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 Fall everyone! I can't believe that a new 4-H year is starting already!

Thank you all for making this 4-H year so rewarding for me. It was such a great 4-H year this year and I hope we can make the next one just as fun!

This new year means that everyone needs to go back into 4-honline and re-enroll in projects. Make sure that you sign up for all of the projects that you are interested in so you can stay up to date on what is happening in that project area. It is a great time to try new projects and explore new things that you can do in 4-H. Also this is a great time of year to encourage your friends and family members to join the 4-H program. Maybe just tell them to come check out a club meeting and see if they are interested in what we do. There is truly something for everyone in the 4-H program!

This is also a great time of year to get signed up as a leader! If you are interested in helping us out with our 4-H activities or leading a project area please let me know and I will help you get signed up!

Also don't forget 4-H week is coming up quick! This year 4-H week is October 4th-10th. We are decorating the town this year and each club is responsible for decorating a business in town! Also on October 9th we are having a 4-H spirit day! On this day wear your 4-H t-shirts, polos and shirts and tell everyone you know about the 4-H program! If you have any more great ideas on what to do during 4-H week don't hesitate to let me or your club leaders know so that we can do great things to let the community know about 4-H and what we stand for!

Don't forget about Achievement Day! This year Achievement Day is October 18th at 3p.m. and will be held at the Sheridan County Fairgrounds Exhibit Hall. We will be having an ice cream party again this year and would appreciate each family bringing their favorite topping!

Hope everyone continues to have a great fall season! - Liz Shaffer



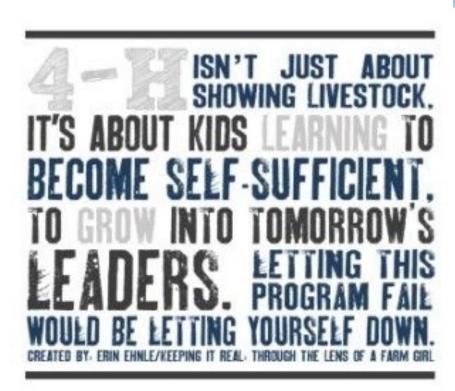
Leader Resources

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!



Don't Forget!

- To get rescreened for the next 4-H year
- To get members signed up for another year!



- <u>Livestock Committee Meeting</u>
 Wednesday-October 7th
 6:00 pm Extension Office Room 131
- Indoor Committee Meeting
 Monday-October 12th 4:30pm
 Sheridan County Library
 Fulmer Room
- Sheridan County 4-H Council
 Meeting-Monday October
 12th 5:30pm Sheridan
 County Library Fulmer Room
- Sheridan County 4-H

 Mountain Camp Meeting

 Wednesday October 14th
 5:30pm Sheridan County

 Extension-Conference Room

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

Call for Workshop Proposals



Submission Deadline: October 15, 2015

State Leaders' Conference 2016

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

Questions can be directed to:

Stacy Buchholz, stacy@uwyo.edu / 307-746-3531 James Dawson, jdawson@uwyo.edu / 307-684-7522 Sara Fleenor, sfleenor@uwyo.edu / 307-283-1192 Kimberly Fry, kdb10@ccgov.net / 307-682-7281 Liz Shaffer, lshaffe1@uwyo.edu / 307-674-2980

Proposals can be submitted through...

e-mail: sfleenor@uwyo.edu

Mail: Crook County Extension, PO Box 368, Sundance, WY 82729

Fax: 307-283-4555

Information and forms can be found at http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/index.html

The purpose of the State 4-H Leaders' Conference is to:

**Offer a variety of workshops for 4-H adult volunteers and youth leaders to develop project skills, learn about club management and enhance leadership skills.

***** Provide opportunities to share and learn from other participants at the conference.

****** Have fun meeting other 4-H teens and leaders from across the state.

% Celebrate the accomplishments and contributions of volunteers at the Awards Program.

Target Audience:

Adult volunteers with 4-H experience ranging from 0 to 70 years or more! Teens are also invited to attend the conference and teach, share, learn, etc.

