



# “The Chatter”

## June 2016



UNIVERSITY OF  
WYOMING  
EXTENSION

4-H WEB SITE:  
HTTP://4-  
H.UWYO.EDU

### Stacy's Snapshots

#### Inside this issue:

Registering for 4-H, New 4-H Year, 4-H Member dues	2
Letter from State Office about the New Record Book System	3
4-H Online Record Keeping	4-7
Cowbelle's Photo Contest, Livestock Information	8
Rabbit & Poultry Clinic, Garden Club, Fashionista Workshops	9
Horse Safety Certifications, Fair Work Day, New Fair Dress Code, Online Fair book	10
Leader Information, Carcass Contest, Art Workshop, Tumbleweed's Party	11
Gymkhana, State Shoot, Presentations Contest	12
Online Fair Registration Instructions	13
Static Exhibit Tags	14
Food Exhibit Tags	15
Fair Parade Entry Form	16
Online Enrollment Instructions	18- 19
Character Counts	20

School is out for the summer, and I know you all are making your summer vacation plans. I have a few vacation days and trips of my own on the calendar, and have planned some fun in the sun! I am also excited to get into the full swing of summer 4-H events like summer camp, workshops and clinics, and of course, FAIR! As you start filling your summer calendars, packing your coolers, and heading out of town to have some fun in the sun, don't forget about these summer safety tips!

- ✿ Drink lots of water! Be aware of your hydration status and make sure you are drinking enough to avoid heat exhaustion and dehydration. Avoid fluids with alcohol or sugar; they actually cause your body to lose fluids instead of helping to keep you hydrated.
- ✿ Wear sunscreen, and re-apply every 2 hours, sunburns are painful for everyone! Long sleeves and hats can help avoid sunburns too! Further, try to wear sunglasses during your outdoor activities.
- ✿ Wear loose fitting, lightweight, and light colored clothing to stay cool.
- ✿ Take frequent breaks from your fun in the sun, particularly as the temperatures begin to rise. Find a shade tree and relax after about an hour in the sun to cool off before you continue to play.
- ✿ Avoid high outdoor activity in the heat of the day, especially between 10:00 am and 2:00 pm. Instead try to utilize the morning or evening hours when the temperature is a little cooler.
- ✿ Avoid insect bites and stings by using insect repellent with DEET. Make sure to check regularly for ticks.
- ✿ Be aware of the foods you are packing in your cooler, and make sure they stay cool to avoid spoil and food poisoning.

Also, make a little room on your calendars for all the exciting workshops, clinics, camps, and contests available this summer. I am working hard to plan a diversity of 4-H opportunities this summer, make sure to check the *Chatter*, Facebook, your smartphone, or the website to stay up to date on the 4-H happenings here in Weston County. I look forward to seeing you all this summer, stay safe, and have FUN!

*Stacy Buchholz*



### **A New Way to Register for 4-H!!!**

Registration for both members and leaders will be **online** this year! 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 17 and 18! 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!

### **TO ALL 4-H PARENTS:**

Take this opportunity to show off your skills and teach them to 4-Hers! We really need help with the following

projects:

- Photography
- Visual Arts
- Cake Decorating
- Woodworking



If you have any experience in these areas and are willing to help teach them, please call the Stacy at the Weston County Extension Office at (307)746-3531!

### **THE NEW 4-H YEAR**

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. And better yet, they can get a lot of help from adult volunteers. They are mentors who teach and help them learn and have fun!

(Current members are encourage to re-enroll as soon as possible).

### **F.Y.I 4-H Dues!**

The county member enrollment fee will be \$10.00 per member. This year, there will be NO fee for leaders! If you have any questions, please call the Extension Office at (307)746-3531.

### **Attention!**

**Stacy is starting to schedule workshops; please let her know if there are any specific workshops that you would like her to set up!**

### **\*\*\*REMINDER\*\*\***

*Please don't forget to get your 4-H leader and member enrollment and re-enrollment completed online as soon as possible! You are not insured while attending 4-H events without having a current enrollment form on record and entered in the state 4-H program.*

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 (307)746-3531.



