4-H Family Newsletter



PO Box 218



Bayfield County 4-H Office Contacts:

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Dear 4-H Families.

I hope you are enjoying your summer! Can you believe that the Bayfield County Fair is only a month away? The summer sure does fly by.

We've made it through yet another year of 4-H Summer Camp. This year's camp was a ton of fun thanks to a great group of counselors and campers, and a fun and committed group of parent chaperones. I really enjoyed my time at camp, and I hope that all of you that took part went home with lasting memories, new friends, and a really cool tiedye shirt.

If you haven't signed up yet, please check out what we have to offer in 4-H programming for the rest of the summer. Opportunities include

- Superior Adventures canoe, kayak, & fishing trips planned for July & August (page 5)
- a new Shooting Sports club with instruction in shooting air rifle & 22. (page 4)
- Monday night mountain bike rides at Mt. Ashwabay (page 8).

And of course, the Bayfield County Fair is August 8-11th. Please consider helping to prepare the Food Booth for the fair by attending our 4-H Food Booth Cleanup day on July 25th. And if you haven't already, please consider helping your club out during their food booth shift (pages 2-3).

4-H Leaders Association Meeting— All volunteers, parents, & older members welcome! 6:30pm July 15th

Where: Iron River Community Center 4-H Leaders Association Executive Board

President.......Caloney Mesik- Pine Creek
Vice President....Cindy Luzzatto- Gitche Gumee
Secretary......Maria Renz- Drummond Explorers
Treasurer.....Dede Maki- Friendly Valley

Kaylie Lukas

Title: 4-H Operations & Communications

Phone: 715-373-3287

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Congratulations to our 4-H Senior Scholarship Recipients!

Each year our Bayfield County 4-H Leaders
Association awards up to two \$500 scholarships to
graduating Bayfield County 4-H high school seniors.
To qualify for the scholarship applicants must submit
an application that details their 4-H and
extracurricular involvement, write a "How I have
grown through 4-H" essay, and have two letters of
reference submitted on their behalf. The applicant
also needs to have been a Bayfield County 4-H
member for at least 3 years.

This year, the Bayfield County 4-H Leaders
Association has chosen Brian Maki of Friendly Valley
and Sam Tuttle of Drummond Explorers as the
senior scholarship recipients. Both young men have
been involved in Bayfield County 4-H since they
were eligible to become members. They have both
served as officers of their respective clubs,
ambassadors and role models for our 4-H program,
and camp counselors for 4 years. They have both
chose to return as camp counselors this summer for
one final year!

Continued on page 6.

Congratulations Brooklyn Benson!

Brooklyn Benson of the Friendly Valley 4-H Club is this years winner of the Bayfield County Fair premium book contest. You might have noticed her scrapbook style design on your paper premium list already.

The fair office plans to continue running this competition each year, so start brainstorming your 2025 cover contest ideas now!



Bayfield County Fair News & Updates

Junior Fair Events & Times To Remember

**Judging times are subject to change, please double check the schedule once you get to the fair.

<u>Date & Time</u>	<u>Event</u>			
Thursday				
	FREE ADMISSION FOR ALL YOUTH 16 &			
11am-11pm	UNDER			
12pm-7pm	Entries accepted			
4:00 PM Carnival Opens				
	Friday			
9:00 AM	Exhibit hall judging begins			
9:30 AM	Junior Beef Cattle Judging			
10:00 AM	Junior Swine Judging			
	Junior Rabbit Judging			
10am- 2pm	Cloverbud Judging			
11:00 AM	Junior Goat Judging			
12:00 PM	Junior Sheep Judging			
	Cavies Judging			
Saturday				
10:00 AM	Junior Dairy Cattle Judging			
10:15 AM	Junior Dairy Goat Judging			
	Junior Horses & Ponies Judging			
11:30 AM	Junior Poultry Judging			
6:30 PM	4-H Market Sale			
Sunday				
9:00 AM	EZ Riders Horse Show			
5:00 PM	Animals Released			
2:45 PM	4-H Awards Ceremony @ Family Fun Pa-			
5:45 PM	Exhibit Hall Entries Released			
7:00 PM	Deadline to pick up exhibits			
Monday				
10am-2pm	Last chance to pick up exhibits			

Cloverbud Judging

If you have a Cloverbud entering anything in the fair, please remember to stop by the Exhibit Hall Garden Building for Cloverbud Judging on Friday between 10am-2pm.

This is a face-to-face judging experience that serves as a nice opportunity for your younger 4-Her to talk with one of our 4-H Ambassadors about their projects and to receive a

large colorful ribbon for their effort.

4-H Family Newsletter

Fair Awards

Though there is a lot more to the fair than ribbons and trophies, it is a fun a rewarding experience to receive that blue ribbon, or best of show trophy or plaque for the first time.

Ribbons and premiums are provided and funded by the Bayfield County Fair Office (not 4-H) and are based on the judging results. Please refer to the current Fair Premium List to see which premiums and ribbons are provided.



4-H Awards will be handed out at our:

4-H Fair Awards Ceremony
Sunday, August 11th
2:45pm
Family Fun Pavillion



4-H Fair Awards

Each year the Bayfield County 4-H Leaders
Association provides over 100 trophies, plaques, and
cash awards to junior fair members. These awards
are funded by local areas businesses and supporters
of 4-H. These awards are separate from the fair
awards and are listed in the current year's premium
list.

Page 2

4-H Food Booth

Remember that all 4-H clubs work 1-2 shifts at the 4-H Food Booth each year. Please consider assisting your club with their shift!

This is the greatest source of funding for the Bayfield County 4-H leaders Association, and funds raised help to pay for youth scholarships for trips, mini-grants, and other educational opportunities.

This year's food booth managers will be Jake & Dana Benson. If you would like to help them out and get involved on the Food Booth Committee, please contact the 4-H Office!