Types of Proposals:

Whatever the topic, we would encourage workshops to include activities, exercises, discussions, etc. that engage the learner in a hands on, minds on way. Workshops can be led by one individual or a team of people working together. Please note special equipment is the responsibility of each presenter. (*Most but not all rooms have internet and white boards.*)

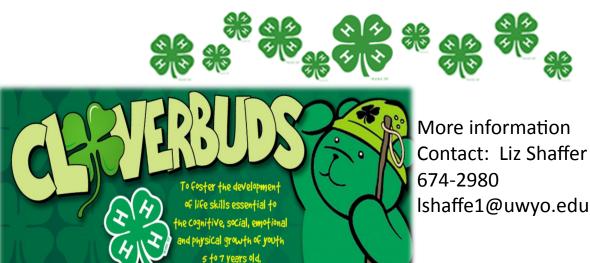
Workshops will be scheduled in 60 minute blocks and 90 minute blocks of time on Saturday, February 20th. Presenters will need to wrap up their workshop (including time for questions and answers) so that 10 minutes remain for the next presenter to set up.

Big and Upcoming!

- October 4-10 National 4-H Week
- October 7th @ 6:00 pm—Livestock Committee
 Meeting—Extension Office-Room 131
- October 9th—4-H Spirit Day
- October 12th @ 4:30 pm—Indoor Committee Meeting Sheridan County Library-Fulmer Room
- October 12th @ 5:30 pm—4-H Council
 Sheridan County Library –Fulmer Room
- October 14th @ 5:30 pm—4-H Mountain Camp Meeting—Extension Office-Conference Room
- October 18th @ 3:00 pm—Achievement Day Exhibit Hall Sheridan Fairgrounds
- October 19th @ 6:00 pm—Junior Leaders Meeting Sheridan County Library
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- TBA if being held-November 9th @ 4:30 pm—Indoor Committee Meeting—Extension Office-Room 131
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 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





Wednesday: October 28th 4:30pm-5:30pm

Topic: Shooting Sports

^{*}We will be meeting at the Watt Ag Center- Extension Office*

New 4-H Youth/Volunteer Enrollment Process I. Go to http://wy.4honline.com You will see University Wyoming Wyoming 4-H Youth Development a screen like this. EXTENSION EXTENSION 2. As a Member/Family Enrolling for the FIRST time select the second option I need to setup a profile Welcome to 4-H Online Select your county and fill in the fields • Saye your password so you are able to O I have a profile log back in to your profile! I need to setup a profile O I forgot my pass WRITE DOWNYOUR USER AND Are you in a Military 4-H Club: PASSY/ORD HERE County: Select your county ... User Email: _ Email: Confirm Email: Password: _ Last Name: 3. Click the Create Login Button. Min. of 8 characters, at least 1 number and 1 capital or Password: Fmail History Family Family Settings Login History Confirm Password: V Role: Family Create Login **Family Information Profile Information** •Required Fields 4. The next screen is the FAMILY INFO Screen •Email: wyoming4h@yahoo.com joe@gmall.com • Fill in all the fields Last Name: Tester • The red asterisk * indicates required fields •Mailing Address: 123 Testi • If you would like to update the Family .City: Information for all members records with State: Wyoming the same address click this box 12345 Zip Code 555-555-1234 5. The next screen is the MEMBER LIST •Correspondence Preference: Mai • The Family Information is displayed on the left. *4-H County: Training Update member records with the same address Member List Tester Family Edit Family Add A New Family Member Add A New Family Member 123 Testing Ave V select a member type... v select a member type... Laramie, WY 82071 Add Member select a gember type Reactivate An Archived Family Member Adult wyoming4h@yahoo.com select a member... V Training County [contact info] Contact ReActivate Member Youth Youth Personal Information • Click the "Add a New Family Member" drop Copy parent information from another youth record Select a member name down menu and select Adult or Youth. 6. Click the Add Member Button. Profile Information Required Fields 7. The next screen is the YOUTH PERSONAL •First Name: David Use this drop •Last Name: Tester **INFORMATION** down box Preferred Name: • Fill in all the fields to copy info Mailing Address: 123 Testing Ave previously • The red asterisk * indicates required fields *City: Laramie entered for a • If you have two email addresses you would like «State: Wyoming sibling •Zip Code: 82071 to have information sent to, please enter it in Birth Date: mm/dd/yyyy the Second Household email field •Gender: Select gender ... Split families can also be set up for each member Primary Phone: 307-234-3466 555-555-1234

