



Extension
UNIVERSITY OF WISCONSIN-MADISON

Pierce County 4-H September 2020 Newsletter/Informant

4-H Informant

PIERCE COUNTY 4-H NEWSLETTER

Extension Staffing Updates Due to the COVID-19 virus outbreak and guidelines from the Wisconsin Department of Health Services, UW-Madison, and Federal Agencies; our office will have limited availability and access. The Pierce County Extension Agents are working remotely and are checking their phone messages and emails regularly.

We are currently following guidelines from UW-Madison on group numbers. All face to face programs/events must complete a Programming Checklist with Frank and gain approval for that program before it can happen. A Program Log must be sent in following each day of the event or activity as those reports get sent back in to Madison. Contact Frank for more info.
francis.ginther@wisc.edu

For updates related to state 4-H events and programs please go to <https://4h.extension.wisc.edu/>

For the latest information on COVID-19, visit the Wisconsin Department of Health Services and the Pierce County Public Health Department.

For information about Pierce County 4-H please contact:

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September 2020

University of
Wisconsin-Madison
Division of Extension
Pierce County

432 W. Main St.
Courthouse Annex
PO Box 69
Ellsworth WI 54011
715-273-6781

Dear 4-H family:

THANK YOU! For sticking with us, for keeping creativity alive this summer, for enduring the hardships of not being able to get together, and for believing in what 4-H can still do for you. As we come into an unpredictable but hopeful Fall, I encourage you to think about ways that we can continue to promote 4-H. Invite someone new to join 4-H with you this Fall, tell your stories to youth and adults about what you love about 4-H, the Fair, and your projects, challenge your Club to increase it's membership this year by 5-10 or more new families, help to create opportunities for all by promoting Pierce County 4-H!

Programming options are beginning to get approved. The process is moving along however Extension staff are still required to work at home. Remember, I am happy to try and work with you to complete a Programming request or help your Club or Committee or group to connect. We plan to offer more "in the bag" opportunities this Fall and will also look to provide more online learning experiences and activities. Approved outdoor events can have up to 50 persons with groups of 10, physically distancing and using face coverings. We're not out of the woods yet and we are determined not to wander in the woods, lost and forlorn. Instead, let's all look for ways to support each other's creativity and ideas for sharing. I believe in the future of 4-H and see all of the great strides that it has accomplished for families across our State and county. Now, we need to share that message with new members and new families and let them know how great the 4-H experience can be!

Once again, thank you for sharing your time with young people and for maintaining a Clover Strong attitude! Here's to healthier and better days ahead with new and old 4-H friends to share it with!
Sincerely yours,

Frank Ginther
4-H Youth Development Agent, Pierce County



Keep informed with ACCURATE information!!

- 211 Wisconsin: <https://211wisconsin.communityos.org/coronavirus> (Information here in Spanish and Hmong as well as English)
- Pierce County Website: www.co.pierce.wi.us
- Pierce County Public Health Facebook: <https://www.facebook.com/piercecountypublichealth>
- Wisconsin DHS website: <https://www.dhs.wisconsin.gov/disease/covid-19.htm>
- Centers for Disease Control (CDC): <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



Extension Office Hours - Reminder that the Courthouse is still locked to the public. There is normally someone in the office M-F from about 9-4:30, however sometimes there is no one there, so if you are coming to pick something up, or drop something off, remember to call and make an appointment first to make sure someone is in the office when you arrive. All Extension Agents are still working from home and can be reached via phone or email.

We are closed these Holidays - Labor Day, Veteran's Day, Thanksgiving Day and day after, Christmas Eve, Christmas Day, New Year's Eve, New Years Day, President's Day, Memorial Day, Independence Day



Thank you to our 2020 4-H Summer Intern Grace Anderson for a job well done. Grace had to adapt to a new normal as Summer Intern this year and unfortunately didn't get the "Fair" experience that other Summer Interns get, but she did a good job helping with inventive new ways to engage our youth this summer during this unique time we are experiencing with the pandemic. -

Thank You Grace and Good Luck in your last year of school and future ventures!

