

# Sheridan County 4-H

## Monthly Newsletter



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Hello Everyone! I can't believe that it is already November! I don't know where time got to this fall, but it surely got away from me!

Thank you to everyone who helped make Achievement Day a great success!! I couldn't have done it without all of you. Thank you to all the leaders for your commitment to the 4-H program and all you do for the youth involved in the program in Sheridan County! Thank you members for finishing the year out strong! Congratulations to the Big Horn Cowboys for being the Outstanding Club, Tyra Relaford for being Outstanding Junior Leader, Tom Terry for the Character Counts Award, Chris Sorenson for getting Outstanding Leader, Mark Kayser for being outstanding project leader and Brenda Bailey for outstanding 1st year leader! Congratulations to all 9 year members and thank you all for your hard work and dedication to the 4-H program over the years! You all are the epitome of what we hope 4-H members become when they start out as 9 year olds in the 4-H program!

Coming up next, this fall, we have a county wide community service project. This year we are participating in the Treats for Troops community service activity. If your club would like to meet at our office and bake cookies for the activity please call the office and let us know what time you would like to do it. We are doing this activity the weekend of November 14th-15th. When we get done baking cookies we are meeting at the Exhibit Hall at 5pm on the 15th to package cookies and other treats that clubs want to donate. This night we will also have a pizza party!

Also this year Sheridan 4-H is participating in the Christmas Stroll on November 27th. We will be advertising for the Livestock Sale 2016 and will have lots of goodies to give away. If you can help out with the stroll please let your club leaders or the office know.

Thank you all again for a great year I am looking forward to the next one coming up! -Liz Shaffer

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.

## November 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!!

#### A Shrinking Vessel

For: Creative Problem Solving

What You'll Need: A rope, blanket, or tape to mark a space on the floor

Instructions: Make a space on the floor and have your whole group (or a set of smaller teams) stand in that space. Then gradually shrink the space, so the team will have to think fast and work together to keep everyone within the shrinking boundaries.

- Sheridan County 4-H Council Meeting-Monday November 2nd 5:30pm Sheridan County Library-Fulmer Room
- Livestock Committee Meeting Wednesday-November 4th 6:00 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:

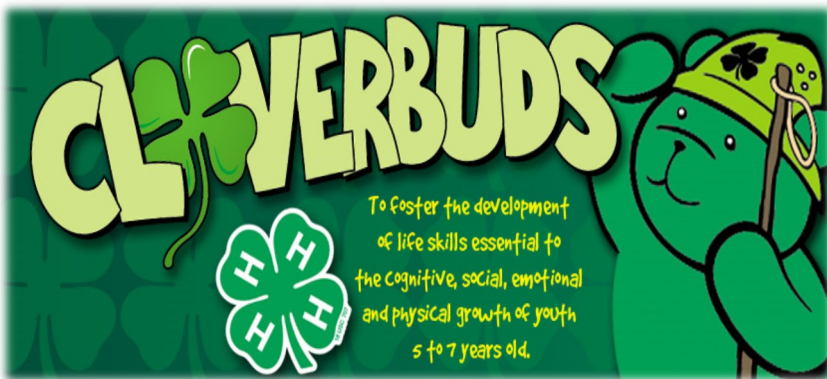
<http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/card-exchange.html>

# Big and Upcoming!

- **November 2nd @ 5:30 pm**—4-H Council—Sheridan Library-Fulmer Room
- **November 4th @ 6:00 pm**—Livestock Committee Meeting—Extension Office-Room 131
- **November 14th @ 9:00 am**—Treats for Troops-Cookie Baking-Extension Office-Kitchen
- **November 15th @ 9:00 am**—Treats for Troops-cookie Baking-Extension Office-Kitchen—IF MORE TIME IS NEEDED
- **November 15th @ 5:00 pm**—Package Treats for Troops Exhibit Hall-Sheridan County Fairgrounds
- **November 16th @ 6:00 pm**—Jr. Leader Meeting Extension Office-Room 131
- **November 18th @ 4:30 pm**—Cloverbuds-Extension Office Room 131
- **December 2nd @ 6:00 pm**—Livestock Committee Meeting—Extension Office-Room 131
- **December 14th @ 5:30 pm**—4-H Council—Extension Office—Room 131



