

Sheridan County 4-H

Monthly Newsletter



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I pledge my head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
My health to better living,
For my club,
My community,
My country,
And my World.

Hello Sheridan County 4-Her's! I hope you all had a great November and a happy Thanksgiving Holiday. I know November always makes me thankful for everything I have!

Thank you to everyone who participated in the Treats for Troops program. Thank you to all of the clubs that baked cookies and worked hard packing the cookies. We ended up with 146 dozen cookies! That is amazing! Well done everyone!! Also a big thank you to Melissa Petzold, Susie Terry and Chris Lamb for organizing the 4-H and FFA booth at the Christmas Stroll. It was a great opportunity to give back to the community that supports us so much throughout the year. Coming up quick this year is the State Leaders Conference. At this conference there is going to be a youth track, a teen track and adult workshops. This is a great opportunity for everyone especially since it is going to happen here this year!! To sign up for the conference just go to the state 4-H website.

If you haven't picked up your record book or achievement prizes yet, please remember to stop by the extension office and pick those up! We will be having a new member orientation on December 17th for member and parents to come learn about the 4-H program and where to find resources that they need. It is a good time to come meet other 4-H members and learn what a year in the Sheridan County 4-H program looks like. Happy Holidays to everyone this coming month and if you are traveling please drive safe!



December 2015



Leader Resources

Are you interested in being a leader? Please Contact Liz if you would like more information or would like to take the training in order to become a leader.

If you are a current leader you should have gotten a letter in the mail explaining that you need to go online and complete the MVR Certification if you plan to drive 4-H members this coming year. Every leader must do this every year!

For more information and resources please visit <http://www.uwyo.edu/4-h/volunteers/>

Become a 4-H Leader today!

Attention Leaders!!!

All new leaders and leaders who are in their 5th year and need to be re-screened are now required to complete training requirements before they will be screened and approved as a 4-H volunteer leader.

A **NEW** leader is required to complete two training pieces. These two training pieces can be done in any order:

The Volunteer e-Learning modules accessible from the State 4-H web site:

✓ <http://www.uwyo.edu/4-h/>; the password is **volunteer**.

The face to face New Leader Orientation; this is done by Liz



A volunteer leader in their **5th YEAR** is required to complete a training that will benefit their role as a 4-H volunteer.

Don't Forget!

- To get rescreened for the next 4-H year
- To get members signed up for another year!

Get More Involved!

A Fun Activity for meetings!!

4-Way tug of war

For: Teamwork

What You'll Need: A rope cut and tied in a way where there are 3- 4 ends.

Split group into number of groups that equal the ends of your rope. Let

them play tug of war. Teams will have to team up with other teams to eliminate the other teams then go head to head to claim the winning title.

- Livestock Committee Meeting
Wednesday-December 2nd
6:00 pm Extension Office
Room 131

- Sheridan County 4-H Council Meeting-Monday December 14th 5:30 pm Extension Office Room 131

Wyoming 4-H State Leaders' Conference



February 19-20, 2016

Registration closes: February 5, 2016

Sheridan College
3059 Coffeen Avenue
Sheridan, WY 82801

The planning committee is excited to welcome Wyoming 4-H volunteers and youth to the northeast area of the state for this year's event!

The website will be updated as more information becomes available. Feel free to check back on a regular basis.

Workshop Proposals at <http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/>

Interested in leading a workshop at the State 4-H Leaders Conference? Workshops will be offered all day on Saturday, February 20th. The workshops can be 60 minutes or 90 minutes in length and on any topic that you think would be of interest to and benefit 4-H volunteers. Workshops can be hands on, make and take type workshops in any project area; leadership skills for youth or adult volunteer leaders; ideas and tips to improve your 4-H club, etc. If you have something you would like to share with youth and other 4-H adult volunteer leaders, please submit a workshop proposal form. *The submission deadline is October 15, 2015.*

Registration Fees (*Registration will close February 5, 2016*)

