



Extension

UNIVERSITY OF WISCONSIN-MADISON

May 2020

Pierce County 4-H May 2020 News/Updates

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. Pierce County Extension staff are working remotely and are checking their phone messages and emails regularly. **In addition, all in-person 4-H programs and activities planned through May 31st must be cancelled or postponed. Watch your email and newsletters for updates on what will be allowed for groups in June and moving forward.**

These cancellations affect local, state, and national 4-H educational experiences.

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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May 2020

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**A Note from the Pierce County
4-H Agent, Frank Ginther**

Dear 4-H families:

Sometimes these days it's hard for us to be optimistic and stay positive. It's true that this virus is serious and as we already know has likely changed how we live and work. It's easy to stay focused on the negative side however I have seen and believe in the hard work, creative energy, and community spirit that shines forth on a regular basis from our Pierce County 4-H family. To help keep that spirit alive and well here are some tips to focus on the positive so that you have the energy and resolve needed to weather the storm:

Limit your intake - You could watch 24-hour news channels, listen to dire warnings on the radio, or visit countless websites and be bombarded with the angst of the moment. Instead, choose a single news source and decide how much limited time you'll spend with it each day. And stick to your plan.

Look to the past - Get hope from your past resilience. You have likely endured other unforeseen major life disruptors like 9/11, major winter weather, or the financial meltdown of 2008. You made it through! And you are stronger because of it. Know that you will get through this. Remind yourself of your resilience on a regular basis.

Watch a funny video - Thanks to the huge popularity of YouTube, there are thousands of videos that can help you take your mind off current events, if only for three minutes at a time. Start to bookmark the funniest among them so you can return for a repeat viewing whenever things feel gloomy.

Look after your neighbors - You may be at low risk of severe consequences from the virus, but it may not be the same for your neighbors whose immune systems are compromised. The act of checking in on them (keeping 6 feet apart, of course) will not only make them feel good, it will make you feel good and remind you that there are others for whom this predicament is even more stressful.

Support your favorite local business - Maybe you're heeding the social distancing advice and aren't eager to sit in a crowded restaurant right now. And others feel the same way. Those empty seats aren't helping that restaurant owner to pay her staff or keep the restaurant in business. Buy a gift card to help the business owner now, and prepay for a wonderful meal you can have to celebrate when this pandemic is behind us.

Send gifts in the mail - it may not be wise to drop in on your loved ones with some fresh baked goodies, so send them a card or gift in the mail. Unexpected treats can be a huge pick me up in times of stress. This is especially valuable to the elderly who are living in nursing homes. Many facilities have closed their doors to all visitors, making residents feel even more isolated and vulnerable.

Take advantage of found time - I'm an educator and my in-person teaching and training gigs are canceling left and right. It's stressful. I could wallow in that for days. But that wouldn't be productive. These cancellations give me an opportunity to focus on some things I've had no time for and to accelerate my progress on other ways to do trainings. It's liberating, and that's what I've decided to focus on. If your company or school has implemented a work from home policy, how will you use the time you previously spent on commuting or riding the bus?

Practice random acts of kindness - Leave an envelope with a little gift for the Amazon delivery person who drops off your supplies outside your door. Or have a coffee delivered to your chiropractor. Your kindness doesn't require a monetary outlay. Write an unsolicited review for a friend of yours who is authoring some type of written material. Comment on a colleagues LinkedIn post. Send a snail mail note of appreciation to a friend or family member. Many in

the entire country of Italy broke out in song and applause to honor their healthcare workers. Thank the custodians or school cooks in your building or workplace for their efforts to keep things safe. Think of those who could benefit from your thoughtfulness and generosity. Then act.

Take a daily inventory - Close your day, every day, with a positive acknowledgment of something you accomplished, learned or are grateful for. It will help dilute some of the negativity you absorbed and remind you that not everything that's happening right now is bad or depressing.