Cell Phone:

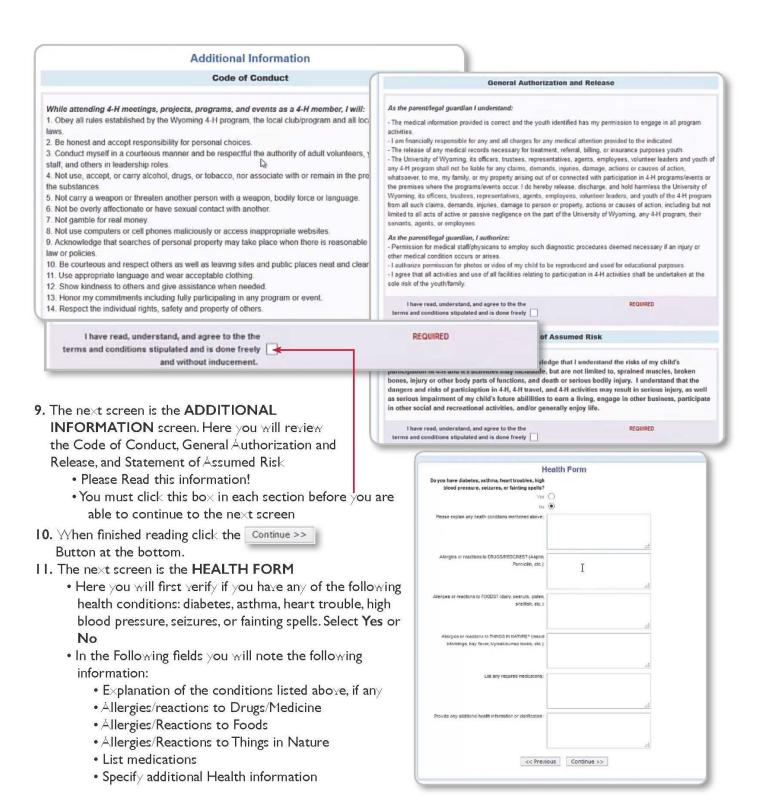
You wish to receive notices via text message:

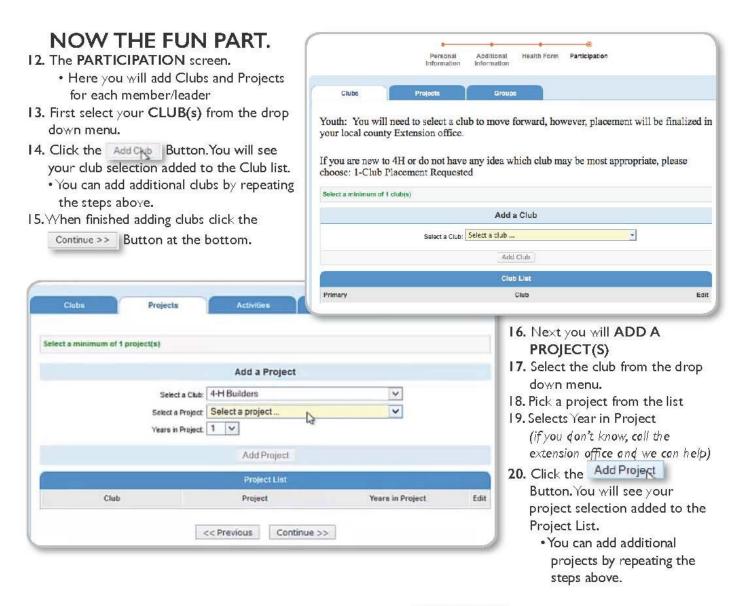
@ Select your provider ...

555-555-1234

8. When finished click the Continue >> Button at the

bottom.



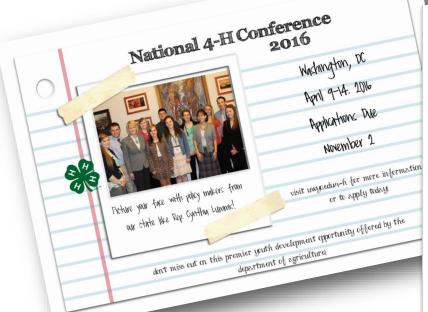


21. When you are finished adding clubs and projects Click the Submit Enrollment Button.

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.

