

# Sheridan County 4-H

## Monthly Newsletter



### What's Inside?

Leader Resources	2
Big & Upcoming-September Schedule	3
Cloverbuds	3
Enrollment Process	4-6
National 4-H Week	7
Junior Leaders & Club Meetings	8
Character Counts	9
Record Book Information & Clinics	10
August & September Calendars	11

Happy new school year everyone! I hope you all have had a great couple first weeks and have recovered from state and county fairs.

This is always a bittersweet time of year where we say goodbye to old faces and hello to new ones. This year we lost quite a few long time 4-Her's. We wish them all the best off at college and wherever life takes them.

With these outgoing seniors we gain new 4-Hers. I would like to remind everyone to spread the word about the 4-H program and all of the great opportunities that it has to offer. Also don't forget to get yourself signed up again for 4-H. Go into 4hOnline and enroll in projects that you are interested in.

With the end of the 4-H year remember that you need to get your record books turned in. They are due September 14th. If you need help please don't hesitate to contact me at the Extension Office. Also there will be 2 more record book workshops to help you get them done by the time they are due.

After you turn in your record books please join us at Achievement Day on October 18th. This is a great event to celebrate a years worth of achievements! [At your next club meeting look for the nominations sheet for the various awards given at achievement night.](#) I would like to remind you that your votes really matter and to take careful consideration when picking your nominations.

Thank you all for your commitment to the 4-H program. I can't wait to spend the next year with all of you making more memories!

- Liz Shaffer

## September 2015



More Than  
You Imagined!

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.



# 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!



“People grow through experience if they meet life honestly and courageously. This is how character is built.”



- Eleanor Roosevelt

### **Don't Forget!**

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

**Get More Involved!**

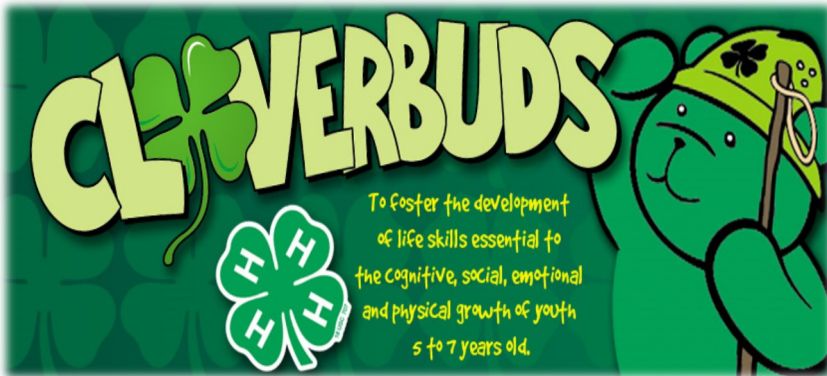
- 4-H Council Meeting  
Monday-September 14th  
5:30 pm Sheridan County Library
- Livestock Committee Meeting  
Wednesday-October 7th  
6:00 pm Extension Office-  
Room 131

# Big and Upcoming!

- **September 3rd @ 6:00 pm**—Record Book Clinic  
Extension Office-Room 131
- **September 8th @ 6:00 pm**—Record Book Clinic  
Extension Office-Room 131
- **September 14th @ 5:00 pm**—Indoor Committee  
Meeting-Sheridan County Library
- **September 14th @ 5:30 pm**—4-H Council Meeting  
Sheridan County Library
- **September 14th**—Portfolio's Due at the Extension  
Office
- **September 21st @ 6:00 pm**—Junior Leaders  
Sheridan County Library
- **September 30th @ 4:30 pm**—Cloverbuds  
Extension Office-Room 131
- **October 4-10** National 4-H Week
- **October 7th @ 6:00 pm**—Livestock Committee  
Meeting— Extension Office-Room 131
- **October 12th @ 5:30 pm**—4-H Council  
Sheridan County Library
- **October 18th @ 3:00 pm**—Achievement Day  
Exhibit Hall Sheridan Fairgrounds
- **October 19th @ 6:00 pm**—Junior Leaders Meeting  
Sheridan County Library



## #iam4H



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

**Wednesday: September 30th 4:30pm-5:30pm**  
**Topic: TBA**

**\*We will be meeting at the Watt Ag Center— Extension Office\***



# New 4-H Youth/Volunteer Enrollment Process

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
- 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.