In times of constant negative messaging, you need an antidote so that you can keep your positive attitude and march forward with determination and hope. Be deliberate in activities that are positive, heartwarming, stress reducing, and laughter inducing! Together, we will get through this.

Adapted from March 15, 2020 Forbes magazine article, "9 Ways to Stay Positive During the Coronavirus Pandemic", by William Arruda, branding and co-founder of CareerBlast.TV

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>

In this special May Newsletter you will find many links to at home learning or workshops and other online things. These are not mandatory and we realize there are many of these new online learning things coming up. Please feel free to just look through and join in on any of them that sound interesting to you or that you have time for. We realize you are very busy with online school at this time and we don't want to overwhelm you, however we feel this is our new normal for a while and our only way to connect, so we do want to share them with anyone that is maybe looking for more 4-H involvement during this perplexing time.

THANK YOU 4-H VOLUNTEERS!

National Volunteer week was the end of April. We want to thank all 217 of our Pierce County 4-H Adult Volunteers for all you do to make our 4-H Program special and successful! Without you a lot of what we do would not be possible so **THANK YOU!**

Wisconsin 4-H volunteers are valued partners in working with youth! Volunteers help make 4-H possible. Wisconsin's youth need your help "to make the best better."



Wisconsin 4-H volunteers are youth and adults working together to make a difference in the lives of young people. Volunteers work with Extension Youth Development professionals to develop the life skills of youth members, thus benefiting the state, employers, and the economy. Volunteers not only have the satisfaction of contributing to the future of young people, they also learn new skills that may advance their careers.

Wisconsin 4-H has over **10,000** adult volunteers and **4,200** youth volunteers. Volunteers are a major reason for Wisconsin 4-H's ability to reach well over **48,500** youth throughout the state.



Stay at Home Tips -

Extension has put out some various Stay at Home tips for different situations. Topics include healthy eating, cooking with kids, living alone, being a caregiver, and many others. Please access those tip sheets here:

<https://fyi.extension.wisc.edu/covid19/category/topics/families/stay-at-home-tips/>



Fair Entry Form Reminder -

You all should have received your fair entry forms in the mail sometime in April. If you did not get one or lost it please contact Sandy.radkey@wisc.edu and she will get you a new one.

Reminder you MUST HAVE THEM IN THE EXTENSION OFFICE BY JUNE 1st

This year all members will send their form directly into the **Extension Office at PO Box 69, Ellsworth WI. 54011** instead of giving them to your club leader. Reminder also to not send your entry fee payment. You will be contacted by your club leader for a hopeful June meeting date, and that is when you will pay your leader the \$5 entry fee for anyone 8 or over at time of the fair. Watch your email and phone for info from your leader on how and when that fee will be collected. We are still planning on a fair at this time, we will keep you updated as we move forward. If we move to a 4-H judging only fair we will still need the fair entry forms by June 1st so mail them in soon! Once our office opens the end of May you will have the option to bring them in also. Watch emails for details on when we will be open again. But for now, we are still working, so please email or call with any questions and get your fair entry forms in soon!



LIKE US ON FACEBOOK



Pierce County 4-H

Pierce County Fair and Fairgrounds (WI)

Extension Pierce County WI

Check out our Extension website

<https://pierce.extension.wisc.edu/>

Delivering 4-H Through Technology

Engaging 4-H Youth through Virtual Meetings and Learning Opportunities

Technology offers a venue for youth voice and discussion. Below you will find information on how to host and conduct 4-H meetings in a safe and educational way. Take a few minutes to review each link. These will provide best practices for you as a volunteer when meeting with youth.

[Tips for Engaging 4-H Youth in Online Learning](#) *

Wisconsin 4-H uses Zoom for meetings and educational learning opportunities. *Remember when participating in a 4-H meeting, whether in person or virtually, the 4-H volunteer expectations and 4-H youth member code of conduct apply.*

Below are two YouTube videos created by Wisconsin 4-H Youth Development staff to help volunteers utilize Zoom as a teaching platform.

