

# 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.

Happy New Year! I hope all of you have the best 2015 possible. We have a fun filled year of multiple activities coming up.

To start the year off we are going to participate in the WRLF training. Leaders, Junior Leaders and Parents please see the form and think about attending one or all of the trainings offered this spring. If you would like to attend please let me know. Another great opportunity for Leaders is State Leaders Conference. This year Sheridan 4-H Council is paying in full for 2 leaders from Sheridan County to attend. Please let Liz know by the 7th of January if you would like to go.

Another great program that we are kicking off this year is the cloverbud program. If you know someone who is 5-7 years old please tell them about this opportunity. Each month cloverbuds will meet from 4-5 and will cover a different project offered in the 4-H program. These meetings will happen the last Wednesday of the month starting January 28th.

Seniors Scholarship season is approaching! If you are planning to stay in state for school there are so many scholarship opportunities available to you. Check out the Wyoming 4-H foundation webpage for more information on the scholarships available to you.

Also members enrolled in the beef project don't forget to either come to beef tagging day on January 31st or get in touch with the extension office to set up a time to have your animals tagged.

Again Happy New year! I can't wait to see what it brings for everyone!



# January 2015

# Leader Resources

Leaders! This year the Council is paying for 2 leaders from Sheridan County to have an all expense paid trip to State Leaders Conference. If you are interested in attending the conference please let Liz know before January 7th. These all expense paid trips will be given on a first come basis. After we have 2 leaders sign up to go, leaders will be reimburse as the council budget allows.

Another great training for leaders is Western Region Leaders Forum. This is a three part series of educational opportunities for leaders to attend. The first meeting is January 27th at 6:30 pm. Please if you are interested in attending this meeting RSVP to Liz by January 12th. At the first meeting the council will provide dinner to the attendees. Also if you have a junior leader age member enrolled in the program please bring them to the meeting as well.

Leaders if you need to be retrained these opportunities will count for your training.

New!- Every leader needs to go to the Motor Vehicle Records webpage through the University of Wyoming and be screened to drive. If you do not do this you will not be covered under University of Wyoming insurance when driving 4-H members to and from events. You will receive a letter about this in early January.

New Leaders welcome to 4-H! A new leader orientation has been finalized so if you haven't yet please come in to be trained so that we can make you active as a new leader.

All leaders! Thank you so much for all you do!

I am looking forward to another great year!



- 4-H Council Meeting January 12th  
5:30pm Room 131 at the Extension Office
- Livestock Committee meeting January  
7th 6pm Room 131 Extension Office
- Dog member orientation January 8th
- WRLF January 27th, February 12th,  
March 2nd
- State Leaders Conference February 13th  
-15th

## **Don't Forget!**

- To get rescreened for the next 4-H year
- To get members signed up for another year!
- To get your RSVPs in for WRLF
- To Register for State Leaders Conference

To receive more updates about the program remember to make sure you are on the email list or check us out on Facebook: <https://www.facebook.com/pages/Sheridan-County-4-H/174156728837>

# Western Region Leaders Forum



What: An educational opportunity for Leaders, Junior Leaders or anyone else who would like to come! There will be 3 different meeting times with separate topics. At the first session FREE dinner will be provided by the council just come and join us in learning about great meetings. Please make sure to RSVP by January 12th.

When: There will be 3 trainings, the first happening January 27th, the second February 12th, and the third March 2nd.

Where: Sheridan County Extension Office. Room 131

January topic: Youth Connect: At Great Meetings

"That was a GREAT 4-H MEETING!" Join Oregon 4-H volunteers and staff for the 2015 WRLF. Be inspired by adults (Oregon, Wisconsin) who help youth practice leadership at every age, and have fun at club meetings while learning and conducting business. See ways that 4-H club meetings are the right environment to include the essential elements: belonging, mastery, generosity and independence. See a video to learn fundamental Parliamentary Procedure (New Mexico). What other ways can members use to make decisions during club meetings? How should committees work? Chris Clover will share answers to these questions and others during

"Youth Connect: At Great Meetings" on Tuesday, January 27. Receive videos, lesson plans, activities and print materials to learn more and use in clubs. 4-H member-volunteer partnerships can create many effective, educational experiences! Every 4-H meeting can be GREAT!