4-H Food Booth Hours

Thursday Friday Saturday Sunday

5-8pm 11am-10pm 11am-10pm 11am-4pm

2024-H Food Booth Shift Schedule

2021 III 00a Dootii oiiiit ociicaaic					
Thursday	Friday	Saturday	Sunday		
	11:00 – 1:30 pm	11:00 – 1:30 pm	11:00 – 1:30 pm		
	ALL CLUBS- HELP	Ino Valley	Ambassadors &		
	NEEDED!	ino vancy	Award Recipients		
	1:30 – 4:00 pm	1:30 – 4:00 pm	1:30 – 4:00		
	Pine Creek	Drummond	CANSKI		
	Tille Cicek	Explorers	CANON		
5-8PM Whispering Pines	4:00 – 7:00 pm	4:00 – 7:00 pm			
		Gitche Gumee	6 2 A		
	Friendly Valley				
	7:00 – 10:00	7:00 – 10:00 pm			
		Gitche Gumee			
	Pine Creek		4		

Please consider taking a shift! You can sign up using the QR code below, by contacting your club leader, or by contacting the 4-H office. Members, family members, leaders, & alumni are all welcome to help.

If you are unable to help during your club's shift, please consider helping during the Friday, 11-1:30 shift.



We need your help!
Please mark your calendars for the:
Countywide 4-H Fairgrounds & Food Booth
Cleanup Day
Thursday, July 25th
5:30pm

We will be cleaning up the food booth and sprucing up the Exhibit Hall to get them ready for the Fair. Come on down to the fairgrounds after lunch and be ready to do some work and get a little dusty. Then when we are done we will try out the food booth kitchen and share some pizza and ice cream!



Please RSVP by contacting the 4-H Office

Bring your friends to the fair! This year there will be FREE admission to the fair for all youth 16 and under on Thursday.

Premise IDs Required For ALL Animal Entries

Please take note: if you will be entering any live animals at the fair this year, you will need to have a premise ID! This has always been a rule at the fair, but this year fair staff will be more closely checking on the IDs.

Don't have a premise ID? No problem, just make sure you go to: https://wiid.org/premises-registration-renewal/ (QR code to right) and fill out the free online registration form prior to the fair. Please take note of the ID provided to you and bring this to the fair when you bring your animals.



Fair Office at 715.373.3493



New! Bayfield County 4-H Educator, Ian Meeker and former Ashland 4-H Educator Doug Liphart will be teaching a 4-H Shooting Sports series for both beginner and intermediate shooters starting in July of 2024.

The 1st meeting will took place on July 11th at the ABC Sportsman's range on County Hwy C. Meets will continue each Thursday from 4-5:30 through July, and possibly into August and beyond. If you are interested in joining us please get in contact with the 4-H office, it's not too late to start taking part.

Instruction will focus on gun safety, shooting technique and hands on learning. Participants will be introduced to both Air Rifle and .22 (must be 12 to shoot .22 rifle) . If there is enough interest for 2 groups, another time either before or after will be announced.

How to sign up: Please email or call the 4-H office & let us know who from your family wants to join & we will add this club to your 4HOnline account. If you can't make the current Thursday 4-5:30 meeting times, that's fine, just let us know you are interested in joining the club.



Save the date: Fall Forum 2024

Fall Forum 2024 "Sparking New Connections" will be held at the Stevens Point Holiday Inn and Convention Center, November 2-3.

Fall Forum is an opportunity for 4-H youth in 7th-13th grades and adult leaders to attend the statewide training weekend with county and state staff.

Planned by a team of youth and adult volunteers from the Wisconsin 4-H Leaders Council with the support of county and state staff.



The purpose of Fall Forum is to:

- Provide an educational opportunity for youth and adult volunteers
- Develop youth and adult partnerships
- Create an engaging and welcoming environment to facilitate discussion between counties and regions
- Encourage diversity of thought, perspective, interests, and people
- Promote strategies for youth and adults to reach underserved and underrepresented

Please consider attending fall forum with other youth from our county!

If you are entering 8th grade or higher, you can apply to receive full funding for this experience through our 4-H Older Member awards program. Applications and details for this will be sent out mid-August.



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*All meetings & rides are at 6pm at the Bayfield County Fairgrounds unless noted otherwise

JUN 23

Business meeting: officer elections, fair paperwork assistance 6pm

JUL

6pm Showing, halter, & riding practice

JUL

Business meeting & Showing, halter, & riding practice 6pm

JUL

Mock Fair Show- come to practice for the fair and receive feedback and assistance. 12pm

JUL 28

6pm Riding practice

Bayfield County Fair

Ouestions?

Please contact 4-H Equine Council Leader Crystal Wehrman 715-919-2848 or crystalwehrman@yahoo.com





If you have 4-Hers interested in canoeing, kayaking, hiking, ADVENTURES biking, rock climbing, or sailing, please sign up to be on our 2023

Superior Adventures email list. Dates & registration for July & August adventures are posted on our website.

Programming targets Bayfield County youth aged 10-15 and is led by trained and certified youth outdoor educators. All abilities and skill levels are welcome. Skill based training and assistance will be provided.

Club Updates

Drummond Explorers

Drummond Explorers will be hosting a fun outdoor activity with senior citizens at the Ashland Health Services on June 15th at 9am.

We are also looking forward to our summer picnic on July 21st at 1pm at Perry Lake in Cable.

The fair will be here before we know it with many animal showings this year for our club. Then we'll be helping at the Fat Tire festival in September. It's going to be a great summer!

Friendly Valley

The Friendly Valley Club has been busy this spring with many meetings and events. In May, they toured Hauser's Farm & held their annual roadside cleanup with a potluck afterwards.

In June they held a fun night and pizza party. They are now getting ready for the fair and working on their club's fair booth.

Gitche Gumee

Gitche Gumee had our annual roadside clean up and picnic and meeting on May 1. We were able to clean up a very large stretch of highway B all the way to the county line. Then we had a scrumptious picnic of hot dogs and chips and cookies for dinner while we had our annual meeting.

Our project leaders are gearing up and getting kids ready for fair which is always exciting! We look forward to our June 5 meeting to get our fair papers and excitedly talk about the projects we are doing and camping at the fair. Nothing like camping with 200 of your closest friends. It is a blast! See you all at the FAIR!

Congratulations to our 4-H Senior Scholarship Recipients!



