

The 4-H Forecast



November Newsletter

Sheridan County 4-H

Sheridan County 4-H Families,

We have jumped right into this new 4-H year with fun new learning opportunities. As you look through this newsletter, you'll notice we are trying to offer alternative ways to explore new things in a variety of project areas. Many of these are 'take home' activities or challenges to try on your own. Our office looks forward to seeing all your creativity and learning with you along the way!

At this stage, we are still planning to offer meetings both in person and virtually. If it is an in person club meeting or learning opportunity, I ask that you wear a mask. There are so many unknowns right now. But I hope you know how much I care and how much I want us all safe and healthy. Now's the time to put our pledge into action: for our club, our community, our country, and our world.



Emily Swinger

WHAT'S IN THIS NEWSLETTER:

EVENTS FORECAST

GRATITUDE CHALLENGE

MEMBER SPOTLIGHT

ENROLLMENT

PROJECT LEARNING

TREATS 4 TROOPS

JUNIOR LEADERS

CLOVERBUDS

LIVESTOCK COMMITTEE

4-H COUNCIL MINUTES

CLUB INFORMATION



EVENTS FORECAST

Nov. 2	4-H Council @ 5:30pm, Sheridan Wesleyan Church
Nov. 3	Wyotana Grizzlies club meeting @ 6pm
Nov. 4	Livestock Committee Meeting @ 6 pm, Exhibit Hall
Nov. 5	Sheridan Livestock club meeting @ 6pm, NSI Academy
Nov. 7	Critters, Crafts, & Cooking club meeting @ 10am, Exhibit Hall
Nov. 8	Tongue River Roundup club meeting @ 2pm, TRVCC
Nov. 11	Renegades club meeting @ 5:30, via Zoom
Nov. 11	Market Goat Project Meet & Greet @ 6 pm, via Zoom
Nov. 14	Horse Leg Anatomy & Dissection @ 9am, Exhibit Hall
Nov. 14	Fundraiser for Willy Benedict @ 4:30pm, Big Horn Mountain Eagles
Nov. 15	Lucky 7 club meeting @ 4pm, ERA Carroll Realty
Nov. 16	Junior Leaders @ 6pm, Sheridan Wesleyan Church
Nov. 17	Market Livestock Feed Clinic @ 6pm, Exhibit Hall
Nov. 18	Big Horn Cowboys club meeting @ 6:30pm, Exhibit Hall
Nov. 19	Dairy and Breeding Mkt. Goat Project @ 6pm, Fairgrounds Sale Ring
Nov. 23	Cloverbuds @ 4:30pm, Exhibit Hall
Nov. 23	Jewelry Making Basics @ 6pm, Exhibit Hall
Nov. 30	"Behind the Lens" photo submissions due for November contest

NOV 2020

4-H Gratitude Challenge



SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
Start a gratitude journal. Each day write down something you are thankful for.	Write a thank you note to your 4-H advisor.	Think of someone you are grateful to know. Tell them.	Complete one random act of kindness today.	Send a text to someone who makes you smile and tell them why.	Handwrite a letter and mail it to a friend.	Create a piece of art that shows what you are thankful for.
08	09	10	11	12	13	14
Spend time with someone you care about.	Compliment at least 5 other people today.	Think of someone you are proud of. Tell them!	Thank a veteran for their service. Veteran's Day	Volunteer to do an unpleasant task, like taking out the garbage or doing the dishes.	Write a thank you note to a special teacher.	Bake a treat for your neighbors.
15	16	17	18	19	20	21
Gather 10 items from your closet to donate.	Make a social media post highlighting a person you are grateful for.	Write a thank you note to a coach or mentor.	Color a picture and give it to a friend.	Do a family member's chores for them today.	Set time aside to play a game with your family.	Share a photo of something you are grateful for on social media.
22	23	24	25	26	27	28
Think of a creative way to Pay It Forward today.	Leave a note of encouragement for a friend.	Call a relative you haven't spoken to recently.	No complaining day! Each time you want to complain, say something you are grateful for instead.	Spend time with family and friends. Thanksgiving	Give a small gift to someone for no reason at all.	Write a letter or note to your parents or grandparents.
29	30					
Donate one canned food item for each day you forgot to write in your gratitude journal	Read over your gratitude journal and spend time reflecting on the challenge.					



4-H wants you to take our 2020 Gratitude Challenge! 2020 has not been an easy year, but we still have plenty of reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club, Community, Country, and World.