February topic: Widening the circle- Special Connections

March topic: Youth Connecting in your Community

For more information please visit: <http://oregon.4h.oregonstate.edu/wrlf2015>

## THIS WILL COUNT AS YOUR LEADER TRAINING

### WRLF Sign Up

Please Email Liz at [lshaffe1@uwyo.edu](mailto:lshaffe1@uwyo.edu) with what dates you would like to attend, Call the extension office at 674-2980, or send in the bottom of this form to 3401 Coffeen Avenue Sheridan, WY 82801

Please Check the date(s) you wish to attend below

◇ January 27th @ 6:30pm

◇ February 12th @ 7:30

◇ March 2nd @7:30

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

Number to reach you at: \_\_\_\_\_

Any Food Allergies: \_\_\_\_\_





# STATE LEADERS' CONFERENCE

FEBRUARY 13-15, 2015  
EASTERN WYOMING COLLEGE  
TORRINGTON, WY

LEADERS: THE HEART OF 4-H

## YOU'RE INVITED TO THE 2015 STATE LEADERS' CONFERENCE!

### Registration Fees

**PLEASE REGISTER BY JANUARY 10, 2015!**

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

Early Bird Registration - \$65 (ends January 10, 2015)

Regular Registration - \$75 (January 11-14, 2015)

Late Registration - \$85 (January 25-30, 2015)

Saturday Only with Banquet - \$45

Saturday Only without Banquet - \$25

Banquet Only - \$20

Full-Time Day Camp for Youth - \$30

Saturday Only Day Camp for Youth - \$15

### Lodging:

America's Best Value Inn

\$77.68 per night plus tax (continental breakfast included)

Reservations must be made by January 10th to guarantee this rate. Group name: Goshen County 4-H

### Conference Events:

- ♥ Various Workshops
- ♥ Vendors
- ♥ Keynote Speaker—Tara Kuipers  
The Heart of Leadership:  
Credibility, Communication, & Climate
- ♥ Networking
- ♥ Master 4-H Volunteer Training will be offered
- ♥ Judges Certification Training will be offered
- ♥ Youth Track and Teen Track will be offered



### Stay Updated:

Follow us on Facebook at  
2015 Leader's Conference  
<https://www.facebook.com/wyoslc2015>



### What Will You Learn – Workshops

Two types of workshops will be offered this year. Participants will be able to select from 18 one hour workshops OR participate in a 4 hour Super Tracks focusing on one topic. The Super Tracks include: Horse Safety Certification, County Fair Judge's Certification, Sportfishing, and a Dog Project Smorgasbord. Two educational tours will also be offered.

## SEE YOU THERE!

Go to the following  
links:

For Registration and More Information

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

For Lodging Accommodations

<http://www.americasbestvalueinn.com/bestv.cfm?idp=746>

### Entertainment:

Friday Night - Feb. 13th 7pm  
Greg Peterson of the Peterson  
Farm Brothers

Saturday Night - Feb. 14th 7pm  
Barbershop Quartet

Registered SLC  
attendees are  
**FREE!**



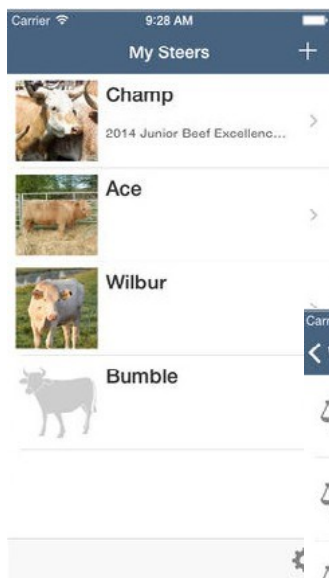
# Registration Closes: January 30, 2015 - Sign up TODAY!

# There's an App for that! for 4-H and FFA Youth

A number of Apps are popping up for youth to track their 4-H/FFA projects.

The following are two we recently became aware of ... check them out and see if one works for you!

## The Samuel Roberts Noble Foundation: Noble Jr. Beef Journal App



Available on iTunes and Google for FREE

Description: Noble Foundation Jr. Beef Journal is an app designed to empower FFA and 4-H students to capture key pieces of information as they raise steers for competition. With this app, you will be able to do the following:

- Create steer profiles



- Nominate steers for the Noble Foundation's Junior Beef Excellence Program

- Record steer identifiers

- Log body weight measurements

- Log feeding information



- Upload photos to documents and enhance log and journal entries

- Calculate an overall performance summary

- View a complete, detailed report of all steer record-keeping for use in competitive programs that have record-keeping requirements.



