

Sheridan County 4-H

Monthly Newsletter



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Happy February Everyone! What a crazy start to the year we are having!

Coming up quick is the State 4-H Leaders Conference. This will be right here in Sheridan February 19th and 20th. This is a great opportunity for leaders and youth alike. At this there will be a Leader track, a teen track, and a youth track. The leader track will offer workshop in order to make leaders better equipped to be leaders. There will also be a keynote speaker that will offer their insight on how to be better leaders. The teens will also attend the keynotes presentation but will have their own set of workshops that they will attend. This years focus is developing leadership in our teen leaders. The youth will attend their own track that will consist of STEM activities (Science, Technology, Engineering and Math), Community Service activities, and other fun activities they will get to participate in. Everything is taking place at Sheridan College except for the leaders there will be a wool mill tour in Buffalo- Transportation will be provided.

Additionally coming up quick is the carnival this year. We need parent and volunteer help taking money and distributing tickets at the door, taking tickets at the kitchen and working in the kitchen. If you can help with any of these tasks please let us know at the office so we can get you signed up. Also we will need a Cake and Pie from each family. The Cake is for the cake walk and the pie will be for the concession stand. Also don't forget to get Carnival Posters into the office if you would like them judged. They will be judged at the council meeting on February 8th so make sure you have them in by that point. If you do not want to enter your poster in the contest just make sure it gets hung up somewhere in town to encourage people to come to carnival!

Thanks to Brenda Beutler for teaching our hunters safety course and shooting sports safety training, and for all of the volunteers that helped with the beef tagging!

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.



February 2016



WE NEED YOUR RECIPES!

The Sheridan County 4-H Leaders Council is creating a custom cookbook featuring favorite recipes from our past and present 4-H members. These cookbooks will be entitled "*Sheridan County 4-H THROUGH THE YEARS, a Collection of Recipes and Memories.*" The cookbooks will be professionally published and are sure to be a treasured keepsake for us all. The Leader's Council uses its funds for scholarships, assisting in member 4-H trips to destinations such as 4-H Congress, Showcase Showdown, and State Fair, and leadership and training opportunities like State Leader's Conference. This fundraiser will supplement 4-H Carnival to continue and expand support for Sheridan County 4-H members and leaders.



Please submit several of your favorite recipes so you can be represented in our cookbook. Recipes from all 4-H members will ensure that our cookbook is a success. We encourage you to submit Heritage and Your Award Winning recipes. Please indicate in recipe notes if recipes are heritage, award winning, kid friendly, slow cooker or for pets so we may mark them as such. You can submit your recipes one of three different ways:

To Submit Recipes Online:

Go to www.typensave.com and click 'Login.'

Enter the User Name: Sheridan County 4-H

Enter the password: broccoli569 and click 'Submit.'

Enter your name and click 'Continue.'

Click 'Add Recipes' to begin adding your recipes.

OR

Submit Recipes By Email:

Go to www.wyoextension.org/sheridancounty/4-H/

Go to Cookbook

Click on one of the following Recipe Categories

Main Dishes: Beef, Pork, Lamb and Goat, Poultry and Rabbit, Wild Game & Fish,

Meatless

Soups & Salads

Vegetables & Side Dishes

Breads

Desserts

Appetizers & Beverages

Canning & Preserving

Miscellaneous (looking for cheese, crafts, pet treats, etc.)

Enter your recipe and send

OR

Submit Hard Copy Recipes to Sheridan County Extension Office, 3401 Coffeen Avenue:

Please submit your recipes by **February 15, 2016** so we can meet our deadline. Thank you!

Recipe Writing Tips:

When adding recipes, review the “Tips” and use standard abbreviations.

Only enter 1 ingredient per ingredient line.

List ingredients in order of use in the ingredients list and directions.

Include container sizes, e.g., (16-oz.) pkg., (24-oz.) can.

Write directions in paragraph form, not in steps.

Use names of ingredients in the directions, e.g., “Combine flour and sugar.” DO NOT use statements like, “Combine first three ingredients.”