[LIKE US ON FACEBOOK](#)



Pierce County 4-H

Pierce County Fair and Fairgrounds (WI)

Extension Pierce County WI

Also check out our Extension website at: <https://pierce.extension.wisc.edu/>

Enrolling for the 2020-2021 4-H Year

Enrolling for 4-H this fall will be a little different from the past 5 years that we have been using the 4-H Online system. This year you will enroll in a new, updated version, the 4-H Online 2.0 -

In preparation for this upgrade, current system will be shut down on August 20th and you will not be able to log in until enrollments open in the fall. When enrollments open you will go to the same website, <https://wi.4honline.com>, and log in using the same email as your current login. If your login password doesn't work, use the Reset Password link on the login page and you will be emailed a new password. Your enrollment record and history will be there when you get logged in for any active members this year. New members will create a profile in the new system.

If you are a club or project leader, you will not have access to the enrollment system and your membership lists during the transition. Your county office will have access to the current year enrollment data if you need a special report.

It sounds like the new updated 2.0 will be ready mid to late Sept. We will let you know as soon as you can start to enroll. Right now they are working on transferring data over to the new program and have a few other things to fix before we can start enrolling. Enrollment deadline is still by Nov. 1st.

You will need to select the projects you want to take in next years fair as that is the only part that will not carry over. Start thinking now of what you want to take and make sure you enroll in them this fall if you want to bring something in that project area to the 2020 Fair.



Good luck to all 4-H members on **Back to School**, however you are doing it; face to face in class all day, online remote learning at home, or a hybrid mix of those, or if you are home schooled. We wish you the best of luck during this abnormal time. We hope you can make the best of it and we really hope that we will be back to a more normal time very soon! Stay safe everyone and we will get through this together!
Here is to a great 2020-2021 school year and 4-H year!



How teens are coping with the Covid-19 Pandemic and how you can help.

<https://4-h.org/about/blog/how-teens-are-coping-with-the-covid-19-pandemic/> By National 4-H Council

Let us know if you would like more information and help on stress and anxiety of youth during Covid-19

Airport Tour and Young Eagles Flight



We were so excited to have our first in person event since March happen on August 11th! Two small groups of 4-H youth met at the Red Wing Airport in Bay City and got a tour of the airport, and then were paired with a Young Eagle Pilot to help with the preflight inspection of the plane, and got to take a short flight around the Bay City/Red Wing area. We had a morning group and an afternoon group attend. Our 4-H members are invited to do this each summer. This summer we had to limit participants but were so excited we got to do it (with of course extra precautions and followed all Covid-19 safety regulations). The mission is to introduce and inspire kids to the world of aviation.

Maybe we are looking at a few future pilots here. ☺



Virtual Community Quilt Project In celebration of the upcoming premiere of the PBS Wisconsin documentary, *Nancy Zieman: Extraordinary Grace*, there will be a Nancy Zieman 4-H Virtual Community Quilt Project. Because Nancy's career in sewing was inspired by her youth participation in Wisconsin 4-H, all youth and adult quilters, sewists and fiber artists are invited to contribute a photo of a quilt block to the community quilt. In addition to the 6-1/2-inch fiber art square or quilt block, participants will also be including an artist statement detailing how Nancy and 4-H directed their fiber arts journey and/or career path. This virtual community quilt will be a photo collage and will be shared as part of the virtual experience. You'll also be able to scroll through and read stories from participants across the country whose lives have been impacted by Nancy and/or 4-H, at [QuiltShow.com](https://quiltshow.com), Sept. 10-12, 2020.

To see quilt block examples and artist statements and participate in the 4-H Virtual Community Quilt Project, complete the FREE registration at <https://quiltshow.com/>



More info at:

<https://4h.extension.wisc.edu/2020/07/30/4-h-virtual-community-quilt-project-nancy-zieman-documentary/>

Adult Leaders - There will be more VIP Training sessions held later this Fall for becoming an adult leader/volunteer. Reminder that you must have completed the 4 steps, 1. Enroll as leader in 4-H Online, 2. Do a state Back Ground Check, 3. Complete the Mandated Reporter Training and 4. take a VIP Training. Once enrollment starts again late Sept. you can begin to enroll. If you were a confirmed leader you will not have to do anything except enroll. If you started these trainings but did not complete before the crossover to the new 2.0, you will probably have to redo some of the steps. Everyone adult 4-H volunteer of Pierce County must be a confirmed leader in our system before you can start working with the youth. Watch for more on becoming a leader in the fall around enrollment time. VIP training dates will be set late Fall.

