

Sheridan County 4-H

Monthly Newsletter



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As October rounds the corner it brings in a new 4-H year. I don't know about everyone else, but this is my favorite time of year. Here at the office we get to read everyone's record books and see what really happened in your 4-H Year. It is always exciting to read your stories and learn about the trials and triumphs that you had over the year.

With October comes the Expo that everyone has been hearing so much about. If you have a 4-H project or school project that could be a 4-H project or an activity you would like to be in charge of please let Jennifer Forsness know @ 406-620-7154 or the Extension Office know. Also, if you have done a project but are not working at that project's booth it would be good to bring that project and put it at the booth to add to the booth. We are also asking each family to bring at least one baked good for the bake sale at the expo.

Also coming up is Achievement day. Remember to get your nominations in for the specialty awards. Your club leaders should have these awards and you can let them know at your club meetings which people and clubs you would like to nominate for the awards. Also, don't forget each family is responsible for bringing a topping for the ice cream party that will happen during the program.

Last but not least don't forget to reenroll for 4-H this year. This year 4-H enrollment will be online. The first week of October you will be receiving an email with a link for 4-H enrollment. When you enroll online please also send Bev an email with your name and what projects you would like to enroll in. If you have any troubles please come in and see us or give us a call and we can walk you through the process.
-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.



October 2014

Leader Resources



Save the Date

You're invited to the 2015

State Leaders' Conference!

Please be thinking about possible topics you could teach as a workshop. Workshop presentations are welcome by any adult or teen leaders and topics can include: 4-H projects, Leadership, Club Management, Youth Development, etc.

Stay Updated:

Follow us on Facebook at 2015 State Leaders' Conference.

<https://www.facebook.com/wyoslc2015>

State Leader's Conference is a forum in which 4-H Leader's meet for the purpose of learning more about the 4-H program as it pertains to Wyoming, share ideas, participate in fun workshops that you can take back and utilize in your clubs, increase your leadership abilities and to **have some fun!** This is also the venue of the leadership awards program in which leaders from across the state are recognized for their support and service to the program.



Get More Involved!

- 4-H Council Meeting October 13th
6pm Fulmer Room at the Library
- Livestock Committee meeting October 1st
- Go to the State Leaders Council Fall meeting and Leadership Retreat October 18th Contact Wendy Hope 461-0074

Don't Forget!

- To sign up for a booth at the Ag Expo (Contact Jennifer Forsness 406-620-7154)
- To get rescreened for the next 4-H year
- To get members signed up for another year!
- To spread the word about the Ag Expo!

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>

4-H PROJECT EXPO

October 12th, 2-4:00p.m.

@ the Fairgrounds Exhibit Hall

Workshops/ booths: We will be setting up booths that are divided up by projects. (i.e. photography, leather craft, outdoor skills, animal science, etc.) we are looking for youth and adults to host project booths. What do we mean by host a booth? We would like to have a youth and adult at each project booth (you can schedule from 30 minutes or stay the entire 2 hours) that knows a little bit about the project and can answer questions about it. We are also hoping that we can offer some hands-on activities. Ex: the leather craft booth will have leather craft tools and scrap leather for kids to stamp on OR someone could do a rabbit demonstration and talk about their rabbit (or dog, or cat, or chicken, etc....) **If you bring an animal, that animal cannot be left unattended for the entirety of the expo and the animal must stay in the designated area until you take it home.** If you are interested in helping at a project booth, please contact the Extension Office or Jennifer Forsness @ 406-620-7154.

