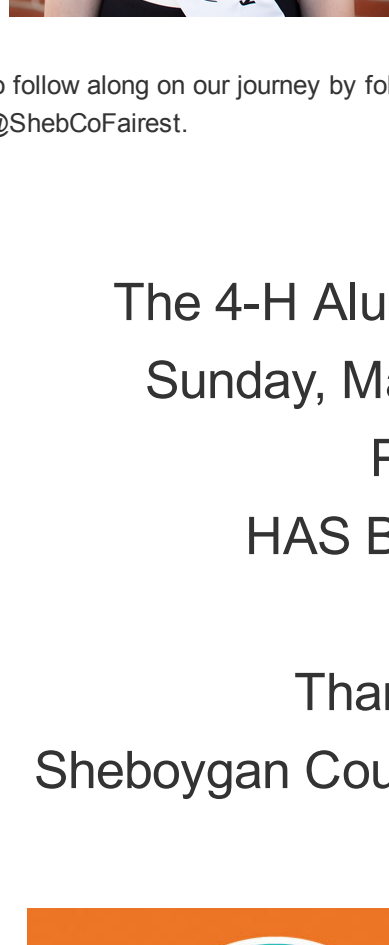


## Sheboygan County 4-H Cloverleaf Crier May 1, 2020

ALL CLUB and PROJECT LEADERS, MEMBERS and PARENTS will be able to contribute to the articles posted weekly by completing a short form and uploading their article and any photos to accompany it at <https://bit.ly/2x9r4Hq>. SAVE THIS LINK! Articles for the current week, must be submitted by Midnight on Thursday.



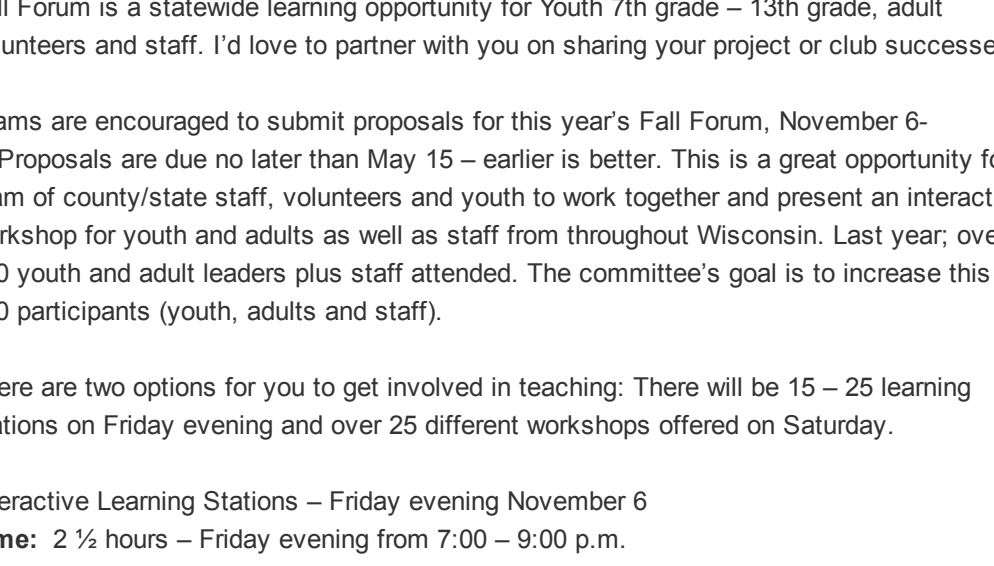
## Fairest of the Fair Applications

As Sheboygan County 4-Hers, what's our favorite time of the year? That's right - it's the County Fair! Spend your summer promoting the Sheboygan County Fair and all we have to offer by applying to be the 2020 Fairest of the Fair. Through this experience, you will grow professionally and personally, learning tips on how to improve your skills within networking, communication, public speaking, and so much more! Check out the application at [bit.ly/shebcofaires2020](http://bit.ly/shebcofaires2020) or email [shebcofaires@gmail.com](mailto:shebcofaires@gmail.com) with any questions! Applications will be due May 26th at midnight. Be sure

to follow along on our journey by following our Facebook and Instagram pages @ShebCoFairest.