Club Charters -

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

All Club Charter paperwork and audits are due in Pierce County to the UW-Extension Office on or before October 15, 2020. 4-H Financial Books Closed June 30, 2020

The 4-H Adult Advisors and all Wisconsin 4-H groups and committees closed their accounting books for the 2019-2020 4-H year on June 30, 2020. Club and Committee Treasurers should have started the new 2020-21 fiscal year as of July 1, 2020. Thank you to those who met the July deadline for Annual Financial Reports (AFR). Those clubs who have not turned in their financial reports, please have them turned into the UWEX office by September 10th, so Beth can get the 990's filed with the IRS before the September 15th deadline.

See these 2 youtube links below on How to do your Annual Club or Group Charter

Annual 4-H Charter Pages 1-4: <https://www.youtube.com/watch?v=vUnTDRotc-8&feature=youtu.be>

Annual 4-H Charter Financial Rpt Pages 5-6: <https://www.youtube.com/watch?v=Kf952whFgV8&feature=youtu.be>

Club Awards - Reminder there will be no County Awards Program this fall. But youth and leaders will still be recognized with certificates and pins that Club Leaders can hand out at your club awards banquets.

Club Summary sheets and awards summary page that were mailed to you the middle of August, are due back from Leaders by Sept. 10th to the Extension Office.



Reminder that we have the 2020 Pierce County Plat Books on sale in the office for \$35. These make great gifts!

Clubs can pre-purchase a bundle of 10 books at \$300 (so \$30 each) and you sell them for \$35 each so your club makes \$5 per book. You can put them at a business or just have club members sell them to family and friends.

Virtual "Fun" Rabbit Show Experience Held August 2020

A few Small Animal Committee Leaders held a "Fun Virtual Rabbit Show Experience" where anyone that wanted to participate sent in 4 non-photoshopped or non-edited photos of their rabbit. One profile picture, one top one rear and one head shot. Then a judge made some comments and gave feedback on the photos and gave them a placing based on all photos that came in. This was not a fair entry. This was just a "Fun" show to give our rabbit members an opportunity to show off their rabbits and was offered to all in the rabbit project. The Champion Rabbits for this fun show went to: Sydney Boyer - Grand Champ with a Tan Rabbit - Meggan Daniels - Reserve Grand with a Silver Fox -Honorable Mention went to Lucas Boyer (English Lop) and Alec Boyer (Meat pen) Good job to all rabbits that participated! And thanks to the rabbit leaders for offering a fun experience for members to show off the rabbits in a year when we could not offer a real rabbit show because of the cancelled Fair. **Get Fluffy, Brownie and Hopper ready for next year!**



4-H Summer Camp 2020 in a Bag and 4-H Foods Adventures in a Bag events were a hit!

In June we held 4-H Summer Camp in a Bag, where participants picked up a "Bag" filled with supplies for making crafts, and joining in on some fun virtual Counselor led camp activities and virtual camp fire Zooms! While we really missed seeing you in person, this was a fun option to still get a little bit of the summer camp experience. We are now, more than ever, looking forward to an in person fun summer camp next June 2021!! Save the dates now, 2021 4-H Summer Camp will be June 29th to July 1st at Camp Kinnissippewa.

We also had a fun experience with our Food Adventures in a Bag participants. They were given a bag with a few ingredients and a grocery store gift card to get a few more perishable foods as they joined in on a counselor led baking Zoom and all baked some yummy treats together online!

Photography Tips Zoom Sessions held - Watch for more this fall!

Did you know that we have four, count them, four National 4-H Photography Ambassadors right here in Pierce County? It's exciting news and these individuals who attended the National 4-H Photography Summit in Washington D.C. earlier this year were able to share some of what they learned with Pierce County members in four 4-H Photography Tips series that were done in August. All 4-H members in the photography project were invited to join in on these Zooms. Thank you Rachael Rahn, Kinsey Peterson, Hope Turvaville and Meggan Daniels for sharing what you learned at the Summit with our Pierce County members. We hope to have these Photo Ambassadors offer some more sessions this fall. Watch for info to be emailed to you on them.



