



STACY'S SNAPSHOTS



Winter is here in full force, bringing snow, cold, blustery days, and lots of time indoors! 4-H'ers, have you been using your time stuck indoors to get a head start on your 4-H projects? Are there any that you can work on when you are stuck inside to stay warm? I am sure that many of you have aspirations for the Fair this year, and this cold, blustery, snowy weather is a great time to procrastinate your chores and get some project work completed, not that I think you should procrastinate chores, but you should make a little time for your projects. Perhaps you would like to perfect a leather carving technique, or try your hand at an oil painting. I know for a fact cold wintery days are a great time to try out new recipes in the kitchen, so pre-heat that oven and get to work! Not only will you be ready for the fair, but you also will warm up the house and have a fun treat to share with your family!

Look at your goals, and then think about those benchmarks you can achieve as you hide from the cold. Learn all the parts of a hog, or research diseases that can affect your lamb. Get your family involved in a spirited round of rabbit and poultry trivia or throw yourself into that quilting project so you can enjoy a finished project before the warm weather hits and you no longer need to stay warm! Starting on your projects now will help alleviate stress as the summer approaches, and you get busy with duties, chores, and activities outdoors. Just think, if you get started on your projects now, or, perhaps, even finish a few, how much more time you will have to play and enjoy yourself once the warm weather calls you outside!

Don't forget to check the Chatter, Facebook, and the website for updates on clinics and workshops; I am working hard to organize some fun and exciting workshops to begin the year! Perhaps you would like to begin a new project or learn a new skill, let me know and we can schedule a project meeting! As always, I am excited to visit with you about your goals and aspirations, so come in and let me know how I can help you be successful this year!

Stacy Buchholz

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UNIVERSITY
OF WYOMING
EXTENSION



I pledge...

my **head** to clearer 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**.

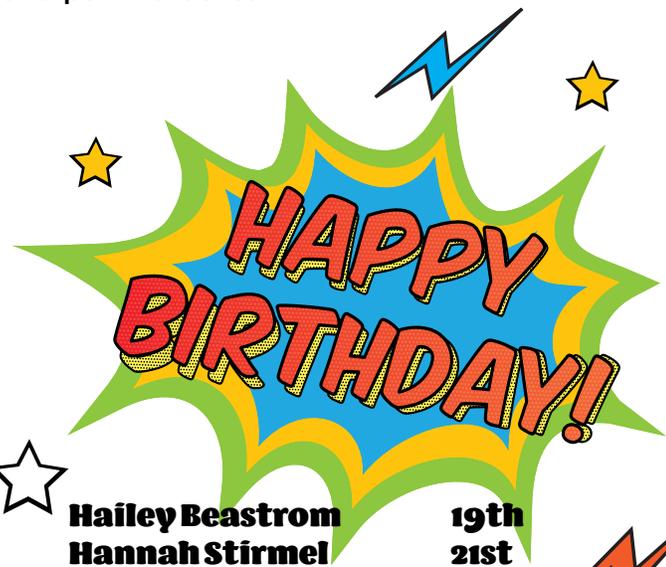
4-H Calendar

February:

- 1st: Junior Livestock Meeting @ 7 PM--Fairgrounds Events Center, Newcastle
4-H Sip & Paint @ 6 PM--Antlers Coffee Shop, Newcastle
- 2nd: 4-H Sip & Paint @ 3:30 PM--Antlers Coffee Shop, Newcastle
- 5th: Elk Mountain Outlaws Meeting @ 2 PM--Fairgrounds Events Center, Newcastle
- 9th: Tumbleweeds Meeting @ 3:30 PM--USDA Service Center Conference Room, Newcastle
- 10th: Misfit Rainbow Goldminers Meeting @ 1 PM--Methodist Church, Newcastle
4-H Gifts in a Jar @ 1 PM--Upton Elementary School, Upton
- 12th: Prairie & Pines Meeting @ 2 PM--Methodist Church, Upton
- 21st: Fair Board Meeting @ 6 PM--Fairgrounds Events Center, Newcastle
- 22nd: Stacy gone to training Feb. 21st-25th
- 26th: Borderline Bandits Meeting @ 1:30--Newcastle Vision Clinic, Newcastle

March:

- 1st: Junior Livestock Meeting @ 7 PM--Fairgrounds Events Center, Newcastle
- 2nd: Weston County Cowbelle's Slow Cooker Class @ 6 PM--USDA Service Center Conference Room, Newcastle
- 4th: Teen Leader Bingo Party @ 10 AM--Crook Courthouse Community Room, Sundance
Carpool for Teen Leader Bingo Party @ 9 AM--USDA Service Center Conference Room, Newcastle
- 14th: Fair Board Meeting @ 6:30 PM--Fairgrounds Events Center, Newcastle
- 15th: Misfit Rainbow Goldminers Meeting @ 4 PM--Sharpe's Residence
- 16th: Tumbleweeds Meeting @ 3:30 PM--TBA
4-H Leader Training @ 6 PM--TBA
- 20th: Stacy gone to training Mar. 19th-24th



Parker Stevens
Nevaeh Hintz
Jonathan Anderson
Katelynn Slaamot
Stacy Buchholz
Matthew Stirmel
Carolina Anderson

3rd
8th
9th
11th
14th
16th
18th

Hailey Beastrom
Hannah Stirmel
Lucas Scribner
Colter Christensen
Nathan Ondriezek
Morgan Stroh

19th
21st
21st
22nd
23rd
27th

4-H Online

Officially, the new 4-H year began October 1, 2016. If you know of someone who would like to become a 4-Her, please have them stop by the 4-H office for more information! You might explain to them that one can join a 4-H club from 8 to 18 years old. They can do all kinds of fun activities, like build a rocket, design clothes, learn about computers, or help save the environment. You name it, they can do it in 4-H.