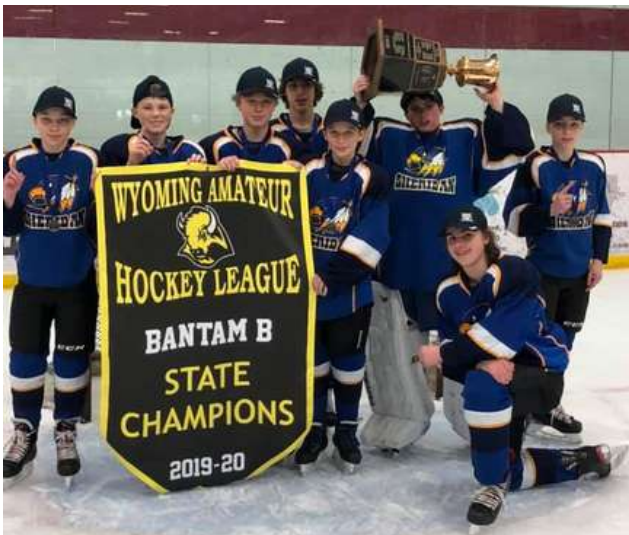
Use **#4HGrowsHere**, **#Grateful4Her**, and **#4HGratitudeChallenge** to spread an attitude a gratitude to all of your social media friends and followers.

MEMBER SPOTLIGHT

DEAN SHATTO



Dean Shatto is an active member and outgoing president of Critters, Crafts, and Cooking. Dean competed in Wyoming's Fall Showcase Showdown last month with his robotics project. He represented us well and placed 2nd in the state! Great job Dean!



Other than robotics, Dean also participates in the Shooting Sports project and enjoys hunting with his family.

Dean is also a member of the current Wyoming State Champion Hockey League from Sheridan!

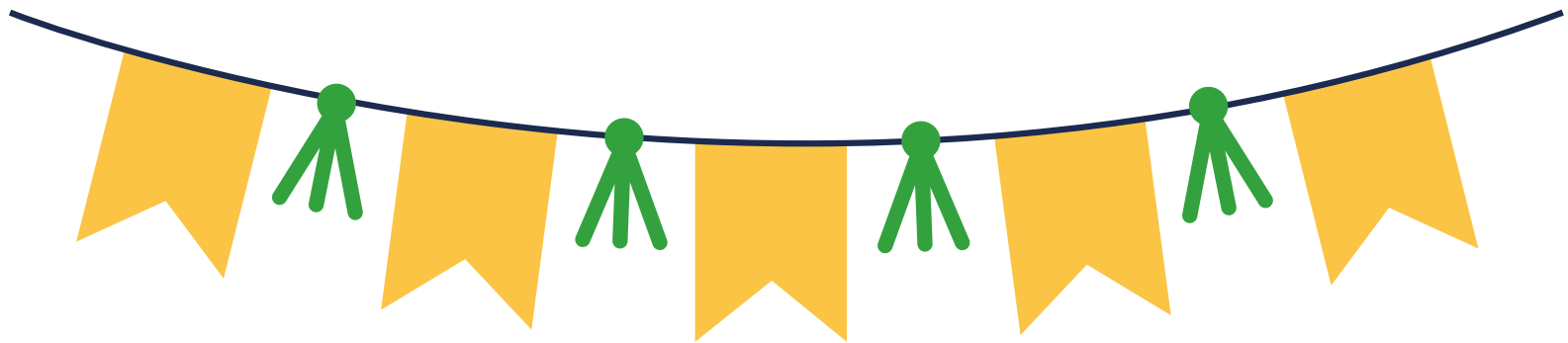


Z SUITE ENROLLMENT



Happy New
4-H Year!

Enrollment for the 2020-2021
4-H year is now OPEN



Enroll online at:
4h.zsuite.org

ZSuite 4-H Record Books & You!