Livestock Auction 2020

With hours of hard work, many letters and surveys and follow-ups to both youth and buyers, the 4-H/FFA Livestock Committee and our Extension Support Staff did a great job and put together a successful Virtual Meat Animal Auction for 2020. Every animal on the auction sold! That is great news! Eight animals sold premium - 1 steer, 1 goat, 2 lambs & 4 hogs and the 30 remaining animals were successful non-premium sales. A huge thank you goes out to all of our 2020 Virtual Buyers and Bidders!

THANK YOU to Hines Auction Service for donating their time and talents to run the 2020 online Auction! Thanks also to all of our area locker plants for helping 4-H and FFA families safely and efficiently harvest their project animals and provide high quality meat products for 2020 Auction buyers.

Thank you Tony & Marsha Shafer

Pierce County 4-H is the winner of the \$2500 grant selected by Tony and Marsha Shafer who applied for the grant through their farm, naming Pierce County 4-H as the recipient.



So thank you to Tony and Marsha Shafer! The Shafer's have always been involved in 4-H from being Project Leaders to Club Leaders and having kids, and now grandkids in the program.

This Grant program is the America's Farmers Grow Communities sponsored by Bayer Fund.



Pop-Up Greeting Cards (for Cloverbuds or Explorers)

Make a pop-up greeting card to thank a helper with your own 3-D creation! Identify helpers in your community and create a unique 3-D card to thank them for their service.

Parents or leaders click here for info on how to help your Cloverbud do the Pop-Up Card activity - [Pop Up Card Activity](#)

Materials needed include:

Plain white paper, pencils and crayons, colored pencils or markers, 1 piece of heavy cardstock paper, selection of construction paper and additional decorative paper, scrapbooking paper or wrapping paper, etc., scissors, glue sticks. See the attached link on paragraph above for the full Activity.

Are You Looking for Some Great At-Home Learning Activities?

Checkout the 4-H at Home page here: <https://4-h.org/about/4-h-at-home/>

It has many activities for various age groups arranged in multiple topic areas.

Dig in and get into learning and doing 4-H at Home!

2020 Virtual Fall Forum for 4-H Volunteers and Youth

Fall Forum is an opportunity for youth 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
- Provide an opportunity for youth and adult volunteers to be involved in the planning and evaluation of statewide programs
- Encourage diversity of thought, perspective, interests, and people
- Promote strategies for youth and adults to reach underserved and underrepresented groups.

When: November 6-7, 2020

There will be interactive learning activities Fri. night and educational workshops on Sat. via Zoom.

Who: Youth and adults across the state are encouraged to join in!

- Youth 7th - 13th grade
- Adult volunteer leaders

Registration: Registration opens in 4HOnline on September 15th and ends at midnight on Sunday, September 27th. Members must re-enroll in 4HOnline after the new 4-H year in order to register for the event. Session selections can fill up fast so make sure to register early!

Wisconsin 4-H Leadership Council-Apply TODAY!

The Wisconsin 4-H Leadership Council (WLC) provides a statewide forum for youth and adult volunteer leaders to discuss ideas and provide input to enhance Extension 4-H Youth Development programs at the state, county and local levels. WLC members:

- Serve as leaders and role models for 4-H youth and adults
- Advocate for Wisconsin 4-H
- Provide input for enhancing the 4-H program
- Provide educational opportunities to 4-H members and leaders
- Connect the county, regional and state levels of WI 4-H, as well as the Wisconsin 4-H Foundation

New members are elected at the annual Fall Forum in November. The WLC helps to plan that annual event, along with the State Youth Leader Conference and UW-Extension Day and Meat Products Auction at Wisconsin State Fair.

We are looking for more representatives from the Northwest portion of the state. Currently, Kathy Brubaker from the Helpful Workers 4-H Club is an adult representative on this Council and she would be glad to offer more details about her role and responsibilities in case you are thinking about applying. And we think that you should take the plunge and apply today! Here is Kathy's e-mail address: racin59@msn.com.

