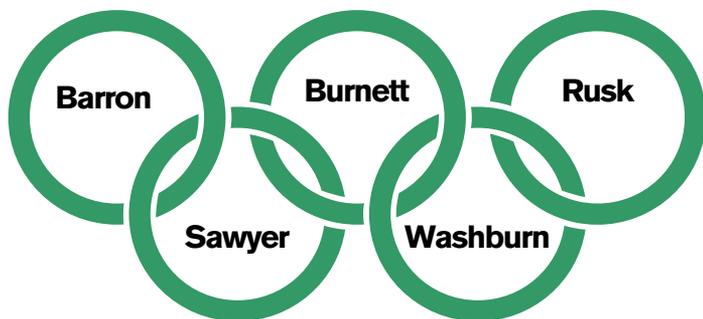
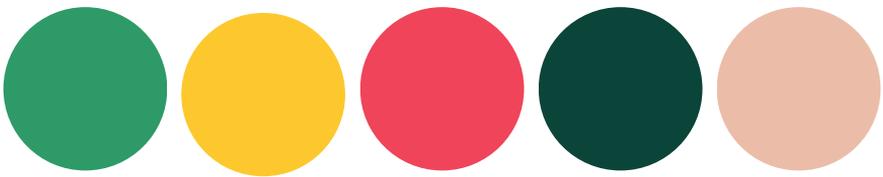


UW-MADISON EXTENSION

# *Passport to the* **Olympics**





# QUESTIONS/CONTACTS

## ***Barron County***

**Sara Waldron, 4-H Educator**

1800 College Drive  
Rice Lake, WI 54868  
4h@co.barron.wi.us  
715-788-6219

## ***Burnett County***

**Beth Rank, 4-H Educator**

7410 County Road K, #107  
Siren, WI 54872  
beth.rank@wisc.edu  
608-347-6994

## ***Rusk County***

**Charmaine Riddle, Support Staff**

311 Miner Ave E, Suite S140  
charmaine.riddle@wisc.edu  
715-532-2151

## ***Sawyer County***

**Donna Knuckey, 4-H Educator**

10610 Main Street, Suite 194  
Hayward, WI 54843  
donna.knuckey@wisc.edu  
715-638-3294

## ***Washburn County***

**Beth Rank, 4-H Educator**

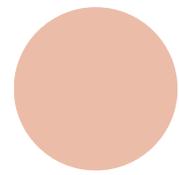
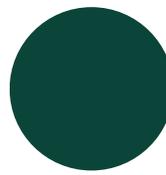
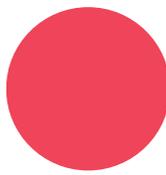
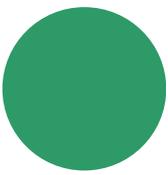
304 2nd Street / PO Box 305  
Shell Lake, WI 54871  
beth.rank@wisc.edu  
608-347-6994



**Burnett, Washburn, Sawyer,  
Barron & Rusk Counties**



An EEO/AA employer. University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. If you need accommodations to participate in this programming, please contact your county 4-H Educator.



#wi4hmovement



# The Wisconsin 4-H MOVEMENT

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.

In Wisconsin 4-H we value:

**Being Yourself**  Find and share your authentic sparks and interests;

**Belonging Together**  Recognize, understand, respect, and appreciate each other;

**Building Connections**  Grow positive relationships with peers and adults;

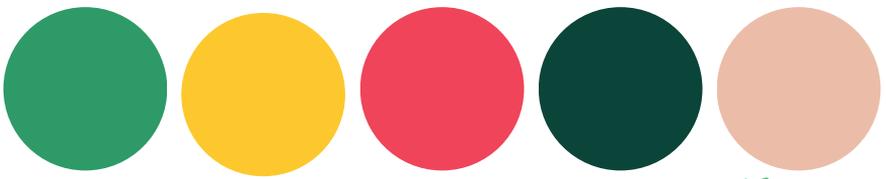
**Discovering Skills**  Develop skills through hands-on learning to help you succeed and thrive;