Include temperatures and cooking, chilling, baking, and/or freezing times

SHERIDAN COUNTY 4-H
THROUGH THE YEARS
a Collection of Recipes and
Memories



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>



2016

EVERYONE got time for that
State Leaders' Conference

February 19-20
Northern Wyoming Community College
Sheridan College Campus
Sheridan, Wyoming

Registration opens December 11
Registration closes February 5

Workshop information, Keynote speakers and other information are available on the state 4-H Website uwyo.edu/4-h/volunteers/state-leaders-conference

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!

* * * * *

* A Fun Activity for meetings!! *

* Spider Web —Reflection and teamwork *

* Supplies Ball of yarn —Let's get started! *

* Form a circle with club members, volunteers, parents, etc. Have one person start by holding on to the end of the string. First the individual shares something about himself/ herself and then tosses the ball of yarn to someone across the circle. Then that person holds on to the part of string that reached him/her, shares something about himself/ herself and tosses the ball of yarn to the next person. Continue this pattern until a "spider web" is formed among all the 4-H'ers. This activity shows they are all unique as a spider web and they are all joined together by the "web" as a team in 4-H. (Worthington, Blake, & DuBay, 2009) *

* * * * *

- Livestock Committee Meeting
Wednesday-February 3rd
6:00 pm Extension Office
Room 131
- Sheridan County 4-H Council Meeting-Monday-February 8th
5:30 pm Fulmer Room-
Sheridan Public Library

SAVE THE DATE

Carnival will soon be here

March 12th



ONCE UPON A TIME
AT THE
SHERIDAN
COUNTY
4-H
CARNIVAL

Theme: Story Book

Poster Contest!

How do we enter the contest?

To take part in the poster contest, bring your poster to the Extension Office before taking and hanging it in the community. Winners will be announced in the Sheridan Newsletter in March. There will be a winner from each age division. All posters should include the following information: 4-H Fundraiser, Carnival, & Chili Dinner, March 12th from 3p.m.-7p.m., at the Sheridan County Fairgrounds Exhibit Hall, and include the theme, and should have the 4-H name and clover visible on the poster. Creativity is encouraged!

When do we enter?

If you would like to participate in the poster contest you will need to bring your poster to the Extension Office before February 8th at 5:00p.m. Posters will be judged February 8th, members must come back and pick up posters and hang them up February 9th. A prize will be awarded to each winner.

Putting up and taking down posters

Once your poster is judged, please take it with you and hang it up somewhere to advertise the Carnival. Please have all posters hung (even those that are not judged) no later than February 10th. Clubs are also responsible for taking down their own posters. Posters should be taken down no later than March 16th.

Calling all 4-H Families

We need your help!

Carnival is coming on March 12th. Each family is asked to bring at least one cake and pie. The cake for the cake walk booth and one pie for the concession stand.



The success of the cake walk depends on the support of the 4-H families bringing cakes/cupcakes. The Big Horn Cowboys 4-H Club is hosting the cake walk booth this year at carnival. In the spirit of the Story Book theme, our club is respectfully asking that your donated items be colorful and reflect the theme.



Thank You
Erin Traub
Erin Hinton

Big and Upcoming!

