



Extension
UNIVERSITY OF WISCONSIN-MADISON

Pierce County 4-H October 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:

Frank Ginther, 4-H Youth Development Agent -
francis.ginther@wisc.edu

Sandy Radkey, FT Support Staff - sandy.radkey@wisc.edu

Beth Ingli, PT Support Staff - beth.ingli@wisc.edu

Katy Bishop, 4-H Assistant - 715-273-6781

October 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



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

Katy Bishop is back as our Fall 2020 Intern/4-H Assistant!

Welcome back Katy and we are looking forward to some fun fall activities like Cloverbud/Explorer Pumpkin Painting on Oct. 24th some "in the bag" events, plus an in-person and virtual Discovery Day and more!

Interested in Joining 4-H?
Click the link below to learn more!

<https://www.canva.com/design/DAEGqoda xIE/ gdMX3Gxhtyb6mZh98cxuw/edit>



Extension
UNIVERSITY OF WISCONSIN-MADISON

The University of Wisconsin-Extension is looking for professionals who are passionate about helping others through education:

NUTRITION EDUCATOR

for Pierce, Polk and St. Croix Counties

Full time with benefits

Deadline to apply: 10/28/2020

Complete details including qualifications and how to apply can be found at:

<https://jobs.hr.wisc.edu/en-us/job/505280/nutrition-educator>

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/>

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>

Enroll now for the 2020-2021 4-H Year

Use this link to re-enroll — <https://v2.4honline.com/#/user/sign-in> but READ BELOW FIRST -

A few things to know –

1. **If you were an active member last year your membership will carry over.** Do NOT start a new membership. This will cause problems and the system will read matching addresses or information and it will show dupe records and cancel both. Be sure to use your old login and password. If you forgot your password please click the I forgot my password. Your login is your family email. If you forgot that please call the office. ONLY BRAND NEW families should create a new account.

A family enrollment guide was emailed to each of you already with the link for signing up. The enrollment guide will help with this new 4-H Online 2.0 system. A project guide was also emailed. The project guide will help with choosing projects for the year. Or call the office 715-273-6781 with questions or if you would like either of these things sent to you regular mail.

2. **BE SURE to choose the correct club.** We are having issues right now with changing clubs so at the beginning when it asks you to choose a club from the drop down be sure to select the correct club you are joining. If you can't remember PLEASE call here and we can tell you what club you were in. If you are making a club change this year please be sure you know the name of the new club you want to join, and enter it now.

3. **Please select all the projects you want to enter now** (there is a limit on the amount you can enter) so put them in when signing up now as the system is having trouble allowing you to go back in and add a project after you are pending or confirmed (hopefully this will soon be fixed) but for now, please select all the projects you want to do before submitting the enrollment. There is a project guide attached for help with what projects are. If you would like this project guide regular mailed to you please let us know. Be sure to enter in any projects now that you may want to take to the 2021 Pierce County Fair.

4. Once you are in your account please complete the membership for each member enrolling and hit submit once you are finished. ONLY enroll a parent or adult that wants to be a volunteer leader. All volunteers will have to go through the 4 steps of the Youth Protection process (if you were a confirmed leader you will come over as confirmed and will not have to redo any of it until your background check is up for renew).

5. **PLEASE CALL US WITH ANY QUESTIONS!** 715-273-6781. We are here to help and want to make this an easy transition into this new system. We are seeing a few glitches that they are working on and we hope they are fixed soon but the enrollment part should be ready to go so get your family enrolled now. Just make sure you select the correct club. If you come across anything about payments – PLEASE DISREGARD that part. Do **not** pay your club dues or anything through this new system. Hopefully that part is turned off.

YOU MUST BE ENROLLED BY NOVEMBER 15th. Please don't wait until the last minute. Call 715-273-6781 with any questions or email sandy.radkey@wisc.edu or beth.ingli@wisc.edu

NEW FAMILIES – For anyone new to 4-H. Call the office 715-273-6781 to get information on clubs you can join. Join a club and then enroll in this 4-H Online 2.0 system.



