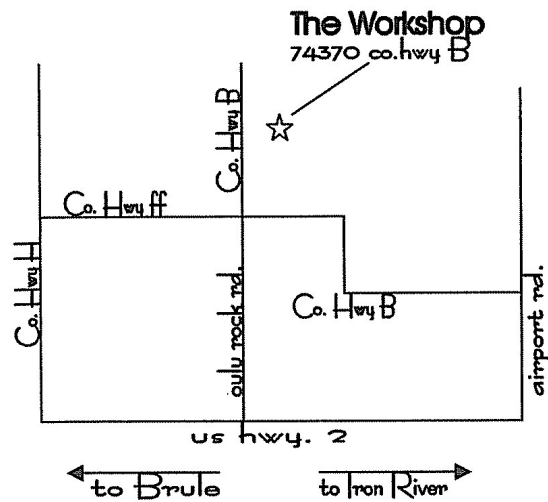


Gitche Gumee 4-H club hosts the annual MOJAKKA SUPPER

March 15, 2015 - 12:00 - 2:30PM
"The Workshop" in Oulu, WI
74370 Cty. Hwy. B

Mojakka is a kind of Finnish beef stew. Also served will be: Finnish flat bread, butter, pickles, pickled herring, rice pudding & fruit topping, coffee, milk & desserts

Adults:\$5.00
 Kids 6-12:.....\$4.00
 Family of 4\$15.00
 (each additional child add \$2.00)



The Workshop is 6 miles north of US 2

Resources for Project Leaders and Members

Here are some resources you can check out from our office:

Digital Exposure Handbook: helps beginners and enthusiasts understand this technique in a clear and easy to understand way

Bryan Peterson's Understanding Photography Field Guide: an all-in-one guide to help you take better photos anytime, anywhere, with any camera

Dog Training and Dog Tricks: supplemental info on dog training with great photos

Project Butterfly Wings: member or leader guide on butterflies

Your Rabbit: a Kids' Guide to Raising and Showing

Beef Resource Handbook: in-depth project resource with helpful illustrations

The Horse: an authoritative and comprehensive study of horse science

Science Experiments You Can Eat Vicki Cobb

Unforgettable Experiments That Make Science FUN, Naked Eggs and Flying Potatoes Steve Spangler

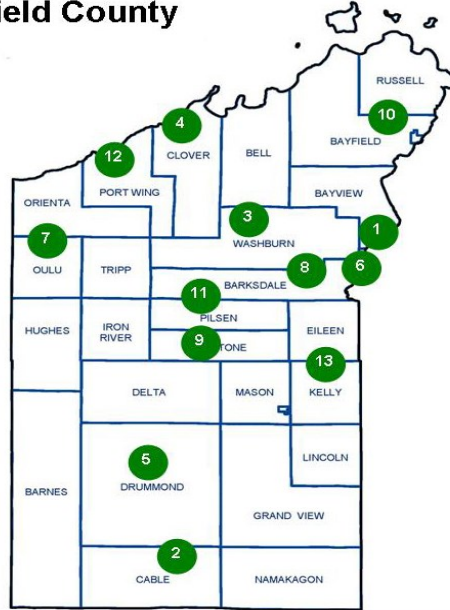
101 Great Science Experiments: A step by step Guide. By Neil Ardley

The Honey Files: a Bee's Life video and teaching guide

Club Corner

Township Map of Bayfield County 4-H Clubs

1. Ashwabay
2. Cable Badgers
3. CANSKI
4. Clover Valley
5. Drummond Explorers
6. Friendly Valley
7. Gitche Gumee
8. Hillcrest/Mt. Valley
9. Ino Valley
10. Northern Lights
11. Pine Creek
12. Whispering Pines
13. Woodland Workers



Ashwabay

November Meeting - 11/16/14

Officer positions decided:

Co-Presidents: Emma Meeker & Bridget Motiff

Treasurer: Teddy Geisen

Secretary: Pooja Geisen

Resend out email link to sign up for 4-H. Went through events planned for the year. Have everything set and ready for the Thanksgiving Meal donation table at the IGA

Attendance: Hinsons, Geisens, Edmunds, Meekers, Motiffs, Shanks, Koubas

*Submitted by Pooja Geisen
Secretary, Ashwabay 4-H*

December Meeting - 12/14/14

- Treasury Balance: \$432.31 (After giving \$171 to the BRICK)
- Made chocolate covered pretzels and snowflakes. Played unwrapping game.
- Discussed Powder Ski Weekend (March 6-8, 2015). Motion was made by Anna Edmunds to go to Powderhorn Ski Resort in

Michigan for a ski weekend.