February

- *February 1st @ 6:00 p.m.—Indoor Shooting Sports-Sportsman’s Range—3 1/2 miles west on Keystone Road*
- *February 1st @ 6:00 p.m.—Dairy Goat Meeting—Extension Office-Conference Room 111*
- *February 3rd @ 6:00 p.m.—Livestock Committee Meeting—Extension Office—Room 131*
- *February 4th @ 6:30 p.m.—Dog Practice-1st year members—Sheridan Fair Grounds*
- *February 4th @ 7:30 p.m.—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds*
- **February 5th—Registration Deadline for Wyoming 4-H State Leaders’ Conference**
- *February 5th @ 6:00 p.m.—Indoor Shooting Sports-Sportsman’s Range—3 1/2 miles west on Keystone Road*
- *February 6th @ 9:00-3:00 p.m.—Quilting/Sewing Project Meeting—Extension Office-Room 131*
- *February 8th @ 5:30 p.m.—4-H Council Meeting—Sheridan Library—Fulmer Room*
- *February 8th @ 6:00 p.m.—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- *February 9th @ 6:00 p.m.—Robots—Extension Office-Room 131*
- *February 10th @ 6:00 p.m.—Market Goat—Extension Office—Room 131*
- *February 11th @ 5:30 p.m.—Youth Quality Assurance Level 1-Extension Office-Room 131*
- *February 11th @ 6:30 p.m.—Dog Practice-1st year members—Sheridan Fair Grounds*
- *February 11th @ 7:30 p.m.—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds*
- *February 12th @ 6:00 p.m.—Indoor Shooting Sports-Sportsman’s Range—3 1/2 miles west on Keystone Road*
- *February 13th @ 1:00 p.m.—Swine Clinic-NEED TO RSVP—Extension Office—Room 131*
- *February 14th @ 1:00 p.m.—Leathercraft Project Meeting—Extension Office—Room 131*
- **February 15th—Deadline for submitting cookbook recipes**
- *February 15th @ 6:00 p.m.—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- *February 15th @ 6:00 p.m.—Junior Leaders Meeting—Extension Office—Room 131*
- *February 16th @ 6:00 p.m.—Robots —Extension Office-Room 131*
- *February 18th @ 6:30 p.m.—Dog Practice-1st year members—Sheridan Fair Grounds*
- *February 18th @ 7:30 p.m.—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds*
- *February 19th @ 6:00 p.m.—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- *February 22nd @ 6:00 p.m.—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- *February 23rd @ 6:00 p.m.—Robots —Extension Office-Room 131*
- *February 24th @ 4:30 p.m.—Cloverbuds—Extension Office—Room 131*
- *February 24th @ 5:30 p.m.—Youth Quality Assurance-Level 2 & 3—Extension Office—Room TBA (Room 132)*
- *February 24th @ 6:00 p.m.—Homestead Cowless Project—Extension Office—Room 131*
- *February 25th @ 6:30 p.m.—Dog Practice-1st year members—Sheridan Fair Grounds*
- *February 25th @ 7:30 p.m.—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds*
- *February 26th @ 6:00 p.m.—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- *February 29th @ 6:00 p.m.—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*

Big and Upcoming!

March

- **March 2nd @ 6:00 p.m.**—Livestock Committee Meeting—Extension Office—Room 131
- **March 3rd @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **March 3rd @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds
- **March 4th @ 6:00 p.m.**—*Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- **March 5th @ 9:00-3:00 p.m.**—Quilting/Sewing Workshop-Extension Office—Room 131
- **March 7th @ 6:00 p.m.**—*Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- **March 7th @ 6:00 p.m.**—Dairy Goat Meeting—Extension Office—Room 131
- **March 8th @ 6:00 p.m.**—Robots —Extension Office-Room 131
- **March 10th @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **March 10th @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds
- **March 11th @ 6:00 p.m.**—*Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- **March 11th @ 7:00-10:00 p.m.**—Pre-Carnival Dance—Exhibit Hall Sheridan County Fairgrounds
- **March 12th @ 3:00 p.m.**—Carnival—Exhibit Hall—Sheridan County Fairgrounds
- **March 14th @ 5:30 p.m.**—4-H Council—Extension Office-Room 131
- **March 14th @ 6:00 p.m.**—*Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- **March 15th @ 6:00 p.m.**—Robots —Extension Office-Room 131
- **March 17th @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **March 17th @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds
- **March 18th @ 6:00 p.m.**—*Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- **March 19th @ 10:00 a.m.**—Youth Quality Assurance-Level 1—Extension Office—Room 131
- **March 19th @ 1:00 p.m.**—Youth Quality Assurance-Level 2 & 3—Extension Office—Room 131
- **March 21st @ 6:00 p.m.**—Junior Leaders Meeting—Extension Office—Room 131
- **March 21st @ 6:00 p.m.**—*Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- **March 22nd @ 6:00 p.m.**—Robots —Extension Office-Room 131
- **March 24th @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **March 24th @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds
- **March 25th @ 6:00 p.m.**—*Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- **March 28th @ 6:00 p.m.**—*Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road*
- **March 29th @ 6:00 p.m.**—Robots—Extension Office—Room 131
- **March 30th @ 4:30 p.m.**—Cloverbuds—Extension Office—Room 131
- **March 31st @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **March 31st @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds

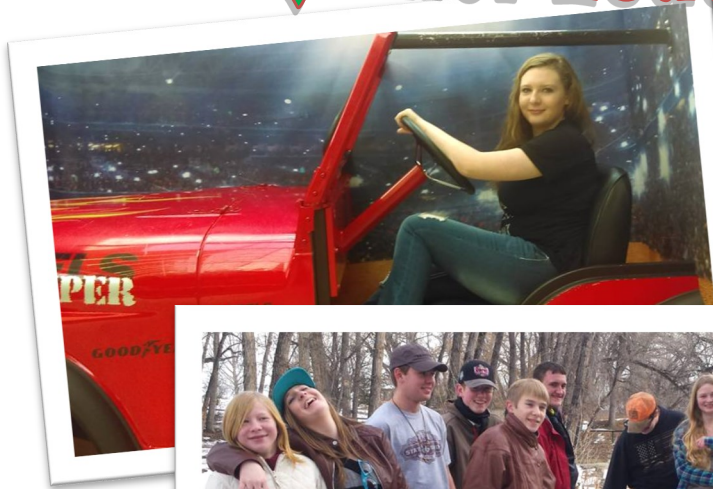
A BIG Shout Out to Sheridan Media



Sheridan Media Sales manager Jim Schellinger presents a check to the local 4-H Club as part of the advertising sales from August's County Fair insert. (Photo Ron Richter©)

This money is used for scholarships and 4-H activities through out the year.

Junior Leaders - Billings



Youth Opportunity

Swine Clinic

Saturday ~ February 13th @ 1:00 p.m.

Watt Ag. Center ~ Room 131

Good Morning!

There will be a swine clinic February 13th at 1pm here at the Extension Office in Room 131.

Whitney Darr will be teaching the clinic. She will be covering everything from selecting your hog to showing.

Please let us know if you are coming (**RSVP by Tuesday-February 9th**) so we can give her an estimate of how many members will be there.

Just reply to this email or call at 674-2980.

If you have questions please call Chris Sorenson at (307)752-6901 or email chris_angie2000@yahoo.com.

Thank you and hope to see you there!

Liz Shaffer

4-H and Youth Development-Sheridan County

University of Wyoming Extension

3401 Coffeen Ave

Sheridan, WY 82801

(307)674-2980



Project Meetings

Dairy Goat Meetings

Watt Ag. Center ~ Conference Room 111

6:00 p.m.—8:00 p.m.

Monday's

- * February 1st
- * March 7th
- * April 4th
- * May 2nd
- * June 6th



Topics to be covered will be sent out before meeting dates.

Any questions

-Theresa Shaw @ 674-1588

-Liz Shaffer @ 674-2980



I love 4-H

ROBOTS

Tuesday-February 9th @ 6:00 pm

Tuesday-February 16th @ 6:00 pm

Tuesday-February 23rd @ 6:00 pm

Tuesday-March 8th @ 6:00 pm

Tuesday-March 15th @ 6:00 pm

Tuesday-March 22nd @ 6:00 pm

Tuesday-March 29th @ 6:00 pm

Tuesday-April 12th @ 6:00 pm

Watt Ag. Center
Room 131

Questions-contact
-Liz
674-2980



ROCKETS

Saturday-April 9th @ 10:00 am to 2 pm
(Bring a sack lunch)

Friday-April 15th @ 6:00 to 8:00 p.m.
Robots and Rockets Finishing

Market Goat Project Meetings

Wednesday—February 10th @ 6:00 pm

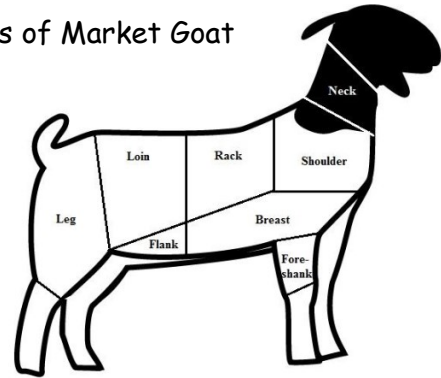
Market Goat Meeting

More Information

Melissa Petzold

737-2233

Cuts of Market Goat



Sewing and Quilting Upcoming Workshops

Watt Ag. Center—Room 131



Saturday—January 30th—9:00 to 3:00 p.m.—Sewing Project will be "Ryan's Case for Smiles" pillowcases to donate to children hospitalized with cancer

SEWING—For the January pillowcase workshop, members will be making pillowcases. If they plan to make their pillowcase of one piece of fabric, they should bring 1 1/8 yard of cotton, prewashed. If they plan to make their pillowcase with a contrasting cuff, they will need 1/4 yard of fabric for the cuff, and another 7/8 yard of fabric for the body of the pillowcase (again, pre-washed). Please bring matching thread as well. Ric-Rac and other trim will be provided. More experienced members who wish to make more than one pillowcase can bring additional fabric.