Youth Equality Workshop

This fall the University of Minnesota Community Youth Development group is partnering with the Youth Leadership Initiative to host a series of free virtual [Youth Equity workshops and technical assistance](#). These workshops will introduce what it means to use an equity lens in youth work. Each session will provide different frameworks and concepts to analyze our mindsets, behaviors and structures. Participants will reflect on their personal role in creating equitable systems for young people to thrive. Everyone will walk away feeling energized to change and will have practical ideas to improve their programs. The interactive sessions will be held from **9-noon (CT)** and cover these key areas:

- [Dismantling White Supremacy Culture in Our Organizations](#), **Oct 23**. Learn about white supremacy cultural norms, the five key elements of using a racial equity lens, and actions that can dismantle white supremacy. [Register](#).
- [Addressing Hurtful Ways that Adulthood Shows Up](#), **Nov. 6**. Explore how adulthood is harmful to young people, examine how these behaviors show up in nonprofits, and identify actions to create change. [Register](#).
- [Sharing Power with Youth](#), **Nov 20**. Examine different youth engagement frameworks, define equity from a youth perspective, and learn how to share power with young people. [Register](#).

Statewide 4-H Educational Experiences or 2021 4-H Award Trips Update

Due to the uncertainty regarding COVID-19, National 4-H Council, with support and guidance from national Extension leadership, including the 4-H Program Leaders Working Group, has decided that the 2021 National 4-H Educational Experiences will not be held in person. In addition to National 4-H Council's announcement, Wisconsin has made the decision that Space Camp and the American Spirit Experience will not be held in person in 2021. See list for specific updates:

- 2020 National 4-H Congress – Canceled
- Citizenship Washington Focus Presidential Inauguration – Canceled
- National Youth STEM Summit – Virtual
- National Youth Healthy Living Summit – Virtual
- National Youth Agri-Science Summit – Virtual
- National Youth Photography Summit – Canceled
- Citizenship Washington Focus – Virtual
- Leadership Washington Focus – Virtual
- National 4-H Conference – Virtual
- Space Camp – No Wisconsin Delegation
- American Spirit Experience – Canceled
- 2021 National 4-H Congress – To Be Determined (Does Not Meet at National 4-H Conference Center and is held in November) .

Several important factors and considerations guided the decision to move from in-person to virtual:

1. Health and safety of youth, adults, staff and volunteers is a primary concern
2. Equitable access for all youth at national events; currently 50% of Land Grant Universities have restricted travel and many have indicated continued restrictions through Summer of 2021
3. Challenge of retrofitting the National 4-H Conference Center to meet social distancing requirements
4. Opportunity to invest in virtual capabilities and leverage innovation from Extension and youth.

For more information visit: <https://fyi.extension.wisc.edu/oneidacounty4h/2020/09/23/2021-national-4-h-educational-experiences-will-not-be-held-in-person-due-to-covid-19/>

Fun At Home STEM Activities

○ **Low-Cost Robotic Hand**

- An outstanding Georgia 4-H'er, Nicholas, has a passion for sharing low-cost STEM projects to ensure that ALL children have opportunities to learn about STEM and get excited about science. Here is Nicholas's how-to on building a robotic hand for less than \$0.50!
- <https://4-h.org/wp-content/uploads/2020/09/Low-Cost-Robotic-Hand-4H-at-Home-2020.pdf>

○ **"Evaluating Investment Alternatives"**

- This activity teaches kids about different investment options and what each one means for their money. They'll also answer questions to check their understanding and help them think about investing.
- <https://4-h.org/wp-content/uploads/2020/09/4H-stemlab-evaluating-investment-alternatives.pdf>

○ **"My Work, My Future"**

- In this activity, youth will explore their career interests. They'll also answer questions to help them think about various aspects of their future careers
- <https://4-h.org/wp-content/uploads/2020/09/stemlab-td-my-work-my-future-1.pdf>

○ **"Hot or Cold? Chemical Reactions"**

- In this experiment, kids will use common kitchen ingredients to create and observe two different chemical reactions
- <https://4-h.org/about/4-h-at-home/hot-or-cold-chemical-reactions/>

○ **"Back to School Toolkit"**

- The start of a new school year brings exciting new opportunities to learn and grow. As students return to learning in school, virtually, or a combination of both, those breakthrough moments can and will happen.
- The Kohl's Healthy at Home Back to School Toolkit is designed to help caregivers create an environment that nurtures everyone's physical, mental, and emotional well-being. Use the chart below as a guide to help make each day a healthy one, for yourself and the children you care for.
- <https://api.healthiergeneration.org/resource/693>

Create a 4-H Coloring Book Page

Create a hand-drawn illustration based on one of the illustration themes of the 4-H Essential Elements. Scan/photograph your child's artwork and use the official entry form below to submit your entry before October 31, 2020. Drawings should be on a single sheet of standard letter-sized (8-½" x 11"), unlined paper, in portrait/vertical orientation. Winners from each of the four themes will be selected via a vote on Facebook and will receive fun 4-H merchandise!