If you are NOT enrolled in 4-H, you should NOT be participating in any 4-H events because you are not covered by insurance! So please, enroll online as soon as possible!

Registration for both members and leaders is completely online! Each family will be able to go to <http://wy.4honline.com> and enroll themselves! There are detailed directions on how to enroll on pages 8-9. Please do not hesitate to call the Extension Office at (307)746-3531 if you have any questions!



You may also stop in the office if you would like help enrolling!

FYI 4-H DUES!!

The county member enrollment fee will be \$10 per member. There will be no fee for leaders! If you have any questions, please call the Extension Office at (307) 746-3531



NEW MEMBERS!!

If 2016 or 2017 was your first year in 4-H, and you have not received your UW 4-H backpack, please let the Extension Office know!
746-3531

DID YOU KNOW?

The "Chatter" is very important in 4-H. Make sure to read each newsletter and watch for upcoming registrations and activities. If any new or current members have questions regarding your projects or 4-H in general, please stop by the office or give Stacy a call at 746-3531.

WESTON COUNTY 4-H WEBSITE

WESTON COUNTY 4-H HAS A NEW WEBSITE WITH ALL THE INFORMATION ANY 4-H'ER COULD NEED. LEADERS AND 4-H'ERS CHECK IT OUT AND IF YOUR CLUB IS DOING ANYTHING LET US KNOW AND WE'LL GET YOU ON THE CALENDAR. ALSO IF YOU DID ANYTHING, SEND US SOME PICTURES AND WE'LL POST ALL THE AMAZING THINGS YOUR CLUB HAS BEEN UP TO. CONTACT KARA FLADSTOL AT THE EXTENSION OFFICE WESTNCTY@UWYO.EDU OR 746-3531 FOR MORE INFORMATION!!!

[HTTP://WWW.WYOMING4H.ORG/WESTON4H/](http://www.wyoming4h.org/weston4h/)

HEY!!!

Fair Board Meeting Date Change

February 21st @ 6 pm

at the Events Center

If you have any changes to the fair book, questions, or concerns you should attend this meeting!

Pizza will be served!



Attention Leaders!!!

All new leaders and leaders who are in their 5th year and need to be re-screened are now required to complete training requirements before they will be screened and approved as a 4-H volunteer leader.

- A **NEW** leader is required to complete two training pieces. These two training pieces can be done in any order.
 - The Volunteer e-Learning modules accessible from the State 4-H web site: <http://www.uwyo.edu/4-h/>; the password is **volunteer**.
 - The face to face New Leader Orientation; this is done by Stacy.
- A volunteer leader who has not completed the background screening or training in the **last 5 years** is required to complete a training and screening.

Please see below for a list of leaders who need to complete these trainings and be screened.

Ann Wehri	Liana Scribner	Heather Jarrell
Bobbie Jo Tysdal	Shelly Ritthaler	Alecia Redding
Brent Thompson	Stephanie Kline	Hale Redding
Daniel Keierleber	Susan Pillen	Dennis Stirmel
David Kline	Kristi Butler	Tracey Stirmel

If you would like to be approved as a 4-H Volunteer Leader, these requirements need to be completed as soon as possible. Thank you for all you do, your involvement and dedication is appreciated! Please call the Extension Office at (307)746-3531 if you have any questions!



LIVESTOCK LOANS AVAILABLE

There may be some of you who are realizing that you need financial assistance in order to continue your animal projects. There are loans available through the Weston County Junior Livestock Committee. Contact David Kline at (307)746-9747 or Mike Morrison at (307)746-4111 if interested. Small animal applications are due in April/May. Feed loan applications will be extend through July, 2017.



Join Junior Garden Club!!

Work with Lacey, from the WCNRD, to learn how to grow and care for a garden from start to finish—and you get to take home your very own vegetables! Also help landscape the community garden.

Meetings will begin in April @
USDA Service Center
Lacey.sloan@wy.usda.gov or 746-3264



SCRAPIES TAGS

All sheep imported into Wyoming must have official individual identification. All goats imported for reproductive purposes or recreational events must have official individual identification. Complete information is available at <http://wlsb.state.wy.us/animalhealth.htm>. Be sure to check with your sellers before you purchase your lambs or kids.

In accordance with the National Accelerated Scrapie Eradication Program, Federal requirements mandate these groups of sheep and goats need an official scrapie USDA-approved ear tag or other official identification before being moved from an owner's premises regardless if they are being shipped in-state or out-of-state:

- All breeding sheep and potential breeding sheep regardless of age.
- All sheep 18 months and older.
- All sheep and goats for exhibition.
- All scrapie-exposed, suspect, test-positive and high-risk animals.
- Breeding goats except low-risk commercial goats.
- Sheep under 18 months of age in slaughter channels that are females that are pregnant or have aborted or sexually intact animals from a scrapie-infected flock/herd

Make sure your goats or sheep have their scrapies tag before they are tagged for county fair around the last week of May.