**Exploring New Opportunities**  Open the door to new experiences, projects and places;

**Giving Back to Your Community**  Make meaningful contributions through community service and leadership.

**BELONGING**   **MASTERY**   **INDEPENDENCE**   **GENEROSITY**





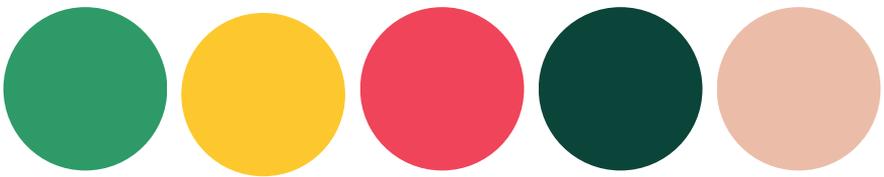
# MEET YOUR GUIDE

# CHRIS CLOVER

Your Tour Guide to Summer Fun



Search high and low for my sneaky appearances as I lead you on a whirlwind tour of all the thrilling activities waiting for you in every corner of the counties.



# PASSPORT GUIDE

**1**

Pick up your Passport to Summer Olympics at a 4-H Event or local Extension Office in Barron, Burnett, Rusk, Sawyer or Washburn County.

Complete 6 or more activities on the pages of this book and email, mail, or drop off the last page to your local Extension Office.

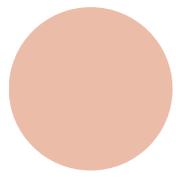
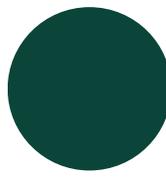
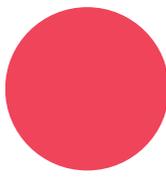
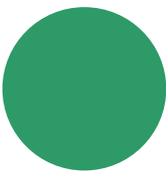
**2**

**3**

Once we receive it, you will receive a certificate and an Olympic Medal!

Keep a look out for Chris Clover. He will be your trusty guide along the tour!

**4**



# Barron County



## *Outdoor Fun*

Barron County is known for its many fun outdoor activities. With parks everywhere and just over **100 lakes**, there is plenty of time for swimming, kayaking, and canoeing. Part of the **Ice Age Trail** is located in Barron County.



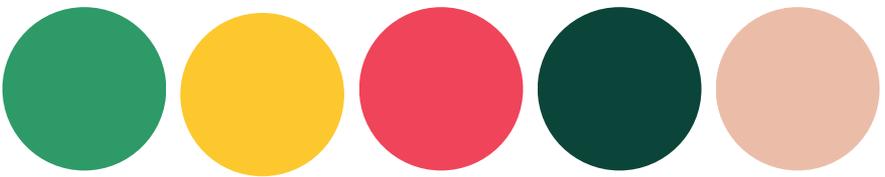
## *Theater*

If running around outdoors isn't your style, check out one of the theaters with live performances in almost every town!

## *Museums*

There's also the Pioneer Village Museum in Cameron, where anyone can learn about the history of the pioneers of the area and how they lived. It feels like a blast from the past with a bunch of old buildings, tools, and artifacts from right here in Barron County!





# Barron County



## Olympic Summer Family Night

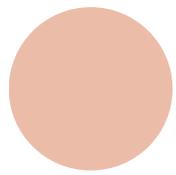
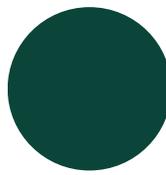
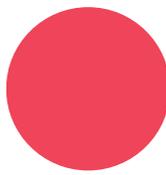
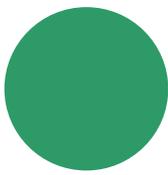
**Tuesday, July 2**  
**UW-EC Barron Co.**  
**Rice Lake**  
**Time: 6:00 PM - 7:30 PM**  
**Cost: FREE**  
**Registration Deadline: June 17**

Enjoy some of the best parts of summer camp: songs, games, and arts and crafts - olympics themed!

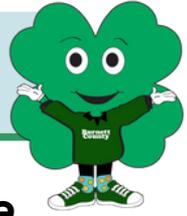


REGISTER through 4-H Online under events - [wi.4honline.com](http://wi.4honline.com)  
Register for any or all camps.  
Each camp is limited.

For more information visit: <https://go.wisc.edu/gua33y>



# Burnett County



## *Hiking, Biking, and more*

Burnett County has more than **500 lakes** and nearly **80 miles** of the St. Croix National Scenic Riverway. Enjoy a leisurely hike or bike on the **Gandy Dancer Trail**.



## *Rich in History*

Learn about the rich history at **Fort Folle Avoine** and the **Historical Museum**. Explore the Woodland Indian Village; the visitors center has fur trade and Native American exhibits, a blacksmith shop, and a one-room schoolhouse.