QUILTING—If you just want to come and sew and work on your own project that is fine. If you have a pattern for a quilt block or quilt bring it and we can figure out a time frame and if it is going to be to complicated. I know we have a few members who are making pillows out of blocks we made last year. If so, please bring your pillow form or stuffing you plan on using along with some batting and backing for the quilted piece and a backing for your pillow. If you are questioning what to bring give me a call and we can get you a project figured out. I really don't have any plans for you this year but if you need ideas I will have books to look through.

Also, a reminder that the February workshop is the first weekend in February (the 6th), not the 13th.

Saturday—February 6th—9:00 to 3:00 p.m.—Sewing Project will be making clothing for 18" dolls and for stuffed animals
For the February workshop on clothing for dolls and stuffed animals, students should bring the doll or stuffed animal that they wish to dress. They may bring scraps of fabric (including fat quarters) that they'd like to use for making clothing. They may also bring trim (lace, buttons, etc.). However, we will also provide trims and fabrics that the members may use as well.

If you plan on staying the entire workshop, please bring a sack lunch. If possible, please bring an adult to assist. Bring you quilt-ing projects for assistance. There are sewing machines available to borrow. Please bring appropriate tools (scissor, seam ripper, etc.), materials for the project, including pre-washed fabrics, manual for their sewing machine, if possible.

Any questions contact:

Donna Birkholz ~ 307-673-4678 or Jennifer Forsness ~ 307-274-1566

LEATHER CRAFT PROJECT MEETING
SATURDAY—FEBRUARY 14TH @ 1:00 TO 3:00 P.M.
WATT AG. CENTER—ROOM 131

This meeting is open to all members, new and returning leathercrafter's

Bring a project, tools, instructions or patterns if required

If you have any questions contact:

-Kristen - 751-2642

-Liz—674-2980

Youth Quality Assurance
Watt Ag Center—Room 131

Thursday—February 11th —Level 1 @ 5:30 p.m.

Wednesday—February 24th—Levels 2 & 3 @ 5:30 p.m.

Saturday—March 19th—Level 1 @ 10.00 a.m. Level 2 & 3 @ 1:00 p.m.

Wednesday—April 13th —Level 1 @ 5:30 p.m.

Monday—April 25th—Level 2 & 3 @ 5:30 p.m.

Please if you can't make it to any of these trainings make arrangements with me prior to May! We would like everyone to have their training done by May this year.

Questions contact

-Liz @ 674.2080 or lshaffe1@uwyo.edu



COWLESS HOMESTEAD MILK COW PROJECT

Ever wonder if your family could handle a family milk cow?

Ever wonder how much food a milk cow can really eat?

Ever wonder what kind of fence and shelter a milk cow needs?

Ever wonder what equipment you really need to have a family milk cow?

Ever wonder how much milk a milk cow will really give and what to do with it?

Ever wonder if you have time and can handle the labor of it?

Want to find out all the above BEFORE you commit and BUY the cow??

Starting Thursday, September 25, 2014 Sheridan County 4-H Families can participate in a program geared towards learning everything involved with a family having a Homestead Milk Cow, without needing to have a cow to participate!

Requirements:

You must have a child age 8-18 in the 4-H Program. Space is limited.

Contact the 4-H office by calling 307- 674-2980

e-mail: blueyonderwy@aol.com

SERIOUSLY A COWLESS HOMESTEAD COW PROJECT?????

YUP, NO KIDDING! Let's face it, the average family does not have the land or cash required for a commercial dairy.

The average family who now owns a few acres could have a cow or goat but have no idea where to start.