Understanding the new record book system



Create a family profile

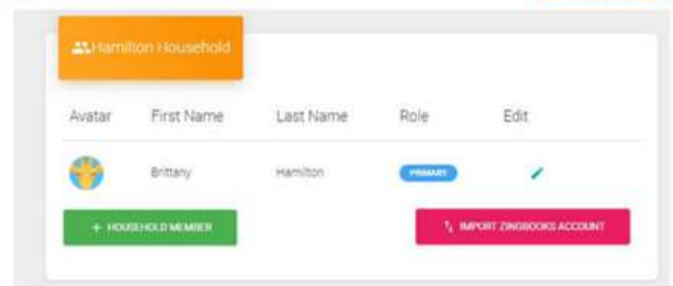
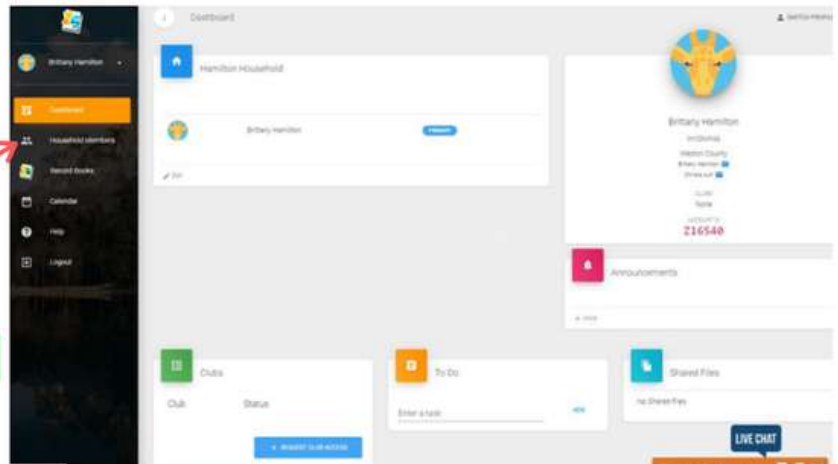
1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer) You will see a screen like this.
2. As a family creating a new profile, select **Sign Up**.
 - a. Fill in the required fields (you can use your same email and password from 4HOnline).
 - b. Create a pin number (we recommend an easy-to-remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your portfolios!
 - c. Select Wyoming and your home County.
 - d. Click **Let's Go**.

The screenshot shows the ZSuite login and sign-up interface. At the top is the ZSuite logo. Below it are two input fields: 'Email' and 'Password'. There are two buttons: 'LOGIN' in orange and 'SIGN UP' in blue, which is circled in red. At the bottom, there are links for 'Forgot Password?' and 'Help'.

Add members of family

You should now be directed to the **Dashboard** screen.

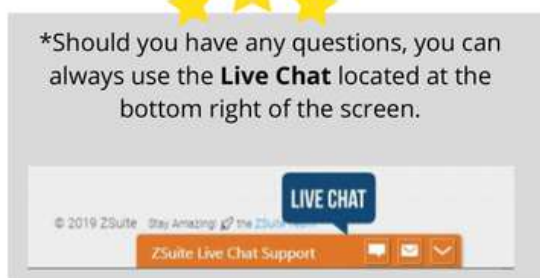
1. To add members, in the black drop down menu, select **Household Members**
2. On the next screen, select **+ HOUSEHOLD MEMBER**
3. Fill in the required fields for one of your members.
4. Don't forget to add a club! Click **+ ADD CLUB**
5. Finish by clicking **SAVE**



The screenshot shows the 'New Household Member' form. It includes a profile picture placeholder, input fields for 'First Name' and 'Last Name', a dropdown for 'Add CLUB MEMBER', and a section for 'Clubs'. At the bottom, there are 'BACK' and 'SAVE' buttons, and a '+ ADD CLUB' button.

You will return to the **Household Members** screen. The member you added should appear in the list along with yourself. Repeat this process for the other members of your household.

★ ★ ★
*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.





