



# CLOVERBUD QUARTERLY

St. Croix County 4-H Newsletter for Cloverbud Families

WINTER 2017



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## Learn the 4-H Pledge

*"I pledge my HEAD to clearer thinking,  
my HEART to greater loyalty,  
my HANDS to larger service, and  
my HEALTH to better living, for my  
club, my community, my country, and  
my world."*



## St. Croix County Community Events

- Dec 2—Candlelight Stroll (Hudson)
- Dec 3—Reindeer in the Park (Hudson)
- Dec 6—Santa, Mrs. Clause, & Live Reindeer (New Richmond)
- Dec 17—Magician (Hudson Library 10:30am)
- Dec 17—House to Eat (New Richmond Library—10am)
- Feb 3-5—Hot Air Affair (Hudson)



## 2017 CLOVER COLLEGE

Feb. 25, 2017 (tentative)

## JOIN IN THE FUN!!

This event is open to youth K-5th (4-H and non) for project exploration. Look for more information in the upcoming 4-H Communicator.



Join us on  
**Facebook**  
*St. Croix County 4-H*

## It's Cold Outside! Preparing Children for Winter



Adapted from: Mary Sue Ash, retired Director of Pupil Services, Baldwin-Woodville School District

At this time of year, many children enjoy getting out winter clothes, trying on new boots, and adjusting to new schedules and activities. This is an excellent time to talk about how animals get ready for the winter in similar ways. Guiding children toward making healthy choices for cold weather can start with observations about the adaptations that animals make to help them weather the cold.

- \* For example, horses grow longer hair in the winter. Long hair helps the horse stay warm. Since people's bodies don't grow long hair like horses, people have to protect themselves from the cold by adding extra layers of warm clothes. Help children learn about fabrics, clothing, and footwear to keep warm when temperatures fall.
- \* Hedgehogs and bears hibernate all winter long. Children might list some activities that can be done indoors during the winter, since time spent outdoors is more limited.
- \* Squirrels hide stores of food in their nests for the winter. How do people preserve food to last through the cold weather season? (examples: canning fruits and vegetables, making jams and jellies, pickling, freezing, and dehydrating) Also discuss cold-weather vegetables such as cabbage, kale, chard, and turnips.

Encourage children to think of other ways that animals get ready for winter and ways that their families prepare for the cold. Our goal is to keep the children thinking of healthy habits during the change in the season!

### Shop the Clover Shop

**Get all of your 4-H Gear at the St. Croix County 4-H Clover Shop. This makes a great holiday gift for any 4-Her. Check out the order form attached to the back page.**



### *Adult Volunteers Needed*

We are looking for adults who would like to volunteer to help with the 2017 St. Croix County 4-H Clover College. This is a project exploration event for youth grades K—5. The committee will meet 2-3 times for planning. Please contact Heather 715-531-1938 or [heather.vierling@ces.uwex.edu](mailto:heather.vierling@ces.uwex.edu) for more information or to sign up to help on the committee.



St. Croix County 4-H Leaders Association meetings are the 3rd Tuesday of the month at 7:00 pm at the St. Croix County UW-Extension Office

# Easy, Healthy, Hot Chocolate for Kids

Adapted from: [www.allrecipes.com](http://www.allrecipes.com)

## Ingredients:

- 2 cups almond milk (or your milk of choice)
- 2 Tbsp. cocoa powder
- 2 Tbsp. honey or maple syrup\*
- 1/2 tsp. vanilla extract

## Directions:

Warm the almond milk in a small saucepan, then whisk in the cocoa powder, honey, and vanilla extract. Whisk well to remove any lumps from the cocoa. Serve warm.

## Extra Note:

\* add more or less honey, depending on how sweet your kids like it



# Mason Jar Snow Globes

Adapted from: [www.mashable.com](http://www.mashable.com)

As the weather changes, some bird species migrate away, others visit your area while migrating through and still others stay close to home to stick out the winter months. With this project, you can help feed local and traveling birds any time of year.

## Supplies Needed:

Mason Jar  
Hot Glue Gun with Glue Sticks  
Fake Tree, Pine Cone, Figurines, etc.  
Fake Snow  
Optional: Glitter  
Water or Glycerin



## Instructions:

Hot glue your fake tree or object to the bottom of the mason jar lid.  
Hot glue a small amount of snow to the mason jar lid around your tree so you can't see the lid anymore.  
Fill the bottom 1/2 inch of your mason jar with snow.  
Set your lid with the tree on it inside your mason jar and fasten the mason jar screw on lid.  
Tip the jar upside down to make it snow.