Project time line:

⇒ WEDNESDAY-February 24th- 6pm-8pm -3401 Coffeen Ave. - Watt Ag. Center, Sheridan WY 82801

Room 131: Cover what, how, and why cows need for food and health. Get a view on how much \$\$ really is needed to support your Homestead Milk Cow and how come size really does matter.—1st hour year one participants. 2nd hour year two participants.

⇒ TBA -6pm-8pm Watt Ag. Center, Room 131: Cover facilities and basic health care.

⇒ TBA-Saturday Afternoon—Blue Yonder Farm: Hands on Homestead Cow. Prepare feed, milk the cow, get the milk stored and clean the equipment.

⇒ TBA-Saturday Afternoon- Blue Yonder Farm: Rotate milk out of storage, learn what things could be made from it and how.

⇒ TBA - 6pm-8pm- 3401 Coffeen Ave. - Watt Ag. Center, Sheridan WY 82801 Room 131: We will make simple soft cheese and bring all the info together in a summary

⇒ TBA -Blue Yonder Farm: Calving time TBD by the cows.

⇒ August-Story Boards exhibit at the Fair

⇒ September 2016-August 2017- Will offer this beginner program and "Phase II-So you want to have a Homestead Cow but do you buy a calf, a heifer, or a cow already broke?"

Families will prep a story board for at least two of the meetings. The 4-H Member will give an oral presentation using their story board. Date sign up at first meeting. The story boards will be the 4-Hers static exhibit at the County Fair and is the completion of the project so all the requirements are filled by April.

Melissa Petzold

737-2233



Dog Practice Thursday's Exhibit Hall Fairgrounds

(If Exhibit Hall is not available the Round Barn)

6:30 p.m.-First Year Members

7:30 p.m. -Second Year and Beyond Members

	February	March
More information contact	4th	3rd
Liz Shaffer at 674-2980	11th	10th
Susan Terry at 751-2233	18th	17th
	25th	24th
		31st



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

Wednesday: February 24th 4:30pm
Activity: Rocketry
Watt Ag. Center—3401 Coffeen Ave.

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

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 February 15th — 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 307-274-1566

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





that's what we're made of

Character Counts

Trustworthiness

overnight. Instead it is something you should model for others every day—you influence and are a role model for everyone you come in contact with. Take time to discuss with others how trust is earned and why we consider others trustworthy. Provide specific examples and illustrations to express thoughts. For example: How do others earn your trust? How do you know when you can trust people? Which people do you feel are the most trustworthy?



Teaching Trustworthiness

Being trustworthy means:

- Telling the truth
- Following the rules
- Not taking things that don't belong to you
- Doing what you say you'll do

When you think about teaching trustworthiness to others you must remember that it does not happen overnight. Instead it is something



“Watch your thoughts; they lead to attitudes. Watch your attitudes; they lead to words. Watch your words; they lead to actions. Watch your actions; they lead to habits. Watch your habits; they form your character. Watch your character; it determines your

Trustworthiness in 4-H: Six Feelings

Supplies: Seven large signs with one name on each of the Seven Dwarfs on each sign (Happy, Sneezzy, Dopey, Grumpy, Sleepy and Doc). Post these signs on the wall.

Ask the participants to look at all the signs on the wall. Have club members and guests stand by the sign that best describes how they feel at that moment. Explain that it is ok to be honest about what and how they are feeling. Give each group about 10 minutes to create a 30 second commercial to show their emotion. Have each group act out their commercial.

Discussion Questions:

Do you think how you feel or act affects whether a person feels they can trust you or not? Why or why not?

Roll Call Suggestions

- Tell a time when you were honest and no one was watching
- Share an example of someone showing loyalty to a friend
- Name one person who you trust and tell why

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

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dairy Goat Meeting	2	3 Livestock Committee Meeting	4 Dog Practice	5 <u>Registration closes for State 4-H Leaders Conference</u>	6 Sewing & Quilting Workshop
7	8 4-H-Council	9 Robots	10 Market Goat Project Meeting	11 YQA-Level 1 Dog Practice	12	13 Swine Clinic RSVP Please
14 LeatherCraft	15 Jr. Leaders <u>Cookbook Recipe Deadline</u>	16 Robots	17	18 Dog Practice	19 WY 4-H State Leaders Conf.	20 WY 4-H State Leaders Conf.
21	22	23 Robots	24 Cloverbuds YQA-Level 2-3 Homestead Cowless Project	25 Dog Practice	26	27
28	29					