2020-2021 Wisconsin 4-H Leadership Council Applications are now open! Apply today for WLC. Applications are due **September 30th**. You can find the application packet here: <https://fyi.extension.wisc.edu/wi4hvolunteers/wi-4-h-leader-council/>

Cedar Crest Ice Cream Company Invites 4-H'ers to Help Create a New Flavor!

[Cedar Crest Ice Cream](#), Cedarburg, Wisconsin, and the [Wisconsin 4-H Foundation](#) have teamed up again to present the "[Cedar Crest Ice Cream 4-H Flavor Contest](#)" for Wisconsin 4-H clubs. More than 1600 clubs are eligible to create and submit a flavor 'recipe' with the top clubs named as finalists, and the top flavor produced for summer 2021.

According to Brenda Scheider, Executive Director of the Wisconsin 4-H Foundation, the contest is a great opportunity for 4-H youth to work together to develop and name their flavor. "The most exciting part of the contest is the winning flavor will be available through Cedar Crest beginning next July." The annual contest has already yielded popular flavors including Deep Woods, created by the Badger Boosters 4-H Club of West Bend and Wisconsin Campfire S'mores, created by the Springbrook 4-H Club of New Richmond. This year's winning flavor was Road Trip Wisconsin, created by the Trail Blazers 4-H Club of Holmen in LaCrosse County.

A panel of ice cream experts chosen by Cedar Crest judges the entries. The company manufactures more than 80 flavors of ice cream, along with frozen custard, sherbet and sorbet at its Manitowoc, Wisconsin, plant, and distributes products in five states. Many of the flavors now produced by Cedar Crest, including Wisconsin Campfire S'mores and Big Muddy, are a result of the contest.

More information and the entry form are available at www.cedarcresticecream.com. Entries are due by November 13, 2020. The winner will be announced in December 2020.

4-H Addresses Food Insecurity

A new survey commissioned by National 4-H Council found that 88 percent of U.S. teens believe having access to healthy food is a basic human right, though a majority say that unhealthy options are easier to access and more cost-effective. As COVID-19 continues to negatively impact the economy and create impossible situations for families struggling with food security and access, 4-H teens from across the country are stepping up their efforts to solve the problem through service and cooking.

[37 MILLION AMERICANS, INCLUDING 11 MILLION CHILDREN FACED FOOD INSECURITY IN 2018](#) and these numbers are growing exponentially amid the COVID-19 crisis. The survey, which was completed prior to the current global pandemic, highlights that healthy eating choices are determined by access and necessity. More than a third (35%) of those surveyed say "healthy food is not easily accessible to me," while a majority (84%) say, "junk food is too accessible."

"Many young people and their families don't know where their next meal is coming from, especially during this current global crisis, and choosing healthy options that are cost effective only becomes that much more difficult for economically challenged communities across the country," said Jennifer Sirangelo, president and CEO of National 4-H Council. "This survey shows that today's youth have an expressed interest in leading healthier lifestyles, and we're pleased to serve and ensure that kids and their communities develop the healthy habits they need to thrive."

Polling over 1,500 youth between the ages of 13-19 nationwide, the survey was commissioned by National 4-H Council and conducted by The Harris Poll. The 4-H program has reached over one million youth from across the country with nutrition education and physical activity, with an intentional focus on populations who face challenges in achieving positive health outcomes.

Other key findings from the survey include:

- Teens are interested in being active participants in solving the food crisis, as a majority said they would like to/or have donated money and/or volunteered within their communities.
- 68 percent say they satisfy their hunger with unhealthy foods because it's more accessible to them at school than healthy food.
- Most teens wish there were healthier food options in their community (74 percent) and at home (69 percent), while 1 in 4 reported having to drive 30 minutes to buy groceries (25 percent).
- 84 percent surveyed say schools should teach students more about what makes food nutritious, while over half also believe supermarkets should incentivize health food choices through healthy grab & go options (55 percent).
- Most teens (66 percent) are spending more time deciding what they want to watch on Netflix and YouTube, than thinking about what they eat.
- 73 percent of youth say that they think they would eat healthier if healthy foods tasted better.