Zoom 101 Trainings:

- [Creating your Own Zoom Basic Account](#)
- [Basics of Using Zoom](#)

*This material is shared with permission from Iowa State University Extension and Outreach.

Extension, Wisconsin 4-H, and Fair FAQ

The University of Wisconsin - Madison Division of Extension has long been a partner with the county fair. County fairs have consistently been a venue for educators to deliver programming related to youth development, community development, agriculture, and family development. Extension and the Wisconsin Association of Fairs (WAF) have been working closely over the past year and a half to accentuate the educational opportunities at county fairs.

In response to the COVID-19 pandemic, UW-Madison and Extension have made some decisions regarding in-person programming. All Extension in-person events planned for May are cancelled or postponed. Large events (>50 people) planned for June are cancelled or postponed. We are following state guidelines as they are announced and our programming guidance will be updated accordingly.

With these recent announcements, we have been asked questions about what this means for 4-H member participation and Extension staff involvement at county fairs. While the situation may continue to evolve with time, here is a link to our current response to some frequently asked questions: <https://4h.extension.wisc.edu/extension-fair-faq/>

May is Asian/Pacific American Heritage Month - a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

Like most commemorative months, Asian/Pacific American Heritage Month originated with Congress. In 1977 Reps. Frank Horton of New York introduced [House Joint Resolution 540](#) to proclaim the first ten days in May as Pacific/Asian American Heritage Week. In the same year, Senator Daniel Inouye introduced a similar resolution, [Senate Joint Resolution 72](#). Neither of these resolutions passed, so in June 1978, Rep. Horton introduced [House Joint Resolution 1007](#). This resolution proposed that the President should "proclaim a week, which is to include the seventh and tenth of the month, during the first ten days in May of 1979 as 'Asian/Pacific American Heritage Week.'" This joint resolution was passed by the House and then the Senate and was signed by President Jimmy Carter on October 5, 1978 to become [Public Law 95-419](#) (PDF, 158kb). This law amended the original language of the bill and directed the President to issue a proclamation for the "7 day period beginning on May 4, 1979 as 'Asian/Pacific American Heritage Week.'" During the next decade, presidents passed annual proclamations for Asian/Pacific American Heritage Week until 1990 when Congress passed [Public Law 101-283](#) (PDF, 166kb) which expanded the observance to a month for 1990. Then in 1992, Congress passed [Public Law 102-450](#) (PDF, 285kb) which annually designated May as Asian/Pacific American Heritage Month.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants. Find more information here: <https://asianpacificheritage.gov/about/>

Upham Woods 4-H Outdoor Learning Center in Wisconsin Dells is proud to launch an interactive program available for anyone to connect to nature called the Earth Stories Exchange. All you have to do is explore nature, create a story, share with us, and we will share a story with you in return-like pen pals! You can complete stories as a class, a camp activity, or individually. We would love to see all sorts of stories, so share this with your friends and family! The Earth Stories Exchange is simple:

Write a story about something you did outside, share it with us, and we'll send you a story back.

Get outside! It's simple to do; just follow the steps below:

Remember to physically distance yourself from others. Notice, observe, question everything around you!

Share create a story based on what you did and noticed outside! Choose one of these three options to share your story:

a) Complete Upham's online story exchange form <https://fyi.extension.wisc.edu/uphamwoods/>

b) Email your story to us at uphamwoods@extension.wisc.edu

c) Mail your story to us - Upham Woods Naturalists, N194 County Rd N, Wisconsin Dells, WI 53965

Fall Forum is a statewide learning opportunity for Youth 7th grade - 13th grade, adult volunteers & staff. Staff and teams are encouraged to submit proposals for this year's **Fall Forum, November 6-8**. Proposals are due no later than **May 15** - earlier is better. This is a great opportunity for a team of county/state staff, volunteers and youth to work together and present an interactive workshop for youth and adults as well as staff from throughout Wisconsin. Last year; over 400 youth and adult leaders plus staff attended. The committee's goal is to increase this to 500 participants (youth, adults and staff).