Anders Geisen second the motion. Everybody else agreed with the motion. Edmund's family is in charge of lodging and details about costs and who is all is going on the trip.

- Be sure to pay your dues. \$3 per 4-H member should pay their money to the treasurer, Teddy Geisen.
- January meeting: Talk about maybe camping on an island during the summer. (1-2 days?)

Attendance:

Laurel, Anna, Emma, Bridget, Pooja, Anders, Ryan, Teddy, Sean, Mitchel, Erin, Charlie & Reed

*Submitted by Pooja
Secretary, Ashwabay 4-H Club*

Friendly Valley

How long do you think that you can survive if you fall through the ice? We explored that possibility at our December meeting at Becca Crumb's house. Jason Johnson presented us with a test to see how well we could function after placing our hands in ice water for two

minutes! First we placed our hands in ice water for one minute. Then we had to pick up coins, write our names, squeeze hand grips, and tie shoes to see how much more difficult it is to do this when your hands are cold. Next we put our hands in ice water for two minutes and did the same as before.



Seth said his hands got cold in just 30 seconds. Jack said, "How do you keep your hands in ice water without losing it?" Anna stated that you don't understand how fast your body starts shutting down once your body is in ice water, and Brian did not like putting his hands in ice water at all. I remember Jason told us not to leave your hands in ice water for more than two minutes.

These are some of the things that we learned from our meeting;

- Always go on the ice with someone -Elizabeth Johnson
- No ice is safe ice -Erik Maki
- Always bring an ice pick, life preserver, phone, and dry suit -Seth Johnson
- Even experienced people can fall through the ice

*Submitted by Sophia Kovach
Friendly Valley 4-H*

(Continued on page 10)

(Continued from page 9)

Whittlesey Creek

The Whittlesey Creek 4-H club, along with the Court Manor Activities Department, came together for a craft activity with residents to make calendar markers for the month of January! They made polar bears using cotton balls, yarn, buttons, and styrofoam plates to create the craft. Everybody had a great time!

Thank you to the wonderful residents and staff for having the club join in!

Submitted by Sarah Pully
Whittlesey Creek 4-H



Court Manor Residents hold up Polar Bears they made during a visit by the Whittlesey Creek 4-H Club.

Ino Valley 4-H

The January meeting was called to order by acting president, Haley Kastern. Pledges led by all members.

We met at the bowling alley in Iron River. We discussed our club calendar and events for the year. Awards were given out to our Cloverbuds and older members. Our officers for the 2014 \2015 year are :

- President:** Haley Kastern
- Vice -President** Laeken Ramsey
- Secretaries:** Abby and Brittany Kastern
- Treasurer:** Meghan Kurilla/ Skyler Ramsey



Ino Valley members enjoyed bowling at their January meeting!

Historians: Brielle Mesik, Terra Ramsey

Meeting adjourned by President Haley, seconded by Brille Mesik. Members then bowled and had pizzas.

Submitted by secretaries,
Abby and Brittany

Getting Started with Your 4-H Record Book: Here's what you need

Now is the time to get your record book materials together and start planning what you want to do in your projects this year. In an effort to simplify this for members and leaders, you can now use ONE FORM for all of your project records. It is called the **4H Project Record**. You can download it from our website at

<http://bayfield.uwex.edu/4-h-youth-development/4-h-forms/>

or ask for copies from our office or your club leader.