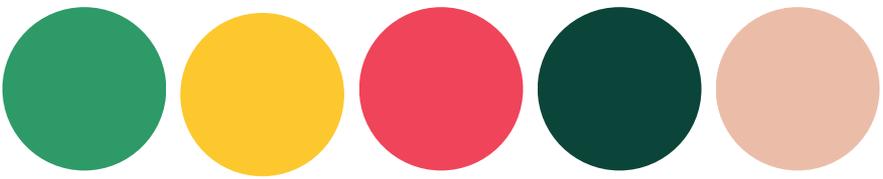
## *Play, Swim, Picnic at a Park*

Burnett County has many areas to relax, see nature, play, and/or picnic. **Crooked Lake Park** (playground and swimming) in Siren and **Blueberry Junction Park** (playground) in Danbury and Lake 26 Park (swimming) in Danbury are just a few of the many parks to explore.



## *Cheese Tasting*

Burnett County is also famous for having **Burnett Dairy Cooperative**. Stop by for some **award-winning** cheese, bistro lunch, or ice cream treat.



# Burnett County

**Spot the  
Wildlife**



## Crex Meadows Wildlife Area

102 East Crex Avenue Grantsburg, WI 54840

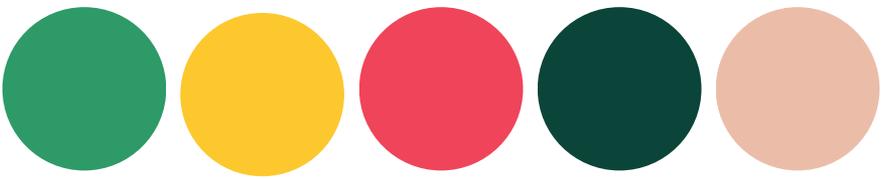
<https://crexmeadows.org/programs>

715-463-2739

Whether you're a young explorer or part of a lively family, they've got programs that are all about fun. Enjoy scenic driving tours and miles of hiking trails - adventure awaits!

*or choose another  
outdoors location to visit  
in Burnett County*





# Rusk County



## Hike it Out

Take a hike in the **Blue Hills**: enjoy the Perch Lake Nature Trail, the Ice-Age Trail, or the hardwood trails.



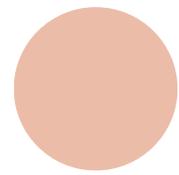
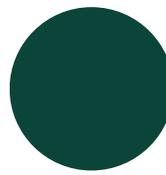
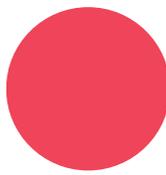
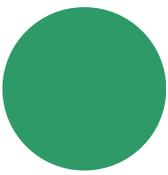
## Visit the Beach

Take a dip in the **Ladysmith Flowage** at **Memorial Park** in downtown Ladysmith or **Josie Creek County Park** in Tony. Rusk County is home to more than **250 lakes** and flowages. Lake Flambeau (also known as the **Dairyland Flowage**) is a 1,900-acre body of water just east of Ladysmith. With **five public access points**, it is a popular destination for fishing and boating.

## Museum Options

Rusk County has a **strong history** that's on display in its local museums. Many of the area's communities were established during the heyday of the timber industry. See it yourself by visiting the **Bruce Museum, Ed's Plow Museum, Weyerhaeuser Post, and others.**





# Rusk County



**Experience a  
new lifestyle**

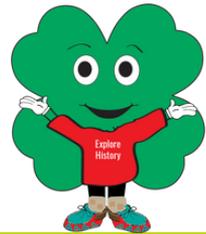


## The Geodesic Dome Anishinaabe Exhibit Building

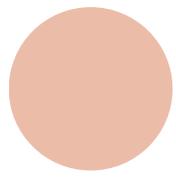
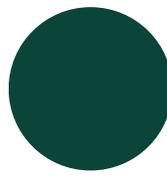
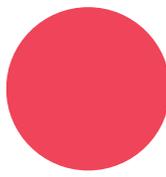
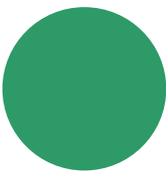
828 E 3rd St N., Ladysmith WI 54848

<https://ruskcountymuseum.com>

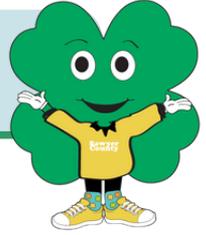
Step into another world and explore the wonder of living with and off the land...living the life of the Native Americans before Rusk County was Rusk County. Anishinaabe is the Native American Exhibit Building, which houses an Authentic Ojibwe Wigwam built from natural materials.