There are two options for you to get involved in teaching: There will be 15 - 25 learning stations on Friday evening and over 25 different workshops offered on Saturday.

Interactive Learning Stations - Friday evening November 6:

Time: 2 $\frac{1}{2}$ hours - Friday evening from 7:00 - 9:00 p.m.

Format: This is an open room concept where participants move from station to station. They may spend 5-10 minutes to 20 minutes depending how you want the learner to engage. Consider hands-on experiences that helps the learner connect with the content.

Extend the Learning: We are asking this year for each station to have a handout with information about the activity or learning experience so they can use this information once they return to their county. The hope is to also have a place to upload these documents so they can also be accessed electronically.

Workshops - Saturday, November 7:

Time: Sessions are 1 $\frac{1}{2}$ - 2 hours in length

Format: Hands-on experiences that help youth and adult volunteers and staff see how this could be replicated when they return to their club and county.

Extend the Learning: We are asking this year for each workshop to have a handout with the lessons that are taught so participants can use this information once they return to their county. The hope is to also have a place to upload these documents so they can also be accessed electronically.

On behalf of the planning committee for Fall Forum; we hope you will consider this an opportunity to share a great idea that is working in your county; at the state level or as a statewide team. **Please consider this opportunity and submit your proposals today.**

Here are the proposal forms:

<https://forms.gle/ksW5QghuavCaM3UJ9> - Friday

<https://forms.gle/MRzng2uAeuXjkDv56> - Saturday

2020 STEM for All Video Showcase

Now in its sixth year, this annual showcase will feature over 170 innovative projects aimed at improving STEM learning and teaching, which have been funded by the National Science Foundation and other federal agencies. During the week-long event, researchers, practitioners, policy makers and members of the public are invited to view the short videos, discuss them with the presenters online, and vote for their favorites.

The theme for this year's event is "Learning from Research and Practice." Video presentations address improving K-12 STEM classrooms, informal environments, undergraduate and graduate education, teacher professional development, and community engagement. Collectively the presentations cover a broad range of topics including science, mathematics, computer science, engineering, cyber-learning, citizen science, makerspaces, broadening participation, research experiences, mentoring, professional development, NGSS and the Common Core.

The event will be held online May 5th -12th at <https://stemforall2020.videohall.com> and will feature some work being done at our very own Upham Woods 4-H Environmental Learning Center in Wisconsin Dells!

Face Cover Making Local Resource for Clubs and Members



Are you a sewer? Do you want to get into face cover making for the Covid time? Are you making covers already and unsure where to go with them? Do you have access to elastic for face covers? We have a local 4-H volunteer who is ready to help. She has already prepared over 400 pre-cut covers and would be excited to help you or your Club with this project. It will involve some video learning and maybe some home teaching from parents however this volunteer is an experienced teacher and ready to help you out. If interested, please contact Cheryl Hoffman at this e-mail address and **please put in the Subject line-4-H Face Covers:**

hoffman.cherylcaw@gmail.com

Face covers are a great thing to do if you are looking for a way to help! Stay safe and well!

Animal Science videos

ND 4-H Dairy Cattle Showmanship Video

- <https://www.youtube.com/watch?v=HKnPNLd7ZXc>

ND 4-H Swine Showmanship Video

- <https://www.youtube.com/watch?v=plknAqfh0dq&t=18s>

ND 4-H Meat Goat Showmanship Video - <https://www.youtube.com/watch?v=rXk0K53HUYI>

ND 4-H Dairy Goat Showmanship Video - <https://www.youtube.com/watch?v=ahUN3OClyus>

ND 4-H Sheep Showmanship Video - <https://www.youtube.com/watch?v= 1S3 QAGooc>

ND 4-H Beef Cattle Showmanship Video - <https://www.youtube.com/watch?v=v0Ddda3SO18>