We have kept some of our older record sheets for you that like them. The forms listed below help you keep track of financial information with a little more detail, or may have a place for you to put a sample, or ask more specific info that will help you plan and keep track of your project work. These forms are also available on our website or by request:

Youth Leadership	Child Development
Beef	Clothing
Dairy	Knitting/ Crocheting
Horse	Cake Decorating
Poultry	Foods & Nutrition
Sheep	Food Preservation
Rabbit	Woodworking
Birds	Winter Travel
Pets	Entomology
Photography	Horticulture
Ceramics	
Macramé	
Drama/Theater Arts	



Bayfield 4-H Winter Campers from L to R: Reed Edmunds, Nicole Lupa, Autumn Pully, Kelsie Shields, Justice Moore, Mitchel Hinson and Ian Meeker. Not pictured Alexis Nestel.



Chequamegon Parents Connect

Parenting Class



*“Why won’t my
kids listen?”*

*“How can I get help
without nagging?”*

*“What works for
other parents?”*

Parenting Class

Presented by UW-Extension and
Washburn Elementary School

When: Every Other Thursday
5:00-6:30 PM
Winter/Spring 2015
(begins Feb 5)

Where: Washburn Elementary
School

Who: Parents of kids age 3-10

Cost: Free!

Refreshments

&

Childcare Included!

Space is limited. Registration required.
Call Bayfield County UW-Extension
Family Living Program at 715-373-
6104

Parents Connect is an opportunity to get together with others, share ideas, and learn practical, research-based tools for handling common family challenges. Develop strategies for:

- Gaining cooperation without nagging
- Improving communication and problem-solving
- Stress management & mindful parenting
- Setting limits and showing love

Connect ■ Learn ■ Laugh ■ Grow



Mt. Ashwabay Summit Ski Race

January 31, 2015

Race Entry Form

RACE: 3.5k Freestyle - 9:30 am
7k High School Skate - 10:15 am
21k Pursuit - 11:00 am
10k Classic - 11:00 am
11k Freestyle - 11:00 am
0.5k kids race (free) - 12:00 pm

FEE: Until January 19	January 20 - Race Day
\$8 Youth (18 and under)	\$10 Youth (18 and under)
\$20 Adults	\$25 Adults
\$40 Family	\$45 Family

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Male Female Age _____
(On Race Day)

I hereby release the sponsoring clubs, its members or agents and any person officially connected with the competition from all liability for any injury or damages.

Signature _____ Date ____ / ____ / ____

Parent/Guardian Signature _____ Date ____ / ____ / ____

Mail registration to: Friends of Lake Superior Nordic Trails,
27760 Cty Hwy C, Washburn, WI 54891
**For more information visit www.ashwabaysummitskirace.com,
or contact Scott Nesvold at 715-373-5611, or
scott@ashwabaysummitskirace.com**

28th Annual Bay Area Farm & Garden Show and Dairy Breakfast



Saturday, March 28, 2015

Ashland Bay Area Civic Center

The 2015 Bay Area Farm and Garden Show and the BIG Dairy Breakfast will take place on March 28 at the Bay Area Civic Center in Ashland.

The Show, which is open from 8am till 1pm, will feature a wide variety of commercial exhibitors with products for sale or educational material to distribute. The Ashland FFA members will set up a petting zoo for the youngsters again. There are lots of things to see and do.

The Breakfast will again feature the "all Wisconsin Scrambled Omelet" which will be made in the big 54-inch frying pan in the exhibit area. Each omelet consists of ½ pound of butter, 6 pounds of cheddar cheese, 6 pounds of ham, 250 eggs, onions, mushrooms and salt and pepper. The cost of the meal, which consists of the omelet, sliced cheese, muffins, milk, juice and ice cream with strawberry or chocolate topping, is \$7 for adults and \$3 for children age

6 to 10. Breakfast is served from 8am till 12:30pm.

The Breakfast is served by the Ashland and Bayfield County 4-H members. **There are three work shifts: from 7am to 9am, 8:30am to 11am and 10:30am to 12:30pm.** To help distribute volunteer assignments, 4-H members and leaders are asked to choose the shift they want to work at and let their General Leader know. General Leaders are asked to gather this information and get it to Verne Gilles at 682-4408 or the Extension Office so we are assured of having coverage on all shifts. Work consists of such activities as making sundaes, serving omelets, organizing milk and juice, serving coffee, selling tickets and clearing tables.