## Livestock Record • Available on iTunes

Do you agonize over 4-H record keeping? Now you can organize your market livestock project information on your iPhone or iPad and send customized reports right to your email inbox. Here are some highlights:

- Track your 4-H'ers and their individual livestock project animals

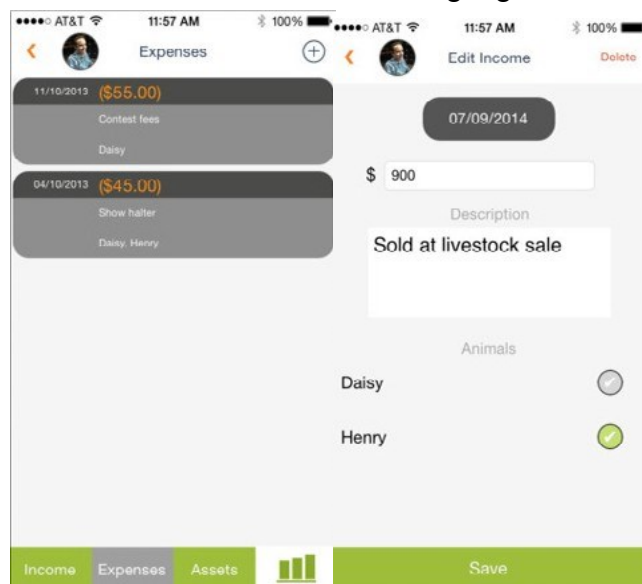
- Track participation in events, meetings, shows, contests, and more

- Record animal weights, feed, and health, and monitor average daily gains

- Enter project income, expenses, and assets to generate financial statements

- Use photos to customize each 4-H'er and animal

- Export reports to analyze in spreadsheets, create graphs, or use in your state or local 4-H record keeping forms



# Big and Upcoming!

- January 7th Livestock Committee Meeting 6pm
- State Leaders Conference RSVP's Due
- January 8th Dog Member Orientation 6pm
- January 12th WRLF RSVP's Due
- January 12th 4-H Council Meeting 5:30pm
- January 13th Junior Leader Meeting 6:00pm
- January 23rd Scholarships Applications Due to the extension office
- January 26th Scholarship Interviews
- January 27th Session 1 WRLF
- January 28th Cloverbud Meeting



## Don't Forget!!

You must reenroll in 4-H for the next year. Even if you were a 4-H member last year you have to enroll again for the upcoming year in 4-H. Enrollment has changed over to an online system. Go to [www.4-Honline.com](http://www.4-Honline.com) to sign up for a new year. Remember that 4-H enrollment does not sign you up for county fair automatically. Next July you will have to fill out entries to enter your projects in County Fair.

## *Citizenship*

## *Washington Focus*



Citizenship Washington Focus (CWF) is held each June. Delegates will learn about the democratic process, meet new people, see the sights of Washington D.C., meet Wyoming's U.S. Congressional Representatives, and experience our national government from a new perspective. This trip features tours and several nighttime events. Be ready to have a good time! There is not an application process – simply contact your local County 4-H Educator and let him/her know you would like to attend. The cost of the trip is approximately \$1,200-\$1,500 and some donor funds are available through the Wyoming State 4-H Foundation. Application Due February 1st

# A Preview of Events...

Event	Date	Location
State 4-H Leaders' Conference Registration closes: February 7, 2015	February 13-15	Torrington, WY
National 4-H Conference Applications due November 1, 2014 Interviews: November/December 2014	April 11-16	Washington, D.C.
Wool Judging/Meat Judging	Late April	Laramie, WY
Citizenship Washington Focus (15-18 years old) Registration closes March 1, 2015	June 13-20	Washington, D.C.
Horse Camp Registration deadline: TBD	June 18-21	Douglas, WY
Showcase Showdown Registration deadline: TBD ALL information is due on this date.	June 24-26	Cheyenne, WY
State Shooting Sports Match Registration deadline: TBD	July 9-12	Douglas, WY
Leadership Washington Focus (7th-9th grades) Registration closes March 1, 2015	July 6-10	Washington, D.C.
Wyoming State Fair Fashion Revue & Livestock Judging entries due: Aug. 6	August 9-15	Douglas, WY
Shooting Sports Awards Trip 12 winners are selected based on scores at State Shoot 2 winners are selected based on portfo- lio submissions (due end of July)	September ~ TBD	Raton, New Mexico
National 4-H Congress Applications due: TBD Interviews held during Showcase Showdown	November ~ TBD (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

# Attention Class of 2015!!

## Wyoming 4-H Scholarships

There are three (3) different places you can apply for college scholarships if you were actively involved in 4-H. Each has different applications and specific needs.