## Additional Information

### Code of Conduct

While attending 4-H meetings, projects, programs, and events as a 4-H member, I will:

1. Obey all rules established by the Wyoming 4-H program, the local club/program and all local laws.
2. Be honest and accept responsibility for personal choices.
3. Conduct myself in a courteous manner and be respectful of the authority of adult volunteers, staff, and others in leadership roles.
4. Not use, accept, or carry alcohol, drugs, or tobacco, nor associate with or remain in the presence of the substances.
5. Not carry a weapon or threaten another person with a weapon, bodily force or language.
6. Not be overly affectionate or have sexual contact with another.
7. Not gamble for real money.
8. Not use computers or cell phones maliciously or access inappropriate websites.
9. Acknowledge that searches of personal property may take place when there is reasonable law or policies.
10. Be courteous and respect others as well as leaving sites and public places neat and clean.
11. Use appropriate language and wear acceptable clothing.
12. Show kindness to others and give assistance when needed.
13. Honor my commitments including fully participating in any program or event.
14. Respect the individual rights, safety and property of others.

I have read, understand, and agree to the terms and conditions stipulated and is done freely and without inducement.

### General Authorization and Release

As the parent/legal guardian I understand:

- The medical information provided is correct and the youth identified has my permission to engage in all program activities.
- I am financially responsible for any and all charges for any medical attention provided to the indicated youth.
- The release of any medical records necessary for treatment, referral, billing, or insurance purposes youth.
- The University of Wyoming, its officers, trustees, representatives, agents, employees, volunteer leaders and youth of any 4-H program shall not be liable for any claims, demands, injuries, damage, actions or causes of action, whatsoever, to me, my family, or my property arising out of or connected with participation in 4-H programs/events or the premises where the programs/events occur. I do hereby release, discharge, and hold harmless the University of Wyoming, its officers, trustees, representatives, agents, employees, volunteer leaders, and youth of the 4-H program from all such claims, demands, injuries, damage to person or property, actions or causes of action, including but not limited to all acts of active or passive negligence on the part of the University of Wyoming, any 4-H program, their servants, agents, or employees.

As the parent/legal guardian, I authorize:

- Permission for medical staff/physicians to employ such diagnostic procedures deemed necessary if an injury or other medical condition occurs or arises.
- I authorize permission for photos or video of my child to be reproduced and used for educational purposes.
- I agree that all activities and use of all facilities relating to participation in 4-H activities shall be undertaken at the sole risk of the youth/family.

I have read, understand, and agree to the terms and conditions stipulated and is done freely

REQUIRED

### Statement of Assumed Risk

I understand that I understand the risks of my child's participation in 4-H and its activities may include, but are not limited to, sprained muscles, broken bones, injury or other body parts or functions, and death or serious bodily injury. I understand that the dangers and risks of participation in 4-H, 4-H travel, and 4-H activities may result in serious injury, as well as serious impairment of my child's future abilities to earn a living, engage in other business, participate in other social and recreational activities, and/or generally enjoy life.

I have read, understand, and agree to the terms and conditions stipulated and is done freely

REQUIRED

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

**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/MEDICINES? (Aspirin, Penicillin, etc.):

Allergies or reactions to FOODS? (dairy, peanuts, gluten, shellfish, etc.):

Allergies or reactions to THINGS IN NATURE? (weed biting/stings, hay fever, hydroquinone toxins, etc.):

List any required medications:

Provide any additional health information or clarification:

<< Previous    Continue >>

## 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.

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
---------	------	------

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	Edit
------	---------	------------------	------

<< Previous Continue >>

### 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

*(if you don't know, call the extension office and we can help)*

### 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.





# NATIONAL 4-H WEEK

★ October 4-10, 2015 ★

*Activities to celebrate 4-H week  
will be announced at a later date*





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 September 21st Junior Leader Meeting 6 pm Fulmer Library

## 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/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: 737-2415

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



# WYOMING CHARACTER



*that's what we're made of*

## Caring...Have you done it today?

*"If you can't think of anything nice to say, you're not thinking hard enough!" ~ Kid President*

Have you ever taken a moment to watch a Kid President video? If not, take a few moments to google it, you will be inspired to become AWESOME!

Awesomeness is not just about doing the right thing, its also about caring for those around you. When you care for someone, you show



**Materials:** A large pile of paper and pencils.

**Procedures:**

1. Have members sit in a circle on the floor.
2. Distribute a sheet of paper and pencil to each member
3. Ask each member to write their name at the top of the paper.



how much you appreciate the person they are, flaws and all.