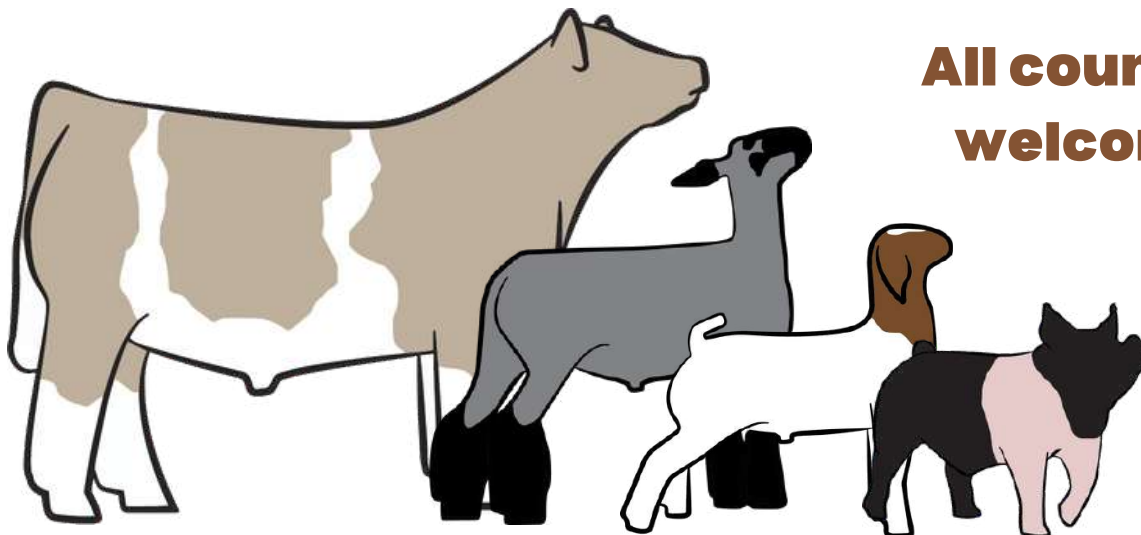
LIVESTOCK FEED CLINIC

November 17th @ 6 pm Exhibit Hall



Proper animal
nutrition for all
market species

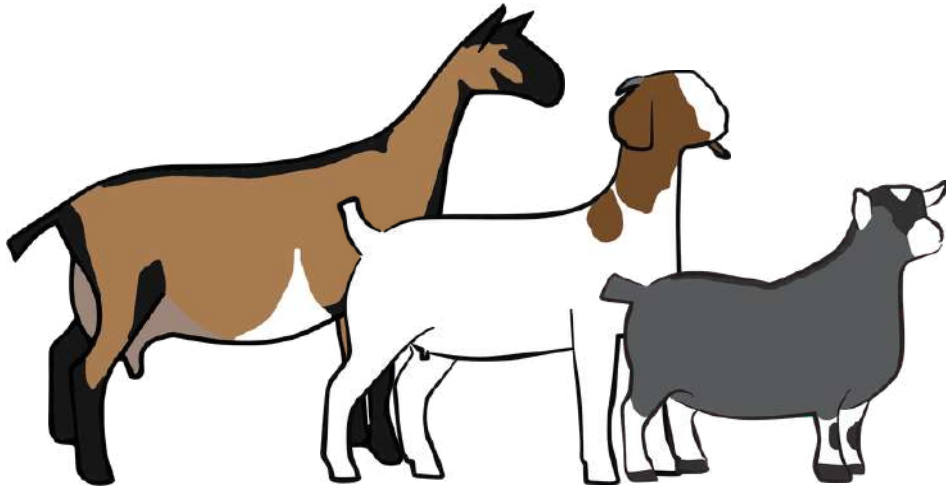
Open to all 4-H and FFA members



**All counties
welcome!**

PROJECT LEARNING

BREEDING MARKET & DAIRY GOAT



Starting
weights and
pregnancy
blood tests

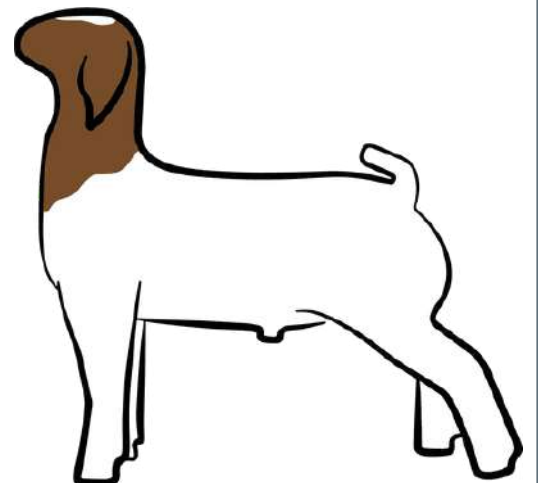


November 19th
@ 6 pm at the Sale Ring

MARKET GOAT

Member Meet & Greet
November 11th @ 6 pm
via Zoom

Meeting ID: 427 199 2069



PROJECT LEARNING



EQUINE LOWER LEG ANATOMY AND DISSECTION

In Partnership with Wyoming Farriers Assoc.

Saturday, November 14th
9:00am - 2:00 pm
Fairgrounds Exhibit Hall

Perfect for members participating in the
Horse Project as well as Animal/Vet Science

PROJECT LEARNING

ART EXPLORATIONS



MONTHLY
CREATIVITY
CHALLENGE

NOVEMBER'S CHALLENGE:

Create some form of art using something that '*usually*' isn't considered an artist's tool

For Example:

- Make fun textured backgrounds using bubble wrap
- Paint using string instead of a brush
- Incorporate buttons to either stamp with, glue on, or to add texture
- Recycle styrofoam and create your own stamps

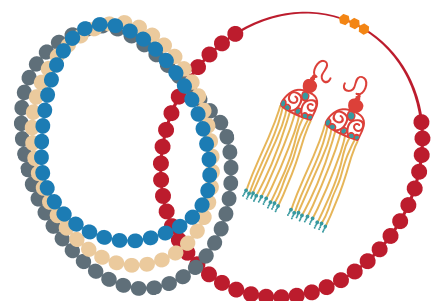
THEME: NATURE



Jewelry Making Basics

This beginner workshop is for *any member* wanting to learn the basics- from clasps, knotting, crimp beads, and jump rings!