HOT NEWS!

All Livestock Project Members

Are you looking for ways to help finance your projects this year?

Ask Stacy about finding sponsors to help offset the costs of your projects this year!

Contact Stacy at 746-3531 or by email: stacy@uwyo.edu

YOU ARE INVITED!!

Teen Leader BINGO! PARTY!!

MARCH 4TH

10 am-12 pm in Sundance

@ Courthouse Community Room

ALL 7TH GRADE & OLDER 4-H'ERS INVITED

PRIZES!!

FUN!!

LEADERSHIP!!



Weston County 4-H carpool will leave the USDA building at 9AM

Play Bingo
Plan 4-H Camp
Win Prizes

Farm School Program

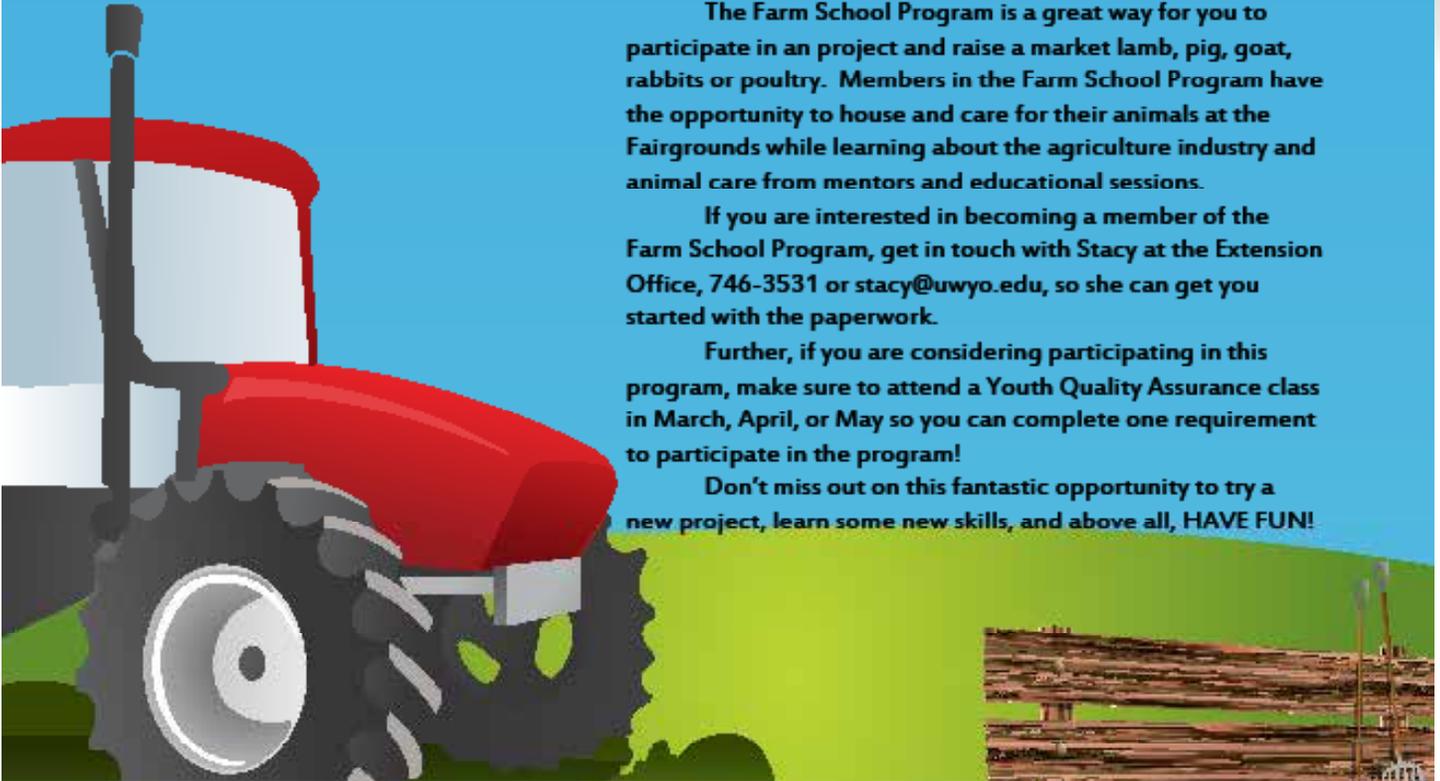
4-H'ers, are you interested in learning more about livestock, the agriculture industry, and raising a market livestock animal but lack the barn and adequate space?

The Farm School Program is a great way for you to participate in an project and raise a market lamb, pig, goat, rabbits or poultry. Members in the Farm School Program have the opportunity to house and care for their animals at the Fairgrounds while learning about the agriculture industry and animal care from mentors and educational sessions.

If you are interested in becoming a member of the Farm School Program, get in touch with Stacy at the Extension Office, 746-3531 or stacy@uwyo.edu, so she can get you started with the paperwork.

Further, if you are considering participating in this program, make sure to attend a Youth Quality Assurance class in March, April, or May so you can complete one requirement to participate in the program!