***or choose another historical  
location to visit in Rusk County***



# Sawyer County



## ***Fishing Hall of Fame***

Sawyer County is a special place in Northern Wisconsin. It provides many attractions and natural wonders, such as the **Fishing Hall of Fame** in Hayward, and holds the World Record Muskie honor.



## ***National Forest Exploring***

The Chequamegon-Nicolet National Forest contains over **2,000 miles of streams** (nearly 1,400 miles are classified as trout water), **607** lakes greater than ten acres in size, over **400** spring ponds, and **324,000 acres** of wetland.



## ***ATV Trails***

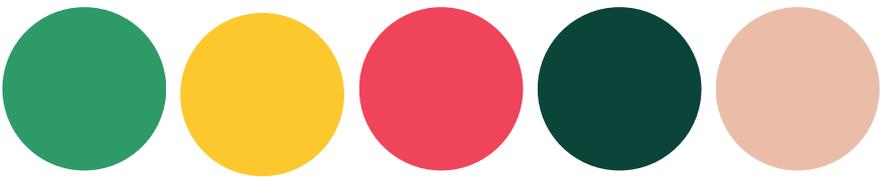
Whether you like a leisurely ride or to crank up the throttle, Sawyer County has an ATV trail for you. Take it easy along the **Tuscobia Trail** or tear it up along the 56 miles of **Dead Horse Trail** and take in all the beauty of Sawyer County.



## ***Many Attractions***

Sawyer County does not lack in the attractions department. Along with the Fishing Hall of Fame, Sawyer County is home to **Wilderness Walk, Cable History Museum, Winter Greenhouse, and more.**





# Sawyer County

## STEM Olympics



**Tuesday, July 23rd**

Hatchery Creek Park  
Hatchery Road, Hayward

**-OR-**

**Thursday, July 25th**

Doc Smith Park  
Park Street, Winter

**Time: 9:00 AM – 3:00 PM**  
**Cost: \$10; Lunch Provided**

**Registration Deadline: June 30**

STEM, crafts, team building,  
building boats and Regatta

REGISTER through 4-H Online under events – [wi.4honline.com](http://wi.4honline.com)  
Cost is \$10/day, register for any or all camps.  
Each camp is limited.  
For more information visit: <https://go.wisc.edu/gua33y>



# Washburn County

## ***A Moment in Time***

Wondering what it was like back in the 19th century? Washburn County can show you. **Trego** is home to museums dedicated to protecting railway memorabilia; **Spooner** has an entire museum honoring canoe building; **Birchwood** has a Log Museum; and **Shell Lake** is home to the Washburn County Historical Museum. Make sure to visit one of these keepers of the past.



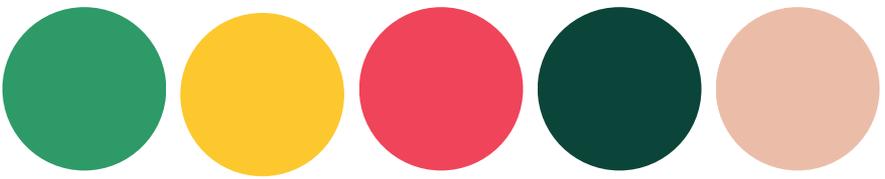
## ***Hunt Hill***

Hunt Hill Audubon Sanctuary is a **600-acre** sanctuary with **7 miles** of hiking trails for all levels of hiker. Various habitats can be found on site. There is a Discovery Trail that features hidden gems, changed monthly.

## ***Water Fun***

With over **1,000 lakes** and a **big stretch of the Namekagen River** in Washburn County, there is plenty of opportunity to soak up some sun and swim. Build a sand castle at **Shell Lake Beach**, or rent\* some tubes and float down the Namekogan. If indoor water is what you seek, visit **Jack Link's Aquatic Center\*** or **Best Western\*** for an open swim! \*Some activities may have costs attached to them.