Illustration Themes

- Belonging: Be yourself, make friends, grow positive relationships with youth and adults
- Mastery: Develop new skills through hands-on learning
- Independence: Explore new opportunities and open the door to new experiences, projects and places
- Generosity: Give back to your community!

Submission Details for coloring book page

- Scan/photograph your child's artwork and enter using this link:
https://docs.google.com/forms/d/e/1FAIpQLSfcVMuoVsG3N2hDWztjcWv96iwY8a4vpfLZguF83m7xz8aSOQ/viewform?usp=sf_link
- All work must be the original work of the youth member.
- Drawings should be on a single sheet of standard letter-sized (8-½" x 11"), unlined paper, in portrait/vertical orientation.
- The Extension Office may need to alter entries for formatting and reproduction purposes.



2020 DISCOVERY DAY

SAVE THE DATE!!! November 7th - Watch for details soon on Discovery Day 2020.

Some in-person and virtual sessions will be offered. In person will have limited availability and all members will be required to wear face mask and social distance.

Watch your email SOON for information on sessions offered and how to sign up!

Last Chance to order PIZZA!

The 4-H Frozen Pizza Drive goes through October.

So we have one more week you can order. Please get your pizza orders

in by Oct. 23rd for PICK UP DATE of Oct. 29th. The 4-H Foodstand is doing another 4-H Pizza Fundraiser. Pizzas are 12" pizzas made by Pizza Man. Choose from varieties like Meat Lovers, Deluxe, Cheese, Rock Star and Sausage or Pepperoni. Orders are taken on Friday's in October with pick up at the Fairgrounds on the following Thursday. For more information and for the order form click here - <https://pierce.extension.wisc.edu/2020/09/16/4-h-frozen-pizza-drive-october-2020/>

Or call the office 715-273-6781. Orders due Oct. 23rd for pizza pick up Thursday Oct. 29th!



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

Plat Books are a popular purchase in the fall time now! Make some money for your club and sell some books! 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.

The Wisconsin 4-H Movement

Being Yourself

In your club or community there are many different opportunities for you to be yourself! When you are being yourself, you **find and share your authentic sparks and interests**. Here are some ideas to encourage you to **be yourself** and live out The Wisconsin 4-H Movement:

- Give a demonstration at a club meeting about an interest of yours
 - Connecting with others with similar interests through 4-H project meetings
 - Explore a new 4-H project area
 - Lead a community service activity you are passionate about
-

Building Connections

When you build connections, you **grow positive relationships with peers and adults**. Here are some ideas to encourage you to **build connections** and live out The Wisconsin 4-H Movement:

- Lead or participate in 4-H project meetings
 - Get to know your 4-H club community and talk to a new member at every club meeting
 - Establish a welcome area at club meetings for people to check in for the meeting
 - Engage in get to know your activities with club members
 - Serve as a mentor to new members and families
 - Invite a speaker to share something important about their culture
-

Exploring New Opportunities

When you explore new opportunities, you **open the door to new experiences, projects, and places**. Here are some ideas to encourage you to **exploring new opportunities** and live out The Wisconsin 4-H Movement:

- Serve as an officer in your club, county or state
 - Participate in educational travel experiences
 - Attend 4-H camp or other county-level experiences
 - Explore future career opportunities
 - Discover a new 4-H project
-

Belonging Together

When you belong together, you **recognize, understand, respect, and appreciate each other**. Here are some ideas to encourage you to **belong together** and live out The Wisconsin 4-H Movement:

- Lead group activities at club meetings
 - Bond with fellow member and the community in a community service experience
 - Ensure everyone in the club feels invited and welcome at every meeting/event
-

Discovering Skills

When you discover skills, you **develop skills through hands-on learning to help you succeed and thrive**. Here are some ideas to encourage you to **discover skills** and live out The Wisconsin 4-H Movement:

- Share a skill through a demonstration in your club
 - Build on what you have learned
 - Explore a new project of interest
 - With project areas keep a journal of what was learned, how you feel about it, and how to continue to grow
-

Giving Back to Your Community

When you give back to your community, you **make meaningful contributions through community service and leadership**. Here are some ideas to encourage you to **give back to your community** and live out The Wisconsin 4-H Movement:

- Organize or participate in a service project in your community
- Serving on club, county, or community boards
- Partake in different leadership opportunities in your community

Tractor Supply Company Fundraising Campaign for 4-H

Each year Tractor Supply Company (TSC) does two fundraising campaigns that benefit Wisconsin 4-H. The fall campaign is October 7 through October 18. For every \$1 paper clover sold at a Wisconsin TSC, 90 cents comes back to the Wisconsin 4-H Foundation to be used for leadership activities.

In previous years, the Wisconsin 4-H Foundation has offered an incentive to 4-H clubs to plan an in-store activity or display during the Paper Clover Campaign. This year, TSC is **requesting no physical presence from 4-H programs at their stores including outdoor spaces like parking lots**. So we are doing something a bit different. We are asking that clubs get creative with their social media, emails, displays (stand-alone – not staffed) or any other promotion. Any club that does a promotion with a store the week before or during the fall paper clover campaign and provides the Foundation with photos, clippings and/or screen shots, the Foundation will give that club \$20. And, if the promotion is chosen as one of the five best, the Foundation will give the club an additional \$50.

Here are the rules:

- Ask the 4-H Foundation (Joanne@Wis4HFoundation.org) for information about the TSC store (locations and store manager name).
 - Call the store manager with ideas about what you would like to do (display, photo board, contact with local media, social media, etc.). Your activity must be the week prior to the paper clover campaign or during the paper clover campaign and must promote 4-H and the TSC paper clover campaign.
 - Ask for ideas from the store manager and permission to move forward with ideas that you believe will work.
 - Get promoting!
 - Take photos and get those to the Wisconsin 4-H Foundation as soon as possible (especially if it's early in the campaign – we will use those photos on social media to promote the campaign).
 - Report your experience to the Foundation via email – Joanne@Wis4HFoundation.org. Include a description of what you did and include what store, the date(s) of the promotion, the results of your promotion and at least one photo of your promotion. Reports must be received by November 1, 2020, to be eligible for cash awards.

We are going to have to use all our creativity with social networks, emails, displays, and anything else you can think of to get people to donate. Let's get promoting Wisconsin 4-H!

Questions: Joanne@Wis4HFoundation.org

This information is also available at: <https://wis4hfoundation.org/fundraisers/tcs-paper-clover/>

Leader Corner -

SAVE THE DATE - Leadership Day will be Dec. 5th 2020 and will be virtual.

All 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. 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. Every adult 4-H volunteer of Pierce County must be a confirmed leader in our system before you can start working with the youth.

Club Charters - Club Leaders:

Club Charters are past due now. If you have not gotten all parts of your charter in yet please work with Beth, beth.ingli@wisc.edu or francis.ginther@wisc.edu to get this in soon!

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>



WISCONSIN 4-H INDUCTS NINE INTO HALL OF FAME MADISON—Wisconsin 4-H Youth Development is excited to announce the 2020 Hall of Fame Laureates including nine volunteers, supporters, and staff who have impacted Wisconsin 4-H, and two local leaders from Pierce County are inductees this year. "As I read the biographies of these laureates, I was amazed at all they have each accomplished and feel sincere gratitude for their tireless championing of 4-H," says Simmons, Wisconsin 4-H Program Manager. "It is an honor to recognize these laureates for their leadership and contribution to 4-H in Wisconsin. My commitment to these individuals is to uphold their legacy by continuing the great work that they started so many years ago, the work of developing civically engaged leaders, and creating opportunities for all youth to belong to and thrive in this life-changing organization. "The Wisconsin 4-H Hall of Fame was established to recognize 4-H volunteers, financial supporters, staff and pioneers who made major contributions to the 4-H movement at the local, state and national levels. The candidates represent 4-H in the broadest sense -people who had an impact on the lives of children, their community or state through significant contributions of time, energy or financial resources to 4-H and its members. Congratulations to Dewey Wachholz and Kathy Geraets!