Please read the eligibility criteria for each scholarship carefully. You may apply for any or all scholarships listed below for which you qualify.

Please go to <http://www.wyoming4h.org/4hfoundation/scholarships/> to apply for these scholarships

### **WYOMING 4-H SCHOLARSHIPS**

Application deadline: February 15

Edna Mae and Wallace McClafin Scholarship  
Ella E. Schloredt Scholarships  
F.A.I.R. Posse Scholarship  
J. M. "Jimmy" Nicholls Memorial Scholarship  
Janie Smith Memorial 4-H Scholarship  
Johnson County 4-H Scholarship in Honor of Bonnie Ellenwood  
Lael Harrison Scholarship  
Jake Clark's Mule Days – Lynette Wallace Scholarship  
Jake Clark's Mule Days – Linnabur Scholarship

Margaret Butterfield Memorial Scholarship  
Murdoch's Ranch and Home Supply 4-H Scholarships  
John and Pauline Peterson Scholarship  
W.D. Whitmire Wyoming 4-H Leadership Scholarships  
Underwood Scholarships  
Wilbur Brettel Scholarship  
Wyoming Farmhouse Foundation Scholarship  
Wyoming State 4-H Foundation Scholarships  
Wyoming Veterinary Medical Association – 4-H Vet Science Scholarship

**UW Student Financial Aid:** [General Information](#)

**If you are planning to get a degree through the College of Agriculture and Natural Resources please apply for UW College of Agriculture:** [Brand of Excellence Scholarships](#). Last year they gave out \$360,000 in scholarship money to students enrolled in the College of Ag. This is the link for the Brand of Excellence Scholarships: <http://www.uwyo.edu/agprograms/scholarships/index.html>

The Brand of Excellence Scholarship Application is Due January 15th.

## Sheridan County 4-H Robotics!



Members of Sheridan County 4-H competed in the state F.I.R.S.T. Lego League (FLL) competition in Casper over the weekend. This was the first year that Sheridan County 4-H has sent a team to the competition. The team worked very hard to prepare for the competition and the results showed their hard work paid off. The Sheridan County team placed first in the presentation part of the Competition! The team consisted of 4-H members Fisher Burris, Cade Relaford, Cody Hope and Kyle Mediate.

The FLL competition is a science, technology, engineering and mathematics orientated competition that focuses on robotics. At this competition teams are judged in four different areas which are core values, a presentation, robot design, and how the robot the team designs completes a series of missions. Each year there is a theme for FLL and this year's theme was "World Class: Learning Unleashed." Teams had to come up with a more innovative way of learning about a topic of their choosing. The 4 areas that the youth are judged on are based on this theme. The Sheridan County 4-H team chose to educate people on a more innovative way to learn who is on US paper money. Their presentation on this topic earned them the top award at the competition.

At the competition in Casper there were 62 teams that participated from across the state. Members on a team have to be in the age range of 9-14 and the teams that compete can have anywhere from three to ten members. The teams that participated come from a wide variety of organizations such as schools, afterschool programs and other groups such as 4-H.

The Sheridan County 4-H team would like to thank Vacutech, the Sheridan County 4-H Council and Eddie and Cheryl Relaford for sponsoring their team to go to the competition.



# 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!*

January 13th 6:00pm Room  
131 extension office.



## *Club meetings*

### Big Horn Cowboys

Leader: Rindy West

Phone: 751-3430

Meeting time: Third Wednesday of the Month

Meeting Place: Room 131 Sheridan County Extension Office

### Canyon Livestock

Leader: Jennifer Forsness/Tana Stimpson

Phone: Jennifer 406-620-7154

Tana 752-1263

Meeting Time: 1st Sunday of the Month (Next Meeting October 1st)

