

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.

Can you believe it? It is already March! I don't know about you but my 2015 is flying by!

I want to start this month by thanking everyone for welcoming me into your community. It is really starting to feel like home here!

Please join me in congratulating Bailey Forsness, Brooke Butler, Justin Hope, Gabby Koltiska, and Courtney Jolovich on receiving Sheridan County 4-H Scholarships. Congratulations senior 4-H members!

March is another busy month here in Sheridan County 4-H. This month brings with it the 4-H Carnival! Members are working hard selling tickets. If you haven't got your tickets yet please let us know so we can get you a book. Remember the member who sells the most and second most tickets in each age category receives a cash prize! If you are a parent or leader and would like to help out at Carnival please let me know and I will get you signed up for a time slot! Also clubs are working hard to prepare their booths and games for carnival! Please help out your club members by contributing to your booth.

Also coming this year to Sheridan County is a mini Showcase Showdown. On April 18th there will be a presentations contest, a food cook off, a robot contest and rocket launch.

This is also the time of year to start looking for pigs, lambs, goats, chickens and rabbits. Please let me or the superintendents know if you need help looking for animals for fair.

New this year for poultry and rabbit members only the grand and reserve champion market pens will be allowed to sell in the sale.

I look forward to seeing everyone at Carnival and hope everyone finds their treasure!

-Liz



March 2015

Leader Resources

What: An educational opportunity for Leaders, Junior Leaders or anyone else who would like to come!

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

Where: Sheridan County Extension Office. Room 131

March topic: Youth Connecting in your Community

4-H youth are philanthropists, advocates and leaders. These are a few ways 4-H members can be involved in their communities. Do you have a story about 4-H youth being good neighbors, creating strong communities, and doing the right things? Join Oregon 4-H volunteers and staff for the third and final 2015 WR Forum e-session. Be inspired by 4-H members in many states who have been creating a 'revolution of responsibility.' Volunteers will gain ideas about how to consistently include citizenship and community service in every 4-H club and county meeting. Review curriculum. See templates for planning. Hear suggestions from other volunteers and Chris Clover! Understand opportunities for youth to plan and share their passion through opportunities in local, state and global civic engagement projects. Consider ways to use social media to celebrate ways that 4-H members are involved and responsible. As one area of national focus, the 4-H citizenship program includes important life skills.

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

THIS WILL COUNT AS YOUR LEADER TRAINING (even if you do not need training this year)



Get More Involved!



- WRLF, March 2nd 7:30 pm-Room 131 Extension Office
- Livestock Committee Meeting March 4th 6pm Room 131 Extension Office
- Indoor Committee Meeting March 9th 4:30pm Room 131 Extension Office
- 4-H Council Meeting March 9th 5:30pm Room 131 at the Extension Office


Don't Forget!

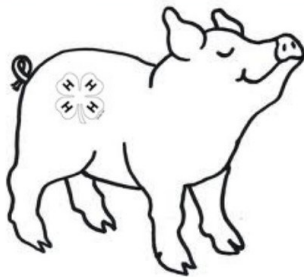
- To get rescreened for the next 4-H year
- To get members signed up for another year!
- To get your RSVPs in for WRLF-Last one March 2nd

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>

Carnival Timeline

The following is a list of what is expected from each club as well as the deadlines each club is responsible for meeting. If you have any questions call the Extension Office.

Deadline	Description	
March 13th	drawing tickets, stubs, and money turned into Ext. Office	
March 14th	Booth Set-up & Chili Cooking begins @ 9a.m.	
March 14th	Carnival 3-7p.m.	
March 14th	7-9p.m. Carnival Clean up	
March 16th	All posters should be taken down from town	



Picking Your Pigs
Picking Your Feeding Program
Tuesday ~ March 10th
5:00 p.m. to 6:00 p.m.

Sheridan Fulmer Library ~ Inner Circle
Guest Speaker will be Chance Marshall



Title: Profitable and Sustainable Agricultural Systems Educator

Professional/personal specialties: Profitable livestock systems and ruminant nutrition/reproduction

Education: B.S. Animal and Veterinary Sciences with double concentrations in business and production, University of Wyoming, 2011; M.S. Ruminant Nutrition, University of Wyoming, 2013

Campbell County –University of Wyoming Extension

Any other questions contact

Liz Shaffer 674-2980

Calling all 4-H Families

We need your help!