# Washburn County



## Ag Olympics

**Tuesday, August 20th**

**9:00 AM - 3:00 PM**

Washburn County Fairgrounds  
(1000 W Beaverbrook Ave, Spooner, WI)

**Cost: \$10; pack a lunch**

**Registration deadline: August 9th**

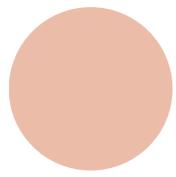
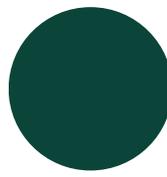
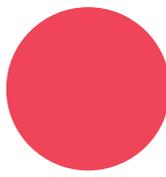
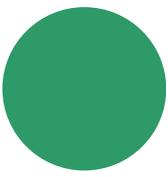
A fun-filled agriculture adventure with activities like “chicken” races, plastic egg gathering relays, and exploring farm animals and plants.

REGISTER through 4-H Online under events - [wi.4honline.com](http://wi.4honline.com)

Cost is \$10/day, register for any or all camps.

Each camp is limited.

For more information visit: <https://go.wisc.edu/gua33y>



# Find your Spark



## BE YOURSELF: FINDING YOUR 4-H SPARK

**What is your favorite activity? Try something new and you may discover a new favorite activity! Draw and Write about your experience. Looking for ideas? Try at least 2 of these suggested activities and create more of your own.**

- **Use the Merlin Bird ID App:** go on a nature walk and identify birds by sight and bird calls. Draw and write about your experience.
- **Bake:** With an adult, choose a recipe and cook/bake it. Draw and write about your experience.
- **Puppet Pet Parade:** Using household craft materials and a paper lunch bag, create a pet. Be able to describe the shelter it needs, the food it eats, and what special powers your pet puppet has. Draw and write about your experience.
- **Catapults:** Using popsicle sticks, rubber bands and a spoon, create a marshmallow catapult. Google marshmallow catapults for instructions.

Being Yourself



Find and share your authentic sparks and interests;





**What activity did you do?**

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**What went well or did not go well when doing the activity?**

---

**How would you do this differently next time?**

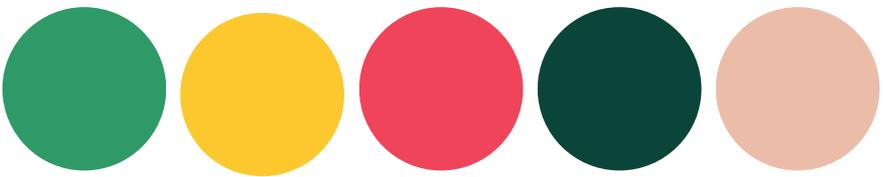
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**What activity would you like to try next?**

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## Thumb Print Family Tree



Every person wants to feel connected and belong. Families are where the first sense of belonging is. Spend some time with your child looking through the pictures and telling stories. The time spent together focusing on family will help children learn about their heritage. Every family is unique and special and it is important for children to learn about family members and how they are connected, regardless where they live.



You can create a thumb print family tree with your child to help them remember their own family tree.

Family trees are a fun way to learn about our family members. They are also a great multigenerational activity for families to do together.

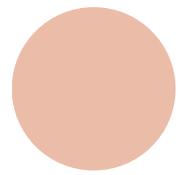
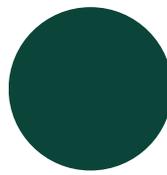
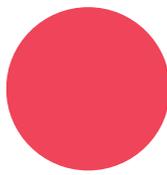
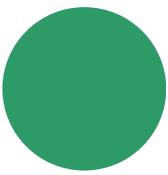
**Tip – To save time during the activity, cut the cardstock into rectangles ahead of time. You will also need a list of family members on both sides of the family.**

Belonging  
Together



Recognize,  
understand, respect,  
and appreciate  
each other;





## Materials:

- **White cardstock paper**
  - (cut into 8" x 10" rectangles)
- **washable brown and green paint**
- **Styrofoam plates**
- **paper towels**
- **paint brushes**
- **black or brown permanent markers**
- **one 8" x 10" frame per child** (optional)
- **wet wipes**

## What to do:

Paint a blank tree (including the stump and multiple branches) big enough to cover your page from top to bottom. **Allow to dry.**

Squeeze green paint onto the Styrofoam plates.

Show your child how to dip their thumbs into the paint and gently onto a paper towel to remove excess.

Then, have them press their wet thumbs onto the branches of the tree to create leaves for each family member on both sides of the family. They can use different colors of green to create depth.