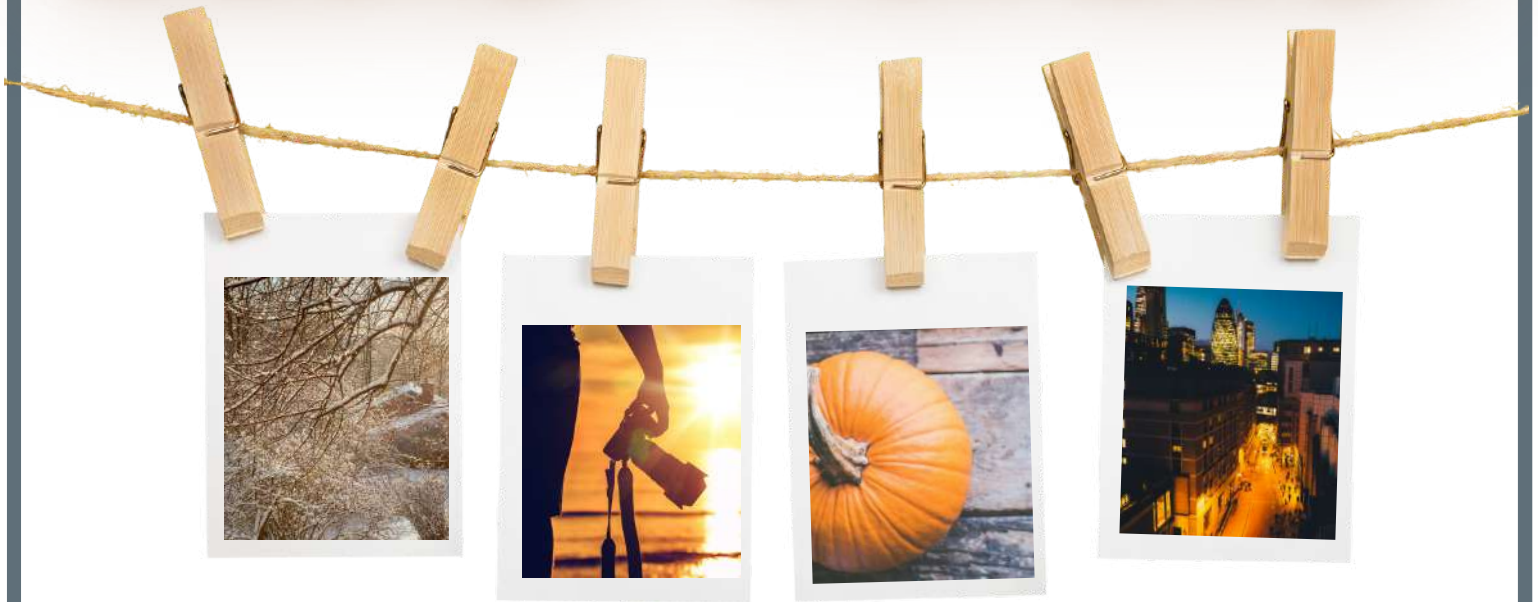
November 23rd @ 6 pm
Exhibit Hall



PROJECT LEARNING

MONTHLY PHOTOGRAPHY CHALLENGE

BEHIND THE LENS



Are you ready to take your interest in photography to a fun new level?

Join our monthly photography challenge. Each month, one submitted photo will be selected as the Facebook Cover Photo for the entire month!

To enter: Post on facebook and tag #behindthelens #sheridancounty4h or email submissions to sheridan.county@uwyo.edu

**NOVEMBER'S THEME:
GLITTERING GOLD**



18 USC 707

PROJECT LEARNING



Cookies *and* Canvas



***Paint along
with us!***

\$5 per Kit

***Includes:
3 brushes, paints,
and 8x10 canvas***

Stop by the Extension Office to pick up a kit with all the supplies you need to paint this adorable owl family!

*We can't wait to see
what you create!*



Cookies *and* Canvas

CRANBERRY OATMEAL



COOKIES RECIPE

Ingredients:

3 cups old fashioned oats
2 $\frac{1}{2}$ cups whole wheat flour
1 $\frac{1}{2}$ cups brown sugar
1 teaspoon salt
1/2 teaspoon cinnamon
3/4 cup raisins

3/4 cup canola oil
2 eggs
1 teaspoon baking soda
1 $\frac{1}{2}$ teaspoons vanilla
1/2 cup low-fat milk
3/4 cups walnuts, chopped (optional)

Equipment:

Clean Hands
Measuring cups
Spoon
Cookie sheet

Large Bowl
Measuring spoons
Portion scoop
Small bowl for mixing soda, vanilla and milk

