



#### **4-H Online Calendar**

Check the most up-to-date deadlines and activities on the [calendar](#) located on Rock Co. 4-H website [fyi.extension.wisc.edu/4hrock](http://fyi.extension.wisc.edu/4hrock). If you find an error or have an update or addition, please contact the Extension Office at 608-757-5066, [email](#) or fill out the information form at:  
<https://forms.gle/fEQBq6nYyX1zZNiS7>

#### **Guidance About In-Person 4-H Meetings & Events**

Please refer to the Wisconsin 4-H website, <https://4h.extension.wisc.edu/2020/04/27/wisconsin-4-h-and-covid-19-response/>, for the most recent guidance about in-person meetings or events. As you are aware, guidance surrounding the COVID-19 pandemic continues to change frequently. If you have any questions about the latest policy, please contact Laura.

#### **Y-AP at Your Club Meeting**

Is it difficult to encourage equal participation on zoom? Try using polls! This month during the Jr./Sr. Council Meeting, youth and adults used a series of polls to create an action plan with next steps to create a communications committee. We hope to engage more youth from Rock County Clubs. Stay tuned!

#### **Senior Council Executive Board Candidates Needed**

Are you and adult 4-H leader interested in providing leadership in the Rock Co. 4-H program? Volunteer to run for an officer position for 2020-2021. If you are interested, please contact Mike Farrey at [mikefarrey75@gmail.com](mailto:mikefarrey75@gmail.com). Position include President, Treasurer, Parliamentarian and Fair Board Representative (1 position). Don't miss this opportunity to play a key role in the Rock Co. 4-H Program!

#### *Hidden Opportunities*

Last month, I wrote about reframing change of plans when we "change gears." Now, I'd like you to think about the hidden opportunities that are available when we have a change of plans. . . Although the last five months haven't been predictable, there were and continue to be ways to participate that will help you learn and grow. There are also ways to help Rock County 4-H continue to "make the best better!"

Everyday I strive to improve the 4-H experience. Throughout the past few months, Erin and I have had the opportunity to talk to you and listen to your concerns, thoughts and ideas. At the same time, we have collaborated with our colleagues across Wisconsin to share resources, brainstorm next steps and support each other. We have had time to think about how to make 4-H more engaging, more inclusive and focus on what really matters to different groups of 4-H members (first year families, members involved in nonanimal projects, members involved in animal projects, new volunteers, club leaders (club chairs), etc.) For me, these types of actions are examples of the hidden opportunities in my position.

This an ideal time to look at 4-H and see what we can do better. How can we tell others about 4-H? Is there a way to increase the number and quality of project meetings at the club and county? How can we communicate better with others? What else can we do to improve the 4-H experience for members, leaders and families?

This is your chance to explore, identify and solve problems! Challenge yourself to think of creative ways to make something better! Together, we will have the opportunity to evaluate, plan and make Rock County 4-H better and stronger because of hidden opportunities. I look forward to contacting many of you to discuss how we can move forward as we start to plan for the 2020-21 4-H program year.

*Laura Vander Veen*  
4-H Program Educator

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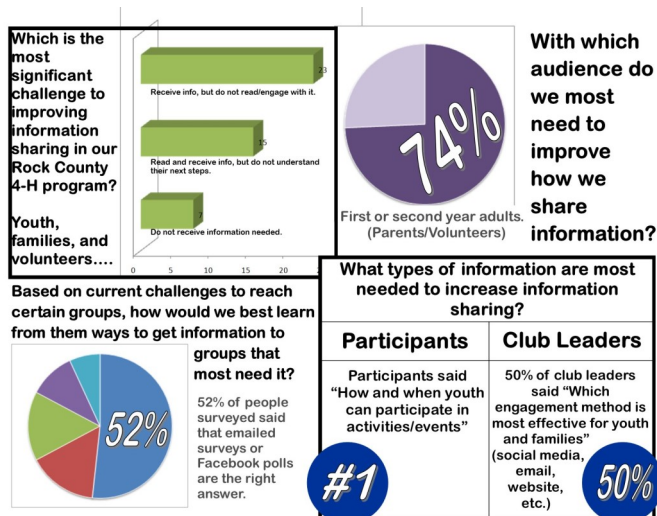




## Leadership

### Sharing Your Answers

*Submitted By: Erin Conway*



You may remember we shared that at our June Jr. and Sr. Council Meeting, the participants completed a series of polls that guides us towards creating a NEW Communications Committee. The opportunity to vote was then shared on the Rock County 4-H Facebook page. Thank you so much to all of you who shared your voice. It's so important to hear from you. You can see the combined results in the graphic here.

### Communication is the Key!

*Submitted By: Laura Vander Veen*

The key to finding out about opportunities so 4-H members, volunteers and families can participate is communication. Rock County 4-H information is available through the Extension website, Facebook, Cloverpatch (newsletter), emails, phone calls, mail through the USPS, texting and at times, in person.

What is the best way to communicate to ensure that the intended recipient receives the information? Have you ever wondered where to find information? Were you ever frustrated because you or someone you know missed an opportunity?

During the last few months, conversations at the monthly Rock County 4-H Junior and Senior Council meetings have identified that 4-H families don't always know the information that is available. The Junior and Senior Council decided to form a Communications Committee to meet, discuss, explore and decide how to reach our Rock County 4-H members, volunteers and families. This youth-adult partnership opportunity will last just long enough to make

important decisions about how to communicate most effectively with Rock County 4-H.

You can make a difference! Ideally, the committee will include 4-H members and volunteers of various ages, backgrounds and 4-H clubs.

To volunteer, please email me at [laura.vanderveen@wisc.edu](mailto:laura.vanderveen@wisc.edu) or call/text me at 608-931-8512. I look forward to hearing from you!