Place the thumb prints accordingly, so that families are represented in clusters.

Once the paint is dry, write family names on the leaves.

### Optional:

Frame the artwork and hang it in a common area for the family to enjoy.

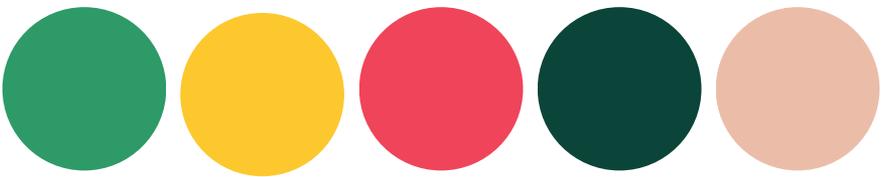
Source: The Big Book of 4-H Cloverbud Activities. Valuing Family, Page 143

Belonging  
Together

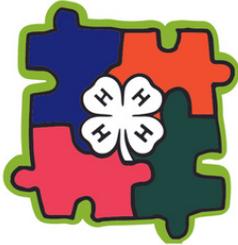


Recognize,  
understand, respect,  
and appreciate  
each other;





## 4-H Friendship Bracelet



### Materials Needed:

- Hemp cord
- 1 white bead
- 1 clear bead
- 1 red bead
- 1 yellow bead
- 1 dark blue bead
- 1 green bead
- 1 purple bead
- 1 light/sky blue bead

4-H Promotes Learning by Doing: Measure a hemp cord at least 14 inches long and tie a knot at 5 inches. This cord and knot represent all that you “Learn by Doing” in the 4-H program.

4-H Emblem: The symbol of 4-H is a green four-leaf clover with 4 white Hs, one on each leaf. Slip a white bead on the cord until it reaches the first knot. This bead represents the 4 Hs on the 4-H clover. The white stands for purity and wholesomeness. Head – Heart – Hands – Health represent the whole self.

### 4-H Pledge: I pledge....

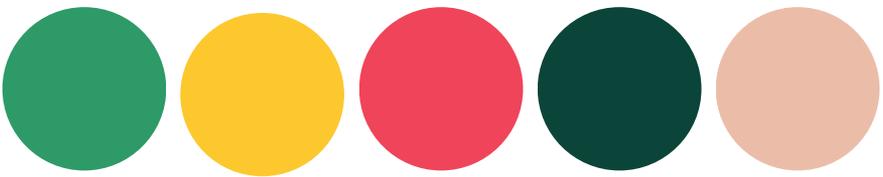
- **My Head to clearer thinking:** Slip a clear bead on to represent the first H – Head. This stands for clearer thinking.
- **My Heart to greater loyalty:** Slip a red bead on next to represent the second H –Heart. This is symbolic of loyalty.
- **My Hands to larger service:** Slip a yellow bead on next to represent the third H – Hands. Yellow is the color of sunshine and warmth. When you serve others, it is you shining through.
- **And My Health to better living:** Slip a dark blue bead on next to represent the fourth H –Health and the green clover. Dark Blue represents life, growth, creativity, and youth.
- **For my club, my community, my country, and my world:** Slip a green bead on next to represent the whole earth. green is the color of the soil, the substance that gives each of us a strong footing to move forward.

Building  
Connections



Grow positive  
relationships with  
peers and adults;





# 4-H Friendship Bracelet

**4-H Motto:** To Make the Best Better: Slip a purple bead on next. Purple is the color of royalty and the color placed on champions. Make it your goal to always strive to be better.

**Goals and Ideals:** Tie a second knot to hold the beads in place. By tying these knots, we are reminded to always keep your goals firm and our ideals in place.

**Completion:** Now we are ready to complete the bracelet. In 4-H, you can complete many projects as you learn the values this bracelet represents.

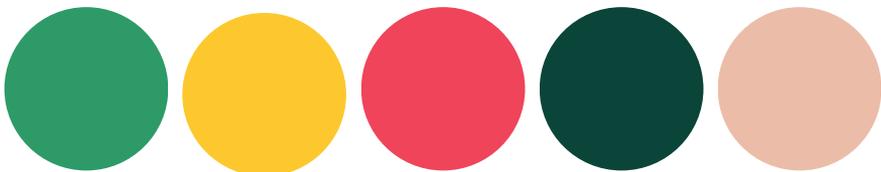
**The sky's the limit:** Slip both ends of the cord through the sky blue bead, going opposite directions, and tie a knot at both ends. The sky blue bead represents your potential as a 4-H member. Remember, the sky is the limit in 4-H!