Brian plans to attend Fox Valley Technical College where he will prepare to pursue a career in construction management. In additional to our Bayfield County Scholarship, Brian is also one of the three 4-H seniors from Wisconsin that was selected to receive the Harold & Ilene Hendrickson Memorial Scholarship from the 4-H Foundation. Congratulations Brian!

Sam Tuttle plans to attend Iowa State University where he will be studying horticulture & turfgrass management. Please join us in congratulating Sam and wishing him well in his future endeavors!

Following are the recipients, "How I have Grown Through 4-H" essays.

How I've Grown Through 4-H by Brian Maki

Growing up in the Friendly Valley 4H Club since the age of eight, my journey with 4H has been an integral part of my life, allowing for personal

growth, leadership development, and meaningful connections with others.

4H has given me access to many opportunities. These range from club to statewide. Participating in community service projects, such as our annual roadside clean-up, has allowed me to give back to the community. Additionally, tours of businesses, like the one at Oulu Glass, have provided insights into how businesses work, enhancing my understanding of the local community.

At the county level, I have actively participated in numerous activities, including entering projects in the fair every year. From woodworking and welding to foods and electricity, these projects have not only earned me recognition but, more importantly, have been valuable learning experiences. The Foods Revue, which involves face-to-face judging, has given me constructive feedback and helped improve my future projects. Another county activity I've participated in was camp. I've been going to camp since I joined 4H. I started as a camper and in recent years, I have been a counselor. Being a counselor has given me tons of leadership experiences that I use in other parts of my life.

Venturing into state-level opportunities, I attended Space Camp in 6th grade. My favorite part of this experience was partaking in our own space mission. It was also my first time traveling without my family. The American Spirit East trip further broadened horizons, offering insights into the creation of our nation and providing a platform to connect with youth from across the state.

Throughout my 4H journey, leadership roles have played a crucial part in my personal development. I've held most club officer positions. I co-led an environmental project during the challenges of the COVID pandemic. I planned and implemented this project and also wrote a grant to fund it. This project taught me a lot about leadership. Camp counseling is another significant leadership responsibility I have had and I have really enjoyed it.

Critical to my 4H experience have been the leaders. Pat and Becca, my club leaders, have meant a lot to me. Their guidance, encouragement, and role modeling were essential to my 4H experience. Their support has empowered me to embrace various opportunities and step into leadership roles with confidence.

Engaging in projects, I have gained a ton of knowledge, spanning from safety, nutrition, time management, responsibility, budgeting, and hands -on skills. These projects have built my confidence in creating items and learning new things.

Although my time in 4H is coming to an end, I am still doing a lot during my last year. I am participating in club activities. I plan to travel on the CWF trip, camp counsel, and partake in the fair. 4H has been a tremendous part of my life, and it's given me a ton of opportunities. I think 4H is something that all kids should experience. It has helped me develop skills that are applicable for the rest of my life.

Sam Tuttle of the Drummond Explorers 4-H Club

Sam Tuttle of the Drummond Explorers 4-H Club, recipient of the 2024 Bayfield County Senior Scholarship.

How Have I Grown Through 4-H by Sam Tuttle

The 4-H program has been an important part of my life, shaping me into the person I am today. From my early days working alongside my dad and brother to becoming a sheep owner and mentor other sheep lovers, 4-H has been a platform for personal growth, responsibility, and community involvement. This essay explores my journey in 4-H, focusing on how I evolved from a novice to a mentor, all while deepening my love for sheep farming.

As a child, my introduction to 4-H was through my family. Working with my dad and brother, I learned the basics of animal husbandry, responsibility, and teamwork. We spent countless hours tending to our sheep, learning the ins and outs of their care, and participating in local fairs and events. These early experiences instilled in me a sense of responsibility

and a work ethic that would serve as a foundation for my future growth.

One of the defining moments in my 4-H journey was the day I bought my own sheep. It marked a transition from being a helper to a full-fledged participant in the world of sheep farming. The decision to invest in my sheep brought a new level of responsibility. I had to manage their daily care, nutrition, and health, all while balancing school and other commitments. This shift in responsibility was challenging, but it taught me invaluable life skills such as time management, problem-solving, and financial planning.

As I gained confidence in sheep farming, I felt compelled to give back to my sheep community. I saw an opportunity to help a local 4-H student who

was passionate about sheep and wanted guidance to get started. I was happy to mentor this young enthusiast, providing hands-on lessons, sharing my knowledge, and even lending a few of my sheep. Witnessing his growth and enthusiasm was incredibly rewarding, and it reaffirmed my belief in the power of mentorship within the 4-H community.

To further contribute to my local 4-H community, I organized a small workshop on sheep showing. This event aimed to educate beginners about the intricacies of preparing and presenting sheep for shows. Planning and executing this workshop not only enhanced my leadership and organizational skills but also fostered a sense of camaraderie among local 4-H members.

Happiness, to me, isn't only about personal victories or individual successes, it's in the moments where I help those I've had the privilege to mentor and guide. When I observe new 4-H members confidently handling sheep, achieving their own victories, and experiencing accomplishments, that's where my heart is happy. 4-H has not only provided a great learning experience for myself it has shown me how to help others too.



Congratulations to all of our graduating 4-H Seniors!

Drummond Explorers

Trinity Pearson Sam Tuttle

Friendly Valley

Brian Maki

Pine Creek

Hannah Houck

Whispering Pines

Paige Lahti

Gitche Gumee

Abraham Ahlberg
Elise Lahti
Hunter Mieritz
Kiley Mueller
Adelaide Schiefelbein

First "Cast a Line, Catch a Hobby: Fishing Clinic For Girls a Success

On June 20th, the US Fish & Wildlife Service in partnership with Bayfield County 4-H, held a fishing clinic for girls. The event filled up quickly and was well attended. Each girl went home with their very own spinning rod, and spend a fun day learning to cast, build lures, & tie knots.

Because this program was so successful, there is a good chance that something similar will be held next year, so if you missed this opportunity, please look out for announcements next spring.