Don't miss out on this fantastic opportunity to try a new project, learn some new skills, and above all, HAVE FUN!



LEADER TRAINING



Come learn how to assess different personality types and communicate effectively.

March 16th @ PM, location TBA

This training is for any leader who is in a rescreening year and will meeting the training requirements.

Dinner will be provided. Please RSVP to Stacy at 307-746-3531 by March 14th!

To Make the Best
BETTER

IF YOU AREN'T RECEIVING EMAIL UPDATES FROM US, CHECK THAT THE EMAIL ADDRESS IN 4HONLINE IS ONE YOU STILL USE OR SEND AN EMAIL TO WESTNCTY@UWYO.EDU AND WE'LL GET YOU ADDED!!

2017 WYOMING STATE 4-H EVENTS

APRIL (DATE TBA)
SPRING CONTESTS- MEAT AND WOOL JUDGING | LARAMIE

JUNE 10-17
CITIZENSHIP WASHINGTON FOCUS (CWF) | WASHINGTON DC

JUNE 15-18
WYOMING 4-H HORSE CAMP | DOUGLAS

JUNE 20-22
SHOWCASE SHOWDOWN | LARAMIE

JULY 6-9
STATE SHOOTING MATCH | DOUGLAS

JULY 16-21
LEADERSHIP WASHINGTON FOCUS (LWF) | WASHINGTON DC

AUGUST 12-19
WYOMING STATE FAIR | DOUGLAS



Wyoming 4-H

www.wyoming4h.org

I love 4^H

TUMBLEWEEDS ST. PATRICK'S DAY PARTY

COME ENJOY THE LUCK OF THE IRISH!!

WHEN: MARCH 16TH AT 3:30 PM

WHERE: TBA

WYOMING
4-H
SPRING
CONTESTS
2017

LARAMIE, WY

WOOL
AND
MEAT
JUDGING

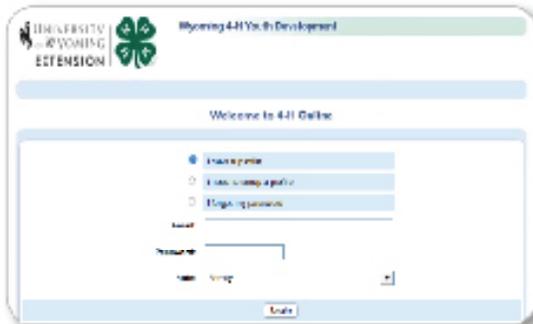
APRIL 21-22, 2017
WOOL CONTEST CHECKIN-
APRIL 21 AT 4:00 PM

MEAT CONTEST CHECKIN-
APRIL 22 AT 7:30 AM

CONTACT YOUR
LOCAL 4-H OFFICE
TO REGISTER-
REGISTRATION
AVAILABLE MARCH
6- APRIL 14

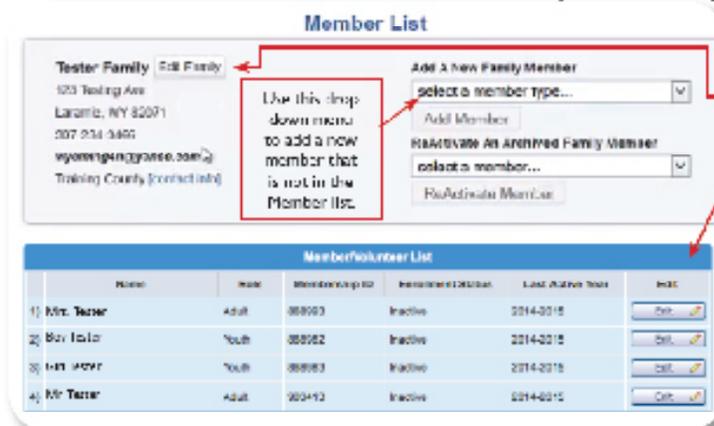
UW | Wyoming 4-H

4-H Youth/Volunteer Enrollment Process



FOR EXISTING MEMBERS

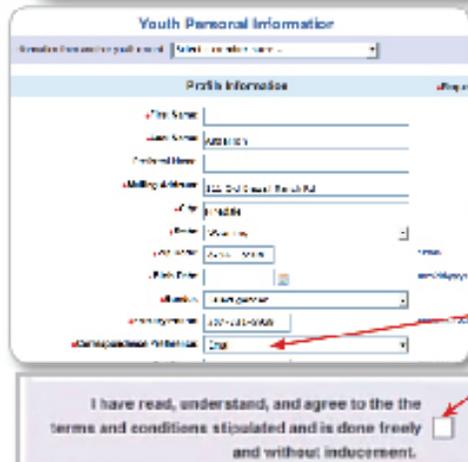
1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As an existing Member/Family that is re-enrolling for the next 4-H year select the first option I have a profile
 - Enter your email address and password you used to create your family login and click the **Login** button
 - If you can't remember your password select I forgot my password enter your email address and click the **Send My Password** button.
 - A new automated password will be sent to the email address you provided along with instructions to login and reset your password.



3. Once you are logged in you can review your Family info and update it if needed by clicking the **Edit Family** button

4. In the **MEMBER LIST** tab, please look at the **Member/Volunteer List** to view the members/adult volunteers associated with your family account. Please do not add a new individual that is already listed in the member/volunteer list!