- Full-time Registration Fee (includes Friday dinner, Saturday breaks, lunch and awards banquet dinner) - \$65
- Saturday only with Awards Banquet (includes Saturday breaks, lunch and banquet) - \$50
- Saturday only without Awards Banquet (includes Saturday breaks and lunch) - \$35
- Banquet Only - \$20
- Day Camp, full time (includes Friday dinner, Saturday breaks, lunch and banquet) - \$30
- Day Camp, Saturday only (includes Saturday breaks and lunch) - \$15

Lodging - A block of rooms have been reserved at the Sheridan Holiday Inn at \$83 per night for a standard room single-quad occupancy. *Reservations are due by February 9th.*

[Sheridan Holiday Inn](#)
1809 Sugarland Drive
Sheridan WY 82801

For Reservations, call: 307-672-8931
Use Group Code: State Leaders 2016

Networking with fellow conference attendees

There will be networking opportunities during the conference. As people often request contact information from others, each participant is asked to bring something (example: business card) with their name, county, email/phone number, and project information that can easily be exchanged with others. For your convenience, a template has been created and can be found online:

<http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/card-exchange.html>

Big and Upcoming!

- **December 2nd @ 6:00 pm**—Livestock Committee Meeting—Extension Office—Room 131
- **December 7th @ 6:00 pm**—Jr. Leaders—Extension Office—Room 131
- **December 12th @ 9:00 am-3:00 pm**—Quilting/Sewing Workshop—Extension Office—Room 131
- **December 14th @ 5:30 pm**—4-H Council—Extension Office—Room 131
- **December 16th @ 4:30 pm**—Cloverbuds—Extension Office—Room 131
- **December 17th @ 6:00 pm**—New Family Orientation—Extension Office—Room 131
- **January 6th @ 6:00 p.m.**—Livestock Committee Meeting—Extension Office—Room 131
- **January 11th @ 5:30 p.m.**—4-H Council—Extension Office—Room 131
- **January 18th @ 6:00 p.m.**—Jr. Leaders Meeting—Extension Office—Rom 131
- **Wyoming 4-H State Leaders' Conference**
February 19-20, 2016 @ Sheridan College



 **#iam4H**



More information
Contact: Liz Shaffer
674-2980
lshaffe1@uwyo.edu

Wednesday: December 16th 4:30pm
Activity: Crafting and General 4-H information
Watt Ag. Center—3401 Coffeen Ave.

4-H Youth/Volunteer Enrollment Process

FOR NEW MEMBERS

1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As a Member/Family Enrolling for the **FIRST** time select the second option I need to setup a profile
 - Select your county and fill in the fields
 - Save your password so you are able to log back in to your profile!

WRITE DOWN YOUR USER AND PASSWORD HERE

User Email: _____

Password: _____

3. Click the **Create Login** Button.
4. The next screen is the **FAMILY INFO** Screen
 - Fill in all the fields
 - The red asterisk * indicates required fields
 - If you would like to update the Family Information for all members records with the same address click this box

5. The next screen is the MEMBER LIST

- The Family Information is displayed on the left.
 - Click the “Add a New Family Member” drop down menu and select Adult or Youth.
6. Click the **Add Member** Button.

7. The next screen is the YOUTH PERSONAL INFORMATION

- Fill in all the fields
- Years in 4-H: For returning members, this numer will automatically increase
- The red asterisk * indicates required fields
- If you have two email addresses you would like to have information sent to, please enter it in the Second Household email field
- Split families can also be set up for each member

8. When finished click the **Continue >>** Button at the bottom.

9. The next screen is the ADDITIONAL INFORMATION screen. Here you will review the Code of Conduct, General Authorization and Release, and Statement of Assumed Risk

- Please Read this information!
- You must click this box in each section before you are able to continue to the next screen

10. When finished reading click the **Continue >>** Button at the bottom.

11. The next screen is the **HEALTH FORM**

- Here you will first verify if you have any of the following health conditions: diabetes, asthma, heart trouble, high blood pressure, seizures, or fainting spells. Select **Yes** or **No**
- In the Following fields you will note the following information:
 - Explanation of the conditions listed above, if any
 - Allergies/reactions to Drugs/Medicine
 - Allergies/Reactions to Foods
 - Allergies/Reactions to Things in Nature
 - List medications
 - Specify additional Health information

NOW THE FUN PART.