Carnival is coming on March 14th. Each family is asked to bring **at least** one cake for the plank (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 plank (cake) walk booth this year at carnival. In the spirit of the Pirate/Treasure theme, our club is respectfully asking that your donated baked item be colorful and reflect the theme. Thank you for helping to make our booth the best it can be.



Thank You
Wendy Hope
Rindy West

**High Ticket salespeople
in the three age divisions
and Cloverbuds will
each receive a cash award**

\$35.00 1st

\$25.00 2nd



2015 Sheridan County 4-H Carnival Fundraiser Drawing	
\$2.00 TICKET	\$18.00 BOOK (10 Tix)
1) Critters, Crafts, Cooking Club - Groom and Vroom Gift Certificate, & Rib and Chop Gift Certificate 2) Lucky 7 Club - Warren Adams Framed Artwork (\$250 value) 3) Canyon Livestock Club - Patio Table 4) Sheridan Livestock Club - Outdoor Gift Basket 5) Wyoming Grazing Club - \$50 Gift Certificate from Farmer's Group 6) Big Horn Cowboys Club - UW Cowboys Football Package 7) Tongue River Club - \$75 Gift Certificate from Valley Meats in Dayton 8) Shooting Sports Club - \$90 Gift Card	
\$1000 Tire Rama Gift Card - Donated by: The Rama, Mikey Schreiber, Napa Auto Parts, Together & Associates Trager Grill (\$699 value) - Donated By: Bladson Lumber Ruger American Rifle (your choice of 7 calibers) (\$369 value) Donated By Rocky Mountain Discount Sports \$50 Grocery Gift Card - Donated By: Warehouse Market	
Name: _____ Address: _____ Phone: _____	
4-H Carnival Fundraiser: Saturday March 14 th • 3-7 pm • Sheridan County Fairgrounds Exhibit Hall Come Find Your Treasure at the 4-H Carnival • Need Not Be Present To Win	

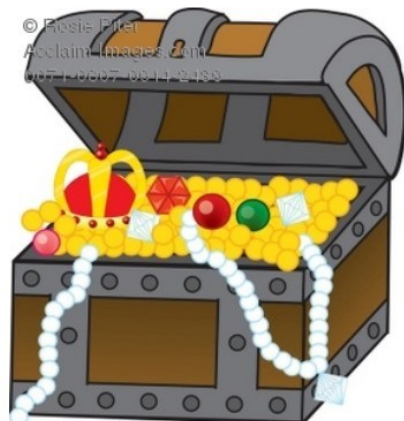
CARNIVAL BOOTH DECORATING CONTEST

Winners will receive

Booth Judging

2:00 p.m.

Carnival Day



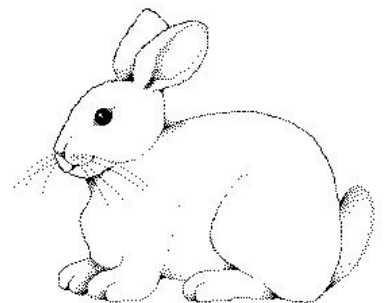
Big and Upcoming!

- **March 2nd @ 6:00 pm**-Junior Leader Carnival/Dance Planning Meeting-Extension Office-Room 131
- **March 2nd @ 7:30 pm**-WRLF E-forum-Extension Office Room 131
- **March 4th @ 6:00 pm**-Livestock Committee Meeting-Extension Office-Room 131
- **March 7th @ 11:00 am**-Junior Leader Retreat-Extension Office-Room 131
- **March 9th @ 4:30 pm**-Indoor Committee Meeting-Extension Office-Room 131
- **March 9th @ 5:30 pm**-4-H Council Meeting-Extension Office-Room 131
- **March 10th @ 5:00 pm**-Swine Meeting-Picking your pig and feed program-Fulmer Library-Inner Circle
- **March 10th @ 6:00 pm**-Robot & Rockets-Extension Office-Room 131
- **March 11th @ 6:00pm**-General Goat Care Meeting-Extension Office-Room 111-Conference Room
- **March 11th @ 6:00 pm**-Poultry Meeting-Extension Office-Room 131
- **March 14th @ 9:00 a.m.**-Booth Set-Up and cooking begins-Exhibit Hall-Fairgrounds
- **March 14th @ 3:00-7:00 pm**-Carnival Open-Exhibit Hall-Fairgrounds
- **March 17th @ 6:00 pm**-Robots and Rockets-Extension Office-Room 131
- **March 21st @ 9:00 am**-Quilting & Sewing Workshop-Extension Office-Room 131
- **March 24th @ 6:00 pm**-Robots & Rockets-Extension Office-Room 131
- **March 25th @ 4:30 pm**-Cloverbuds-Extension Office-Room 131
- **March 25th @ 6:00 pm**-Cowless Homestead Milk Cow Project-Extension Office-Room 131
- **March 28th @ 10:00 am**-Quality Assurance-Level 1-Tongue River Valley Community Center-Dayton, WY
- **March 28th @ 1:00 pm**-Quality Assurance-Levels 2 & 3-Tongue Ricer Valley Community Center-Dayton, WY
- **March 31st @ 6:00 pm**-Robots and Rockets-Extension Office-Room 131
- March 1st LWF and CWF applications Due to state 4-H office