- To Re-Enroll for the new 4-H year click on the **Edit** button to the right of each name
- Review the information displayed in the Personal Information screen.
- At the Bottom of the page on the right you will click the **Enroll for 2015-2016** button.



- On the next page you can review/update the personal information page.
 - The red asterisk * indicates required fields
- You will now continue through several tabs verifying/updating information. To advance to the next screen click the **Continue >>** button.

NOTE: In an effort to reduce our mailing costs, please consider selecting the EMAIL option in the Correspondence Preference field.

In the **ADDITIONAL INFORMATION** screen you will review the Publicity Release, Statement of Assumed Risk Transportation Release, Code of Conduct, and for Leaders Training and Screening Understanding.

- Please Read this information! You must click this box in each section in order to continue
- The next screen is the **HEALTH FORM** - If any of the individuals I health information has changed, please update it!

In the **PARTICIPATION** screen you will add or delete Clubs and Projects for each individual.

- If you are unsure of which Club to choose, please select **I Club Placement** and we will help choose a club.
- If you select a new club remember to click the **Add Club** Button to add it to your Club list.
- When finished with club selections click the **Continue >>** Button at the bottom.
 - You will be taken to the project tab where you can add or delete projects.
 - For returning members the years in project should automatically increase for projects you are continuing
 - Remember to click the **Add Project** button to add a project to the Project List.
 - You can delete a project by clicking the **Edit** button and then clicking the **Delete** button.
- When you are finished with club and project selections click the **Submit Enrollment** Button.
 - If your enrollment status is Pending, your record is complete and waiting for county level 4-H approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.

Extension News

Check out the UW Extension Weston County Facebook page for more information about upcoming classes.

PRIVATE PESTICIDE APPLICATOR TRAINING



WHEN:
February 21st, 2017
1-5 pm

WHERE:
USDA Service Center Conference Rm
1225 Washington Blvd. Newcastle WY

PRIVATE APPLICATOR LICENSES WILL BE ISSUED AND MAILED TO THE APPLICATOR BY THE WYOMING DEPT OF AGRICULTURE UPON COMPLETION OF THE WORKSHOP.

 UNIVERSITY OF WYOMING
EXTENSION

THE PRIVATE PESTICIDE WORKSHOP WILL PROVIDE TRAINING AND CERTIFICATION FOR NEW APPLICATORS AND FOR THOSE NEEDING TO RENEW THEIR APPLICATORS LICENSE

COST
Free

WHAT TO BRING
Your pesticide license number (if applicable)

QUESTIONS
Contact Weston County Extension Office at 307-746-3531 or Blake Hauptman at bhauptma@uwyo.edu

real FOOD

 EXTENSION

5 CLASSES:

Wednesdays, March 29 to April 26;
6 – 8 p.m.

ENROLLMENT DEADLINE:
March 22, 2017

COST:
\$0 because of sponsorship funding

LOCATION:
Newcastle High School, Room 223

INSTRUCTOR:
Vicki Hayman

REGISTRATION:
Call Vicki Hayman at (307) 746-3531 or
Newcastle EWC at (307) 746-3603

A 5-week program that will teach you how to:

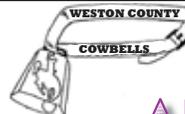
- Reduce packaged/processed foods and sugar
- Plan meals, shop and cook using whole, natural ingredients
- Read labels and decipher ingredient lists

You will receive:

- Cookbook and tools
- Handouts
- Weekly food samples
- New ideas and skills



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 employment institution.



 EXTENSION

ALL ABOUT SLOW COOKING

COME TASTE TEST SEVERAL TRIED AND TRUE SLOW COOKER RECIPES



UW EXTENSION EDUCATOR, VICKI HAYMAN WILL DISCUSS HOW BEST TO USE YOUR SLOW COOKER AND GIVE SOME HELPFUL HINTS

THURSDAY, MARCH 2ND @ 6:30 PM IN THE USDA SERVICE CENTER CONFERENCE ROOM

ENTER TO WIN A NEW SLOW COOKER OR FRESH BEEF

4-Hers in Action







Your Pathway to Higher Education

Introducing 4-H Animal Science 1009

Experience your 1st class at the University of Wyoming through 4-H!

How Can You Earn College Credit Through 4-H?

The Wyoming 4-H Program would like to invite any youth age freshman or older, who has at least one year of 4-H eligibility left, to become involved in the Pathways to Higher Education Program.

The Pathways to Higher Education is a program that would enable youth to take their involvement in 4-H and add a structured learning experience to work towards gaining University of Wyoming College credit.

The Pathways to Higher Education Program is a 1 to 3 year program that is built around a learning base involving a variety of species including beef, sheep, swine, goats, small animals and horses. The program is designed to integrate concepts of breeds, nutrition, selection/evaluation, meat science, care and prevention and genetics/reproduction into a sequential program. The program does require youth to expand their knowledge base and learn about more than one species. The program would culminate with a body of evidence (portfolio) of their learning experiences and a final intensive on campus practicum, which will capstone learning experience in conjunction with the UW Animal Science Program.

To become involved in the program, youth enroll through the 4-H on-line system. Under activities there is a program called ANSC 1009 and this is where they sign-up.