## Other ideas:

Put a small amount of glitter in the jar with your snow to make it look like the snow is glistening.  
You can add water or Glycerin to the jar to make the snow move slowly through the jar.

## Questions You Can Ask Youth:

- 1.) How can we get the snow to float down to the bottom of the glass instead of just falling?
- 2.) What else could I use to make it look like snow falling?
- 3.) What other objects could I put in the jar?

## Cloverbuds & their Grandparents: Bringing the Generations Together

By: James S Bates (OSU Extension—Family Wellness)

Involving the grandparents of Cloverbuds can be an enriching and beneficial experience. Not only do grandparents have life experience, talents, and knowledge to share with grandchildren, but they too benefit from participating in activities with grandchildren. In truth, involvement in Cloverbud 4-H has the potential to build stronger individuals and families.

Research on grandparent-grandchild relationships is very clear: Grandparents enjoy, learn from, and feel better when they are engaged in meaningful activities with their grandchildren. It makes sense, and most people have seen grandparents “light up” when they get the opportunity to spend time with their grandchildren. Grandchildren teach grandparents not only about technology but also about things they learn at school or in their extracurricular activities. My research has found that grandfathers who participate in a variety of activities with their grandchildren have fewer feelings of sadness and depression and increased feelings of happiness.

Grandparents are motivated to care for and nurture the next generation. A theorist named Erik Erikson referred to this innate motivation as *generativity*. The root of this word *generate*, which suggests that grandparents want to create, share, foster, and guide. And when it comes to the people they love, grandparents want to share with grandchildren their knowledge, wisdom, talents, and resources to help them be successful in life.

Grandparents can be included in Cloverbud 4-H and demonstrate generativity in the following ways:

- ◆ Tell stories about the family’s history, ancestors, how things used to be “... back in my day”
- ◆ Teach skills related to sewing, mechanical things, cooking, woodworking, art, music, sports, and other interests of the grandparent
- ◆ Encourage with kind words and show love with physical affection
- ◆ Spend time doing leisure activities that both will find enjoyable
- ◆ Help grandchildren learn what it means to be a family, how to have a happy family life, and ways to foster strong family relationships
- ◆ Encourage opportunities for staying in school, getting an education or learning a trade
- ◆ Instill values, character, and ethics by being an example of good character



# ST. CROIX COUNTY 4H CLOVER STORE ORDER FORM

NAME	
CLUB	
CONTACT #	

ITEM #	DESCRIPTION (indicate sizes here)	QUANTITY	PRICE	ITEM \$ TOTAL

For office use only: \_\_\_\_\_ Payment Rec'd \_\_\_\_\_ Recorded Inv.

ITEM	DESCRIPTION	PRICE
Chair2	4-H Clover Chair	\$40.00
dfc 1	Frosted Stadium Cups (green only)	\$1.50
s 641	Clover Pops	\$0.25
bag 2	4-H square duffle bag	\$25.00
spb9	4-H Aluminum Water Bottle	\$10.00
value	4-h Scrapbook Individual Sheet (5 different patterns)	\$1.50
t 34	Clover temp tattoo	\$0.25
s 1520	4-H essential Lanyard	\$3.50
m 930	4-H Stainless steel travel mug	\$13.00
umb 2	4-H folding umbrella	\$15.00
4-hcape	4-h superhero cape	\$10.00



PI Pant	Junior Flannel Plaid Pants--sm, md, lg, xl, 2xl	\$30.00
tscalm	4-H Keep Calm t-shirt--sm, md, lg	\$20.00
s1044	4-H green t-shirt--ys, ym, yl, sm, md, lg, xl, 2xl	\$15.00
s1044 3xl	4-H green t-shirt--3xl	\$16.00
s1047	4-H oval distressed t-shirt--ys, ym, yl, sm, md, lg, xl, xxl	\$15.00
plboxer	Junior Flannel Plaid Boxer Short--sm, md, lg, xl, 2xl	\$25.00
capcam	capcam 4-H oval camo Cap	\$18.00
cap7165	4-h black Rhinestone Cap	\$18.00
kbh1	4-h knit bomber cap	\$20.00



Actual color is 4H green



Pictures of all Clover Shop items were taken from [www.4-hmall.org](http://www.4-hmall.org)