12. The **PARTICIPATION** screen.

- Here you will add Clubs and Projects for each member/leader

13. First select your **CLUB(s)** from the drop down menu.

14. Click the **Add Club** Button. You will see your club selection added to the Club list.

- You can add additional clubs by repeating the steps above.

15. When finished adding clubs click the **Continue >>** Button at the bottom.

16. Next you will **ADD A PROJECT(S)**

17. Select the club from the drop down menu.

18. Pick a project from the list

19. Selects Year in Project

- For returning Members the years in project will automatically increase

20. Click the **Add Project** Button. You will see your project selection added to the Project List.

- You can add additional projects by repeating the steps above.

21. When you are finished adding clubs and projects

Click the **Submit Enrollment** Button.

Once you have Submitted an Enrollment you will then be taken back to the **MEMBER LIST** screen

You can then enroll new 4-H Members or Volunteers using the same steps.

Your enrollment will be sent to the County Extension Office where they will review and approve/activate your profile, or return your enrollment to you for changes/additional information.

Health Form

Do you have diabetes, asthma, heart troubles, high blood pressure, seizures, or fainting spells?

Yes No

Please explain any health conditions mentioned above:

Allergies or reactions to DRUGS/MEDICINE? (Aspirin, Penicillin, etc.):

Allergies or reactions to FOODS? (dairy, peanuts, gluten, shellfish, etc.):

Allergies or reactions to THINGS IN NATURE? (weed bloating, hay fever, lysial/tumac toads, etc.):

List any required medications:

Provide any additional health information or clarification:

<< Previous Continue >>

Personal Information Additional Information Health Form Participation

Clubs Projects Groups

Youth: You will need to select a club to move forward, however, placement will be finalized in your local county Extension office.

If you are new to 4H or do not have any idea which club may be most appropriate, please choose: 1-Club Placement Requested

Select a minimum of 1 club(s)

Add a Club

Select a Club: Select a club ...

Add Club

Club List

Primary	Club	Edit
---------	------	------

Clubs Projects Activities Awards Groups

Select a minimum of 1 project(s)

Add a Project

Select a Club: 4-H Builders

Select a Project: Select a project ...

Years in Project: 1

Add Project

Project List

Club	Project	Years in Project
------	---------	------------------

<< Previous Continue >>

Questions: Call 307-674-2980

4-H Youth/Volunteer Enrollment Process

FOR EXISTING MEMBERS

1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As an existing Member/Family that is re-enrolling for the next 4-H year select the first option I have a profile
 - Enter your email address and password you used to create your Family login and click the **Login** button
 - If you can't remember your password select I forgot my password enter your email address and click the **Send My Password** button.
 - A new automated password will be sent to the email address you provided along with instructions to login and reset your password.

Name	Role	Membership ID	Enrollment Status	Last Active Year	Edit
1) Mrs. Tester	Adult	868993	Inactive	2014-2015	<input type="button" value="Edit"/>
2) Boy Tester	Youth	868982	Inactive	2014-2015	<input type="button" value="Edit"/>
3) Girl Tester	Youth	868983	Inactive	2014-2015	<input type="button" value="Edit"/>
4) Mr. Tester	Adult	903413	Inactive	2014-2015	<input type="button" value="Edit"/>

3. Once you are logged in you can review your Family info and update it if needed by clicking the **Edit Family** button

4. In the **MEMBER LIST** tab, please look at the **Member/Volunteer List** to view the members/adult volunteers associated with your family account.

Please do not add a new individual that is already listed in the member/volunteer list!

- To Re-Enroll for the new 4-H year click on the **Edit** button to the right of each name
- Review the information displayed in the Personal Information screen.
- At the Bottom of the page on the right you will click the **Enroll for 2015-2016** button.