Come to help or come to enjoy the breakfast and show— Everyone's welcome!



Club Officers

A great thing about 4-H is that it gives kids as young as 3rd grade the opportunity to practice leadership and contribute to important group decisions by being a club officer. We have resources to help club officers learn and do their jobs successfully – let us know if you need them. Congratulations to all of these recently elected club officers:

PRESIDENTS AND VICE PRESIDENTS



Ashwabay	Emma Meeker/Bridget Motiff
Clover Valley	Roger Branham
Drummond Explorers	Kaitlyn Wiezorek/Sophya Zangri
Friendly Valley	Anna Nutt/Sophie Kovach
Gitche Gumees	Hailea Weiss/Nicole Nelson
Hillcrest/Mt. Valley	Leanne Lulich/Ashley Lulich
Ino Valley	Nikki Lupa, Haley Kastern
Whispering Pines.....	Emma Ostrenga/Luke Zupke
Whittlesey Creek.....	Bailey Weingarten/McKayle Majetich
Woodland Workers	Haley Klobucher/Kyle Klobucher
Market Sale.....	Cheyenne Kostello/Haley Klobucher

SECRETARIES



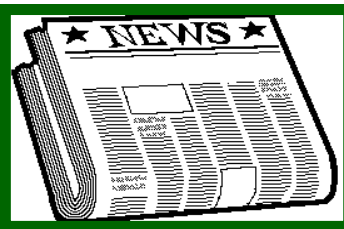
Ashwabay	Pooja Geisen
Clover Valley	Signe Branham
Drummond Explorers.....	Evelyn Sanda
Friendly Valley	Chasidity Shimko
Gitche Gumees	Emily Weiss
Hillcrest/Mt. Valley.....	Bella Bretting
Ino Valley	Laeken Ramsey/Meghan Kurilla
Whispering Pines.....	Rylee Nicoletti
Whittlesey Creek.....	Autumn Pully
Woodland Workers	Cheyenne Kostello
Market Sale	Zeke Nieder

TREASURERS



Ashwabay	Teddy Geisen
Clover Valley	Ryan Durst
Drummond Explorers.....	Alexis Nestel
Friendly Valley	Kelsie Shields
Gitche Gumees	Mena Lindquist
Hillcrest/Mt. Valley.....	Josie Bretting
Ino Valley	Haley Kastern
Whispering Pines.....	Sara Kangas
Whittlesey Creek.....	Bailey Weingarten
Woodland Workers	Sean Lulich
Market Sale	Kyle Klobucher

REPORTERS & HISTORIANS



Friendly Valley	Jordan Rusch
Gitche Gumees	Brendan Golly
Hillcrest/Mt. Valley.....	Ashley Lulich/Bella Bretting
Ino Valley	Skylar Ramsey
Whispering Pines.....	Riley Nicoletti
Whittlesey Creek.....	Promise Kreinbring
Woodland Workers	Cheyenne Kostello

Reporters & Secretaries – send us your news! Decide who in your club will report to us and share your club’s news via e-mail or snail mail. Photos are always welcome too!

4-H ArtBeat!

March 20-21, 2015
Camp Upham Woods
Wisconsin Dells WI



Cost: \$50.00
Registration Deadline:
February 20, 2015

It's time to break out to the new beat! The 4-H ArtBeat that is! Created for 4-H members in grades 3-5 and their parents and leaders, 4-H ArtBeat! is the introductory program for Wisconsin 4-H Arts and Communication! ArtBeat! will be held March 20-21, 2015, at our State 4-H Camp, Upham Woods in the Wisconsin Dells. The weekend will feature a look at a variety of arts projects including music, drama, visual arts, arts and crafts, juggling and more! Also the weekend will feature some surprise performances created just for this year's ArtBeat!