	Meaning
Cord	Learn by Doing
White	Stands for the 4-H Emblem (the clover represents all that we do)
Clear	My head to clearer thinking
Red	My heart to greater loyalty
Yellow	Hands to Larger Service
Dark blue	Health to Better Living
Green	For My club, My community, and my World
Purple	To Make the Best Better (4-H Motto)
Light blue	The sky is the limit (this represents your potential in 4-H and life!)



Building Connections
Grow positive relationships with peers and adults;



# Rockets Away



## Materials Needed:

- drinking straws (smaller)
- milkshake straws (larger)
- Fins pattern
- scissors
- pencil
- tape
- tape measurer



1. Tape one end of the larger straw closed. This will be the front, or nose, of your rocket.
2. Test how your first rocket flies. Insert the smaller straw into the open end of the rocket, leaving an inch out to hold onto. Stand at the launch line. Blow into the smaller straw to launch the rocket, making sure there are no people or objects to block its flight path.
3. Use your tape measure to measure how far it flew. Write down the distance.
4. Launch your rocket 2–3 times to see if it flies the same way, recording the distance for each launch.
5. Add a Fin and test how your rocket flies now. Tape the dark middle rectangle to the tail end of your rocket (the opposite end from the nose) and fold the fins so they stick out away from the rocket body in four different directions

## Straw Rocket

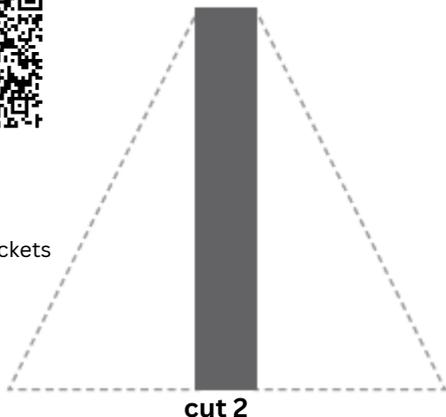
Build a straw rocket  
*complete directions*  
<https://go.wisc.edu/qj41tf>



## Stomp Rocket

Build a paper stomp rocket  
*try this too*

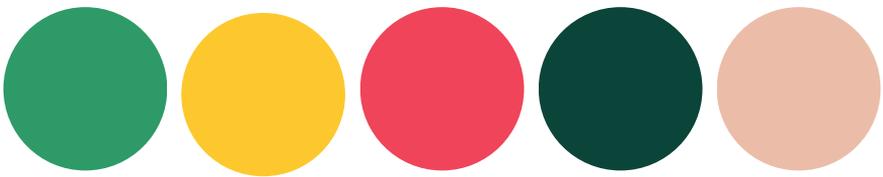
<https://extension.unh.edu/resource/4-h-stomp-rockets>



Discovering  
Skills



Develop skills  
through hands-on  
learning to help you  
succeed and thrive;



# Dicebreakers Activity



Directions: Using a single dice cube or a virtual one found online at <https://freeonlinedice.com/> or <https://www.online-stopwatch.com/chance-games/roll-a-dice/>, roll once then say your response to the question that matches the number on the dice.

	What is one thing you have never done before but would like to learn how to do?
	What is something you tried recently and found that you really like it?
	What is something you tried and thought....yep not for me?
	What is one thing you can't wait to share with someone else?
	What is the most adventurous thing you have ever done?
	What is the strangest food you have ever eaten?

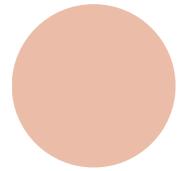
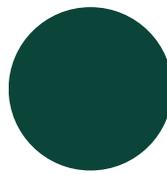
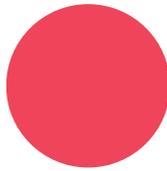
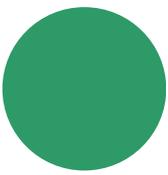
Adapted from Playmeo by Beth Rank, May 2024. <https://www.playmeo.com/activities/ice-breakers-get-to-know-you-games/dicebreakers/>

Exploring  
New  
Opportunities



Open the door to  
new experiences,  
projects and places;





# Service Tic Tac Toe



**Directions: Complete at least three Community Service activities below marking either an X or an O to form a straight line horizontally ( -- ), vertically ( | ), or diagonally ( / ).**

DRAW A PICTURE AND ADD THE WORDS "HAVE A GREAT DAY!" THEN PUT IT UNDER THE WINDSHIELD WIPER OF THE CAR OF SOMEONE YOU KNOW.