University of Wyoming Extension

State 4-H Office

Dept. 3354 • 1000 E. University Ave. • Laramie, WY 82071  
(307) 766-5170 • [jdespain@uwyo.edu](mailto:jdespain@uwyo.edu) • <http://4-H.uwyo.edu>

January 18, 2016

Dear Weston and Uinta Counties,

Thank you for agreeing to pilot the new record keeping system associated with 4HOnline. We, and the program creators, look forward to your feedback over the remaining 4-H year about it. As with all new technologies, we expect you will have some anxious moments using it and you'll have to be patient with us as well as it is new to us and all of the state's piloting it for the first time.

This is where Wyoming 4-H and most states are heading with record keeping within the 4-H program and it will be a change both in content, look, feel, and use of technology as we implement it. Wyoming 4-H will be adopting this state-wide and will discontinue any support of the existing record books over the coming year. Your 4-H Educator has faith in you in helping her (us) make these changes work for you this year and your county will be far ahead in this part of the 4-H program in moving forward.

PLEASE begin now spreading the word to youth and families to log in to their 4HOnline account through the RECORD BOOK section- at <http://rb.4hOnline.com> and start capturing your 4-H experiences as they happen- in real time. The smartphone app for both IOS and Android will be completed in early March that will make this process even easier for most people- stay tuned for that. Two things that are still unknown are how your county awards may be evaluated with this current system and how it affects scholarship selection at the state level. It WILL NOT affect scholarship selection as any youth that use this we will work with as they apply for scholarships. As for local county awards, be patient and work with your county 4-H Educator on this later this summer.

Again, thank you for being on the forefront of where 4-H is heading with record keeping across the country and helping Wyoming 4-H with this endeavor.

Sincerely

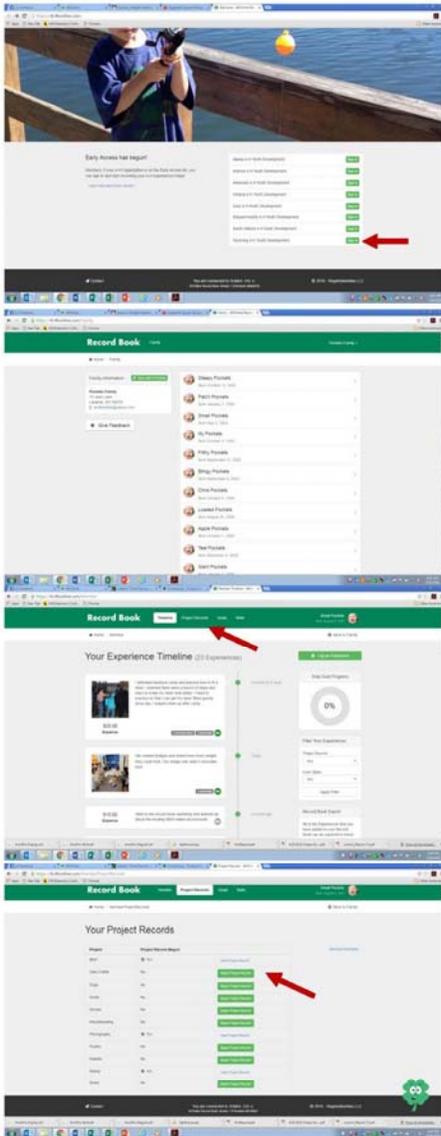
Johnathan Despain  
State 4-H Program Coordinator



# 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.....

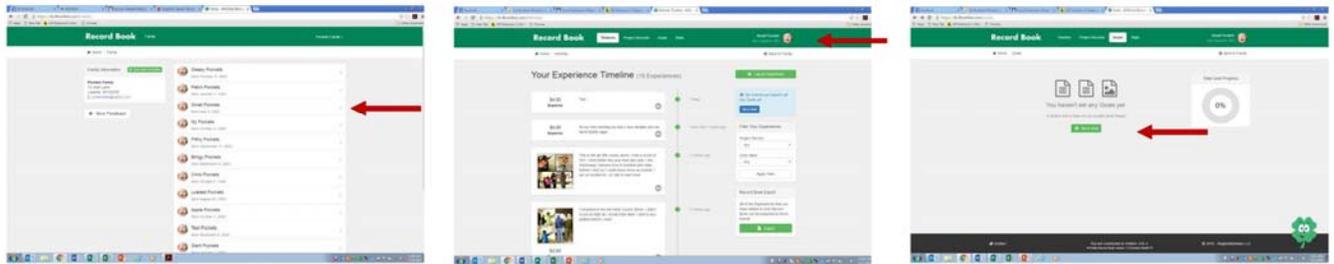


1. Visit <https://rb.4honline.com/>
2. Select the Wyoming 4-H Sign-In Button, it is on the right at the bottom.....
3. Use your family's 4-H Online credentials to log-in. Your credentials are your family email, and the password you selected to log-in to 4-H Online and enroll.
4. Once you have logged-in, 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!