Directions:

1. In a large bowl, combine oats, flour, sugar, salt, baking soda, cinnamon, raisins and walnuts. Mix well, by hand, to break up any lumps.
2. Combine, eggs, oil, vanilla and low-fat milk in a small bowl.
3. Pour this mixture over the oat mixture.
4. Mix well with fingers to make a stiff dough.
5. To form cookies, portion with a food scoop or make $\frac{1}{2}$ inch balls by hand.
6. Place on a parchment lined cookie sheet.
7. Press each down with wet fingertips.
8. Bake at 325 degree oven 10 - 15 minutes, or until the edges are turning light brown.
10. Cool, remove from cookie sheet and place on serving platter.
11. Clean equipment and work area when finished.

TREATS FOR TROOPS

TREATS FOR TROOPS



- Packaged treats, not homemade this year (think Little Debbie cakes, packaged candy, etc)
- Toothbrushes, toothpaste, deodorant, chapstick, and other basic needs items



**Club Leaders can drop off at the Extension Office
Junior Leaders will be packaging on November 16th**

JUNIOR LEADERS

JUNIOR

leaders

Next Meeting

November 16th @ 6 pm

@ Sheridan Wesleyan Church



For youth ages 13-18

***Treats for Troops
Packing Party***



CLOVERBUDS

Cloverbud Fun!



**Last month, we
launched into a new
4-H year and made
our own rockets!**



*Learn about
different projects,
make new friends,
try new things!*



**MONDAY
November 23rd
@ 4:30 pm
Exhibit Hall**

For children, ages 5-7

LIVESTOCK COMMITTEE

Each year, we have Superintendent positions that need re-election.

POSITIONS TAKING APPLICATIONS:

Breeding Beef & Pocket Pets



Superintendent Expectations:

1. Attend Livestock Committee Meetings monthly on the first Wednesday of the month (unless a prior arrangement is made with the educator)
2. Abide by the Wyoming Volunteer Code of Conduct
3. Have general knowledge and excitement for the project area
4. Provide **no less than two** learning opportunities for families and members
5. Be willing and available to help new members and their families in your project area
6. Maintain consistent communication with the committee and the educator about upcoming project learning
7. General awesomeness is always a plus

LIVESTOCK COMMITTEE SUPERINTENDENT APPLICATION

Position Applying For:

Name:

Past Livestock & Non-Livestock leadership experiences (project leader, workshops, clinics, leader training, etc.):

How can you help grow the livestock area you are applying for to increase participation by youth and the community?:

Since Superintendents must be able to make fair and cooperative decisions, briefly describe your past experience working as a team member:

Since Superintendents must be able to make fair and cooperative decisions, briefly describe your past experience working as a team member:

Please list at least 5 goals you have as a livestock superintendent:

- 1.
- 2.
- 3.
- 4.
- 5.

Additional comments:

Signature:

Date:

COUNCIL MINUTES

10/5/20 4H Council Meeting Minutes via Zoom

Present: Jessie, Melissa, Erin, Emily, Chandra, Heidi, Barb, Suzie, Carol, Chris, Jody, Donna, Bailey, Lacey

Erin called meeting to order 5:30pm

Secretary report

Minutes sent out from 9/14/20 meeting, no corrections. Barb moved to approve, Emily 2nd
APPROVED

Treasurer Report

Barb reviewed Treasurer's report and this was emailed to the group; bills to be paid reviewed.

Chandra moved to approve bills to be paid, Donna 2nd – APPROVED

Treasurer's report to be included with minutes

Discussed 4 members attending the Kansas City Royal for National Livestock Judging, \$500/member for travel to help with expenses and presentation upon return.

Heidi moved to approve, Jessie 2nd – APPROVED. Emily will write checks for members

Roll Call of Clubs:

Bighorn Cowboys – Met Sunday 10/4/20 to decorate windows at 1st Northern Bank for 4H week, they look great. Plan to meet the 3rd week of October in person at the Fairgrounds and election of officers planned.

Renegades – Trailer at Knecht's planned 10/6-10/12/20 for 4H week. Next meeting is 10/14/20 @5:30

Sheridan Livestock – Change in leaders, Jennifer stepped down and Bailey Forsness and Lacey Sell will be the new leaders – welcome! Officers will keep positions except those who aged out. Discussed fundraising, community service. Will be participating in Trunk or Treat at Java Moon 10/31. Encouraged 4H week participation online via Facebook.

Wyotana – Pumpkin patch, 3 kids came and they have 21 pumpkins for carving on 10/24/20 and highway clean up that day

TRR – Volunteered at the Dead Swede 10/3/20 bike race aid station planned. Meeting planned for 10/11/20.