4-H members will explore their own creativity while discovering the great variety of 4-H Arts & Communication experiences available to them now and in the near future. Session leaders will be 4-H older youth, adult leaders and 4-H staff members with a wealth of experience to share. Youth and adult participants will rotate through a variety of sessions which are hands-on and active and held at various sites throughout camp, including outdoors. Both youth and adult participants stay in the cabins on cabin hill. Camp begins Friday evening at 7 pm and ends Saturday afternoon at 3 pm.

The \$50.00 fee will include all materials and supplies, special snacks, overnight lodging and breakfast and lunch on Saturday. Why not get a whole carload of youth and adults together from your county for some genuine 4-H bonding time?

Come join the excitement of this brand new opportunity available to some of our youngest (and often most enthusiastic!) 4-H members!

Go to <http://fyi.uwex.edu/wi4harts/art-beat-forms/> for registration forms and more info. Registrations are due Feb. 20.

Changing Weather and Climate In the Great Lakes Region

A Free University of Wisconsin-Madison Online Learning Opportunity

There's a reason Midwesterners love talking about the weather: It's unpredictable!

The University of Wisconsin-Madison invites you to join them February 23, 2015 for a unique, free online learning experience: our Massive Open Online Course (MOOC) Changing Weather and Climate in the Great Lakes Region.

The 4-week MOOC will feature a new season each week through short lectures and activities covering Great Lakes weather, observed changes in the climate, and societal impacts of climate change.

The course will share important data in addition to focusing on people and communities adjusting to climate changes. And to slow the rate of future climate change, they will share actions you can take that benefit you and everyone who loves the weather and climate of the Great Lakes Region.

MOOCs are free, non-credit, online learning opportunities, which are available to anyone interested in learning. They are one of the many ways UW-Madison extends their lifelong learning and outreach mission to new audiences.

Click on this link to learn more or register: [Changing Weather and Climate in the Great Lakes Region](#).



9 Tips to Keep the Conversation Flowing with your Teen

By Liz Lexau, Bayfield County
Family Living Educator

Does it sometimes seem like your cheerful, talkative child evolved into an aloof teen almost overnight? Are grunts and shrugs part of many conversations?

If so, you've got company. For many adolescents, these quiet, introspective periods are actually a normal part of development. Instead of feeling disrespected, we can use this time to build stronger relationships with our teens.

Here are some ways to stay connected.

1. Don't take it personally. Your child hasn't stopped loving you. As bodies and brains prepare for adulthood, it's normal for teens to feel in need of a little distance from parents. They still need you and want to talk—just not 24/7.

2. Understand. People used to blame teen moodiness on "attitude" but research now tells us there are important differences between teen and adult brains. These differences can impact emotions and how teens react to stressors. This may help explain why some teens need more time to withdraw and reflect. Be patient. If you allow a little space now, your teen will probably be more receptive to talking later.

3. Be available. Pay attention and notice when your child seems ready to talk. Is she hovering in the kitchen as you make dinner? Does he plop down nearby when you curl up on the couch with your novel? Seize the moment. Set your book down or put dinner on the back burner and take a few minutes to catch up.



4. Resist advice. Nothing puts the brakes on a good talk like unwelcome suggestions. When your teen shares something negative about his day (like "I really screwed up on my test..."), what he probably wants is empathy—not advice. Instead of offering tips on the study skills that worked when you were his age (yawn), try something like: "You sound disappointed; tell me about it..." When we feel understood, we often feel like opening up further.

5. Limit questions. Too many questions like "How was school?" "How was your test?" or "Who did you hang out with?" can also be conversation stoppers. Instead, try sharing something briefly about your *own* day—something that moved you or made you laugh or an embarrassing moment. When we share a bit of ourselves, it opens the door for others to share.

6. Cut 'em some slack. Don't assume that you and your teen are necessarily on the same page. What your teen thinks is important (friends, clothes) may not be what you think is important (grades, safety). Plus research shows that teens are more likely to misread facial expressions and social cues than adults. They may interpret your expression of worry as one of anger or hear your normal voice as a scolding tone, so be pa-

tient and know they don't always get you either.

