PARK COUNTY 4-H

NEWSLETTER

October 2015

GREETINGS FROM KELSEY

Happy new 4-H year!

That is what I think of when I think of when I think of October. What do you think of? Pumpkins? Halloween? Whatever it might be, it's a great time of year! We can start our 4-H year off great by setting goals! Take some time with your portfolios and write down some goals for the coming year. Then you can refer to them for the rest of the year when trying to plan your projects!

I am excited for 4-H week! Make sure you participate because there are some prizes and goodies to win. We are having an open house on Wednesday the 7th and if you would like to join and welcome new families, we would love to have you!!!

See you all hopefully at Achievement Night!

Kelsey J. Roop

NEW 4-H YEAR!!!

With the new 4-H beginning begins new enrollment for the 2015-2016 year. Enrollment begins on October 1st. So if you are a new member or existing member please do not forget to get online and register at www.4honline.com. Enrollment fees will remain $15.00 for the year.

Please also remember that just because you enrolled in 4-H does not mean you are automatically entered in fair. All fair entries will be due to the Fair Office by July 1st. Fair entries will be accepted starting mid May.

****Please make sure to watch your newsletter, our Facebook page and our website for other project deadlines.

Websites:

National~ www.4-h.org

State~ www.uwyo.edu/4-h

County~ www.wyoming4h.org/park4h

Facebook~ www.facebook.com/parkcounty4h

Enrollment~ wy.4honline.com

I pledge my head to great thinking, my heart to greater loyalty, my hands to larger service and my health to better living for my club, my community, my country and my world.

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EXPLORE EXPERIENCE ACHIEVE

UNIVERSITY OF WYOMING

COUNCIL NEWS

COMING SOON

4-H Council Purpose is to:

Create, not limit, opportunities for ALL youth, while using the "do—reflect—apply" model, and to provide oversight, ensure resources & set direction.

UPCOMING 4-H COUNCIL MEETING

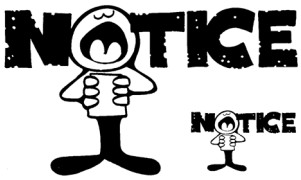
October 22nd at 6pm in Cody

- **VIDEO DEMOSTRATIONS UPDATE**
- **CLUB UPDATES**
- **GUIDELINES FOR FUNDS REQUESTS**
- **ACHIEVEMENT NIGHT & COUNTY WIDE DANCE AND PIE AUCTION**
- **DONATION TO 4-H COUNCIL FOR HORSE PROJECTS**

COME JOIN US AND FIND OUT WHAT IS HAPPENING IN OUR COUNTY. YOUR INPUT IS IMPORTANT TO US.

*************CLUBS WHO COME TO MEETINGS AND SHARE THEIR CLUB REPORT WILL BE ENTERED FOR A $25 DRAWING, GIVEN AWAY EACH MEETING.* **THE WINNER FOR SEPTEMBER WAS SHOSHONE ROUGH RIDERS.**

FUNDS REQUESTS GRANTED IN SEPTEMBER: $225.00 TO KIM BARHAUG FOR REIMBURSEMENT FOR TRAVEL EXPENSES TO SHOWCASE SHOWDOWN. $200.00 TO ADELLE OSTROM TO ATTEND RABBIT SHOW IN OREGON.



The 4-H Council has council positions opening up. Looking for people to fill the following positions: Vice President, Treasurer, Powell Member at Large, Powell Youth Member at Large and Meeteetse Member at Large. If you are interested or know of a good candidate please attend the next meeting or call Kelsey at 527-8560.

The 4-H Council is also looking for people to help form two committees

1. **To form guidelines for funds requests from the 4-H Council**
2. **Funding request grant committee to handle the $5400.00 that was donated by the Powell Valley Horse Club.**

If you are interest in helping on one of these committees please contact Kelsey at 527-8560

for **LEADERS**

********Leaders: It is very important to keep your screening current. If you have received a email request to be rescreened you must complete that as soon as possible. If you do not complete this step you will be required to re-do ALL of your training again in order to be a leader this next year. If you have any questions please call Kelsey at 527-8560.***

Leaders:

Rachel Olsen and Julie Miner are working on putting together a project list and a list of leaders that are available to help with those projects for the general membership to use as a resource for help in that project area. If you are available to help with a particular project please call the office at 754-8836 to let them know you would like to be on the list.