- On the next page you can review/update the personal information page.
 - The red asterisk * indicates required fields
- You will now continue through several tabs verifying/updating information. To advance to the next screen click the **Continue >>** button.

NOTE: In an effort to reduce our mailing costs, please consider selecting the EMAIL option in the Correspondence Preference field.

In the **ADDITIONAL INFORMATION** screen you will review the Publicity Release, Statement of Assumed Risk Transportation Release, Code of Conduct, and for Leaders Training and Screening Understanding.

- Please Read this information! You must click this box in each section in order to continue
- The next screen is the **HEALTH FORM** - If any of the individuals Health information has changed, please update it!

In the **PARTICIPATION** screen you will add or delete Clubs and Projects for each individual.

- If you are unsure of which Club to choose, please select I Club Placement and we will help choose a club.
- If you select a new club remember to click the **Add Club** Button to add it to your Club list.
- When finished with club selections click the **Continue >>** Button at the bottom.
 - You will be taken to the project tab where you can add or delete projects.
 - For returning members the years in project should automatically increase for projects you are continuing
 - Remember to click the **Add Project** button to add a project to the Project List.
 - You can delete a project by clicking the **Edit** button and then clicking the **Delete** button.
- When you are finished with club and project selections click the **Submit Enrollment** Button.

If your enrollment status is Pending, your record is complete and waiting for county level 4-H approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.

Youth Opportunities



CITIZENSHIP WASHINGTON FOCUS (CWF) IS A WEEK-LONG 4-H CITI-ZENSHIP PROGRAM FOR YOUTH AGES 14-19 THAT TAKES PLACE AT THE NATIONAL 4-H YOUTH CONFERENCE CENTER, JUST 1 MILE FROM THE WASHINGTON, DC BORDER.

\$816.00 per person and includes:

- 6 nights lodging at National 4-H Youth Conference Center
- 14 meals
- Inclusive of all taxes
- Citizenship Washington Focus polo shirt and lanyard
- Arrangements and logistical support
- Curriculum materials
- Various tours and work-shops
- Admission and ticket fees to sites on CWF itinerary
- Facilitation by our highly trained and licensed collegiate program assistant team

Registration Deadline is January 29, 2016

For more information or to register visit:

<http://www.4hcenter.org/youth-conference-center->



Quilting/Sewing Workshop

Saturday December 12th ~ 9am-3pm

Room 131 Watt Agriculture Center

Please join us in room 131 of the Watt Ag Building for our monthly Quilting/Sewing workshop! Bring your machine, scissors, and other tools (thread, etc.). Intermediate quilters/sewists, please bring the project on which you are working (or which you are hoping to begin).

Beginning sewists and quilters, we will have materials and projects for you. We will make quilted coasters or table runners with the quilters [You may bring your own fat quarters for this project, if you wish - 2 fat quarters should suffice]. We will practice our straight-stitching on dish towels (we will provide those) and learn how to thread machines with the beginning sewists. If you will be participating in one of these projects, expect it to take 1-2 hours at the most.

If you will be participating in the workshop all day, please bring a sack lunch. If possible, bring an adult (sewing/quilting experience is not necessary).

Please contact Donna Birkholz with any questions -- 673-4678

New Family Orientation

Thursday—December 17th @ 6:00 p.m.

Watt Ag. Center—Room 131

This meeting is for member and parents to come and learn about the 4-H program and where to find resources that they need. It is a good time to come meet other 4-H members and learn what a year in the Sheridan County 4-H program looks like.





Wyoming State 4-H Foundation

Financially supports the Wyoming 4-H Program

<http://www.wyoming4h.org/4hfoundation/scholarships/>



Treats for Troops

Thanks to everyone who participated in our Sheridan County Treats for Troops. Clubs had the use of the Extension Kitchen and 146 dozen cookies were baked and boxed to send to our troops.