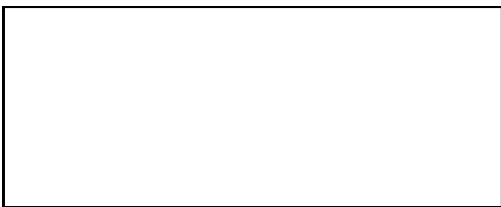
March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Livestock Committee Meeting	3 Dog Practice	4	5 Quilting/Sewing Workshop
6	7 Dairy Goat Meeting	8 Robots	9	10 Dog Practice	11 Pre-Carnival Dance	12 Carnival
13	14 4-H Council	15 Robots	16	17 Dog Practice	18	19 YQA-Level 1 YQA-Level 2 & 3
20	21 Jr. Leaders Meeting	22 Robots	23	24 Dog Practice	25	26
27	28	29 Robots	30 Cloverbuds	31 Dog Practice		

- **February 1st @ 6:00 p.m.**—Indoor Shooting Sports-Sportsman’s Range—3 1/2 miles west on Keystone Road
- **February 1st @ 6:00 p.m.**—Dairy Goat Meeting—Extension Office-Conference Room 111
- **February 3rd @ 6:00 p.m.**—Livestock Committee Meeting—Extension Office—Room 131
- **February 4th @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **February 4th @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds
- **February 5th—REGISTRATION CLOSES FOR WYOMING STATE LEADERS’ CONFERENCE**
- **February 5th @ 6:00 p.m.**—Indoor Shooting Sports-Sportsman’s Range—3 1/2 miles west on Keystone Road
- **February 6th @ 9:00-3:00 p.m.**—Quilting/Sewing Project Meeting—Extension Office-Room 131
- **February 8th @ 5:30 p.m.**—4-H Council Meeting—Sheridan Library—Fulmer Room
- **February 8th @ 6:00 p.m.**—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road
- **February 9th @ 6:00 p.m.**—Robots—Extension Office-Room 131
- **February 10th @ 6:00 p.m.**—Market Goat—Extension Office—Room 131
- **February 11th @ 5:30 p.m.**—Youth Quality Assurance Level 1-Extension Office-Room 131
- **February 11th @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **February 11th @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds
- **February 12th @ 6:00 p.m.**—Indoor Shooting Sports-Sportsman’s Range—3 1/2 miles west on Keystone Road
- **February 13th @ 1:00 p.m.**—Swine Clinic-NEED TO RSVP—Extension Office—Room 131
- **February 14th @ 1:00 p.m.**—Leathercraft Project Meeting—Extension Office—Room 131
- **February 15th—DEADLINE FOR SUBMITTING COOKBOOK RECIPES**
- **February 15th @ 6:00 p.m.**—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road
- **February 15th @ 6:00 p.m.**—Junior Leaders Meeting—Extension Office—Room 131
- **February 16th @ 6:00 p.m.**—Robots —Extension Office-Room 131
- **February 18th @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **February 18th @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds
- **February 19th @ 6:00 p.m.**—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road
- **February 22nd @ 6:00 p.m.**—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road
- **February 23rd @ 6:00 p.m.**—Robots —Extension Office-Room 131
- **February 24th @ 4:30 p.m.**—Cloverbuds—Extension Office—Room 131
- **February 24th @ 5:30 p.m.**—Youth Quality Assurance-Level 2 & 3—Extension Office—Room TBA (Room 132)
- **February 24th @ 6:00 p.m.**—Homestead Cowless Project—Extension Office—Room 131
- **February 25th @ 6:30 p.m.**—Dog Practice-1st year members—Sheridan Fair Grounds
- **February 25th @ 7:30 p.m.**—Dog Practice-2nd year members and beyond—Sheridan Fair Grounds
- **February 26th @ 6:00 p.m.**—Indoor Shooting Sports—Sportsman’s Range—3 1/2 miles west on Keystone Road
- **February 29th @ 6:00 p.m.**—Indoor Shooting Sports—Sportsman’s

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 : Sheridan, WY 82801
 : (307)674-2980
 :
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