#iam4H



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

**Wednesday: November 18th 4:30pm-5:30pm**

**Topic: Leathercraft**

**(No Cloverbuds in December due to Holidays! See you in January!)**

**\*We will be meeting at the Watt Ag Center– Extension Office-Room 131\***



# 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

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  button
  - If you can't remember your password select  I forgot my password enter your email address and click the  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  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  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  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  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  Button to add it to your Club list.
- When finished with club selections click the  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  button to add a project to the Project List.
    - You can delete a project by clicking the  button and then clicking the  button.
- When you are finished with club and project selections click the  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.

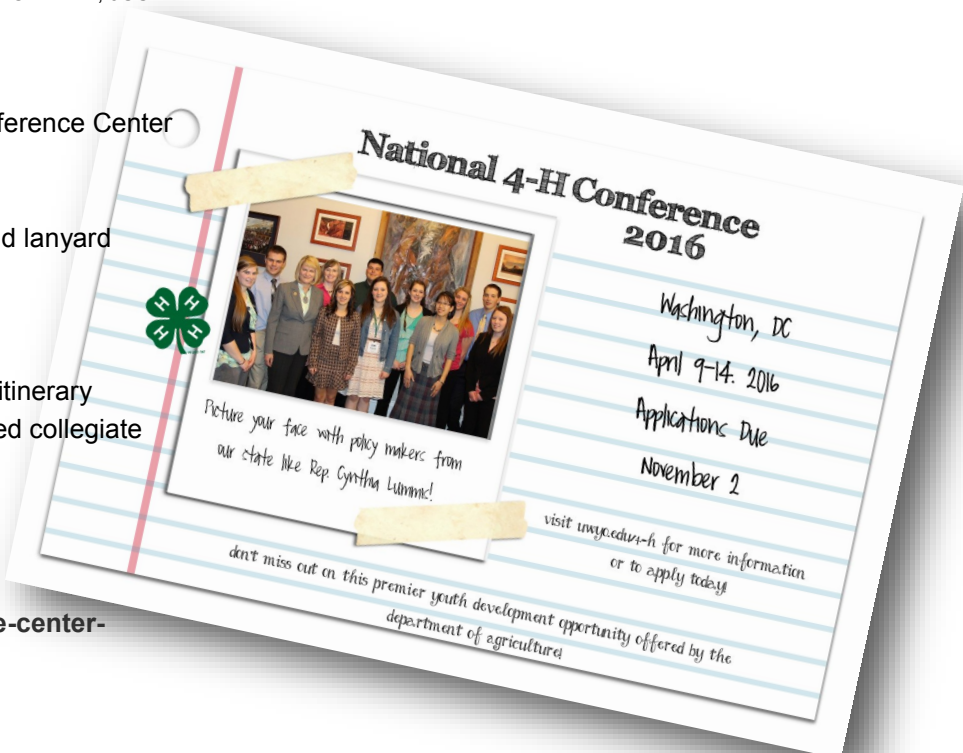
## **\$816.00 per person and includes:**