*******LIST IS BEING PUBLISHED. IF YOU DO NOT SEE YOUR NAME ON THE LIST AND WOULD LIKE TO BE ON IT AS A PROJECT RESOURCE PLEASE LET YOUR LOCAL OFFICE KNOW. ALSO, IF YOU ARE ON IT AND DO NOT WISH TO BE PLEASE LET OUR OFFICE KNOW. THANK YOU.**

To get a copy of the Project Resource List please visit our website at: http://www.wyoming4h.org/park4h/wp-content/uploads/2012/06/Project-leaders-2015.pdf

for **Leaders & Members**

Here is a great way to start out your 4-H year right. Community Service needed for Loaves and Fishes.

Loaves and Fishes is looking for 4-H clubs to do some trick or treating for food items to help stock their food pantry.

This food drive will take place on Wednesday, October 14th between 5pm and 8pm. If your club is interested in helping out with this community event please call Peggy Snyder at 754-5617 or Marge Cruz at 754-3414

for **Leaders & Members**

National 4-H Week is October 4th– October 10th, 2015

It is held annually to celebrate, promote and share 4-H's efforts in helping today's youth become tomorrow's leaders. 4-H provides young people a safe environment to explore, learn, and discover. It's where kids find their passions, gain confidence, and give back to the community.

Now would be the time to start thinking about what your club can do to help promote 4-H Week.

Decorate a downtown window?

Wear the color green that week?

How can you share 4-H?

$50 for clubs that display!

Send us a picture to claim the award.

#iam4H

WE WILL BE DOING THE FOLLOWING:

Monday, October 5th: **Wearing our favorite 4-H shirt to kick off the week. Post your picture to our Facebook for a chance to win a $50 iTunes gift card** www.facebook.com/parkcounty4h.

Tuesday, October 6th: **Free 4-H Balloon for stopping at your local office to say hello.**

Wednesday, October 7th: **4-H Open House at the fairgrounds in the new building 4pm-6pm**

Thursday, October 8th: **Stop by Tractor Supply to buy a 4-H clover for $1.00 at check out. Let others know about event.**

Friday, October 9th: **Wear your green :)**

Join the fun 4-H with oth-

and help us share ers.

for **Parents & Members**

Autumn Bash

Brought to You by Park County Events

October 10, 2015
2pm~6pm

Free Admission

Park Co Fairgrounds
New Exhibit Hall

Kid's Karnival

Pumpkin Painting
Costume Contest

Live Music by
Willwood Gypsy
String Band

Penny Games
Sponsored by
Powell First Baptist Church

Food and Beverages

Pumpkin Carving Contest

Smashtoberfest Demolition Derby
4PM

Brought to you by Hansel and Gretel's Restaurant
Box Seats $18 Grandstands $16
Tickets available day of event at the grandstands

Park Co Fair Office 307-754-5421

Members Opportunities

Are you a 4-H Youth who serves their community?

Here is yet another opportunity to be recognized for your dedication to serving others! You are already meeting all of the requirements!

The Congressional Award is about challenge. It is a fun and interesting way to get more involved in something you already enjoy or something you would like to try for the first time. To earn the Award, young people between the ages 13 ½ – 23 years old, set goals in ALL four Program Areas: Voluntary Public Service, Personal Development, Physical Fitness, and Expedition/Exploration. Once a young person registers, they are on their way to earn the Gold Medal. The Award is meant to be a challenge, yet achievable, with goal setting and a long term commitment to these goals in the forefront.

4-H youth are already on their way to success and are eligible to earn the most prestigious award given to youth by the Wyoming delegation. The Gold Medal is presented in Washington, DC where youth from all over the country celebrate their success together with state delegations and national representation.