National 4-H Council released a free, digital cookbook, [4-H FRESH CHEFS](#), as a resource to encourage youth and their families to eat a balanced diet and make nutritious meals at home. The cookbook features a number of easy and affordable recipes from 4-H youth, celebrity chefs, and 4-H supporters including:

- Carla Hall, Celebrity Chef, 4-H Healthy Habits Program Ambassador and Tennessee 4-H Alumna
- Anne Burrell, Host of Food Network's Worst Cooks in America: Celebrity Edition and Cookbook Author, New York 4-H Alumna
- Trisha Yearwood, Award-Winning Singer, Cookbook Author, Executive Producer and Host of Food Network's Trisha's Southern Kitchen, Georgia 4-H Alumna

"It's important for young people to build a lifetime of healthy eating habits early on, through a thoughtful and balanced approach towards food," said Celebrity Chef and 4-H Healthy Habits Program Ambassador Carla Hall. "...4-H...exposes youth to essential life skills such as health conscious cooking, eating, and decision-making that can impact their futures as well as the future of their communities. I'm glad to partner with 4-H and share my passion for mindful eating and living with the next generation of young leaders."

To learn more about 4-H and to download a free copy of the Fresh Chefs Cookbook, please visit [HTTPS://4-H.ORG/PARENTS/HEALTHY-LIVING/HEALTHY-HABITS/](https://4-h.org/parents/healthy-living/healthy-habits/).

Join 4-H and Help Create Opportunities for ALL!

See and hear how 4-H is talking and sharing about creating opportunities for all. As the impact of COVID-19 continues to scale, widening education, economic and health gaps are threatening to leave millions of kids behind. 4-H, one of the nation's largest youth development organizations, is taking a stand with its belief that opportunity should not be pre-determined by any person's zip code, ethnicity, skin color, or income with the announcement of [OPPORTUNITY4ALL](#), a new campaign to eliminate the opportunity gap and create better, brighter futures for all kids today.

Fifty-five million kids face this widening opportunity gap in America hindering them from having equal access to opportunities to reach their full potential. In addition, 12 million kids lack access to reliable broadband internet resources putting them in a position to fall even further behind as many schools move to virtual learning during the pandemic.

Despite these challenges, 4-H believes young people can play a key role in creating a more promising and equitable future for youth, families, and communities across the country, if given the opportunity. And in a recent [ROUND OF SURVEYS](#) to gain insight on youth perspectives, 4-H found that young people desire to be part of the conversation.

"We believe youth perspectives are so important and a solution to eliminating the opportunity gap because young people come with new ideas and new ways of seeing the world," says Jennifer Sirangelo, president and CEO of National 4-H Council. "We often look at things through a narrow lens, but for them it's all new and that newness is a gift that leads to innovation and thinking outside of the box. We have to welcome and encourage them to be engaged and be involved because these issues impact their daily lives. They need to have a seat at the table."

Opportunity4All will mobilize 10 million young people - their diverse voices and innovative actions - to be part of the discussion to create solutions to the educational, economic and health issues that create opportunity gaps. In addition, the Opportunity4All pledge will rally the support of parents, 4-H alumni, influencers as well as corporate and nonprofit partners across all sectors to share their commitment to ensuring all kids have access to learning resources, experiences and social-emotional support they need to thrive.

By igniting conversation and raising awareness 4-H kicks off Opportunity4All with a convening of youth, experts, and influencers at the [OPPORTUNITY4ALL VIRTUAL FORUM \(WWW.4-H.ORG/OPPORTUNITY4ALL\)](http://www.4-h.org/opportunity4all), an

important conversation on the need for creating access, equity and mobility for America's youth. In addition, some of the nation's leading experts on youth contributed to a white paper, [BEYOND THE GAP, HOW AMERICA CAN ADDRESS THE WIDENING OPPORTUNITY GAP FACING YOUNG PEOPLE](#), providing insights on the impact of COVID-19 and outlining solutions to addressing the opportunity gap for all youth.

Since the onset of COVID-19, the organization has raised over \$5 million from partners like, CHS Foundation, Corteva Agriscience, Google, Microsoft, Nationwide, New York Life Foundation, Robert Wood Johnson Foundation, S.D. Bechtel Jr. Foundation, TD Ameritrade, UnitedHealthcare, Walmart as well as media value from Comcast/NBCUniversal, Meredith and Outdoor Advertising Association of America to tackle the inequities young people face and evolve 4-H's delivery, strategies, and programming to meet their needs in this moment.