WITH ADULT HELP, GO ON A WALK TO PICK UP TRASH AT THE PARK, BEACH, SIDEWALK, OR WALKING PATH)

MAKE A TREAT AND WRITE A THANK YOU NOTE THEN DROP THEM OFF AT THE POLICE STATION OR FIRE DEPARTMENT

DECORATE A PLACEMAT OR CARD FOR A SENIOR MEAL SITE OR MEALS ON WHEELS RECIPIENT CONTACT ADRC FOR INFO

FOLLOW YOUR HEART

YOUR CHOICE

ASK LOCAL HUMANE SOCIETY ABOUT CURRENT NEEDS. SHARE THAT NEED WITH FRIENDS & FAMILY. OFFER TO PICK UP DONATIONS AND DELIVER TO THE SHELTER FOR THEM

CONTACT THE FAIR BOARD AND ASK HOW YOU COULD HELP GET READY FOR THE FAIR (PAINTING, CLEANING, ADVERTISING, ETC.)

CONTACT A NURSING HOME AND OFFER TO HELP AT AN UPCOMING EVENT. YOU COULD ALSO SING A SONG, DANCE, OR PLAY BINGO, WITH RESIDENTS

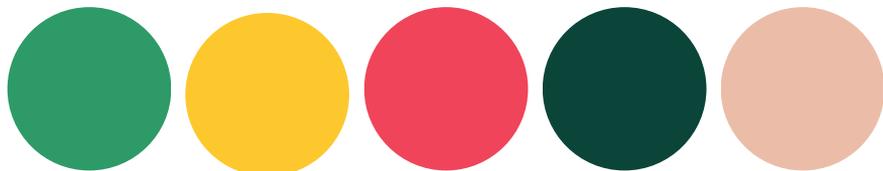
SET UP A LEMONADE STAND, BAKE SALE, OR USED BOOK SALE AND DONATE FUNDS TO A CAUSE OF YOUR CHOICE

Giving Back to Your Community



Make meaningful contributions through community service and leadership.





# Olympic Facts

The first Olympic Games took place in 776 BC.

The Olympic symbol was designed to include everyone!

Motor boat sailing, hot air ballooning, and tug of war all used to be Olympic sports!



Until 1912, first-place Olympic medals were made of solid gold!

The first Summer Olympic Games had just 14 participating countries now more than 200 countries compete every year!

*Facts brought to you by National Geographic for kids.*

- Lever, A. (2021, August 11). 10 facts about the Olympics!. National Geographic Kids. <https://www.natgeokids.com/uk/discover/history/greece/facts-about-the-olympics/>

# PASSPORT CHECKLIST

FAMILY NIGHT 

EXPLORE RUSK CO 

CREX MEADOWS 

EXPLORE BURNETT CO 

GEODISIC DOME 

FIND YOUR SPARK 

STEM OLYMPICS 

THUMB PRINT TREE 

AG OLYMPICS 

FRIENDSHIP BRACELETS 

EXPLORE WASHBURN CO 

ROCKETS AWAY 

EXPLORE BARRON CO 

DICEBREAKERS 

EXPLORE SAWYER CO 

SERVICE TIC TAC TOE 

Check off the activities you have completed and then mail, email or drop off at your local Extension office to receive your Gold Medal Certificate of Achievement and small prize!

Name: \_\_\_\_\_

County: \_\_\_\_\_

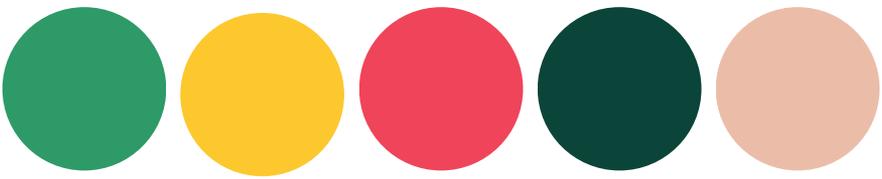
Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_



*Passport to the*  
**Olympics**





UW-MADISON EXTENSION

*You are now an*  
**Olympic Gold  
Medalist!**