Sound like something that aligns with the volunteer work you are currently doing in 4-H, call the Wyoming Congressional Award office in Cheyenne and get started today! Visit us online at wcac.us or contact our state office. Our staff is ready to help you embrace the challenge.

Minimum Hours by Program Area	Bronze	Silver	Gold
Voluntary Service	100	200	400
Personal Development	50	100	200
Physical Fitness	50	100	200
Expedition or Exploration	1 Night/ 2 Days	2 Nights/ 3 Days	4 Nights / 5 Days
Total Minimum Months of Activity Needed* (for each of the main three program areas)	7 Months	12 Months	24 Months

Trista Ostrom, Wyoming Congressional Award Executive Director
307-514-2004 (work)
307-254-1996 (cell)
trista@wcac.us

Members Opportunities

Catch-a-Calf Contest

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 today.

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.

The 2016 Catch-A-Calf schedule includes the placing of the 2015 calves in the Stadium Arena on January 10, 2016 at 10 a.m.

Catch-A-Calf contests in the Coliseum are held during the rodeo on Friday, January 15, 2016 (matinee performance), Saturday, January 16, 2016 (matinee performance) and Sunday, January 17, 2016 (matinee & evening performances).

For more information and application go to
http://nationalwestern.com/livestock-shows/catch-a-calf-contest/

INTERESTED IN ROBOTICS?

Upcoming in October, Robotic Leader, Kim Barhaug will be starting robotics again. This will be a great opportunity to get signed up for the new year and find out if robotics may be for you. Be on the lookout for times and dates.

for **Parents & Members**

Portfolio Tip:

With the new year beginning this month and getting signed up for 4-H now would be a good time to fill out the goals part in your portfolios for all of the projects you plan on doing. This is a great way to get a jump start on your portfolio and think about all of the things you would like to accomplish this year.

Just a reminder that Park County 4-H will only be accepting the State copy of the portfolio for the 2015-2016 year. Please see http://www.uwyo.edu/4-h/portfolio/index.html for the current version with type and save option.

Achievement will be held November 7th in Powell at the Fairgrounds in the new building . Dinner at 5:30pm, Program at 6:30pm and Dance from 7:30-9:00pm.

We encourage you to attend to see what it is all about and all the opportunities the 4-H Members have to earn awards and cash prizes.

***If you plan on attending please RSVP by October 29th so we know how many plan on attending so we have enough food to go around. Please call 754-8836 or 527-8560.

Families please bring a dessert for the auction!

On the following page is a nomination form. If you know of anyone who has done an outstanding job please fill out the nomination form and turn it in by October 19th so we may acknowledge them at Achievement Night.

Nomination Form for 2015

Name of Person or Business being Nominated_____

Please circle the corresponding category for the person or business being nominated

Junior Girl 4-H Member Junior Boy 4-H Member Intermediate Girl 4-H Member

Intermediate Boy 4-H Member Senior Girl 4-H Member Senior Boy 4-H Member

Rookie 4-H Leader Bronze 4-H Leader Silver 4-H Leader Golden 4-H Leader

Friend of 4-H Partner of 4-H Hard Luck Award

Describe why this person or business is deserving of the 2015 Outstanding Award

_____

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Would you like to read the narration at Achievement Night if nominee wins? Yes No

Name of Person Nominating_____

Return to Extension Office by 5:00 PM, October 19th, 2015.

Club Meetings/Information

4-H Council Meetings: We will meet October 22nd at 6:00pm in Cody in the Old Law Library in the Courthouse. We welcome club members to come share what you are doing and give us input. Have your club name put in for the $25 drawing.

Heart Mountain 4-Hers: The Heart Mountain 4-H Club will be meeting on the third Wednesday of each month. Meeting will be held at 4:45 pm in the EOC Room in the basement of the Courthouse in Cody.

Shoshone Rough Riders 4-H: Shoshone Rough Riders meet the 2nd Thursday of each month at 6pm for dinner with meeting to follow at 6:30. Meetings will alternate between Powell at the Fairgrounds and Cody at the Library.

Lonestar League 4-H: The Lonestar League 4-H Club will meet the third Tuesday of each month at 6:30pm in the meeting room at the Park County Annex.