To raise awareness about the opportunity gap and the Opportunity4All campaign, 4-H also partnered with Public, a purpose-driven agency, to develop compelling creative including digital ads and an [ANIMATED PSA](#) (<https://www.youtube.com/watch?v=Hoh3BHIEvkQ&feature=youtu.be>) narrated by Grammy Award-winning singer, 4-H alumna and national spokesperson, Jennifer Nettles.

The organization will continue to host convenings, including a teen townhall and youth summits this fall, and build alliances and partnerships with corporate and nonprofit partners to bring thought leaders together with young people to elevate discussions and offer perspectives on how our country should move forward and create a more equitable future for all.

For more information about Opportunity4All visit WWW.4-H.ORG/OPPORTUNITY4ALL. Share the video with a friend or neighbor, invite someone new to join 4-H with you this Fall, tell your stories to youth and adults about what you love about 4-H, the Fair, and your projects, challenge your Club to increase it's membership this year by 5-10 or more new families, help to create opportunities for all by promoting Pierce County 4-H!

Creating Positive Spaces: Welcoming LGBTQ+ Perspectives

Monday, August 31st 6:00 pm – 7:30 pm via the Virtual Learning Community



Ever wonder what all those letters stand for? Brian from GSAFE will be ready to answer basic questions you might have. This webinar features a LGBTQIA+ Youth 4-H Panel who will share some of their experiences.

You will need to register in advance for this meeting:

Welcoming LGBTQ+ Perspectives



Monday, August 31st | 6:00pm

Ever wonder what all those letters stand for? Brian from GSAFE will be ready to answer basic questions you might have. This webinar features a LGBTQIA+ Youth 4-H Panel who will share some of their experiences.

*Registration required

<https://uwextension.zoom.us/meeting/register/tJUrduihqzMuHtEly0yRk2hiA7tJvpvcg54A>

Feelings Thermometers Now Available

Wisconsin First Lady Kathy Evers has launched the Office of Children's Mental Health's Feelings Thermometer to help families feel better during these stressful times. The Feelings Thermometer is a visual tool to post on the refrigerator that helps everyone — from kids to adults— measure how they are doing emotionally with tips on how to shift your mood from angry to calm. Research tells us that just identifying a calming activity can reduce anxiety. Download your copy and see more uses of this special mental health tool in Spanish or English here:

<https://children.wi.gov/Pages/FeelingsThermometer.aspx>

Check the emotional temperature of the children in your family:

- Post the Feelings Thermometer on your refrigerator
- After school, while making dinner, other moments when you are in the kitchen, use it to guide a simple conversation about the importance of paying attention to feelings

Talking about Feelings. With the Feelings Thermometer posted, ask children questions like:

- Which zone are you in right now? What in your body tells you that you are in that zone?
- What can you do to move to the blue zone?
- Have you used any of the strategies on the Feelings Thermometer?
- What works for you when you are in the red zone?
- How could you help someone in the green zone?
- Name another activity that works to move you from the orange zone to the blue zone.
- Would there be a good time of day for the whole family to check their Feelings reading?
- Which activities would help others in the family to stay in the blue, calm zone?

For some, identifying feelings is not easy. Encouraging children to identify feelings is good. It may take some practice for them to connect the feeling with words to describe it. If they can't do it right away, take a break and come back to it later.



4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

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Lub Tsev Kawm Ntawv Qib Siab (University of Wisconsin-Extension) pab rau tsoom fvw kev pom zoo thiab ncaj ncees nyob rau kev kawm ntaub ntawv, kev pab cuam thiab kev ua hauj lwm rau tag nrho cov neeg tsim nyog ua tau tsis tas hais yog haiv neeg twg, xim tawv nqaij twg, poj niam txiv neej, kev ntseeg, cov neeg puas cev xws li tes taw, kev ntseeg ntuj, kev tuaj txawv teb chaws tuaj, kev poj koob yawm txwv, hnuv nyoog, kev xaiv ntawm kev daj dee, kev xeeb tub, kev muaj txij nkawm los yog ua niam txiv, kev rau txhom los yog muaj txim raug kaw los yog ua qub tub rog.