NEW FOR COUNTY FAIR

New this year for poultry (chickens, geese, ducks, turkeys) and rabbit members. Only the grand champion and reserve champion market pens of 3 will be allowed to sell in the Market Livestock Sale.



Congratulations!

*Congratulations to our senior 4-H members who received
Sheridan County 4-H Scholarships*

Bailey Forsness

Justin Hope

Brooke Butler

Courtney Jolovich

Gabrielle Koltiska

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 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.

Attention Members!!

Youth Quality Assurance (YQA) is being offered 3 times this year:

March 28th YQA Level 1- 10am YQA Level 2 & 3- 1pm Tongue River Community Center

June Date to be determined YQA Level 1- 10am YQA Level 2 & 3- 1pm Extension Office
Room 131

***** All youth must have/be up to date on YQA training to sell livestock in the Sale at
County Fair.*****



Rockets and Robots Project Meetings

Tuesdays—6:00 to 7:00 p.m.

Watt Ag. Center—Room 131



Tuesdays

March 10

March 17

March 24

March 31

April 14

April 21

April 28

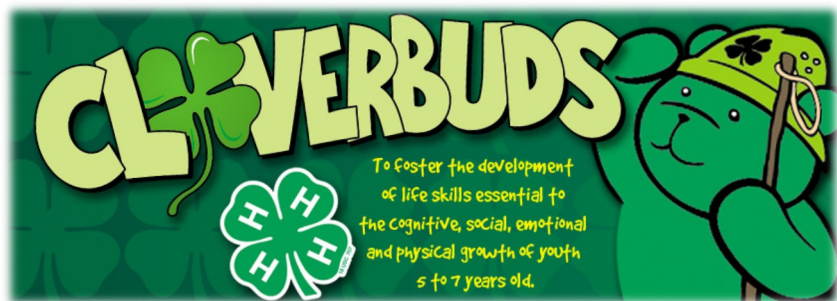


More information on both meetings

Contact: Liz Shaffer

674-2980

Ishaffe1@uwyo.edu



Wednesday: March 25th 4:30pm-5:30pm

Topic: Food and Nutrition

**Instruction by Kentz Willis, University
Extension Educator - Nutrition & Food Safety**



SHERIDAN COUNTY 4-H
Mini Showcase Showdown
To be held April 18th

Watt Ag Center

Watch for more details

Robotics ** Rockets ** Cook-Off ** Presentations

Food Cook-off Rules

Ingredient use requirements for each age division:

Juniors – 2 ingredients
Intermediates – 3 ingredients
Seniors – 5 ingredients



Ingredient List

Vegetables

- Kale
- Celery
- Sweet Potato
- Jicama
- Egg Plant
- Fresh Herbs (only count as one ingredient)
- Leeks
- Spinach
- Sprouts

Fruits

- Persimmons
- Plantain
- Pomegranate
- Plum
- Nectarines
- Pear
- Blueberries

Grains

- Quinoa
- Polenta
- Brown Rice
- Flour (other than white flour)
- Wonton Wraps
- Corn Meal

Protein

- Almond Butter
- Chicken
- Pork
- Beef
- Seafood (any form of REAL seafood)
- Nuts (only count as one ingredient)

Dairy

- Buttermilk
- Yogurt

Miscellaneous

- Soy Sauce
- Balsamic Vinegar
- Maple Syrup
- Honey
- Worcestershire Sauce



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!



Saturday-March 7th Junior Leader
Retreat 11am 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

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: 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



that's what we're made of

Respect

You can easily judge the character of a man by how he treats those who can do nothing for him.