Dr. Duane "Dewey" Wachholz enjoyed a distinguished career in Animal Science Agriculture and was a well-known role model and teacher of 4-H clientele across the state of Wisconsin. He was a constant presence at county, district and state 4-H Livestock events for many years. Whether it was Judging contests, leader training or youth shows, Dewey was there interacting with 4-H youth and adults. He got to know many of the youth who were interested in animal science and encouraged them to pursue further education. His warm personality and good sense of humor made him a popular Extension Specialist among the 4-H

participants. Dewey was a faculty member at UW-Platteville and UW-River Falls and a small percentage of his job (10-33%) included Extension responsibilities. Even though his Specialist job was only part-time, Dewey was always willing to work with 4-H and always gave more than was expected. Dewey served as a Youth Livestock Specialist from 1974 until 2001. He played a key role in the development of Area Animal Science Days each one of those years, led 4-H leader training in the Meat Animal Livestock projects, consulted with many counties about their Livestock auctions and educational programs. He also was a resource for volunteers who coached judging teams.

Kathy Geraets, an outstanding 4-H volunteer in Pierce County for 43 years has served in a variety of leadership roles: Rock Elm Skyrockets 4-H Club General Leader, a countywide Photography project leader, and on the Pierce County 4-H Adult Advisors Council to name a few. When Kathy took on the leadership role of her club, a goal was set to keep young people involved in the community. She nurtured a robust partnership between the 4-H Club and the Elmwood area. Through her leadership and grant writing, the club revitalized the gardens at Veteran's Park, created and placed the UFO sighting signs, created a butterfly garden for the local care center, and annually planted more than 20 flower containers to beautify the town.

Kathy exudes confidence and pride as she speaks about what 4-H has meant to her and how 4-H participation keeps both young people and parents involved. For Kathy that's a true sign of achievement—working together to support the group and make a difference in the place that you live.

- - - - -

Cool New Series from CA 4-H On Workforce Prep!

Santa Barbara/San Luis Obispo County 4-H is excited to launch *Career Spark Interviews*, a unique opportunity for teens to **explore career paths** by connecting with highly successful young professionals in diverse industries. This program is open to all youth to participate and hope you will share with youth in your state. I have attached the promotional materials that can be used to promote this program to youth in your state. We are offering two formats:

1. **LIVE** interview/ Q & A webinars every Thursday at 5:30pm PT where teens can ask questions
(Register at https://ucanr.co1.qualtrics.com/jfe/form/SV_8HRsx0VsrAfujgt)

2. **RECORDED** archives available 24/7 (http://www.sb4h.org/Career_Spark_Interviews/)

We kick off this series with an up-close and personal interview with a Global Strategist from the exploding international tech craze, TikTok!

Key Takeaway for Teens:

- Learn what decisions young professionals made in high school and beyond that helped them on their career path

This engaging format is open to **ALL** teens. Please forward this email to individuals and organizations involved in teen development and encourage them to share it as well.

Please visit the website http://www.sb4h.org/Career_Spark_Interviews/ for more information.

SWCAP is recruiting multiple farm Crisis Counselor positions

For Job description click here –

[Job Description Project Recovery Crisis Counselor Limited Term](#)

To apply, please email cover letter, résumé and completed application forms to employment@swcap.org. Or mail completed application materials to:

SWCAP

149 N Iowa St

Dodgeville WI 53533

Application forms, and a copy of the full job description, can be found under the Employment tab at www.swcap.org. The deadline for applying is Friday, Oct. 23, 2020.

SWCAP is an equal opportunity employer.

National Farm Safety Information -

Every Farmer Counts

For more than 75 years, the U.S. has observed National Farm Safety and Health Week by Presidential Proclamation. President Roosevelt signed the first observance in 1944 in the middle of World War II, noting the importance of American farmers and ranchers to both the war efforts and as important partners in national and global peace and prosperity.

[READ ON – Click here -](#)



Extension
UNIVERSITY OF WISCONSIN-



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

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements

The University of Wisconsin-Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status.

La University of Wisconsin-Extension proporciona acción afirmativa e igualdad de oportunidades en educación, programas y empleo para todas las personas calificadas, sin tener en cuenta la raza, color, género, credo, discapacidad, religión, origen nacional, ascendencia, edad, orientación sexual, gravedad, estado civil o de paternidad, historial de detención o condena, o estado de veterano de guerra.

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 lwv 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, hnub 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.