Youth Opportunities







CATCH-A-CALF

Application link

http://nationalwestern.com/wp-content/uploads/2015/09/2016-Application-2.pdf



They come from Colorado, Kansas, Nebraska and Wyoming to compete in National Western Stock Show's longest running program of practical beef cattle management. In just over 70 years, the Catch-A-Calf Contest has awarded nearly 3,000 steers to 4-H members hailing from the western United States.

The program began in 1935 when 10 boys caught 10 sponsored calves. The contest quickly caught on, and the program grew to include 52 calves by 1942. Soon after World War II, the program settled at 40 calves per year, which is where the number continues to stand

The program is designed so successful participants catch a calf, feed it, and return with the animal one year later as a market steer. The market animals are judged on rate of gain, quality of fitting, and carcass quality. The exhibitor is judged on showmanship, their record book, and a personal interview.



Make-It-With-Wool Contest District 2

762 West Fetterman Buffalo, WY 82834

September 25, 2015

Tara Hall 208 Upper French Creek Rd Buffalo WY 82834

Dear Tara,

The *Wake-9t-With-Wool Contest District 2* Committee is pleased to announce this year's contest dates of **November 4th** and 5th 2015. We cordially invite your participation in this contest. For those of you in 4-H this is an epitome way to get a head start on your project for 2016.

For those of you novel to this contest, it is divided into district contests followed by State competition; and finalized with a National Contest. Objectives of the contest is to promote the beauty and versatility of wool fabrics and yarns. It is to encourage personal creativity in sewing, knitting, crocheting, spinning and weaving wool fabrics and yarns. There are four age divisions: (age on January 1, 2015) Preteen-12 & under, Junior-13 to 16, Senior-17 to 24, and Adults – 25 & older. Wyoming also has "Made for Others" and "Wearable Accessory". Garments made for this contest need to be made from fabric that is at least 60% wool. Each contestant will receive a length of Pendleton wool, with winners receiving prizes such as sewing books, sewing kits, equipment and notions. District winners will also go on to compete in the State competition in Casper in November. Junior and Senior State winners will receive trips to the National competition in January 2016 in Scottsdale, Arizona.

Our district director, Elizabeth Downare, has some 1 ½ Pendleton lengths for your purchase. Or if you need wool fabric there are several websites such as www.denverfabrics.com, www.fashionfabrics.com, and www.bblackandsons.com. We are also holding several project meetings for guidance. They will be held Monday September 21st 6:30 to 8:00 p.m., Monday September 28th 6:30 to 8:00 p.m., and Tuesday October 6th again from 6:30 to 8:00 p.m.. All will be held at the Big Horn Baptist Church at 1400 Fort Street Buffalo.

Entry forms may be picked up at the Johnson County Extension Office. With wool needing to be tested before the State contest (\$4.00 fee for testing) we have to stipulate that entry forms need to be returned to the Extension Office by October 15th. (Even if garment is not completely finished). Garments will need to be at the Extension Office by 3:00 p.m. on the 4th of November. (Just garments) The judging of the construction phase will take place later that afternoon. And then on the 5th of the November (Thursday), contestants will need to be at the Big Horn Baptist Church for the modeling/style revue judging. (We need to start at 5:00 in order to finish in time for the public style revue, however, we can work around you if your schedule causes your presence delay). The committee will provide a light supper for all contestants. The public style revue and awards ceremony will follow at 7:30 with refreshments.

Any questions, please feel free to phone Elizabeth Downare at 307.684.2772, Adri Ruby at 307.684.7066, or Donna at 307.684.7522.

We sincerely hope you will be a participant this year. (It is not limited to those in 4-H, please extend an invitation to your friends).

Sincerely,

Donna Nelson

MIWW District #2

Treasurer



Activities to celebrate 4-H week:

This year Sheridan County 4-H is decorating the town for 4-H week! Go to a business early in the week and ask if you can decorate their windows for your club to let the town know it is National 4-H Week.

Also Tractor Supply will be doing another clover drive this week! If you or your club are interested please Call Greg at 672-1709 to sign up or for more information.