For each year the youth are in the program, they will complete a set of six instructional lectures that will be delivered via a computer program called zoom, that they can complete from home. Additionally they will complete 12 labs throughout the year. These lab experiences could include activities they are currently doing in 4-H. All their work will be turned in and tracked in a program called WYO Courses. This is similar to a student taking an on-line college class.

Once the youth has completed their program work, they will enroll at the University of Wyoming and take the ANSC1009 class. This will be a variable credit class allowing the youth to earn anywhere from 1 to 4 credit hours. The cost of each credit is the responsibility of the youth to pay. There are a limited number of \$125 scholarships that are available to participants to help cover the cost of the tuition associated with the class. The link for kids to sign-up for the scholarship is: https://wyoming4h.formstack.com/forms/ansi1009_scholarship_app These will be awarded on a first-come, first-serve basis.

For more information contact the Extension Office (307)746-3531.



WYOMING CHARACTER



that's what we're made of

Trustworthiness and Telling the Truth

"For every good reason there is to lie, there is a better reason to tell the truth."

Bo Bennett, American Businessman

The Trustworthiness pillar is blue and it's easy to remember with the saying "true blue". The true blue motto, "honesty is always the best policy", reflects the importance of telling the truth.

There are many reasons people lie:

- They don't want to hurt someone's feelings so they tell a white lie or fib, "You did a great job sewing this outfit". The truth: the seams are crooked.
- They think it might be simpler to tell a white lie, "I'm sorry I can't come to game night because I have other plans". The truth: you don't like to play games.
- They are afraid if they tell the truth, it might get them into trouble, "I don't know where the clippers are". The truth: you forgot to pack them after the last show.
- They think it might help them get ahead, "I missed the deadline because my club leader didn't get me the paperwork in time". The truth: you put the paperwork on the counter and it got covered up.

Character Counts Trustworthiness

There are better reasons for telling the truth:

- "You did a great job sewing this outfit". White lies are an excuse that lets us take the easy way out. In the end, it will make your friend feel foolish when the judge gives them a red ribbon because of the way the seams are sewn.
- "I'm sorry I can't come to game night because I have other plans". You are probably going to get invited over to play again because they don't know that you don't like games. Lying this time sets you up to lie again.
- "I don't know where the clippers are". The person you lied to is going to waste their time looking for clippers that you know have been lost.
- "I missed the deadline because my club leader didn't get me the paperwork in time". It's cruel to blame someone else for your mistake and it will harm your relationship with that person.

Learning how to be tactful, to reply in a way that is sensitive to another's feelings, will help you to be able to tell the truth all the time. How can you phrase the truth in a way that won't hurt the other person's feelings?

- "It looks like you had trouble staying in the seam allowance. What made it go crooked?" vs. "You did a terrible job sewing those seams". Maybe they were sewing too fast; maybe they sewed over a pin instead of tak-

ing it out; maybe the fabric was slippery; etc. Use this opportunity to help them learn how to improve next time.

- "Thanks for the invitation but games aren't my thing. I would love to go to the movie though" vs. "Games are stupid". Even if you think games are stupid, the friend who invited you to play feels differently.

The very best reasons for telling the truth:

- Your friendships—friendships are built on trust. People will not want to be friends with you if they feel like you can't be trusted.
- Your health—even if you only fib, you feel a little sick inside. You know it's wrong. Lies are lies, no matter how big or small.



Clover Connection

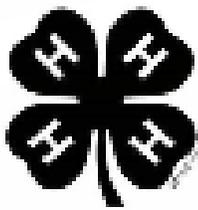
Head - be honest in words and actions

Heart - tell the truth from your heart, in a tactful way

Hands - be a good friend

Health - stand up for your beliefs and do what is right.

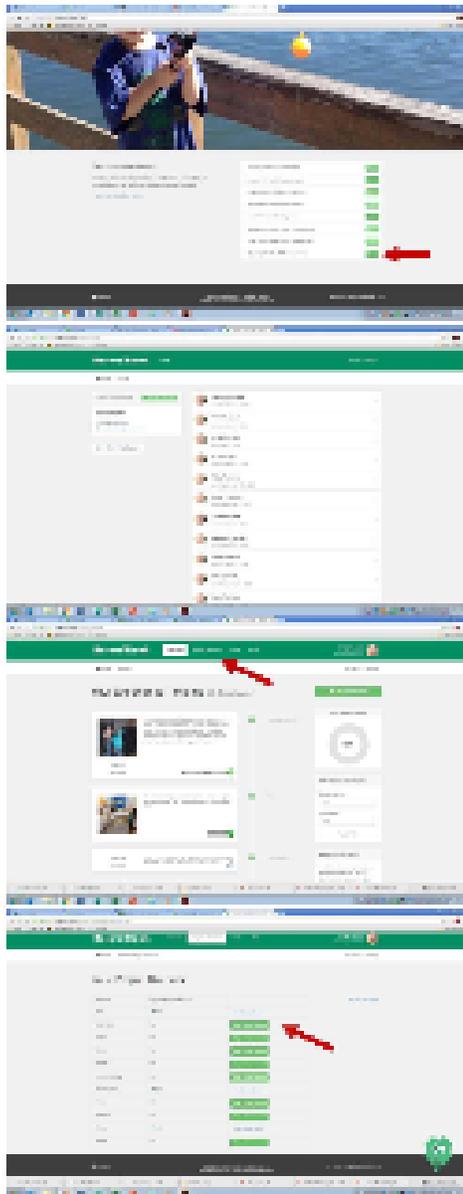
Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office



4-H Online Record Keeping

The NEW and IMPROVED way to track your 4-H experience!