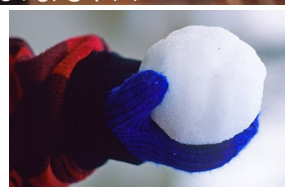
One of the easiest ways to show you care is to speak kind words. Along with kind words, listen to how others are feeling. Pay attention to their words as well as their body language, show compassion for their thoughts.

A great way to teach caring behavior is to model it yourself. Pass around high-fives, smile at others, compliment your peers, and listen when others are speaking. Praise kind behavior, and never tolerate rudeness.

Caring is not something that comes naturally to everyone, sometimes it takes PRACTICE!

Make a conscious effort every day to speak a kind word, or do something small to show others you care. The more you practice, the better you will become!

## 4-H Activity: Snowball Fight!



4. Once members have their name on a sheet of paper, ask them to crumble them into a ball.
5. Tell members to throw their paper balls like a snowball fight!
6. Once the fight has died down, ask them to choose a ball, unfold it, and write something nice about the person on the ball.
7. Crumble the papers again and have another snowball fight!
8. Once the fight has died down, repeat step 6. Repeat as many times as compliments you wish to have members write.
9. Ask each member to read the last ball they pick up to the group.

**Clover Connection**



**Head** - Remember to try and do something nice for someone everyday..

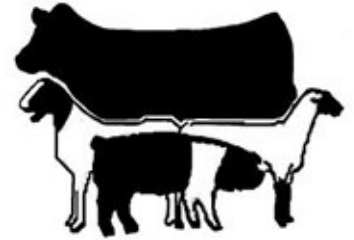
**Heart** - Listen to others, let them know you care.

**Hands** - Practice small acts of kindness!

**Health** - Be a friend, and you will always have a friend! Smiling lifts your spirits as well as those around you!

# 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 by **September 14, 2015**.



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 by January 1, 2016.

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.

## Need Help on your Record Book?

Last Minute Record Book Clinics:

**Wednesday—August 26th**

**Thursday—September 3rd**

**Tuesday—September 8th**

Come to 1 or to all!

6pm-?

Bring your Laptops (we will have a few computers available to use)

Or if you are doing a written copy bring that with you to work on. We will have a couple copies available.

We will go through how to do the record book and you will have time to work on your book during the class.

# Due 9/14!!

# September 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Record Book Clinic	4	5
6	7	8 Record Book Clinic	9	10	11	12
13	14 Portfolio's Due Indoor Comm. 4-H Council	15	16	17	18	19
20	21 Jr. Leaders	22	23	24	25	26
27	28	29	30 Cloverbuds			

# 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	10
11	12 4-H Council Meeting	13	14	15	16	17
18 Achievement Day	19 Jr. Leaders Meeting	20	21	22	23	24
25	26	27	28	29	30	31



# Important Dates To Remember

- **September 3rd @ 6:00 pm**—Record Book Clinic-Extension Office-Room 131
- **September 8th @ 6:00 pm**—Record Book Clinic-Extension Office-Room 131
- **September 14th @ 5:00 pm**—Indoor Committee Meeting-Sheridan County Library
- **September 14th @ 5:30 pm**—4-H Council Meeting-Sheridan County Library
- **September 14th**—Portfolio's Due at the Extension Office
- **September 21st @ 6:00 pm**—Junior Leaders Sheridan County Library
- **September 30th @ 4:30 pm**—Cloverbuds Extension Office-Room 131
- **October 4-10** National 4-H Week
- **October 7th @ 6:00 pm**—Livestock Committee Meeting Extension Office-Room 131
- **October 12th @ 5:30 pm**—4-H Council Sheridan County Library
- **October 18th @ 3:00 pm**—Achievement Day—Exhibit Hall Sheridan Fairgrounds
- **October 19th @ 6:00 pm**—Junior Leaders Meeting Sheridan County Library



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



PRESORT STANDARD  
 US POSTAGE PAID  
 SHERIDAN, WY 82801  
 PERMIT NO. 268  
 RETURN SERVICE REQUESTED



*Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.*

*The University of Wyoming is an affirmative action/equal opportunity employer and institution and does not discriminate on the basis of race, color, religion, sex, national origin, disability, age, veteran status, sexual orientation, or political belief in any aspect of employment or services. The institution's educational programs, activities, and services offered to students and/or employees are administered on a nondiscriminatory basis subject to the provisions of all civil rights laws and statutes. Evidence of practices that are not consistent with this policy should be reported to the Employment Practices Office at (307) 766-6721.*