Critters, Crafts and Cooking – Meeting 9/20 at the park with new members. Saturday 10/3/20 petting zoo for 4H week at Tractor Supply, was a hit and had kids do a radio PSA; was a lot of fun and a success. 11/1/20 meeting planned at Exhibit hall with pizza, elect officers, Treats for Troops.

Lucky 7 – No meeting in September. Jessie reaching out to members/parents to discuss meetings; voted for in person meetings. Lots of volley ball, soccer traveling kids and will work to incorporate zoom meetings for participation. 10/18/20 meet at ERA Carroll Realty this month.

Jr Leaders – Met at Wesleyan Church coffee shop 9/21/20 @ 6 pm. Officers election 11/20, Treats for Troops planned and packing boxes. Jr Leaders decided to give all their money in account to Willy Benedict to help with medical expenses after horse accident. Emily expressed how proud she was of them for being selfless and thinking of others, spoke of their character; council members inspired by their story.

Old Business:

Record Books all scored – DONE! Emily graded all but 1 record book, not her child's. Council expressed thank you for doing this and Emily enjoys getting to know the kids. Emily excited about the awards for project record book winners.

Achievement day Update: 10/10/20 @ 2 pm Sheridan Wesleyan Church.

Office helping with prep work, almost finished. Council thanks the office for helping.

Awards – prizes identified and ordered, committee was mindful of the recipient and the award. Helping Hands award, name on plaque and certificate and plan is for a Dairy Queen gift card. Discussed event budget, 4H family donated a number of gift cards this year and used for awards. Gifts will be given to 1st year, 5th year, 10 year and 20 year leaders – Barb has ordered these from a local vendor and have metal cutout 4 leaf clovers and Emily will get the key ring for these.

In the future for planning purposes, set expectations first and budget. Order things in advance so they will be ready for Achievement day. Likely budget is \$1000 for this event.

Pins discussed – Emily asking if we as a council should continue purchasing the yearly membership pins (i.e. 1st year, etc.). Much discussion by council and spent ~\$200 this year and have a surplus in the storeroom, which will be used this year. Plan is for Emily to send out a survey to members and families to get their input. Discussion was to have this an option if the member chose, can be ordered after Achievement Day. Members can purchase their own project pins if they desire, discussion of the 4-leaf clover being available similar to a high school letter to display their pins or a neck ribbon. Council liked the idea of 3 year, 5 year, and 10 year.

9 year member bags – Council has pain for these in the past, question if this should be moved to the Awards Committee. Brought up discussion about the Prize Award Committee and if all this could be together (fair/achievement/awards)? Determined yes this could be done.

Past used to come from Sheridan Tent & Awning and discussion these were very nice bags and the council would like to go back to this if able. Heidi to call and inquire about cost, etc. for next year. This year ordered from Kilpatrick's and are in process. Bailey will ask Lacey to send a picture as an example if she has one.

Nominations: President Chandra Hendricks; Treasurer Barb Kepley and write ins are welcome – no other nominations at 10/5 meeting. Closed and will vote on 10/10/20.

New Business:

Annual Club Charter Renewals – Emily will send these out. Clubs to turn in Secretary minutes, binder/folder, Bank Statements and Emily reviews these.