Willwood 4-H: The Willwood 4-H Club meets on the first Monday of each month at the Willwood Clubhouse.

Bittercreek 4-H: The Bittercreek 4-H Club meets the 3rd Tuesday of each month at the NWC Ag Pavilion at 7pm.

Rocky Mountain Rustlers: Rocky Mountain Rustlers 4-H Club meets the 3rd Monday at 6:30pm in Powell at the Powell Church of Christ

Little Hooves: The Little Hooves 4-H Club meets the 2nd Sunday of the month at 2pm.

Southfork Community Clicks: The Southfork Community Clicks meets the 3rd Monday of each month at 7pm at Irma Flat School up the Southfork.

Sure Shots: The Sure Shots meet the last Monday of every Month, Except May 19th instead of the last Monday, at 6 pm in the EOC room in Cody. April 27th's meeting will take place at the Harvest Church at 6pm to work on bows.

October Birthdays!

Zain Anderson	Danielle Asay	Brian Brazelton	Bella Cameron
Alicia Campbell	Kabrie Cannon	Kyle Church	Louella Cornell
Lexee Craig	Audrey Downer	Jake Edgar	Morgan Erickson
Faith Flowers	Tarje Grover	Jayden Hernandez	Morgan Hobbs
Lauren Lejeune	Hudson Low	Harley Meadows	Tracy Miller
Acee Molaskey	Bryce Perl	Colten Preator	Macey Reed
Bryce Salzman	Delanie Salzman	Eleanor Siebert	Riley Simone
Gavin Spiering	Brooke Tarbett	Nicole Tarbett	Johanna Tomash
Nicole Wagler	Isaac Woods	Taylor Woodward	

DATES, DATES, DATES:

October 1st~ Start of enrollment for the new 4-H year

October 4th-10th~4-H WEEK

October 7th~ Open House in Powell! Join us!!!

October 22nd ~ 4-H Council Meeting at 6pm in Cody

November 7th~ Achievement Night 5:30pm at the Fairgrounds & County Wide Dance

February 19-20, 2016~ State Leaders Conference: Sheridan, WY

March 2-4, 2016~ WRLF

Interested in going to Alaska! Join our planning group, it's not too late. Contact Kelsey if interested

March 2-4, 2016

2016 State 4-H Leaders' Conference

February 19-20, 2016

Sheridan College

EVERYONE got time for that

Leaders: You can submit a workshop proposal! They are due October 15th and you all have great talents you could share with other leaders throughout the state. Visit our website for the proposal paperwork.

See you in Sheridan!

WYOMING CHARACTER

that's what we're made of

October, 2015

Caring

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

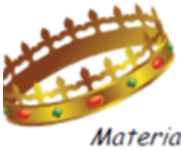
Compliments, smiles, and kind words are always nice gifts to receive on a daily basis. These simple things make us feel special when someone gives them to us. Have you ever stopped to think if you give them out to others?

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

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."
2. List examples of caring and compassionate behavior. Emphasize that caring is contagious and both the person caring and the one cared-for receive rewards.
3. 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!

Clover Connection

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.

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

4-H Calendar

October 2015

To Enroll Go To
www.wy.4honline.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			4-H Enrollment for the new year begins October 1st	1 Video Demos Due	2	3
4	5	6	7	8	9	10 Autumn Bash @ Fairgrounds
			-NATIONAL 4-H WEEK-			
11	12 Columbus Day	13	14	15	16	17
18	19	20	21	22 4-H Council Mtg. 6pm	23	24
25	26	27	28	29	30	31

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Achievement Night & Dance
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30					

Park County 4-H Extension Office
655 East 5th
Powell, WY 82435
307-754-8836

Park County 4-H Extension Office
1002 Sheridan Ave
Cody, WY 82414
307-527-8560

Please share your photos through out the year so we may let everyone know what exciting things your club has been up to. For example, any kind of community services, parades, club functions, Fair, etc.

Please email them to Rachel Olsen at rolsen7@uwyo.edu

You may also email any information that you may want put in the news-

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