Clubs responsibilities: Help us get the word out! Tell your neighbors, tell your friends, tell your families, tell everyone that we are going to be showcasing 4-H projects. All of Sheridan County residents can come support 4-Hers and learn more about what our organization is by venturing through our project booths and participating in hands-on activities; all for the cost of a can of food per person at the door. We also need clubs to help set-up starting at Noon the day of the Expo. If you need more information about set up please call or text Wendy Hope @ 461-0074. **On Achievement Day the clubs will need to provide a tri-fold presentation board with your club information and photos. Information that should be listed should include: Club meeting information (this includes time and place that you meet) key contact people, club officers, club members, community service projects, educational goals, project emphasis and any other pertinent information that newcomers to 4-H might want to know to decide what club they would like to join.**

Family responsibilities: We will be doing a bake sale to raise money for our 4-H organization. Money raised will go to project enhancement, youth scholarships, and youth travel. We are asking that every family bring at least one batch of baked goods (but we will happily accept more batches if your family is willing to donate more). Since a big part of being a 4-H member is living a healthy lifestyle we recommend that you choose a healthier option for bake goods. For example baking whole wheat bread instead of white bread. If you are interested in helping with the Bake Sale please Contact Carol French @ 751-0380

Entertainment: If you (adult or youth) have a musical talent, we'd love to have you perform! If you're interested, please contact the Extension office.

Volunteer help needed: It's going to take a lot of man power to set-up booths and decorate. We will be arriving at the Fairgrounds at Noon to begin set-up. We will gladly except helpers from every club to get things set-up. We will need volunteers to man the bake sale, talk to visiting parents about 4-H, and much more. If you are interested in helping, please contact the Extension Office.

Purpose: The idea behind doing a project expo is to educate the community on the various opportunities and projects available for youth in our community. Sometimes 4-H gets the stereotype of being an organization JUST for farm kids even though over half of the nation's youth enrolled in 4-H live in urban areas. Even some of our own members here don't realize that they can take projects that are not livestock related, so this expo is for them too! They will get to see all of the projects offered to them as well.

Big and Upcoming!

- October 1st-Livestock Committee meeting
- October 5th-12th National 4-H Week
- October 12th-Sheridan County 4-H Expo-2:00-4:00 p.m.-Exhibit Hall
- October 13th-4-H Council Meeting-6:00 p.m. @ Library-Fulmer Room
- November 1st-National 4-H Conference Application Due
- November 2nd- Achievement Day-2:00-4:00 p.m.-Exhibit Hall



National 4-H Conference



National 4-H Conference is held the last week of March in Washington D.C. This is the U.S. Secretary of Agriculture's premiere youth development opportunity. Young people assist in the development of recommendations to help guide 4-H Youth Development programs nationally and in their communities. Youth delegates selected to represent Wyoming 4-H are selected through an application and interview process. Members selected to attend may be awarded funding through the Wyoming State 4-H Foundation. For more information visit: <http://www.uwyo.edu/4-h/youth/travel/national4hconference/index.html>

Application Due November 1st

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



National 4-H Conference

The Premier Youth Development Opportunity of the Department of Agriculture

Washington, DC – April 11-16, 2015



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. 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.

Ghana International Exchange Opportunity

The American Youth Leadership Program (AYLP) with Ghana will offer 20 youth and 2 adults the opportunity to explore the vast historical and cultural traditions of Ghana. The AYLP with Ghana is designed to advance mutual understanding between the people of the United States and Ghana, prepare youth leaders to become responsible citizens, spark an interest in learning about foreign cultures, and develop a cadre of Americans with cultural understanding who are able to compete effectively in the global economy. The program will include a pre-trip orientation on the campus of the University of Wyoming (June 2015), four week cultural trip to Ghana July 2015. Exact trip dates will be determined once flight schedules are confirmed. A follow-on project will be carried out in each participant's local community following the exchange trip. The educational theme for AYLP with Ghana will focus on nutrition and food security with educational activities concentrating on how marketing affects decision making, sustainable food production, and food security for school children.

Participant safety is one of the highest priorities in the American Youth Leadership Program. The U.S. Department of State and the University of Wyoming 4-H continuously monitor conditions affecting participant health and safety in the host country. Please feel free to contact Warren or Kim at 307-766-5170 if you have any questions



Applications are Due
December 1, 2014



#iam4H

For more information Please visit:

<http://www.uwyo.edu/4-h/international/ghana/index.html>

EXPLORE THE WORLD OF 4-H!