Logging in to your NEW 4-H Record Book.....

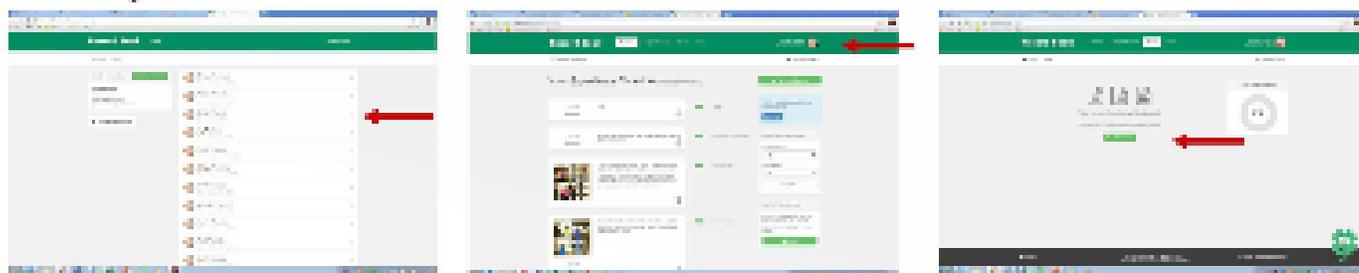


1. Visit <https://ark.4honline.com/>
2. Select the Wyoming 4-H Sign-In Button, it is on the right at the bottom...
3. Use your family's 4-H Online credentials to log in. Your credentials are your family email, and the password you selected to log in to 4-H Online and enroll.
4. Once you have logged-in, you will see a home screen listing all members linked to your family. Select your name on the screen. You are now logged in to the NEW record book system! Congratulations!
5. Set up your project records. Start by selecting the "Project Records" tab at the top of the screen.
6. You should see a screen with a list with all projects you are enrolled in listed. Click the green "Begin Project Record" for all projects you plan on keeping records for.
7. You are now ready to set some goals and begin logging your project experiences!
8. Make sure to take lots of photos and upload them!
9. Get started today!

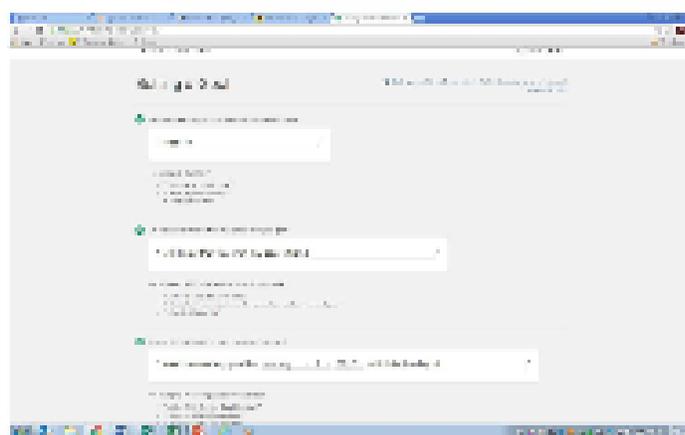
"The best way to get something done is to begin."

Setting Project Goals in the NEW Record Book.....

1. Log-In to the Online Record Book, see instructions on reverse side.
2. Select your profile on the home page. For this example we are the Pockets Family and using 4-H member Small Pockets. Click on the GOALS button on the navigation bar at the top of the screen. Then select the "Set Goal" button.

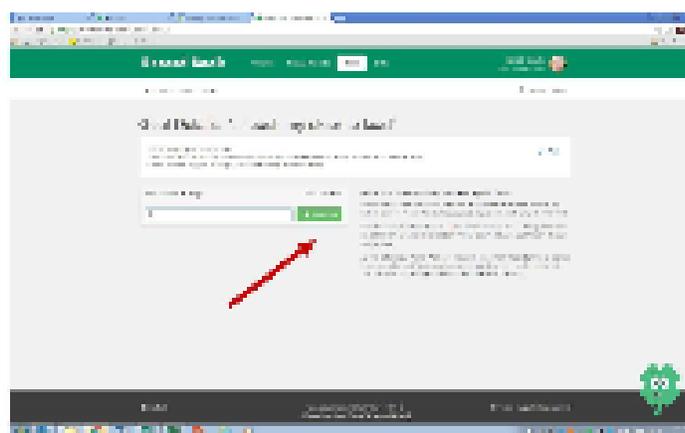


3. Use the prompts to set your project goal. For Example:
 1. I want to learn to fit and show my pig.
 2. I will know I have met my goal when I show my pig at the county fair.
 3. I want to meet my goal by August 3, 2016 which is the Swine Show at the county fair.



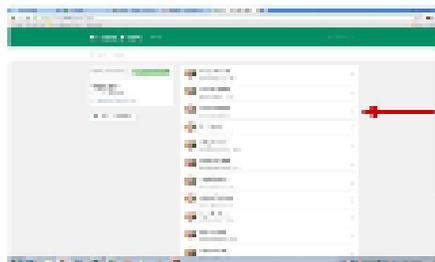
4. Click on the 'Save Goal' button.