To round out the week we will be having a 4-H spirit day Friday October 9th. Show your spirit by wearing your 4-H apparel. Take a picture and use the #sheridanwy4H to show off your pride!!



4-H Achievement Day

When: October 18th 3:00 pm

Where: Sheridan County Fairgrounds Exhibit Hall

Please come join us and celebrate the 4-H year's achievements! We would

appreciate it if every family could bring an ice cream topping.



Treats for Troops

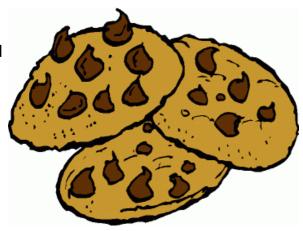
This year Sheridan County 4-H is participating in this Statewide community service project. We need your help! We need addresses of servicemen and women. They can be stationed anywhere in the world. If you know of someone or have contact information for people in the community, please e-mail me at lshaffe1@uwyo.edu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



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 <u>yes</u> 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 6 pm Fulmer Library

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/Dana Pearce

Phone: Jennifer 406-620-7154

Dana 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



Club Meetings

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



Never Underestimate Caring

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

~ Leo Buscaglia

Compliments, smiles, and kind words are always nice gifts to receive on a daily basis. These simple things make us feel special when someone gives them to us. Have you ever stopped to think if you give them out to other "Have you ever stopped to think if you give them out to others?



Caring



Sometimes, we don't think about the words we say, the smile we give, or the compliments we make. We don't think about how they could impact someone. The compliment you give could change someone's day for the better. Try to think back when someone you know made you feel special? Why did it make you feel that way?

Often times people will remember how you made them feel. You remember when people made you feel good about yourself right? You can pinpoint a time when someone made

you feel bad too. Everyone can remember a time when someone made them feel either good or bad about themselves, because we have all been impacted by someone's words or actions.

Next time you see someone, give them a smile and a compliment. You don't know how you could effect their entire day.

It will make them feel good about themselves, and don't we all want to feel special? Giving a nice compliment or smile might just be the reward they need for the day that they have had.

4-H Activity: Kings and Queens of Caring

Materials: Pipe cleaners and colored beads.

Procedures:

- 1. Ask the youth to define reward and give examples. Discuss why people receive rewards and how it makes them feel. Explain the expression "A good deed is its own reward."
- List examples of caring and compassionate behavior. Emphasize that caring is conta-

- gious and both the person caring and the one cared-for receive rewards.
- Hang the pipe cleaner in a permanent spot visible to everyone.
- 4. Then say: "Every time I spot one of you preforming a caring deed for someone, we will add a bead to the pipe cleaner. Once we have 20 beads on the pipe, we will take a vote and decide who has been the most caring for
- the day. If you are chosen, you will be given the caring bracelet for the day." You might designate the "King/Queen of Caring."
- 5. Continue the activity with a new pipe cleaner and new beads- and a new "King" or "Queen" when the pipe cleaner has another 20 beads on it.

Taken from the Good Ideas Book for Character Counts!





Head - Speak kind words to everyone. Think kind thoughts to yourself.

Heart - Make everyone feel important.

Hands - Lend a helping hand whenever needed.

Health – Get out in your community and make a difference in the lives of others.

October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 National 4-H Week	5	6	7 Livestock Committee Meeting	8	9 4-H Spirit Day	10
11	12 Indoor Com- mittee Meeting 4-H Council Meeting	13	14 4-H Mountain Camp Meeting	15	16	17
18 Achievement Day	19 Jr. Leaders Meeting	20	21	22	23	24
25	26	27	28 Cloverbuds	29	30	31

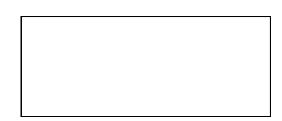
November 2015

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

Important Dates To Remember

- October 4-10 National 4-H Week
- October 7th @ 6:00 pm—Livestock Committee Meeting—Extension Office-Room 131
- October 9th—4-H Spirit Day
- October 12th @ 4:30 pm—Indoor Committee Meeting —Sheridan County Library-Fulmer Room
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 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

Sheridan County Extension Office University of Wyoming 3401 Coffeen Ave— Watt Ag Center Sheridan, WY 82801 (307)674-2980 Ishaffe1@uwyo.edu PRESORT STANDARD
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