WYOMING SR 4-H MEMBERS BETWEEN THE AGES OF 15 & 18 HAVE THE AMAZING OPPORTUNITY TO PARTICIPATE IN SOME SPECTACULAR NATIONAL EVENTS HELD THROUGHOUT THE YEAR. Below is some information regarding these amazing opportunities. For more information about any of these events, contact your local County 4-H Educator or visit www.Wyoming4H.org.

National 4-H Conference

National 4-H Conference is held the first week of April in Washington D.C. This is the U.S. Secretary of Agriculture's premiere youth development opportunity. Young people assist in the development of recommendations to help guide 4-H Youth Development programs nationally and in their communities. This is a working conference and delegates prepare in advance, attend workshops and develop recommendations during the conference, and afterwards report accomplishments to the USDA they have achieved as a result of the conference.

Youth serving on the State 4-H Leadership Team will receive a scholarship towards the cost of this trip if they would like to attend. While funding support cannot be guaranteed, all youth between the ages of 15 & 18 are encouraged to apply for selection as a delegate. Interested youth will complete an application and interview sometime in November. In the event donor funds are available for financial support beyond the scholarships provided to the Leadership Team members, qualified delegates may compete for various levels of funding support.

Citizenship Washington Focus

Citizenship Washington Focus (CWF) is held each June in Washington D.C. 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!

An unlimited number of youth delegates between the ages of 15 and 18 can attend this trip. 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 limited donor funds are available through the Wyoming State 4-H Foundation.

Leadership Washington Focus

Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9. The program is held each July in Washington D.C. Delegates will enjoy motivational speakers, educational programs and increase individual leadership capacity leading them to develop skill for success.

An unlimited number of youth delegates can attend this trip. 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 no donor funds are available through the Wyoming State 4-H Foundation.

National 4-H Congress

National 4-H Congress is held just after Thanksgiving Day each November in Atlanta, GA. Delegates will have the opportunity to meet 4-H members from around the country to discuss current youth-related issues as well as participate in a hands-on community service project. Youth will also attend workshops, hear inspirational speakers, and tour Atlanta.

Youth between the ages of 15 and 18 who are interested in going on this trip are selected through an application and interview process. Qualified candidates have the opportunity to compete for various levels of funding support available through the Wyoming State 4-H Foundation. Interviews are held in conjunction with the Wyoming 4-H Showcase Showdown held in June.

Questions? Need more information?

Online: www.Wyoming4H.org Email: 4-H@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:

THURSDAY-September 25th, 2014 – 6pm-8pm -3401 Coffeen Ave. - Watt Ag. Center, Sheridan WY 82801 Room 131: Introduction and cover Breeds of Dairy Cows, where they were developed, how much milk each breed produces, how each could fit into a small Homestead.

TUESDAY-October 28th, 2014– 6pm-8pm -Watt Ag. Center, 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.

MONDAY-November 24th, 2014 –6pm-8pm Watt Ag. Center, Room 131: Cover facilities and basic health care.

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

February-Saturday Afternoon- TBA Blue Yonder Farm: Rotate milk out of storage, learn what things could be made from it and how. We will use store bought cream to make butter (sorry folks the darn USDA rules won't let us use our own).

WEDNESDAY-March 25th, 2015 – 6pm-8pm- Watt Ag. Center, Room 131. We will make simple soft cheese and bring all the info together in a summary (again we will use store bought milk.... That darn USDA...)

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

August-Story Boards exhibit at the Fair

September 2015-August 2016- 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

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!

October 20th 6:30 pm at
the Library Inner Circle.



Club meetings

Big Horn Cowboys

Leader: Rindy West

Phone: 751-3430

Meeting time: Third Wednesday of the Month @ 6:30 p.m.