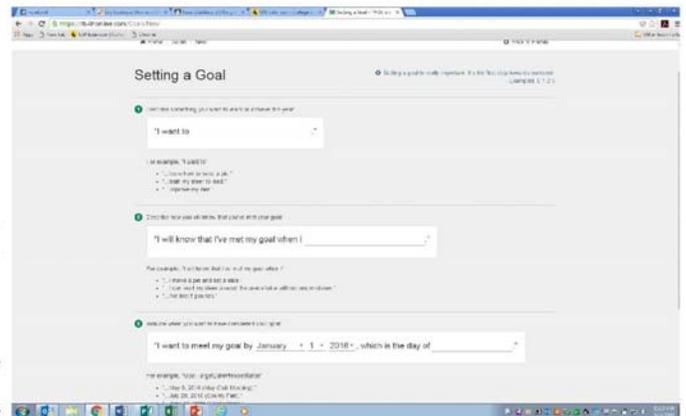
"The best way to get something done is to begin."

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

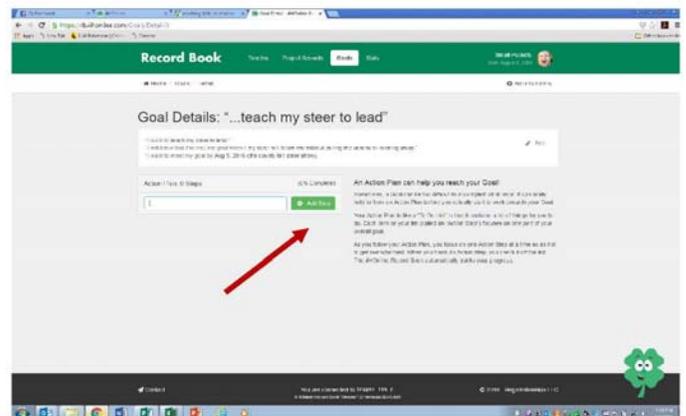
1. Log-In to the Online Record Book, see instructions on reverse side.
2. Select your profile on the home page. For this example we are the Pockets Family and using 4-H member Small Pockets. Click on the GOALS button on the navigation bar at the top of the screen. Then select the "Set Goal" button.



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.

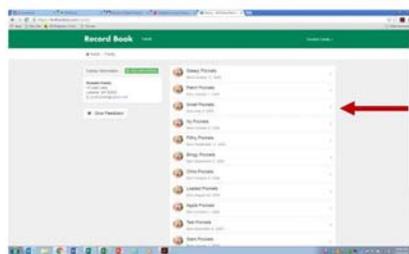


4. Click on the "Save Goal" button.
5. You will automatically be sent to a screen to set some action steps for your goal. Make sure to set at least 4 action steps to accomplish your goal. For example, with the goal set above, some benchmarks could include: Watch a video on how to clip a pig. Practice 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.



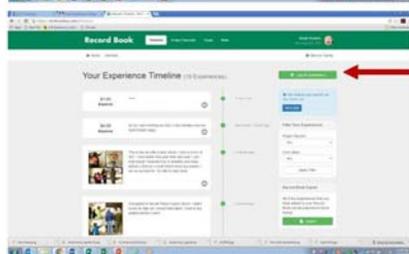
## Logging your Experiences in the NEW Record Book.....

1. Log-In to the Online Record Book, see instructions on reverse side.
2. Select your profile on the home page. For this example we are the Pockets Family and using 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.