## The 4-H Alumni Awards Celebration Sunday, May 17th at Racer's Hall Plymouth, WI HAS BEEN CANCELED.

## Thank You from the Sheboygan County 4-H Alumni Association



## Help us Celebrate National Nurses Week

Dear 4-H Family;

The Sheboygan County COVID-19 Youth Action Team has a request to SPREAD SOME LOVE to nurses during next week's National Nurses Week! Please, please, please consider picking up a stack of cards from my home (or purchasing/making your own) and writing messages of appreciation to our local nurses. These cards can then be dropped back off at my home for delivery.

Pick-up and Drop off Location: N4950 Pleasantview Road, Plymouth, WI 53073- My home is located all the way South on Pleasantview Road just 1/8 or less of a mile from Sumac Road, it is a yellow ranch style home with the name Tarjeson on the front of the house. Cards will be in the weatherproof bin located on my front porch.

Please complete and return the cards by Wednesday, May 6th so that I can deliver them by Thursday, May 7th.

If you have any other ideas of how we can share our appreciation, please reach out to me at [sarah.tarjeson@wisc.edu](mailto:sarah.tarjeson@wisc.edu).

## Fall Forum Workshop Proposals

Fall Forum – Submit a Session or Hands on Learning Experience

We hope you will consider leading a session yourself and/or with youth and adult volunteers! Fall Forum is a statewide learning opportunity for Youth 7th grade – 13th grade, adult volunteers and staff. I'd love to partner with you on sharing your project or club successes.

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 ½ 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 ½ – 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.

Attached are the proposal forms or you can complete the attached google form. Please let Sarah Tarjeson know if you plan to submit.

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

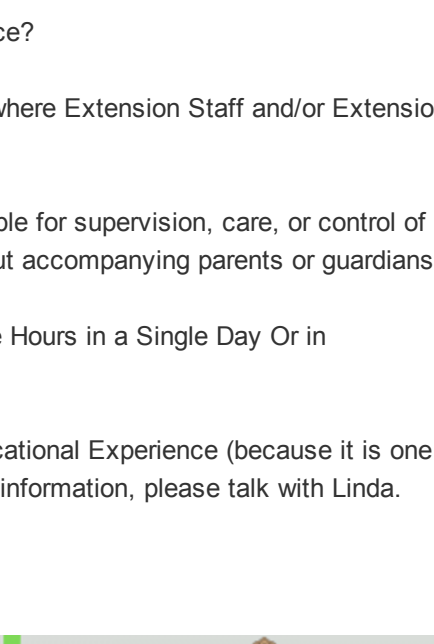
<https://forms.gle/MRzng2uAeUXjkDv56> – Saturday

Fall Forum Saturday Workshop Proposal 2020

Fall Forum Friday Evening Interactive Learning Proposal 2020

## Upham Woods Nature Stories

Upham Woods 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 it 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 please share this with your friends and family! Keep an eye on our [Facebook page](#) for featured stories (it could be yours). We look forward to exchanging Earth stories with you! Check out this [FLYER](#) for more information!



Check out our [shared google folder](#) for stories created by Upham Staff and add yours here as well!

Why swap stories about nature and science?

Uniting storytelling and science emphasize relationships between the experience, narrator, and scientific data. These connections and self-centered discoveries lead to:

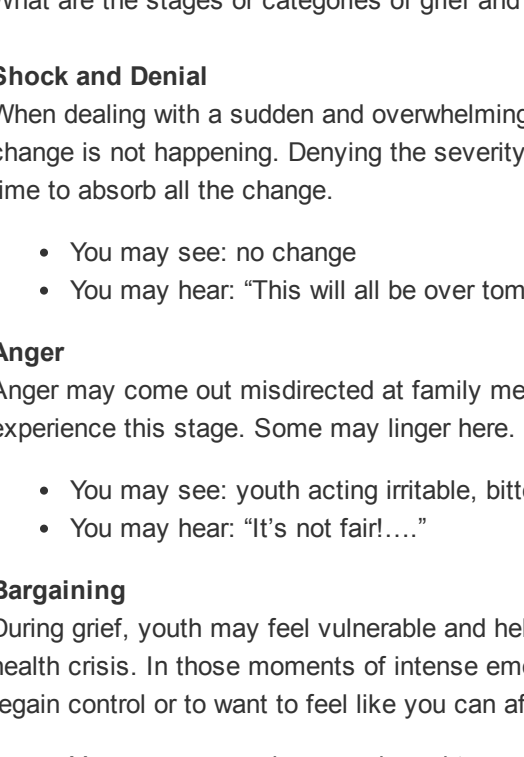
- Deeper reflection on a scientific experience
- Developing skills such as scientific communication
- Creating a positive relationship between participant and science (Hougham et al., 2020).
- Co-discovery for youth and adults
- A multicultural and individualized approach inviting broader participation in science (Zocher & Hougham, 2020).

This project was developed following the North American Association of Environmental Education Guidelines for Excellence. The initiatives of this project build upon the objectives of EPA local.

The Earth Stories Exchange is Upham's commitment to community science during COVID-19. Upham's other community science initiatives also include Science Strikes Back (supported by EPA NE00E02399), the Research Accelerator (supported by Milwaukee Metropolitan Sewerage District) and Sauk County Youth Conservation Days.

Hougham, R. J., Herde, I., Olsen, S., Loveland, J., Oszusick, S., Meyers, M., Morgan, T., & Steinhauer, M. (2020). Science to Story, Story to Social. Connected Science Learning.

Zocher, J. L. & Hougham, R. J. (2020). Implementing Ecopedagogy as an Experiential Approach to Decolonizing Science Education. Journal of Experiential Education. <https://doi.org/10.1177/1053825920908615>

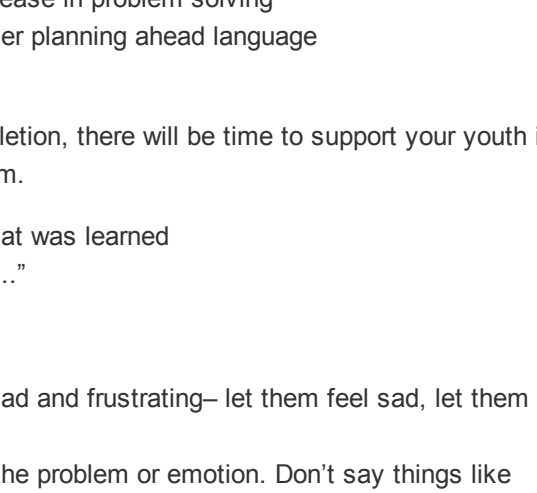


## Linda's May Schedule

As many of you know, I have a very lovely and spirited almost 3 year old boy. I love my little boy! I turn my back on him for 15 seconds and he is standing on top of the back of the couch ready to jump onto a trampoline to see how far he can fly. With that, as his daycare is currently closed (COVID-19), my time split between work and raising him needs to be defined. For the month of May, as I continue to work from home, I will make sure to focus on the 4-H

families and volunteers. You can email or call me, and I will respond, it just may not be right away. Most of my focused work time will be from about 8:00-10:00 am. If there is an emergency, please do not hesitate to contact me. As always, I can be reached at [linda.robson@wisc.edu](mailto:linda.robson@wisc.edu) or 920-459-5914.

## Leaders Cannot Sign Contracts



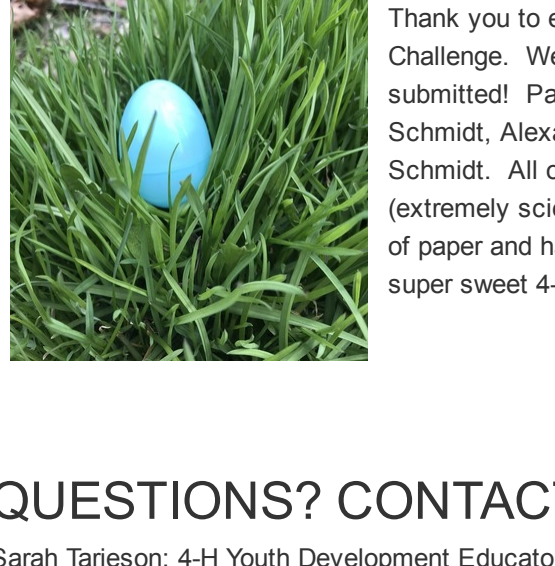
For months now we have known that both leaders and Extension Staff are not to sign contracts. With that, the big question was, who will take care of it then???? The state has come up with a system to help take care of contracts. Please read below:

Extension staff and Extension volunteers are not authorized to sign contracts including 4-H club leaders, 4-H project leaders and 4-H leader organization board members. If there is a contract that needs to be executed for either of the following reasons:

- If the event/purchase/agreement is funded by a 4-H Club/Group
- When there is no funding (but it is a 4-H event) or when both county government and a 4-H Club/Group contribute funds

The steps to the interim solution have been developed:

- Send the information to Linda Robson
- Linda will communicate with the appropriate people at the State and they will review the information to help us get it all finalized as quickly as they are able to



## Club/Group Educational Experiences

Any club that is planning a custodial Educational Experience must talk with Linda as there is now an Intent to

Administer a Custodial Educational Experience Form that needs to be submitted to the state (minimum 90 days prior to the event). This form must be reviewed and approved by the University of Wisconsin – Madison Office of Risk Management prior to any custodial educational experience being conducted.

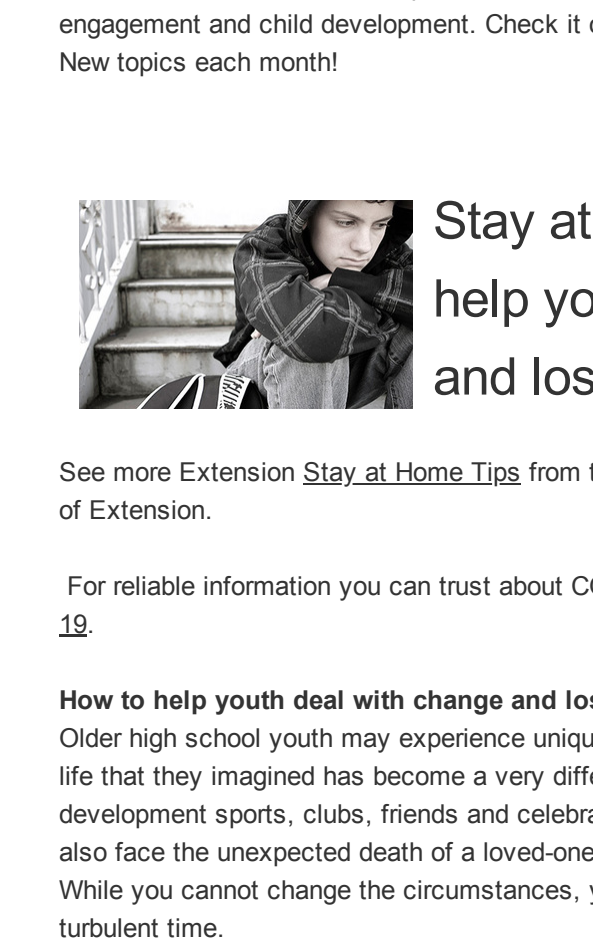
What is considered a Custodial Educational Experience?

County, Multi-County, or State Educational Program where Extension Staff and/or Extension Volunteers Provide Leadership.

Extension Staff or Extension Volunteers are responsible for supervision, care, or control of minors who participate in programs or activities without accompanying parents or guardians.

Duration of the Educational Program is six (6) or More Hours in a Single Day Or in Consecutive Days.