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 @ 1:00 p.m.

Meeting Place: Tongue River Valley Community Center-**Dayton Location**

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 @ 4:00 p.m.

Meeting Place: Room 131 Sheridan County Extension Office

Shooting Sports

Leader: Brett Sayer

Phone: 751-6356
Or Brenda Beutler
Phone 751-1558

The Gatherers

Leader: Kristin Averitt

Phone: 674-6878 Ext 100

Meeting Time: Variable

Meeting Place: NSI Campus

Tongue River Roundup

Leader: Marta Ostler/Rosana Henderson

Phone: Marta 461-1795

Rosana 655-3388

Meeting Time: 2nd Sunday of the month @ 2:00 p.m.

Meeting Place: Tongue River Valley Community Center-**Dayton Location**

Wyotana Grizzlies

Leader: Susie Terry

Phone: 750-2459

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

Meeting Place: Room 131 Sheridan County Extension Office

WYOMING CHARACTER



that's what we're made of

We should all be..... Caring!

Why do people show consideration, kindness, compassion and generosity to others? Some help others because it makes them feel good. Some show concern because everybody else seems to. Some show kindness to avoid embarrassment, to earn recognition, to relieve guilt, or because it hurts them to see other people hurting. Genuine, selfless concern for others is a sign of ethical maturity. A big part of maturity is the ability to think and care about someone besides oneself. Selfish motives and selfish actions are childish motives and childish actions. Self-centered people tend to treat others simply as instruments of their own ends and rarely feel an obligation to be honest, loyal, fair or respectful. Caring people, on the other hand, have progressed



Materials: Two large clear drinking glasses, blue food coloring, bleach.

Procedures:

1. Fill one of the glasses about a quarter full of water.
2. Fill the other glass a little more than half with bleach.
3. Put one or two drops of food coloring into the glass of water.
4. Stir the water to distribute the color.
5. Explain that the blue water represents how someone who is hurting, sad, or lonely might feel on the inside. You've probably all heard the phrase "feeling blue." But, when we take the time to be caring and kind to someone who is sad, we can make a difference in their lives.
6. (Hold up the glass of bleach and say that this represents "caring." Then pour it into the colored water.) By caring for others, look at the difference we can make in how they feel.

7. Watch as the water slowly starts to turn back to clear. (While you wait, it will take about a minute, you can discuss ways that we can care for others.)
8. **Clearly, you can make a difference by caring for others!**

Activity provided by Dilworth Elementary School:
<http://schools.cms.k12.nc.us/dilworthES/Documents/Character%20Education/Caring.pdf>



October, 2014

Caring Don'ts

A caring person lives with these reminders:

- ♥ Don't be selfish!
- ♥ Don't be mean!
- ♥ Don't be cruel!
- ♥ Don't be insensitive to the feelings of others!

Article provided by Josephson Institute: http://charactercounts.org/pdf/Exercising-Character/Exer-Char_teens-caring.pdf



Clover

Connection



Head - thinking about ways to let others know we care.

Heart - communicating caring respect to others.

Hands – providing acts of kindness and service to others .

Health – showing we care about ourselves and others my making healthy lifestyle choices.

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

Farmers Market Recap



The Farmers Market was a great community service project for Sheridan County 4-Her's. It was great to see the participating clubs come up with great activities for the community. Good Job 4-H members at making and selling crafts and also selling all of your fruits and vegetables!

In addition to having an activity for the youth of Sheridan County 4-H members helped other people with booths at the farmers market to set up their booths. It was great to get 4-H into the community and see all the great support for 4-H come alive.



To the left is the last Farmers Market. The activity this week was building marshmallow shooters. 4-H members Josie Ankney, Rudi Balstad and Jentry Reid are pictured having a contest to see who can shoot their marshmallow the farthest.

Below is the Critters, Crafts and Cooking booth on September 18th. This Club made different flavors of popcorn to sell and had a ring toss as their activity.