7. Hold onto family meals. Research shows that regular family meals are related to a number of positive outcomes for youth. When we sit down to dinner face-to-face, it's easier to relax and tune into each other's emotions, not just our words. Don't be discouraged if once in a while your teen sits through a meal in stony silence. The mealtime *habit* still matters. It means family members can count on a time and place to connect on a regular basis.

8. Notice if things get too quiet. Normal day-to-day moodiness is different than depression, anxiety or other mental health issues. If your teen seems extremely withdrawn or if moods are impacting school or other activities, consult a doctor or mental health professional. Many young people can use extra support during these vulnerable years.

9. Lighten up. The teen years can be intense for parents and kids. Find something you both enjoy laughing about and build it into your daily routine. It could be a funny TV show, book or simply finding the humor in everyday life.

Parents of teens and pre-teens...learn more about this often challenging time. Parenthetical is a new website from UW-Extension just for Wisconsin parents of teens and tweens. Connect with other parents and learn strategies for building your relationship, setting appropriate limits, and helping your child succeed. Visit Parenthetical at <http://myparenthetical.com/>

Bayfield County 4-H Leader's Association

Annual Meeting Minutes December 1st, 2014

The December Bayfield County 4-H Leaders Meeting was held at the Iron River Community Center at 7:00PM. The meeting was called to order by Pat Shields Vice President. The American and 4-H pledges were given.

Roll Call as follows: Pat Shields, Friendly Valley; Cindy Luzzatto & Peggy Golly, Gitche Gumees; Anna Fridsma, Julie Lupa and Glory Bizub, Ino Valley; Kelli Tuttle, George & Sam Tuttle, Drummond Explorers; Roger Branham, Clover Valley; Kim Pearce, Woodland Workers; Donna Ganson and Ian Meeker 4-H office staff.

Secretary's Report was given by Kim Pearce. Anna Fridsma made a motion to accept the minutes and Julie Lupa seconded the motion, motion carried.

No Treasurer's Report available.

No Committee reports or Correspondences.

Old Business:

Ian reviewed 4-H enrollment at this point we have 204 youth and 66 adults with 15 pending adults. Enrollment is online and this has been a little trying for some people.

Fall Forum: Anna Fridsma reported that EVERYONE should go - there was a lot of networking with other 4-H leaders and members you have fun, learn new activities like the duct tape bag and she had us all play the straw game involving all in attendance. Glory Bizub reported she stood in for Verne Gilles who was inducted into the Hall Of Fame. She went to the Outdoor Education seminar where she learned about new technology using the I-pad and a digital microscope, thermal imager, GPS unit and the mobile weather station which can be used in the photography area and science, engineering, math and technology. Roger Branham had attended the 4-H recruitment and retention seminar which he found very interesting as 4-H is proven to produce kids with higher education and they are healthier. The kids have more leadership roles and are good at teaching and giving demonstrations. Kelli Tuttle had attended a fishing seminar where they took on a fishing challenge and had to make a fish feeder. She also attended the 4-H recruitment and retention seminar and learned that 4-H is ranked top compared to Girl Scouts and Boy Scouts and Boys and Girls Clubs with retention and education. Kim reported that this was the best Fall Forum that she has attended. There were good seminars and the induction to the hall of fame was great. The Outdoor Education Seminar was very interesting and we should include it in our program year. She also thinks as many as possible should go as you get Green Blood in 4-H.

New Business:

Budget: After a long discussion over the budget Kelli Tuttle made a motion to postpone approving the budget until our treasurer is in attendance to explain some of the numbers, Roger Branham seconded the motion, motion carried. We also discussed our fiscal year and the charter year. Anna Fridsma made a motion to change the fiscal year to match the charter year from 7-1 to 6-30., Cindy Luzzatto seconded the motion, motion carried.

Election of officers: for President Kim made a motion to elect Roger Branham, with no other nomination Kelli Tuttle made a motion to close the nominations and cast a unanimous ballot, Anna Fridsma seconded the motion, motion carried. Election for Secretary Kim made a motion to elect Rebecca Crumb –Johnson, with no other nominations Anna Fridsma made a motion to close the nominations and cast a unanimous ballot, Julie Lupa seconded the motion, motion carried.