A big thank you goes to Jared Myers of the US Fish & Wildlife Service for instruction, The Great Lakes Visitor Center for providing the Whittlesey Creek classroom as a teaching site, and to Dana & Brooklyn Benson for helping to organize and assist with the event!







at Mt Ashwabay's Ski Hill Road at 4PM. Rides last

roughly an hour and 15 minutes.

4-H Family Newsletter

Club Updates Continued

Pine Creek

Pine Creek 4H Club met this week to learn more about cake decorating from Alina Galligan, all in attendance were given the opportunity to try it out, see attached photos of some great work! The best part might have been eating the cupcakes!





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The club was also able to help plant flowers around the Moquah Town Hall signs where most meetings are held.



For June and July we have the following events:

June 18th - Family Picnic and Fair Packet Turn in

Woodworking - the 4H club will combine with the Moquah Men's club on building new picnic tables for the Moquah Town Hall as well as another small individual member project July.

June tours of Bretting's and H Windows

Annual Family Garage Sale will be held on July 12/13

Childcare tour - we toured Tree Top Childcare Center in June and learned more about early childhood, babysitting, and more!

Ino Valley

Ino Valley has been meeting regularly to work on ceramics projects at Glory Bizub's shop. Ceramics is always a fun project to work on, it's always amazing how these pieces look after they're fired. There are many different ceramic techniques to learn and enter in the fair.



Congratulations 4-H Cultural Arts Festival Award Winners!

Thank you to everyone who participated in this year's 4-H Cultural Arts Festival in April and congratulations to this years award winners! We appreciate you for taking the time to take part in this unique Bayfield County 4-H event.



If you have any feedback or suggestions on the event, please get in touch with the 4-H office. In addition, we are looking for additional parents, leaders, & 4-H teens to take part in a 2025 4-H Cultural Arts festival planning committee. If you would like to get involved with the planning of this event, please let us know.

In 2025, we hope to hold the event at the Great Lakes Visitor Center. We are also interested in changing the name of the event, and would like to include Foods Revue, Clothing Revue, & demonstration contests all into this one-day event to appeal to more families and make the day into more of a 4-H project showcase.



Our 2024 4-H Cultural Arts Festival award recipients are:

Drama

Best of Show: Joshua Bell
Judges Choice: Prescott Bell

Music

Best of Show: Oulu Dance Academy Judges Choice: Prescott Bell, violin

Drawing & Painting

Grades 3-5: Shaylee Holly Grades 6-12: Tyler Lind

Judges Choice: Adrienne McGuire

Craft & Sculpture

Grades K-5: Iris Retke

Grades 6-12: Brooklyn Benson

Judges Choice: Shaylee Holly

Photography

Grades K-5: Owen Lind

Grades 6-12: Brian Maki

Judges Choice: Kathryn Myers

Judges Choice for Perspective: Luke Huber

Ceramics

Best of Show: Adrienne McGuire

Judges Choice: Liam Pope

Judges Choice, beginning: Shaylee Holly

Creative Writing

Best of Show: Josie Martinez

Judges Choice: Adrienne McGuire



Cultural Arts Youth Project Activity a Success

In March of this year Brooklyn Benson, president of Friendly Valley 4-H organized and executed a cultural arts youth project day. The Day was designed to gather interest and provide information about Bayfield County 4-H's annual cultural arts fair.



The event hosted 20 youth aged 1st grade to 5th grade. Each participant rotated between 3 different stations- Legos, clay, and performing arts.

Four Bayfield County ambassadors signed up to help Brooklyn lead the station. Brian Maki, Tyler Lind, Eric Maki, and Avana Beeksma.

This event was well attended and very successful. Thank you to our older members for your help and influence on our younger members and thank you Brooklyn for setting up such a great event.— submitted by Brook Benson





4-H Mini Grants

Brook applied for and received a mini-grant from the Bayfield County 4-H Leaders Association to fund the supplies needed for this event.

Any member, leader, or club is welcome to apply for a 4-H mini grant and can receive up to \$150 to cover costs. If you are interested in holding a 4-H event or project meeting, please consider applying for a minigrant! Applications are available on our website, or you can get in contact with the 4-H office for more

Mini Horse Clinic Hosted by Avana Beeksma



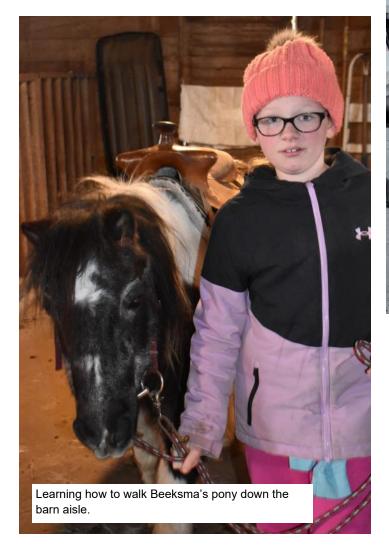
On March 17th, I conducted a mini horse clinic for the 3rd-5th-grade students who are part of the horse project in Bayfield County.

It was a very cold day, so it was a small group. Two brave youths attended despite the cold. Since it was so cold, we used the barn aisle and practiced

Mini horse clinic continued-

grooming and using the correct tools. We also practiced tacking up the pony, and tying the cinch knot correctly. We warmed up the bit with our hands to understand what the horses feel when we put a freezing metal bar in their mouths.

We couldn't go outside because of the icy, windy weather, but in the barn aisle, we discussed how to hold the horse's lead rope correctly, and practiced standing and walking in the best way to work as a team with your horse.



We also talked about entering the Fair. One of the participants, Katara Bard, said "I learned that you should always turn your pony away from yourself. And it was fun to groom the pony!" Watch for further information on when I will be hosting another miniclinic for 3rd-5th-graders.—submitted by Avana Beeksma

Clothing & Foods Revues



The clothing & foods revues were held in May at the Iron River Community Center. This year Gitche Gumee project leaders Katie & Bill Tuura hosted the events, and longtime leader and fair judge Glory Bizub served at the judge. A big thank you to Katie, Bill, & Glory for making this event happen, and to all the youth who participated! Also thanks to David Eades from the fair office for attending and taking photos.