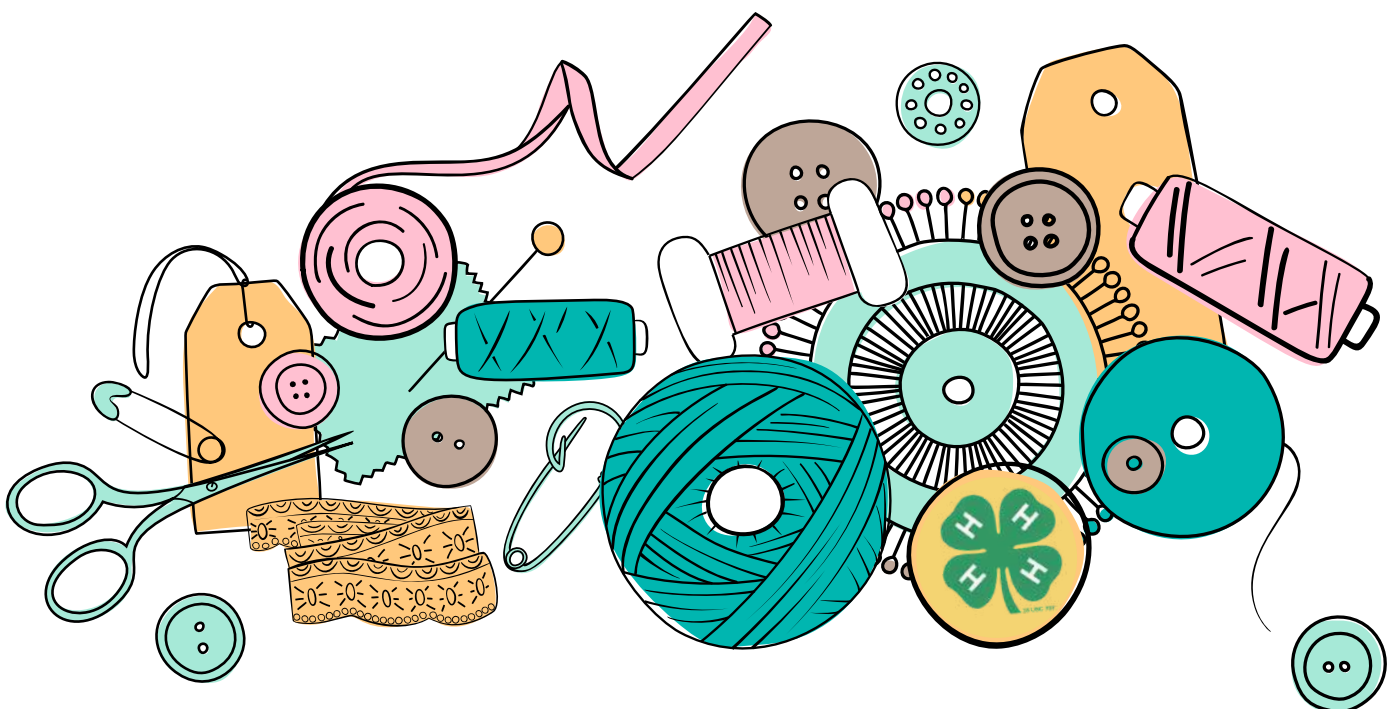
Auditing 4H Council Treasurer Account – Barb mentioned this has not been done in a long time and could be done by random reconciliation by a 3rd party, could be a 4H council member and is typically done once per year after the year has ended. Last council audit was 5 years ago. Emily to follow-up with the State and report back to the Council. Ideas/discussion of who could do this – Chris volunteered, Vicky Koltiska, Jean Strausser|were names mentioned who may be able to assist. PENDED TO NOV MEETING.

National 4H week – Facebook participation, Emily will be giving away prizes for answers and tags

Fundraiser – Bailey and Lacey Sell/4H families/4H Clubs planning a benefit for Willy Benedict and more details to come. Tentative date 11/14/20 at the Elks. Live/silent Auction, food will be donated. May need volunteers for setting up/tearing down, donations for live/silent auction items.

Emily moved to adjourn meeting, Melissa 2nd. Meeting concluded 6:45 pm

Next meeting Monday 11/2/20 @ 5:30 pm Exhibit Hall



CLUB INFORMATION

Big Horn Cowboys

Leader: Erin Hinton and Jody DeHaven

Phone: 307-751-4349

Meets: 3rd Wednesday of the month

Time: 6:30 pm

Meeting Place: Exhibit Hall

Critters, Crafts & Cooking

Leader: Carol French and Brenda Bailey

Phone: 307-751-0380

Meets: 1st Saturday of the month

Time: 10:00 am

Meeting Place: Varies

Lucky 7

Leader: Jessie Koltiska and Vicki Koltiska

Phone: 307-752-2298

Meets: 3rd Sunday of the month

Time: 4:00 pm

Meeting Place: ERA Carroll Realty

Sheridan Livestock

Leader: Lacey Sell, Bailey Forsness and Chris Lamb

Phone: 307-429-9881

Meets: 1st Thursday of the month

Time: 6:00 pm

Meeting Place: Varies

Tongue River Roundup

Leader: Barb Kepley and Heidi Justus

Phone: 307-461-7967

Meets: 2nd Sunday of the month

Time: 2:00 pm

Meeting Place: TRVCC Dayton

Renegades

Leaders: Melissa Petzold and Kymberly Brown

Phone: 307-763-9687

Meets: 2nd Wednesday of the month

Time: 5:30 pm

Meeting Place: Varies

Wyotana Grizzlies

Leader: Susie Terry

Phone: 307-751-2233

Meets: 1st Tuesday of the month

Time: 6:00 pm

Meeting Place: Exhibit Hall

Please Note:

Meeting places and times may change.
Stay in contact with your club leaders
and call our office if you have questions.
307-674-2980

Sheridan County Extension
University of Wyoming
3401 Coffeen Ave.
Watt Agriculture Center
(307) 674-2980
eswinyer@uwyo.edu



Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. 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 non-discriminatory 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.