Thank you for your help! Liz



2016 Wyoming State 4-H Calendar of Events/Activities

More information online at www.Wyoming4H.org

Event	Date	Location
State 4-H Leaders' Conference <i>Registration closes: Feb. 5, 2016</i>	February 19-20	Sheridan, WY
National 4-H Conference <i>Applications due November 2, 2015 Interviews: November/December 2015</i>	April 9-14	Washington, D.C.
Wool Judging/Meat Judging	Late April	Laramie, WY
Citizenship Washington Focus (15-18 years old) <i>Registration closes February 1, 2016</i>	June 10-18	Washington, D.C.
Horse Camp <i>Registration deadline: May 27</i>	June 16-19	Douglas, WY
Showcase Showdown <i>Individual Registration deadline: June 10 Team Registration Deadline: June 15</i>	June 21-23	Laramie, WY
State Shooting Sports Match <i>Registration deadline: June 27</i>	July 7-10	Douglas, WY
Leadership Washington Focus (7 th -9 th grades) <i>Registration closes February 1, 2016</i>	July 9-15	Washington, D.C.
Wyoming State Fair	August 13-21	Douglas, WY
Shooting Sports Awards Trip <i>12 winners are selected based on scores at State Shoot 2 winners are selected based on portfolio submissions (due end of July)</i>	September	Raton, New Mexico
National 4-H Congress <i>Applications due: TBD Interviews held during Showcase Showdown</i>	November 25-29 (typically Fri-Tues after Thanksgiving)	Atlanta, Georgia

Other opportunities:

State 4-H Leadership Team ~ applications due May 31 / interviews at Showcase Showdown

National Shooting Sports Invitational ~ Applications due April 30

Updated: 11/16/15

Please Pick Up

The following Clubs/Persons have items from Achievement Day that are at the Extension Office



Anderson	Cody
Araas	Tyra
Branson	Harvey
Cunningham	Bailey
Cunningham	DeLani
Goode-Neeson	Phoenix
Haugen	Jon
Hersman	Andrew
Heser	Nathaniel
Mayfield	Makayla
Neeson	Brode
Neeson	Cade
Neeson	Gage
Norling	Carson
Ostheimer	Hannan
Sayer	Joel
Sorenson	Kylie
Taylor	Austin
Trampe	Matai
Ward	Bell

Big Horn Cowboys -Treasurer, Secretary, Yearly Books
Canyon Livestock -Treasurer Book
Critters, Crafts, Cooking -Treasurer, Secretary, Yearly Books
Wyotana Grizzlies-Secretary Book

Junior Leaders



Will you be at least 13 years old as of January 1st? Do you want to get more out of your 4-H experience? Above all do you want to participate in a great opportunity to meet more people in the county your age while learning great new leadership skills?

If the answer is **yes** to all these questions consider becoming a Junior Leader. Throughout the year Junior Leaders assist in 4-H events and help promote the program. If this is something you would be interested in or you would like more information about please contact the 4-H office.

Next Jr. Leader Meeting!

Monday December 7th— Junior Leader
Meeting 6 pm **Extension Office-Room 131**



Club Meetings

Big Horn Cowboys

Leader: Erin Traub & Erin Hinton
Phone: 752-6832 751-4349
Meeting time: Third Wednesday of the Month
Meeting Place: Room 131—Sheridan County Extension Office

Canyon Livestock

Leader: Jennifer Forsness/Dana Pearce
Phone: Jennifer 406-620-7154
Dana 307-751-7259
Meeting Time: 1st Sunday of the Month
Meeting Place: Dayton

Critters, Crafts & Cooking

Leader: Carol French
Phone: 737-2412

Lucky 7

Leader: Jason & Joy Koltiska
Phone: Joy 751-5410
Jason 751-3724
Meeting Place: 3rd Sunday of the month
@ 4:00 p.m. @ 1870 West Loucks

Sheridan Livestock

Leader: Wendy Hope
Phone: 461-0074
Meeting Time: 2nd Sunday of the month
Meeting Place: Room 131 Sheridan County Extension Office