First Place Ribbons for Foods went to:

Bae Colman - Black Bean Quinoa Salad Thor Tuura - Marinated Steak Chalee Luzzatto - Potato Salad Erik Maki - Lemon Blueberry Tart Olivia Osmark - Fruit Salad Dylan Osmark - Yogurt Cluster

First Place Ribbons for Clothing went to:

Olivia Chaney - Skirt with casing Adrienne McGuire - Blouse with skirt or jumper Adrienne McGuire - Dress or jumper

Clothing & Foods Revues continued-

Please consider taking part in these pre-fair events with face-to-face judging next year! All 4-H youth in the food & nutrition, or clothing projects are welcome.



Giant Pumpkin & Sunflower Contest

If you signed up for our giant pumpkin & sunflower contest, you should have received your seeds in the mail or through your club leader in May. I hope you were able to plant your seeds and that your plants are growing strong!

We do still have some extra seeds in the 4-H office, so if you would like to sign up for the competition or if the seeds we sent you did not work out (my families first planting was dug up and eaten by mice!) Please get in contact with us and we will get you seeds right away. You still have enough time to start sunflowers, but it is probably too late to start the

pumpkins at this point.

Look for updates on weigh in dates as we get into fall and frosts are imminent.



Name: Bae Coleman

Grade: 4 th

bean & quinoa salad to judge Glory Bizub.

Title: Black bean Quinoa Salad

Ingredients:

1 cup quinoa

3/4 teaspoon salt

3 cups kale chopped

1 bell pepper, diced

1 jalepeño pepper, diced

1/2 red onion, diced

1/2 cup cilantro, chopped

1 cm black beans, cooked

1/3 cup lime juice

1/3 cup olive oil

1 avocado, sliced

1/2 cup pumpkin seeds

1/2 cup crumbled feta cheese.

How to:

- 1. Cook quinoa in Instant Pot with 12 c. water for two minutes.
- 2. Cook black beans in instant pot with 3 cups water for 20 mins. Let cool
- 3. combine quinoa, black beans, fresh chopped Kale, peppers, onion, and cilantro. Grently toss.
- 4. whisk limejuice, oil, salt, in a small bowl. Drizzle over salad. Taste and adjust salt as needed.
- 5. Chill in Fridge until serving time
- 6. At serving time, top with avacado, seeds, and cheese.
- 7. Enjoy!

Try out this healthy and delicious recipe from Bae Coleman!

4-H Older Member Awards

Did you know that if you are a 4-H member in 8th-12th grade you can receive funding for a variety of trips and also receive recognition awards that look great on a resume?

In mid-August after the fair, the Bayfield County 4-H Leaders Association will be sending applications to all 4-H members entering 8th-12th grade. This is a fairly basic application where you describe your involvement in 4-H, and any non-4-H community service you have done.

A group of 4-H Volunteers then hold short interviews with the applicants and determine who will receive which awards that year.

Recognition awards include a variety of leadership, community service, and entrepreneur awards that will be presented to youth at our November Awards & Recognition Dinner on Sunday, November 10th



Here are some of the travel opportunity awards included in Older Member Awards:

4-H SENIOR TRIP: Grades 11-12. This is a special opportunity to receive funding for a project related educational experience of your choice. This should be a conference, show, or learning opportunity related to a 4-H project that you are passionate about. Individuals can only be awarded this trip one time, either during their junior or senior year of high school. If awarded, The Bayfield County 4-H Leaders Association will pay half of or up to \$800 of your trip costs including registration, travel, & lodging.

SUMMER ACADEMY: Grades 8-10. 4 days mid-June. This Positive Youth Development conference will help you discover pathways to your future. Signup to learn what it takes to have a careerin several SPARK areas including agriculture, STEM, service, leadership, arts, trades, and many more. Takes place on the UW-Madison campus with lodging in UW residence halls. If awarded, the 4-H Leaders Association will cover ½ of the cost (\$250/500)

4-H Family Newsletter



CITIZENSHIP WASHINGTON FOCUS: Grades 10-12. Late June/early July. Approximately 120 Wisconsin youth are selected to attend this leadership program held at the National 4-H Center in Washington, D.C. Participants learn the importance of civic and social responsibilities as they relate to the development of better citizens and leaders. The week consists of participatory workshops, speakers, committee work, field trips, and social events. If awarded, the 4-H Leaders Association will cover ½ of the cost of this trip (\$1750 total).

<u>FALL FORUM:</u> Grades 8-12. First weekend in November. The Forum provides youth and adult volunteers the opportunity to learn, teach, network, and discuss critical issues and initiatives with the 4-H Youth Development program area state and local staff on policies affecting Wisconsin 4-H. Award includes full cost, travel, & lodging.

AMERICAN SPIRIT EAST: Grades 8-10. 3 10-day trip dates to choose from in June & July. The American Spirit East Leadership Program is an opportunity for youth to develop knowledge of America's Heritage, citizenship, and leadership through a 10-day educational tour of historical sites in the Eastern states & Canada including Philadelphia, New York City, Boston, & Niagara Falls. If awarded, the 4-H Leaders Association will cover ½ of the cost of this trip (\$1900 total).

NORTHERN DISTRICT WINTER CAMP: This three-day teen camp, held in January at a Northern Wisconsin camp facility focuses on teen issues and recreation. Up to ten Bayfield County 4-H'ers, in eighth grade or older, are selected. Award winners receive scholarships to cover ½ the cost from the Leaders Association to attend. 4-H'ers may receive scholarships to attend this event more than once. Page 14

Bayfield County 4-H Leaders Association

The Bayfield County 4-H Leaders Association exists:

- 1. To further the development of youth through the 4-H program in Bayfield County.
- To determine policy for and conduct of the 4-H program in Bayfield County.
- To plan, conduct and evaluate 4-H work and appropriate training activities with the assistance of University Extension Office personnel.
- To bring up for discussion the concerns and ideas of the 4-H members and certified leaders and to propose and follow up on possible solutions or appropriate actions.
- 5. To provide the necessary funds for 4-H activities and events.

If you are a 4-H leader, older member, or parent of a member we encourage you to get involved with the Leaders Association! All certified volunteers and enrolled members in 8th grade and up have a vote!