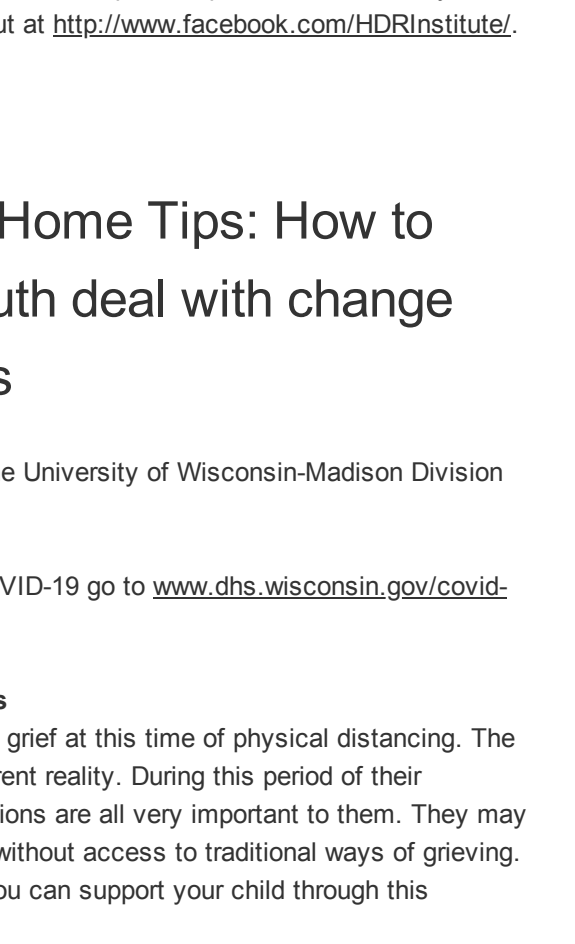
If you know that your club/group will be doing an Educational Experience (because it is one that you do every year), yet you do not have the final information, please talk with Linda. There is a short form that can be completed.



Sharing short, practical, research based tips on topics related to family engagement and child development

**THURSDAYS @ NOON** on Facebook

Presented by [Extension](#)



**5/7/2020 - Talking to Kids about Race - Brook Berg**

**5/14/2020 - Kind and Firm Parenting - Anna Clarkson**

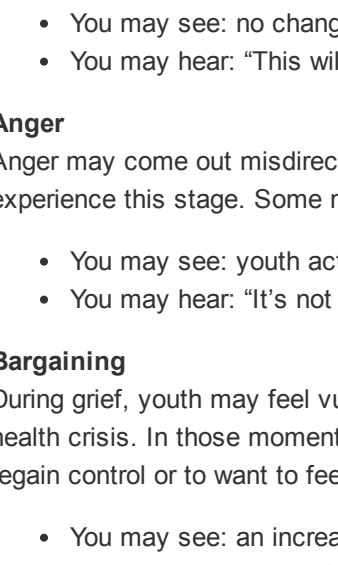
**5/21/2020 - Changing the Way You Look At the World - Patti Carroll**

**5/28/2020 - When Children Bid for Connection with You - Lori Zierl**

TO WATCH LIVE SEARCH FACEBOOK FOR @HCRINSTITUTE

## Parenting . . . Behind the Behavior

Parenting . . . Behind the Behavior (PBTB) is a weekly Facebook live series produced by a team of Extension colleagues. Every Thursday at noon a new 3-5 minute, PBTB video is released. PBTB shares short, practical, research based tips on topics related to family engagement and child development. Check it out at <http://www.facebook.com/HDRInstitute/>. New topics each month!



## Stay at Home Tips: How to help youth deal with change and loss

See more Extension [Stay at Home Tips](#) from the University of Wisconsin-Madison Division of Extension.

For reliable information you can trust about COVID-19 go to [www.dhs.wisconsin.gov/covid-19](http://www.dhs.wisconsin.gov/covid-19).

### How to help youth deal with change and loss

Older high school youth may experience unique grief at this time of physical distancing. The life that they imagined has become a very different reality. During this period of their development sports, clubs, friends and celebrations are all very important to them. They may also face the unexpected death of a loved-one without access to traditional ways of grieving. While you cannot change the circumstances, you can support your child through this turbulent time.

#### What is grief?

- Grief is a response to loss and our children are experiencing a significant amount of loss.
- Grief is a normal part of the human experience.
- Grief comes in many shapes and forms.
- Grief is not experienced in a particular order.
- Grief may be experienced in all of the stages or just a few.

The following stages provide examples of how your youth may be feeling, what they may be thinking, or how they might be behaving. This is not a diagnosis of your child, rather a guide for the signs you might observe and symptoms they express.