Shooting Sports

Leader: Brett Sayer
Phone: 751-6356

The Gatherers

Leader: Mary Welter
Phone: 674-6878 Ext 100
Meeting Time: Variable
Meeting Place: NSI Campus

Tongue River Roundup

Leader: Barbara Brackeen-Kepley
Phone: 910-527-4681
Assistant Leader: Heidi Cooper-Justus
Phone: 751-6252
Meeting Time: the 2nd Sunday of the month

Wyotana Grizzlies

Leader: Susie Terry
Phone: 750-2459
Meeting Time: First Tuesday of the month
6:30pm
Meeting Place: Room 131—Sheridan County Extension Office



WYOMING CHARACTER



that's what we're made of

December, 2015

Character Counts Citizenship

Members need to learn the importance of contributing to their school and community. They should have compassion and show kindness towards others. They should also show humility and consider the needs of others. Serving and helping others is also of great importance. Building citizenship skills helps members feel that they can be contributors to others and can do work that benefits their community. This shows them that their lives are important now and sets a foundation for becoming active citizens in adulthood.



We may never know all the good a simple smile can do. May no one ever come to you without going away better and happier. May everyone see kindness in your face, in your eyes, and in your smile. Love is a fruit in season at all times.

-Mother Theresa

What is Citizenship:

Do your share to make your school and community better:

- Cooperate
- Get involved in community affairs
- Stay informed; vote
- Be a good neighbor
- Obey laws and rules
- Respect authority
- Protect the environment
- Volunteer

Citizenship in 4-H:

Rules to encourage citizenship:

Divide the club into small groups of four or five members. Assign each group one of the following areas in school: classroom, library, lunchroom, playground, and bathrooms.

Instruct each group to come up with a list of rules designed to protect the rights of school citizens who use that area. Have students write their rules on a sheet of flip chart paper. Ask them to phrase their rules as positive statements whenever possible. Have groups present their lists, discuss similarities and differences and be prepared to defend the rules which were created.

Think about your 4-H club, what areas do you share as a group? Now repeat the activity and come up with rules that will help protect the rights of 4-H members who use the areas. Remember to share!

Clover Connection

Head - Make sound decisions.

Heart - Be loyal and care about your community.


Hands - Do something productive.

Health - Take care of those that may be in


Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office

December 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Livestock Committee Meeting	3	4	5
6	7 Junior Leaders	8	9	10	11	12 Quilting/Sewing Workshop
13	14 4-H Council Meeting	15	16 Cloverbuds	17 New Family Orientation	18	19
20	21	22	23	24	25 	26
27	28	29	30	31		

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3	4	5	6 Livestock Committee Meeting	7	8	9
10	11 4-H Council	12	13	14	15	16
17	18 Jr. Leaders	19	20	21	22	23
24 31	25	26	27	28	29	30

Important Dates To Remember

- **December 2nd @ 6:00 pm**—Livestock Committee Meeting—Extension Office—Room 131
- **December 7th @ 6:00 pm**—Jr. Leaders—Extension Office—Room 131
- **December 12th @ 9:00 am-3:00 pm**—Quilting/Sewing Workshop—Extension Office—Room 131
- **December 14th @ 5:30 pm**—4-H Council—Extension Office—Room 131
- **December 16th @ 4:40 pm**—Cloverbuds—Extension Office—Room 131
- **December 17th @ 6:-00 pm**—New Family Orientation

- **January 6th @ 6:00 p.m.**—Livestock Committee Meeting—Extension Office—Room 131
- **January 11th @ 5:30 p.m.**—4-H Council—Extension Office—Room 131
- **January 18th @ 6:00 p.m.**—Jr. Leaders Meeting—Extension Office—Room 131

- **Wyoming 4-H State Leaders' Conference**
February 19-20, 2016 @ Sheridan College



Sheridan County Extension Office
University of Wyoming
3401 Coffeen Ave– Watt Ag Center
Sheridan, WY 82801
(307)674-2980



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