The Leaders Association meets most months of the year, on the 3rd Monday of the month. Please see our website for an up to date meeting calendar. If you are curious about what is going on in 4-H at the county level, or if you have an opinion, suggestion, or idea we encourage you to attend a meeting or contact someone on the association's executive board or at our 4-H Office.

President: Caloney Mesik- Pine Creek

Vice President: Cindy Luzzatto- Gitche Gumee

Secretary: Maria Renz- Drummond Explorers

Treasurer: Dede Maki- Friendly Valley

Month	Date	Location	Primary Business items		
July	7/15/2024	Iron River Community Center	Fair prep.		
August	None- Fair				
September	9/16/2024	Eileen Town hall	Planning for Awards Dinner & Annual Meeting		
October	10/21/2024	Zoom	*Executive Board		
November	11/18/2024	Iron River Community Center	*Annual Meeting		
			Elections: President & Secretary		
			2. Approval of 2024 Calendar		
			3. Bylaws changes		

Bayfield County 4-H Leaders Association Minutes Monday, February 19, 2024, 6:30pm Eileen Town Hall

Meeting called to order at 6:34 pm by Caloney Mesik. **Pledges**

Roll Call: President Caloney Mesik-Pine Creek, Vice President Cindy Luzzatto-Gitchee Gumee, Treasurer Dede Maki-Friendly Valley, Secretary Maria Renz-Drummond Explorers, Extension office Kaylie Lukas, Ian Meeker, Jeannette Pop-Ino Valley, Glory Bizub-Ino Valley, Jake and Dana Benson-Friendly Valley, Rebecca Oboe-Ino valley, John Mesik-Pine Creek.

Secretary's Report - Maria Renz: Dede made a motion to approve January's minutes, seconded by John. Motion Carried

Treasurer's Report- Dede reviewed the treasurer's report. There was no bank activity in December and January. The required signatures are now completed. The trip expenditures income is due, and most of the unpaid expenses are related to the fair. Three clubs' dues have been paid. Dede stated she has started using electronic checking through the bank. The CDs have not been touched.

- -John made a motion to approve the treasurer's report presented by Dede, seconded by Cindy. Motion Carried
- -An email will be sent to Sarah and Nick regarding a payment plan from Ian.

 4-H Family Newsletter

February minutes continued

Club Updates:

Pine Creek- planning a project meeting for this upcoming meeting then sitting down to plan the rest of year.

Gitchee Gumee- Cindy reports that in January they handed out paperwork for record books and went over them, then did fun activities. Sledding party did not happen. The February meeting was Valentine's cards for older people in the community. Coordinating with spring break and Mojikka will be March 3rd at the IRCC or workshop on Hwy D in Oulu. Cindy will send out the poster.

Drummond Explorers – had a Zoom meeting in January, sledding party was canceled. Scheduling a nursing home visit soon.

Friendly Valley – small turn out for Stone soup service project for community. Group went to vet clinic, Lake View, today and learned about the different careers. Visit to Good Thyme in Washburn is coming up.

Ino Valley – ceramics break. Cookies for homemaker's gift basket for neighbors and shut ins. Taking a Tetzner's Dairy tour in March.

Canski – hasn't been able to ski much. Kiki Randall is coming to ski with the kids at Mt. Ashwabay base. Glory asked for more information about Canski. Ian explains there are rentals in Ashland and Washburn, open to everyone.

Equine Council scheduled for Feb. 27th. Cindy will work with Crystal on setting dates.

Office Updates

Kaylie stated that she needs club updates for a booklet on 4-H from Drummond Explorers, Gitchee Gumee, and Whispering Pines. They finalized the clothing and foods revue, May 4th at the IRCC with Gitchee Gumee hosting and Katie Turra heading it up. Kids can still sign up for the food and nutrition project or clothing projects. Cultural Arts Festival forms went out as well. Drummond Explorers will handle lunch. Possibly have Friendly Valley do breakfast. Everyone agrees to open CAF to Ashland County. Currently we have Brian Maki and Sam Tuttle's applications for the Senior scholarships. Brooke Benson's mini grant project will be on March 16th for K-4th, at the Ashland library from 9:30-12, details coming out soon with sign ups tomorrow.

Old Business

a. Dede shared that when kids are awarded trips through OMA, the state asks for payments quite in advance. Dede asked us to discuss the process of

collecting payments. Pre-covid there was a better process. Post-covid the state had a bigger turnaround. The state has changed their timelines. We discussed adding a parent contract page to the OMA application for parents to sign stating they plan to pay half of the trip they applied for. We would also like to add a behavior statement to the contract. Kaylie will update the contract to send out for approval.

- -Cindy made a motion to send a deadline letter out 3 months from the trip, seconded by John. Motion Carried
- B. Fair Food Booth: Call Walmart for receipts to tie up 2023. Dana and Jake Benson to become the new food booth managers. Dede, Cindy, Maria, Pete, ask Pat and Emmer to be on the committee. Cindy will start on the cooler, talk to Pete about the ice cream. Committee will meet in March.
- c. Survey: Ian attended the Market Sale meeting. Instead of sending out a survey, do a check in with each of the clubs to determine how to proceed with analyzing the club dynamic.

New Business

- A. Citizen Washington Focus payment was due and paid.
- B. Fair updated invoice: Leaders pass invoice has been updated. Caloney would like to see the leaders' names. We agreed for Dede to make the payment. The food booth invoice needs to be paid. \$50 paid initially, \$50 refund, pay \$250 for food booth.
- C. The next meeting is an executive board meeting on March 18th via zoom. The awards committee can meet beforehand to review scholarship applications and to discuss Sunday awards as well. The committee will include Cindy, Dede, Caloney, Dana, ask Kelli.
- D. Brooke's letter requesting to attend the Summer academy instead of the American Spirit Trip. Maria made a motion to approve the switch of Brooke's trip award from American Spirit to Summer Academy, seconded by Cindy. Motion Carried.