- 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->**





*Educational Events, Fund Times and Community Service for 4-H's*







## Wyoming State 4-H Foundation

*Financially supports the Wyoming 4-H Program*

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



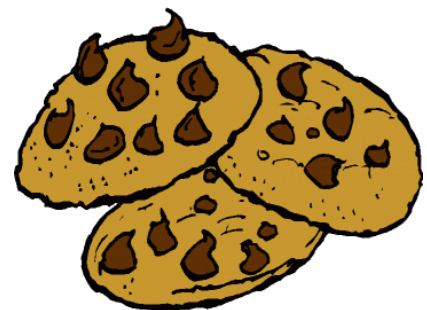
# Treats for Troops

This year Sheridan County 4-H is participating in this Statewide community service project. We need your help! We need addresses of servicemen and women. They can be stationed anywhere in the world. If you know of someone or have contact information for people in the community, please e-mail me at [lshaffe1@uwyo.edu](mailto:lshaffe1@uwyo.edu) or call at 674-2980. **Thank you for your help!**

On Saturday and Sunday November 14th and 15th we will be baking cookies for the troops. The Extension Office kitchen will be open at 9:00 a.m. and Clubs need to call to reserve a time to use the kitchen, time slots will be for 3 hours.

**Clubs can also bake on Sunday if more time is needed.**

**November 15th @ 5:00 p.m.** we will be meeting at the Exhibit Hall to package the cookies and other treats that the clubs get and send them to troops.





# NATIONAL 4-H WEEK

★ October 4-10, 2015 ★

## Our Celebration of National 4-H Week





# 4-H Achievement Day





# 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 November 16th 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

### 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

### 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

### Citizenship



#### Definition of Citizenship?

Citizenship includes civic duties that outline how we ought to behave as part of a community. The good citizen knows the laws and obeys them, yes, but that's not all. Good citizens stay informed about current issues that affect the community. That helps them understand the issue and to make better decisions to help solve problems. A democratic society relies on citizens

who are well informed. Citizens who will consider what is in the best interest of the community, even if it might not benefit them as an individual.

Good citizens do more than their "fair" share to make society work. They are concerned about today but they are also concerned about the effect of what they do today, might have on tomorrow and future generations. They are committed to the public good and make efforts to conserve resources, recycle, and clean up litter.

Good citizens are concerned about everyone in their community.

*"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in".*

*Theodore Roosevelt,  
American adventurer and  
26th president*



#### Citizenship in 4-H

##### Develop a 4-H Community Calendar

In small groups of mixed ages, create a list of different types of communities (i.e. church, neighborhood, school, 4-H club, etc.) Talk about what it means to be a good community member? What are the do's and don'ts of being a good community member? Ask each group to come up with 10 things that

their 4-H club could do to be a good community member? Share the ideas with the whole group.

As a club (the whole group), think about the things shared by each small group. Use those items to create a calendar focusing on good citizenship, being a good community member. As the club plans ways to demonstrate their good citizenship

remember to consider the time it will take so that you can plan it in the best month for your schedule, the budget it might require, and the amount of adult support it might need.

Have fun showing the community your 4-H Citizenship Pride.

Adapted from a lesson in the Character Counts! *Good Ideas* book.

##### Clover Connection

**Head** - be an informed citizen; get involved in community affairs; vote; respect authority; obey laws and rules.

**Heart** - cooperate; be a good neighbor.

**Hands** - do your share to make your community better; volunteer.

**Health** - create healthy lifestyles; protect the environment.

# November 2015



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



# December 2015

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

# Important Dates To Remember

- **November 2nd @ 5:30 pm**—4-H Council—Sheridan Library-Fulmer Room
- **November 4th @ 6:pm**—Livestock Committee Meeting—Extension Office-Room 131
- **November 14th @ 9:00 am**—Treats for Troops-Cookie Baking-Extension Office-Kitchen
- **November 15th @ 9:00 am**—Treats for Troops-cookie Baking-Extension Office-Kitchen—IF MORE TIME IS NEEDED
- **November 15th @ 5:00 pm**—Package Treats for Troops Exhibit Hall—Sheridan County Fairgrounds
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- **December 2nd @ 6:00 pm**—Livestock Committee Meeting—Extension Office-Room 131
- **December 14th @ 5:30 pm**—4-H Council—Extension Office—Room 131



.....  
: 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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