Welcome to Wyoming 4-H

Dear 4-H Family,

UW 4-H is using a software program called 4HOnline for our data management. Everyone is new to this program this year whether you are new to 4-H, have been involved for many years, or are a youth member or adult volunteer. Our annual federal reporting requirements dictate enrollment in 4-H every year. If you use technology a lot, the process for enrollment will be rather simple. However, if you either don't have internet access or don't enjoy using technology, your UW Extension office will be able to assist you with the process.

Whether you are a parent enrolling your children, or an adult wishing to be a 4-H volunteer, or both, it all starts with creating a family profile:

1. Go to <http://wy.4honline.com>
2. Select- "I need to setup a profile"
3. Create your profile by selecting your county, entering your email, last name, and creating a password.

Note: You only need to create your family profile one time. When you return to 4HOnline, just type in your email and password for access.

4. With your family Login created, you enter your contact information. If the same address is used by more than one person, be sure to check the box.

5. Now you can enroll your child as a member or yourself as a 4-H volunteer by selecting the member type (Youth, Adult) and clicking on Add Member.

6. Continue with the process by completing steps on Additional Information, Participation, etc., pages.

Note: EACH tab has information you can provide. Be sure to click on each one for your desired options for projects, clubs, etc., AND click the "Add..." button for each choice.


Note: Be sure to mark the checkbox and press **Submit Enrollment**.

7. You will receive an email indicating your application was received. The county will review your application and send you an email with your member status or next steps. You will receive an email indicating when everything has been completed and welcoming you to Wyoming 4-H.

The image shows two screenshots of a web application interface. The top screenshot displays a progress bar with six steps: Personal Information, Additional Information (highlighted), Participation, Invoice, Payment, and Confirm. Below the progress bar, there are tabs for Clubs, Projects, Activities, Awards, and Groups. A message states "Select a minimum of 1 club(s)". Under the "Add a Club" section, there are two dropdown menus: "Select a Club" and "Select a Volunteer Type", followed by an "Add Club" button. The bottom screenshot shows the "Confirm" step. A red-bordered box contains the message: "Your enrollment is not complete until you click 'Submit Enrollment'". Below this, there is a checkbox and the text: "By checking this box, you signify you have reviewed, understand, meet and agree to the Pay By Computer Terms and Conditions." An "Submit Enrollment" button is located at the bottom.

2014- 2015 Enrollment Begins October 1

October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Livestock Committee Meeting	2	3	4 
5 Canyon Livestock Meeting 4-H Week	6 4-H Week	7 Wyotana Meeting 4-H Week	8 4-H Week	9 4-H Week	10 4-H Week	11 4-H Week
12 4-H Expo Tongue River Round-Up Meet Sheridan Livestock Meeting 4-H Week	13 4-H Council Meeting	14	15 Big Horn Cowboys Meeting	16	17	18 Leaders Council Meeting-Casper
19	20 Club Nomina- tions Due Junior leader Meeting	21	22	23	24	25
26	27	28 Cowless Milk Cow Project	29	30	31 	1

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 Application Due for National Conference
2 Achievement Day Canyon Livestock Meeting	3	4 Wyotana Meeting	5	6	7	8
9 Tongue River Round-Up Meet. Sheridan Livestock Meeting	10	11	12	13	14	15
16	17	18	19 Big Horn Cowboys	20	21	22
23/30	24 Cowless Milk Cow	25	26	27	28	29

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

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



- Important Dates to remember:
- October 1st– Livestock Committee Meeting
 - October 12th– 4-H Project Expo
 - October 18th Casper, WY-Leaders Council Meeting
 - October 20th– Junior leader meeting
 - October 20th-Nominations Due For Achievement Day
 - November 1st– National Conference Applications Due
 - November 2nd– Achievement Day



'To Make The Best Better'

PRESORT STANDARD
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CHANGE SERVICE REQUESTED