Dede made a motion to adjourn at 8:21pm, seconded by Cindy. Motion Carried

Next meeting date: March 18th at 6:30pm; Executive Board Meeting via Zoom

Minutes Submitted by Maria Renz

Bayfield County 4-H Leaders Association Executive Meeting Monday, April 15, 2024, 6:30pm Iron River Community Center

I. Meeting called to order at 6:39pm by President Caloney Mesik.

she will share about the trip in the future and the significance of how it's different than last year.

Motion Carried.

II. Pledges

III. Roll Call: Ian Meeker; President Caloney Mesik - Pine Creek; Vice President Cindy Luzatto - Gitchee Gumee; Treasurer Dede Maki - Friendly Valley; Secretary Maria Renz - Drummond Explorers; Peggy Golie – Gitchee Gumee; Kayla Swanson – Pine Creek.

Attending virtually: Jena Wozniak – Drummond Explorers; Christine and Avana Beeksma – Pine Creek; Dana Benson – Friendly Valley.

IV. Secretary's Report:

Update: Sara responded to Ian about receiving the email thanking us for being patient, but no details on payment plans.

Cindy made a motion to approve the minutes as printed, seconded by Dede. Motion carried.

V. Treasurer's Report:

Checking currently has \$3,015.02 and Savings \$20,351.76. There's more income to submit. Cindy made a motion to approve the treasurer's report, seconded by Maria. Motion carried.

VI. Correspondence:

A. Avana Beeksma submitted a request for a change in award coverage.

Dede made a motion to have Avanna resubmit her request with details not including mileage, seconded by Peggy.

Discussion: Christine shared that the reason she asked to trade award trips is because of cost increase. The members would like her to think of how

VII. Reports:

- A. Senior Scholarships: there were three well deserving applicants, the two awards were given to Brian Maki and Sam Tuttle.
- B. Fair awards were reviewed with David Eades. The awards will now match in the book, on the judges' sheets, list premiums, trophies, and plaques. Superintendents will get junior superintendents to help with set up and judges. Eric Maki is committed to the garden,

Brian Maki will be helping Becca, and Chalee Luzzatto is with Cindy in plants.

- C. Equine: the treasury is in limbo, sitting at the UW office.
- D. Market Sale: Dan Bloomquist did a presentation on animal care. They requested the tax id number for purchasing new bleachers.

E. Cultural Arts Festival: The feedback received was that CAF was smooth and went well, the food was good too. It was suggested to have more tables for entries. Possibly limit photography or have a judges table for face-to-face judging. Also, would like to find people to help promote the event. Consider a name change, possible options include Spring Fair, Mock Fair, or Arts Review. Put together a formal committee for the next event and consider the Visitor Center for 2025.

VIII. Club Reports:

- A. Gitchee Gumee had a meeting to plan their annual roller skating, roadside clean-up, and picnic. Hosted a horse clinic that focused on horse care and hoof care. Looking into adopt a highway.
- B. Drummond Explorers focused on hosting the Cultural Arts Festival

April minutes continued

C. Friendly Valley – held a demo/speech night in March. Attended a Good Thyme tour on April 1st. They are focusing on careers. They are trying to put together Friday Fun night depending on weather. In May, they will tour Houser's Greenhouse, do their roadside clean-up, and club picnic.

D. Pine Creek – Their clean up will take place end of April or May with a roast after. They are working on getting more parent volunteers since the club ages are spread apart. They are working on their garage sale plans.

E. Summer Camp: Camp costs went up to \$98 a person. The leader's association between both counties have shared the cost for the counselors and staff. Ian is attempting to figure out costs for this year. Ashland County wants to pay a percentage to cover their residents. Currently, we budgeted \$5500. Ian will do the math and share with the executive board. Rough numbers are \$100 for 4-H members and \$125 for non-4-H members. Scholarships will still be available upon request.

Food Booth – Dana reached out to Kwik Trip and is receiving a \$100 donation to use in store. She's waiting to hear back regarding cheese curds. She asked about the possibility of having a mobile food booth.

Due to health code regulations, we discussed the option to have deliveries and pre-orders. Discussions to have with David Eades and the Health Department. Ian will check with David on whether walking tacos could be an option or is too close to the Fry Bread Taco stand. The Food Booth committee will consist of Cindy, Dede, Dana, Maria, Kaylie, Pat and Emmer Shields, and Pete Tetzner. Schedule a meeting soon at the fairgrounds.

Summer Ideas: Ian presented the idea of hosting a rocket contest in June. The idea is well received. Look at ordering the rockets and holding one contest or separate days throughout the county. Another thought is to have fishing days for middle schoolers inareas throughout the county. Superior Adventures will be hosting events this summer as well.

Cindy made a motion to adjourn the meeting at 8:18pm, seconded by Dede. Motion carried.

Next Meeting date: Monday, May 20th

Minutes Submitted by Maria Renz

Bayfield County 4-H Leaders Association Executive Meeting Monday, May 20, 2024, 7:00pm Via Zoom

Meeting called to order at 7:06 pm by Caloney Mesik.

Roll Call: President Caloney Mesik-Pine Creek, Vice President Cindy Luzzatto-Gitchee Gumee, Treasurer Dede Maki-Friendly Valley, Secretary Maria Renz-Drummond Explorers, Extension office Kaylie Lukas, Ian Meeker

Secretary's Report - Maria Renz

Dede mentioned that Brian and Eric's fair junior superintendent roles were swapped.

Dede made a motion to approve April's minutes with note above, seconded by Maria. Motion Carried

Treasurer's Report-

Caloney made a motion to approve the treasurer's report presented by Dede, seconded by Cindy. Motion Carried

Correspondence and Committee Updates:

Correspondence: Ian sent an email to the Beeksma's regarding the information for the board.

Equine Council: Ian met with Crystal and finished all the training requirements. She went to Chippewa Valley Bank to set up a bank account. It was a small group that joined online for the last meeting, no elections, next meeting is on June 9th at 6pm at the IRCC.

Fair Food Booth: Ice Cream is set. Working on a meeting.

Awards and Recognition: Senior scholarships done. Need to have a meeting to organize OMA. Then planning the awards dinner.

Market sale: weigh-ins and certifications completed.

Pine Creek: sewing meeting was well attended; have a group visiting the local daycare; holding a meeting to hand out fair packets.