UW-Madison Sheep Farm Tour - <https://www.youtube.com/watch?v=knhZEHpDEao&feature=youtu.be>

UW-Madison Swine Farm Tour - https://www.youtube.com/watch?v=jfOt_Ao89t0&feature=youtu.be

Dog Quiz Bowl videos from Saint Croix County 4-H

Week 1: <https://www.youtube.com/watch?v=Clb362iX8OY&feature=youtu.be>

Week 2: <https://www.youtube.com/watch?v=0RIPKm6T7al&feature=youtu.be>

Week 3: <https://www.youtube.com/watch?v=ig-AwVvGges&feature=youtu.be>

Week 4: <https://youtu.be/PWAnbtPszo4>

The Beef Virtual Farm Tour recording from the Lancaster and Arlington Research Stations are available.

<https://youtu.be/dbgd3TjSHA4>

How to do your Annual Club or Group Charter Financial Report -

<https://youtu.be/PpCbROCOsYU>



CANCELLATIONS AND POSTPONED MEETINGS AND EVENTS

Wisconsin State 4-H Youth Conference = CANCELLED AND MAY BE OFFERED IN A DIFFERENT FORMAT

American Spirit Trip = CANCELLED

Space Camp = CANCELLED WITH POSSIBLE FALL DATE OFFERED

Pierce, Pepin, Buffalo FIVE (7th & 8th Grade Adventure Trip) = CANCELLED

Pierce County 4-H Swine Tagging = IN PROGRESS, IMPORTANT TO CONTACT COMMITTEE IF NEEDED

Western Gateway 4-H Invitational Shoot at River Falls Sportsman's Club = CANCELLED

Pierce County 4-H Dog Obedience Classes = POSTPONED UNTIL FURTHER NOTICE

Pierce County 4-H Air Rifle and Air Pistol and Archery practices = CANCELLED UNTIL FURTHER NOTICE

Pierce County Fair Entry Forms = MAIL FORMS WITHOUT FEE TO EXTENSION OFFICE, PO BOX 69, ELLSWORTH WI 54011 BY JUNE 1ST OR WATCH FOR DATE OF OFFICE OPENING AND CALL TO MAKE AN APPOINTMENT FOR DROPOFF OF FORMS - WATCH FOR EMAIL FROM YOUR LEADER ON HOW HE/SHE WILL BE COLLECTING THE FAIR ENTRY FEE IN JUNE. THE FAIR HAS NOT CANCELLED YET

Pierce County 4-H Foods Review = POSTPONED UNTIL FURTHER NOTICE

Pierce County 4-H Camp Kinnissippewa Counselor training = CANCELLED

Pierce County 4-H Camp Kinnissippewa = CANCELLED

NW 4-H Golf Classic = CANCELLED UNTIL JUNE 14, 2021

Pierce County 4-H Clothing Revue = POSTPONED UNTIL FURTHER NOTICE

Pierce County 4-H Robotics meetings = POSTPONED UNTIL FURTHER NOTICE

Pierce County 4-H Dairy and Livestock Judging practices = CANCELLED UNTIL FURTHER NOTICE

Pierce County 4-H Avian Bowl Interest Meeting and practices = POSTPONED UNTIL FURTHER NOTICE

Pierce County 4-H Gymkhana, SRP, and Drill Team practices = POSTPONED UNTIL FURTHER NOTICE

Pierce County 4-H Horse Committee Meeting = CURRENTLY PLANNED FOR TUESDAY, MAY 12TH VIA ZOOM CONFERENCE

Area Animal Science Days = CANCELLED

WI 4-H Shooting Sports Certification Workshops and Competitive Shoots = POSTPONED UNTIL FURTHER NOTICE

National 4-H Shooting Sports Contests = CANCELLED

Pierce County 4-H Llama Matching and Training Sessions = POSTPONED UNTIL FURTHER NOTICE