### Seeking Junior Council Officer Candidates for 2020-2021

*Submitted By: Laura Vander Veen*

Do you enjoy being a club officer? Do you like working with youth and adults? Would you like to help provide leadership in the Rock Co. 4-H program? If you answered yes to any of these questions, please consider running for a Junior Council office! Positions include: President, Vice President, Secretary, Treasurer (2 positions), Parliamentarian and Media Specialist (2 positions).

Each candidate (for all officer positions) must have been a Junior Council member for at least one year. To apply, complete an application form and submit by midnight on Sun., Aug. 16. (Application form information will be available in the Weekly Update in August.)

Questions? Contact Laura at [laura.vanderveen@wisc.edu](mailto:laura.vanderveen@wisc.edu) or call 608-931-8512.

## Youth-Adult Partnership

### What's Next?

*Submitted By: Erin Conway*

... A former colleague in Guatemala once told me she loved the rainy season, because it made her feel good about staying home. This year I also sensed that the late spring lessened the excitement that existed in the form of anxiety or frustration around the question of what "What's next?" could look like. Spring was two months of professional development working from home. Much of this self guided education was focused on how to support youth, especially in their social and emotional well being. One particular piece of advice that repeated was the reminder that adults should give youth the space to mourn what they lost. I found this to be true also for my adult colleagues; mourning was needed, and a cool and rainy spring cooperated. That advice was a place to start, when we started staying home, but the pause carried with it the danger of not getting started again. . .

Read the full blog here: <https://fyi.extension.wisc.edu/4hrock/youth-adult-partnership-spotlight-june/>

### **(Active) Listening**

*Submitted By: Erin Conway*

Two weeks ago, I had the opportunity to participate in conversations with youth ages 9-12 grade. The themes of the conversations were based on current events and connected to the underlying content of racial equity and social justice. College aged youth lead these conversations. What were the adults assigned to do? To listen. What did we hear? We had more listening to do.

Once upon a professional development session, I was instructed to practice "active listening". We would know we were actively listening by paraphrasing, nodding our heads, eye contact. Still, I wondered, isn't there something deeper? This blog post is intentionally short so that the reference list can be long. . . And, thank you, in advance, for listening.

Read the full blog here:

<https://fyi.extension.wisc.edu/4hrock/youth-adult-partnership-spotlight-july/>

### **Y-AP Extension**

*Submitted By: Erin Conway*

Usually in this section, the Y-AP extension refers to resources or tips that apply to a 4-H specific aspect of the program such as a meeting, a project, a social activity. This month the Y-AP Extension considers Youth-Adult partnership in the context of our communities. In June, Division of Extension was honored to host conversations with youth from around the state in order to provide a safe space for their reflections, questions and development of strategies and supports for next steps for them to pursue for themselves and their communities. Situations around the country and Wisconsin continue to be important opportunities to discuss racial equity and social justice. These conversations are challenging, and Wisconsin youth are ready to meet that challenge. For this issue's Y-AP Extension, we encourage you to think about the Essential Elements of 4-H and reflect on the following questions:

- What are my roles and responsibilities when it comes to disrupting racism, and in fostering inclusivity?
- How do I want to "show up" for others?
- What can I do to continue learning about racial equity?
- How are my own identities connected to racism and inequities?
- What is privilege, and in what ways do I hold, or do not hold privilege?

As you continue these conversations in the county, the opportunity also exists as part of the Institute of Positive Youth Development's Summer of Virtual Learning, for youth grades 9-12 to join us again for a series of "A Conversation in a Safe Space on Current Events": six conversations facilitated by UW-Madison Extension Positive Youth Development Staff. Division of Extension staff continue to be inspired and empowered by the voices

of our young leaders. Rock County is no exception.

To register for each conversation, please click on the link below. You may attend as many times as you wish as long as we have available space. Sessions are Mondays from 4:00-5:15 p.m. The registration link is the same for each session, but you will need to register for each session separately.

Register here: <https://uwextension.zoom.us/j/648122061234>  
After registering, you will receive a confirmation email containing information about joining the conversation.

The list of topics is as follows:

July 20-COVID-19 and Xenophobia

July 27-Structural Racism and Racial Disparity

August 3-Focus Group Reconnect-Youth share leadership roles and goals for their communities.

August 10-Implicit Bias

August 17-LGTBQ

August 24-Focus Group Reconnect-Youth share leadership roles and goals for their communities.

## **Local Experts**

### **Head-Heart-Hands-Health**

*Submitted By: Erin Conway*

Head-Heart-Hands-Health. Our 4-H members are the local efforts in supporting their local communities in so many ways. During this difficult period, we celebrate that expertise spent by Rock County clubs for the benefit of all. Personal improve goals in fitness, cooking, gardening, and more. Youth also completed local service projects such as sewing masks, food donation, clean ups and so much more!

## **Education**

### **Virtual Learning Community**

*Submitted By: Erin Conway*

Wisconsin 4-H Summer Virtual Learning Community has something for everyone!! Join us for a variety of engaging activities and opportunities done virtually or independently from July 1-August 31! Activities will be planned and led by Extension staff, UW-Madison professors, volunteer leaders, youth leaders, working professionals, and more! Activities will be presented via different platforms, times and topics.

You can find more information on our webpage at: <https://4h.extension.wisc.edu/virtual-learning-community/>

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**Rock County 4-H**



**Explore  
Experience  
Achieve**

**For more information,  
phone 608-757-5066,  
fax 608-757-5055,  
click [fyi.extension.wisc.edu/4hrock](http://fyi.extension.wisc.edu/4hrock),  
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