What are the stages or categories of grief and what do they look like?

#### Shock and Denial

When dealing with a sudden and overwhelming experience, it is not uncommon to pretend the change is not happening. Denying the severity of this unprecedented event gives them more time to absorb all the change.

- You may see: no change
- You may hear: "This will all be over tomorrow" or "Kids my age don't get the virus"

#### Anger

Anger may come out misdirected at family members or inanimate objects. Not all youth will experience this stage. Some may linger here.

- You may see: youth acting irritable, bitter, and/or resentful
- You may hear: "It's not fair!..."

#### Bargaining

During grief, youth may feel vulnerable and helpless, especially within the context of a global health crisis. In those moments of intense emotions, it's not uncommon to look for ways to regain control or to want to feel like you can affect the outcome of an event.

- You may see: an increased need to control small things
- You may hear: a lot of "what if" and "if only" statements

#### Depression

Depression may feel like the inevitable landing point of any loss. However, if youth feel stuck here or can't seem to move past this stage of grief, talk with a mental health professional. A therapist can help you work through this period of coping.

- You may see: a change in sleep activity or eating habits, lethargy or apathy, helplessness or hopelessness. Watch for a change in positive mood or interest in activities that once made them happy.
- You may hear: "I don't understand how I feel"

#### Acceptance

Acceptance doesn't mean youth have moved past the grief or loss of their expected high school experiences. It means that youth have accepted the situation and have come to understand what it means in their life.

- You may see: future planning, an increase in problem solving
- You may hear: "It is what it is" and other planning ahead language

#### Creating new meaning

When the immediate loss has come to completion, there will be time to support your youth in exploring how these losses have shaped them.

- You may see: healthy reflection on what was learned
- You may hear: "I've changed from this..."

#### What can I do to help?

- Let them express their feelings. It is sad and frustrating—let them feel sad, let them express thoughts in their language.
- Validate their feelings. Don't dismiss the problem or emotion. Don't say things like "get over it" or "at least you're not..."
- Ask questions, don't push, be genuine and supportive and be comfortable with silence.
- Remember their grief is about a young person, not you; their experiences/perspective may not be the same as yours.
- Involve the youth in the solution about how you can help them. For example, help your youth explore activities that might help manage symptoms, and brainstorm strategies that interest them.
- Don't make promises you cannot keep.
- Don't give advice or try to fix the problem yourself.

#### What if I need more help?

Parenting high school students is hard work. Now, more than ever, we need to draw upon support and use self-help strategies as we lead our teens through these times. In order to be fully present for your youth, take good care of yourself and attend to your own emotions. You are surrounded by others who are sharing similar experiences and together you can support each other.

For additional support reach out to:

- Other parents
- Your school community
- Your faith community
- Medical and mental health providers

#### Additional Resources

[Teen friendly resources and wellness activities -Sources of Strength](#)

[Staying Resilient During COVID-19](#)

[The Dougy Center – The National Center for Grieving Children and Families](#)

If you or someone you know is in need of help, call the National Suicide Prevention Lifeline: 1-800-273-8255



## April 4-H Challenge

Thank you to everyone who participated in the 4-H April Challenge. We had a lot of very beautiful entries submitted! Participants included: Adam Mechenich, Asher Schmidt, Alexandra Maner, Aspen Jens and Levi Schmidt. All of the participants were put in a drawing (extremely scientific process of writing names on a piece of paper and having my son draw one from a hat) for some super sweet 4-H Swag and the winner is: Aspen Jens!

## QUESTIONS? CONTACT...

Sarah Tarjeson: 4-H Youth Development Educator  
[sarah.tarjeson@wisc.edu](mailto:sarah.tarjeson@wisc.edu)  
Phone: 920-459-5915

Linda Robson: 4-H Youth Development Program Coordinator  
[linda.robson@wisc.edu](mailto:linda.robson@wisc.edu)  
Phone: 920-459-5914

Nancy Brown: Support Staff  
[nancy.brown@wisc.edu](mailto:nancy.brown@wisc.edu)  
Phone : 920-459-5903

Tammy Zorn: Support Staff  
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