Gitchee Gumee: roadside cleanup was on May 1st, with their club picnic and regular meeting; helped host county food revue, David Eades came out and took pictures, he would like the food kids to share a poster, recipe, or place setting for the fair; individual project meetings started.

Drummond Explorers – Roadside clean up on May 5th; June 15th next meeting at the nursing home.

Friendly Valley – Houser's green house tour on May 6th; trash pickup on the 26th with picnic; June 3rd fun night.

Old Business

Ian will be presenting Brian's on Wednesday for

4-H Family Newsletter

May minutes continued...

Washburn. Jim Crandall presented Sam's in Drummond.

New Business

Fair passes: 35 fully certified 4-H leaders, 28 more that need to fulfil training requirements. Gitchee Gumee has a requirement of 6 hours with kids. In the wording in the packets, it requires a fully certified and active leader. An active, fully certified, leader that works with the youth in the club for a minimum of 6 hours. For 2024 fully certified by fair papers are due to the club, for 2025 by June 1st.

Dede made a motion to adopt a standardized policy for leader passes for the fair, they need to be fully certified, and work with the youth in the club for a minimum of 6 hours in a year. seconded by Cindy. Motion Carried

Budget: The chart shows what was taken in, minus the expenses. Food booth improvements were not included. 66 kids currently in grades 7-11. 11 current OMAs. Keep the revenue budget the same for OMA. \$0 revenue for camp. For dues, we have less clubs and less members, drop to \$600. Food booth project \$10,500 for revenue. Fair awards up to \$1,000. Change Misc. to \$0 Expenses. Summer Academy has 4 people attending, of which only 1 is covered. Leave Summer Academy as is. Leave \$7,000 combined CWF and ASSE. Fall Forum, cover registration costs, Steven's Point on November 2 & 3, 2025. Change to \$300. Leave space camp and 4H Congress as is. Add Junior/Senior Trip. Move summer camp down to \$4,000. Leave Dues the same. Change Food booth up to \$7,000. Improvements at \$500. Keep CAF at \$50. Mini grants at \$400, leaders' bands stay at \$500. Fair awards up to \$1,000. Dinner at \$500. P. Kacvinsky Grant is for summer camp. Accounting hasn't been updated since 2019. If there are no funds, remove it. Project Support has no good plan, remove from the budget. Misc. stays at \$500.

Fair packets: waiting for paper lists to hand out.

Summer Camp: 19 boys and 23 girls, registrations closed. Website link directs people to email Kaylie.

11 boy counselors and 5 girl counselors. Counselor training on June 19th. 2nd training is the 28th.

Camp starts June 29th. Lots of 4-H club members, younger 3rd-5th grade.

Thriving results: Result is between 1-7. Bayfield County received a 5.5 overall score. Youth thriving score was 5.52. Developmental outcomes 5.5 overall score. 20 kids in Bayfield County took the survey.

Summer Ideas: Ian brought up recreating the old fun triathlon at Long Lake. A rocket shoot this summer as well. Ian is now certified as a rifle instructor. Would like to do a shooting day at the range. Instead of Cloverbud day camp in the early summer, wait until after the fair but before school starts. Check in with Great Lakes Visitor Center., and tie in the Ambassadors.

Cindy made a motion to adjourn at 8:43 pm, seconded by Dede. Motion Carried

Next meeting date: June 17th at 6:30pm Location TBD

Minutes Submitted by Maria Renz

We need your Newsletter Submissions!

We are looking for your:

- Club updates
- Club activity photos
- Member written articles on anything 4-H
- Photos that highlight your 4-H year



Please submit entries to the 4-H Office by emailing Kaylie.Lukas@wisc.edu

Entry deadlines for 2024:

Fall Newsletter:
August 31st

Awards Dinner Slideshow :
October 27th

Winter Newsletter: November 30th

**Send us your pictures that highlight your 4-H year so we can include them in our annual awards dinner slideshow.



Bayfield County 4-H Office PO Box 218

Washburn, WI 54891





Address Block

Save the Date: Bayfield County 4-H Calendar

July

- 14- Equine Council meeting & riding practice
- 15- Leaders Association Meeting
- 15- Mt. Ashwabay Bike Club ride, 3:30pm
- 16– Fishing from canoes, Superior Adventure
- 17 Sea Kayaking Superior Adventure
- 18- Shooting Sports Meet 4pm
- 20- Mt. Ashwabay Bike Club ride, 3:30pm
- 23- Equine Council Meeting
- 25- Shooting Sports Meet 4pm

- 26— Final Deadline: Fair Entry Forms to Fair Office
- 27- Equine Council Mock Fair Show
- 28- Food Booth Cleanup day (noon-4)
- 28- Equine riding practice
- 29- Paddling The Brule, Superior Adventure
- 29- Mt. Ashwabay Bike Club ride, 3:30pm
- 30-PULLORUM TESTING

TIME TO START GETTING YOUR FAIR ENTRIES READY TO GO!

August

- 1- Gymkhana registration deadline
- 1- Shooting Sports Meet 4pm
- 6- Paddling the Brule Whitewater route
- 8-11- Bayfield County Fair
- 31— Fall newsletter submission deadline



<u>September</u>

- 1- New 4-H Year Begins!
- 1- Club financial reports due
- 2-4HOnline Enrollment Opens
- 7- Gymkhana, West Allis, WI
- 13-15- 4-H Horse Expo
- 14– Shooting sports leaders certification workshop, Marshfield
- 16- Leaders Association Meeting
- 30- Older Member Award applications due

October

- 1- Club PAF & shield forms due to office
- 2- Older Member Award interviews
- 5- Older Member Award Interviews
- 6-12- National 4-H Week
- 21- Executive Meeting, Leaders
- 31- Last day to enroll on 4HOnline

November

- 2-3- Fall Forum
- 10- Awards & Recognition Dinner
- 18- Annual Meeting & Elections
- 30- Winter newsletter submission deadline

CLUB LISTS AND PROJECT LISTS WILL BE MAILED TO CLUBS AT THE BEGIN-NING OF THE MONTH

December

Happy Holidays!