The Calendar was reviewed along with committee sign-up and host sign-up.

A discussion of having a 4-H County wide project day with other counties occurred.

It has been noted there will be four kids applying to go to Space Camp.

We had a discussion on what the Focus project should be. We agreed that it should include the DOTS kits from the outdoor education seminar from the fall forum.

4-H Club Sharing: Friendly Valley reports they are having a Christmas party where they are going to make truffles, have a pot luck and gift exchange. Gitche Gumees reports they had a Halloween carnival; they are planning a Christmas Par-

Continued on page 19)

(Continued from page 18)

ty and the Mojakka Dinner. Ino Valley reports they had a Halloween party at Benoit community center and that was a lot of fun, they are going sliding and have a Christmas Party and take cookies to shut-ins. Drummond Explorers are growing there club has 19 members now, they picked Horses as there club project this year. Clover Valley reported they had an annual turkey feed with the Fire department they helped serve and clean up, at their Christmas meeting they are going to bake and have a get together. Ashwabay reports they went to IGA and collected money for three days they raised \$600.00 to spend at the grocery store so six families could have a thanks giving meal and they donated the rest of the money to the Brick. Woodland Workers meeting were canceled because of bad weather the plan was to make fruit baskets and make a Christmas float but in the end all was canceled.

The next meeting will be at the AERC on January 19th, at 7:00PM.

Cindy Luzzatto made a motion to adjourn the meeting, Peggy Golly second the motion, motion carried.

*Submitted by Kim Pearce, Secretary
Bayfield County 4-H Leaders Association*

Market Sale Meeting November 16, 2014 Ashland Ag Research Station 6:30 pm

The meeting was called to order by Vice President Cheyenne Kostello. Pledges were led by Kaitlyn Wiezorik and Sean Lulich. The secretary's report was given by Haley Klobucher and the treasurers's report was given by Zeke Nieder. There is a balance of \$4515.67 in the account.

Old Business:

- Market Sale Banquet- Thank you's were handed out to members that were not in attendance to deliver to their buyers.
- Members discussed location of buyers banquet for the coming year.
- Review financial spreadsheet- Spreadsheet was passed around and discussed how the money was and will be used.
- Plaques- Grand and Reserve Champion plaques were handed out to the winners.

New Business:

Election of officers

- President: Cheyenne Kostello
- Vice President: Haley Klobucher
- Secretary: Zeke Nieder
- Treasurer: Kyle Klobucher
- Chairman: Kim Nieder
- Co-Chairman: Jeff Klobucher
- Adult Treasurer: Dawn Klobucher
- Beef: Jody Hipsher
- Sheep: Sarah Pully
- Swine: Jeff Wiezorik
- Representative: Tim Nicoletti

Beef weigh in: Scheduled for January 4, 2015 for 9:00 am at NFO Reload

The next meeting is going to be January 25, 2015 at 6:30 pm located at the Iron River Community Center.

*Submitted by Zeke Nieder, Secretary
4-H Market Sale Committee*

Bayfield County Extension Office
U.S. Department of Agriculture
Cooperative Extension Service
Courthouse, P.O. Box 218
Washburn, WI 54891

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Bayfield County 4-H Newsletter



Editors: Ian Meeker & Donna Ganson

UW-Extension Bayfield County



Ian Meeker
4-H & Youth Development
Bayfield County

Donna Ganson
4-H Program Assistant/
Nutrition Educator
Bayfield County

Liz Lexau
Family Living Educator
Bayfield County

Tessah Wickus
AmeriCorps VISTA

Jason Fischbach
Agricultural Agent
Bayfield/Ashland Counties

Matt Cogger
Horticulture Agent
Bayfield County

Tim Kane
Community Resource
Development Agent
Bayfield County

Julianne Raymond
Area Business Agent

Support Staff:

Karen Bade
Office Manager

Theresa Kummerow
Secretary/Bookkeeper

Phone: 715-373-6104

FAX: 715-373-6304