5. You will automatically be sent to a screen to set some action steps for your goal. Make sure to set at least 4 action steps to accomplish your goal. For example, with the goal set above, some benchmarks could include: Watch a video on how to clip a pig. Practice clipping my pig. Attend a Workshop to learn how to show my pig. Practice showing my pig once a week. From the end of May till the county fair. To add an action step, simply click on the Add Step button.

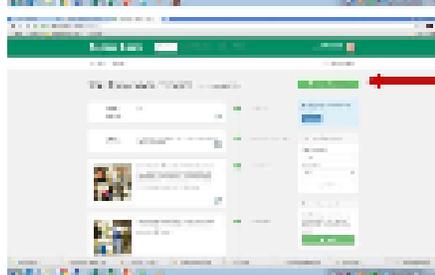


Logging your Experiences in the NEW Record Book....

1. Log-in to the Online Record Book, see instructions on reverse side.
2. Select your profile on the home page. For the example we are the Pockets Family and our 4-H member Small Pockets
3. Once you have selected your profile, your personal online record book will be open.



4. You can now begin logging experiences by clicking on the Log an Experience button in the top right hand corner.

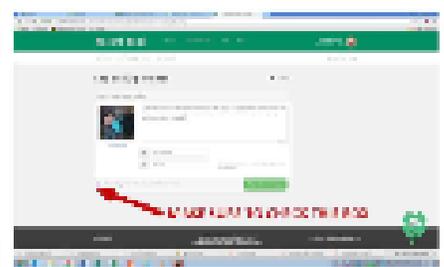
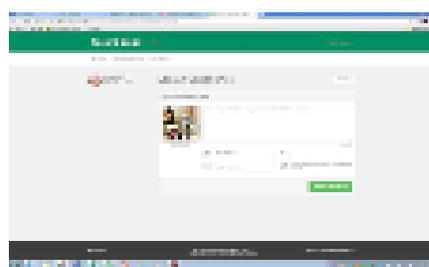
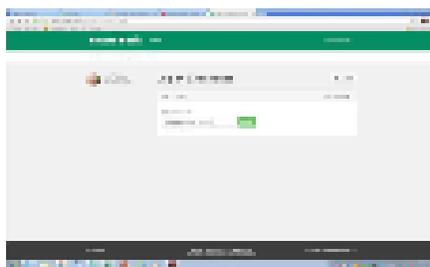


5. For every 4-H experience, try to make a log entry, particularly every club meeting attended, county event attended, and periodic updates on your project work.

6. Logging experiences is very similar to making a post on Facebook. When you click on the Log an Experience button, you will come to a screen with the option to upload a photo. If you have a photo you would like to upload do so then select the Upload button. Once you have uploaded your picture, make sure to include information about the experience you are logging. What did you do?

What did you accomplish? What did you learn? Make sure to include the correct date and if you made or spent any money on your project. Be that simple!

7. Make sure to checkmark the little button at the bottom of the Experience post that says 'Add this experience to the Record Book after saving'. Then click 'Save'.



8. Associate the logged experience to a specific project or core 4-H value. You can select which project area the logged experience is for using the drop down menu, which will include just a project option or all the benchmarks for all project goals you set. Select the correct reason project for the post if it is not related to a project goal benchmark, or select a project goal benchmark and click "Save." If it is not project related, assign it to a core value: Leadership, Communication, or Citizenship. It can be more than one core value, and you can assign core values to project records as well. Communication includes presentations, telling others about your 4-H work, or other instances helping you learn to communicate better. Citizenship included community service and actions that make you a better citizen. Leadership includes experience that involve any type of leadership, leading a pledge, mentoring a friend, or many others.

Helpful Tips for Logging Club and Project Work.....

When logging your club and project experiences, keep these tips in mind so you are prepared to complete your Record Book stress-free!

1. Make periodic posts. I recommend at least twice a month, particularly for live-stock projects that are more involved.



2. Every time you spend or earn money, make a post. You will have an accurate record of your income and expenses if you do so!

3. Set some goals now, Use the goal setting screen to set your goals and decide which benchmarks will help you accomplish your goals. Make sure your goals are SMART

- Specific: What do you hope to accomplish?
 - Measureable: How will you know you have accomplished it?
 - Attainable: Are you reaching too far? Make sure it is doable!
 - Realistic: Are the outcomes in your control? Is it realistic to attain this goal?
 - Timely: What are the benchmarks? Can you accomplish this goal in your 4-H year?
4. Every time you reach a benchmark toward achieving your goal, log it!
5. Don't forget to log all your club meetings, service events, and fun days! Assign core values to each, if you are not sure it fits with Leadership or Citizenship, log it as communication! Meeting and working with others is making you a better communicator!
6. Make sure to log all your non-4-H experiences as well, and assign core values to those as well!
5. Start NOW! Don't wait till September, you WILL regret it!!! Log now and log often, the rubric for this system has not been created just yet, it is still a work in progress, so don't set yourself up for failure, the more information you log, the better!
6. Ask for help if you have questions, this is a new system and we are all learning it together!!!





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