Meeting Place: Dayton

### Critters, Crafts & Cooking

Leader: Carol French

Phone: 737-2415

### Lucky 7

Leader: Jason & Joy Koltiska

Phone: Joy 751-5410

Jason 751-3724

### 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: Kristin Averitt

Phone: 674-6878 Ext 100

Meeting Time: Variable

Meeting Place: NSI Campus

### Tongue River Roundup

Leader: Marta Ostler/Rosanna Henderson

Phone: Marta 461-

Rosanna 655-3388

### Wyotana Grizzlies

Leader: Susie Terry

Phone: 750-2459

Meeting Time: First Tuesday of the month 6:30pm

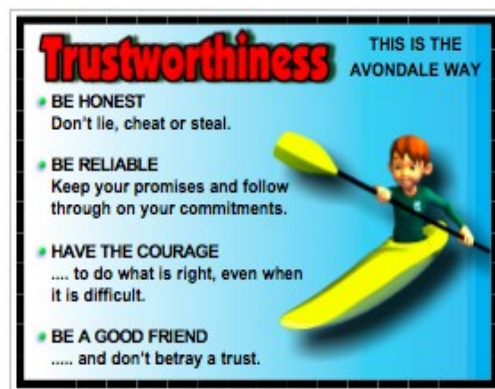
Meeting Place: Room 131 Sheridan County Extension Office



# Character Counts

## Trustworthiness

Being trusted is among the highest achievements of individuals and



### What does it mean to be Trustworthy?

People will trust a person who has a reputation of being honest, reliable and responsible.

Dishonesty can easily tarnish that reputation, such that others consider you untrustworthy. Being considered trustworthy provides benefits from the way people deal with you, as well as your own self-esteem.

Trust in another people has several meanings:

1. Trust means that you feel that the person is honest and will not lie, cheat or steal from you.
2. It also means that you can count on the person to do as he or she promised and that the person is reliable.

Finally, trust in a person means that you feel he or she can be counted on to do something important, will not shirk from duties, and will take personal pride in what he or she does.

#### You're trustworthy when:

- ◆ You tell the truth
- ◆ You are sincere. Say what you mean and mean what you say
- ◆ You keep your word
- ◆ You are reliable
- ◆ You return things you borrow
- ◆ You don't gossip

*"It's better to be hated for what you are than to be loved for something you are not"*

### Trustworthiness in 4-H

4-H Club Activity

The "Gossip" Game

Have the group sit in a circle. Whisper a statement in one person's ear. You cannot repeat it even if they didn't understand it the first time. That person repeats the statement in the next person's ear, and so forth around the room. The last person tells what they heard out loud.

Discuss what happened. Did the statement end up the same as it began? Was it close? Why or why not? How does this relate to "real life"? Why can gossip become so harmful?



### Trustworthiness: involves four major qualities:

1. Integrity: the idea of a moral wholeness, or oneness, demonstrated by a consistency of thoughts, words, deeds, and duties.
2. Honesty: means that a person doesn't do things that are morally wrong. If something you do is breaking the law or you have to hide it because you'll get in trouble, you are probably not being honest.
3. Promise-keeping: A man is only as good as his word
4. Loyalty: standing with and behind someone in need. Loyal friends share both triumphs and trauma, and offer honest, constructive feedback delivered in a kind and tactful manner.



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

*"Your handshake is as good as your word"*

# January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Christmas Break	2	3
4	5	6	7 Livestock Com- mittee meeting	8 Dog Orientation	9	10
11	12 Council Meeting	13 Jr. Leader meeting	14	15	16	17
18	19 Martin Luther King Day	20	21	22	23 Scholarships Due	24
25	26 Scholarship interviews	27 WRLF Session 1	28 Cloverbud Meeting	29	30	31

# February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Livestock Com- mittee Meeting	5	6	7
8	9 4-H Council Meeting	10 Junior Lead- ers Meeting	11	12 WRLF Session 2	13 SLC	14 SLC
15 SLC	16	17	18	19	20	21
22	23	24	25 Cloverbuds	26	27	28

# JOIN THE REVOLUTION OF RESPONSIBILITY

Sheridan County Extension Office  
University of Wyoming  
3401 Coffeen Ave– Watt Ag Center  
Sheridan, WY 82801  
(307)674-2980  
lshaffe1@uwyo.edu

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University of Wyoming  
3401 Coffeen Ave  
Sheridan, WY 82801



## Important Dates to remember:

- January 7th Livestock Committee Meeting 6pm
- State Leaders Conference RSVP's Due
- January 8th Dog Member Orientation 6pm
- January 12th WRLF RSVP's Due
- January 12th 4-H Council Meeting 5:30pm
- January 13th Junior Leader Meeting 6:00pm
- January 23rd Scholarships Applications Due to the extension office
- January 26th Scholarship Interviews
- January 27th Session 1 WRLF
- January 28th Cloverbud Meeting
- February 1st CWF Applications Due
- February 12th WRLF Session 2
- February 13th-15th SLC Conference

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Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.*

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