— Johann Wolfgang von Goethe, German poet, novelist, playwright, scientist and philosopher (1749-1832)

Respect –means -admiration, deference, esteem, reverence, high opinion. In 4-H, it includes treating the traditions of the program, other members, volunteers, parents and judges like you would like to be treated. Don't engage in disrespectful conduct including verbal abuse of other competitors and judges. Win with grace and lose with dignity!

As Respectful Exhibitors we:

- Accept and tolerate exhibitors with projects different than ours
- Value and honor the decisions of judges and show officials
- Regard the property of other exhibitors, facilities and equipment
- Take pride in our projects and keep our areas clean
- Are courteous and polite to fellow exhibitors, volunteers, and the community



4-H Activity

Simon Says, "Who Are You?"

- Explain to members that they will play a version of Simon Says in which only some members will respond to each command. Tell them that they must watch carefully as they play the game because at the end, each member must tell one new thing they learned about a classmate.
- Have junior leaders start a game of Simon Says providing such directions as
- Simon says "Everyone with brown eyes, stand up."
- Simon says "Everyone who has a dog as a pet, put your right hand on your head."
- Simon says "Everyone who speaks more than one language, jump up and down."

At the end of the game, have all members sit in a circle. Ask each member to name one way in which he or she and another member are alike. The trait they share must be something they didn't know before playing the game. Members might say, for example, "I didn't know that Katie spoke Spanish" or "I didn't know that Jose was left-handed."

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

Attention Livestock Members

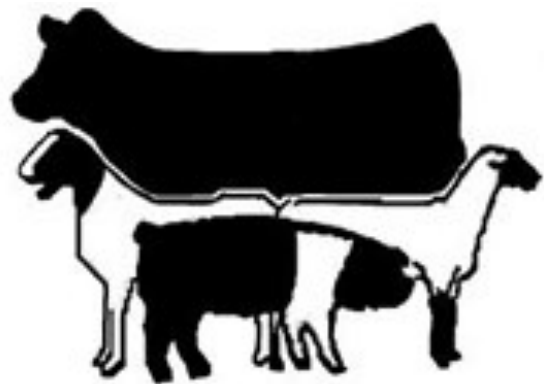
Starting this year you will be required to turn in a record book for your livestock for the current year, in order to sell in the sale next year.

If you are showing an animal through 4-H you will be required to turn in a portfolio for the current 4-H year to the extension office.

If you are showing an animal through FFA you will be required to turn in an FFA record book for your animal to your Ag Teacher.



For questions or concerns please contact the 4-H office or your Ag Advisor.



For example: If you turn in a record book/portfolio for the 2015 year, you will be allowed to sell your animals at the 2016 fair.

If you do not turn in your record book for the 2015 year, you will not be allowed to sell an animal at the 2016 fair.

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Jr. Leader Meeting WRLF Session 3	3	4 Livestock Committee Meeting	5	6	7 Junior Leader Retreat
8	9 Indoor Committee Meeting Council Meeting	10 Swine Meeting Rockets/Robots	11 General Goat Care Meeting Poultry Meeting	12	13	14 4-H Carnival
15	16	17 Rockets/Robots	18	19	20	21 Quilting/Sewing Workshop
22	23	24 Rockets/Robots	25 Cloverbuds Cowless Homestead Milk Cow	26	27	28 YQA 1,2,3 (Tongue River Valley Community Center)
29	30	31 Rockets/Robots				

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Livestock Committee Meeting	2	3	
5	6	7	8	9	10	11
12	13 4-H Council	14 Robots/Rockets	15	16 Goat Meeting	17	18 Mini Show Case Showdown
19	20 Junior Leaders Meeting	21 Robots/Rockets	22	23	24	25
26	27	28 Robots/Rockets	29 Cloverbuds	30		

JOIN THE REVOLUTION OF RESPONSIBILITY

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

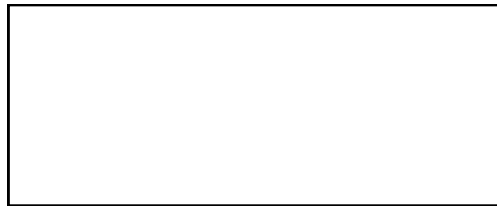
Important Dates to remember:

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Sheridan County Extension Office
University of Wyoming
3401 Coffeen Ave
Sheridan, WY 82801



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