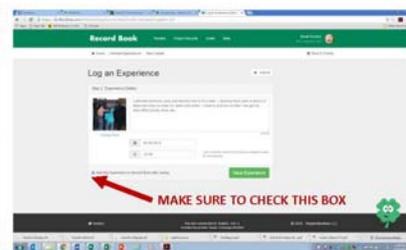
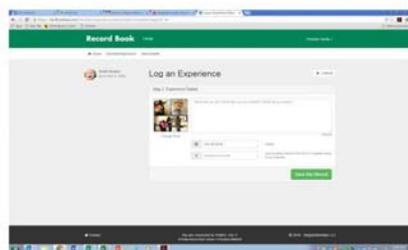
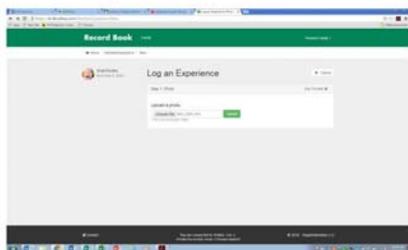
5. For every 4-H experience, try to make a log entry, particularly every club meeting attended, county event attended, and periodic updates on your project work.



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. Its that simple!

7. Make sure to checkbox 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 record 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 includes community service and actions that make you a better citizen. Leadership includes experiences 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!!



# Important!!

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!  
If you have any questions, contact Stacy at the Extension Office:  
307-746-3531.

## 4-Her's with Sheep!

Krystal Crinklaw is willing to help shear sheep for fair starting July 24th through August 2nd. Contact her at 307-746-9340 to schedule a time to shear if you would like the help! There will be a \$5 fee if you plan to use her shears, but no cost if you bring your own.

## \*\*\*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](mailto:stacy@uwyo.edu)

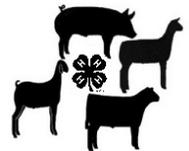
# Cowbelle's Photo Contest

Capture that perfect "beef" picture and enter it in the Weston County Cowbelle's contest at the Weston County Fair. They are awarding a \$25 Beef Certificate for the photograph that best depicts "beef" or "life with beef cattle."

All 4-H youth, open class youth, and adults are eligible. For those 4-her's who are in the 4-H photography project, this is an outstanding opportunity to add to that achievement list! Mom and Dad you have a chance in the open class! Start snapping those pictures today and come up with an award winning composition!

## Your Attention Please!

If you are interested in participating in the Catch-A-Critter Program to get a jump start on your livestock projects, applications are available at the Extension Office. You must be either a 4-H member or an FFA member and have never participated in that species project before. The application **deadline is July 1st!**



## 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 Co. 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, 2016.

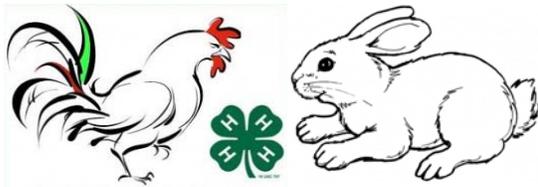


# RABBIT & POULTRY CLINIC

**WHEN:** June 28th at 6:30 pm

**WHERE:** Picnic Shelter at the Fairgrounds

**WHAT:** Come learn more about the rabbit and poultry projects, including showmanship.



## Attention Garden Club!

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

The next garden club meeting will be on **June 28th at 6:00 pm at the Community Garden.**

Treats will be provided.

## Fashionista Workshop ~Buymanship and Sewing~

When: June 22nd at 6:30 pm

Where: USDA Service Center Conference Room

What to Bring: All supplies will be provided, so all you need to bring is yourself, a positive attitude, and be willing to learn!



## Fashionista Workshop \*Modeling, Hair, and Makeup\*



When: July 21st at 5:30 pm

Where: Methodist Church

What to Bring: Bring the shoes you plan on wearing for the fashion revue.

## Horse Safety Certifications Reminder!!

4-H'ers in the Horse Project **MUST** be safety certified on **EACH** horse they are planning to ride in the County Fair! There are special tests for speed, trail, roping, and jumping. You must check with the Extension Office to see what you have been certified in and to schedule a test if needed! If you don't check with the Extension Office to schedule your horse safety certification test, you will **NOT** be allowed to show at the County Fair!



## FAIR WORK DAY

All leaders, parents and 4-Hers are needed to assist in livestock set-up and decorating the Youth Exhibit Hall on July 28th at 6:00 pm.

It would be greatly appreciated if you could help!!

**HELP  
WANTED**

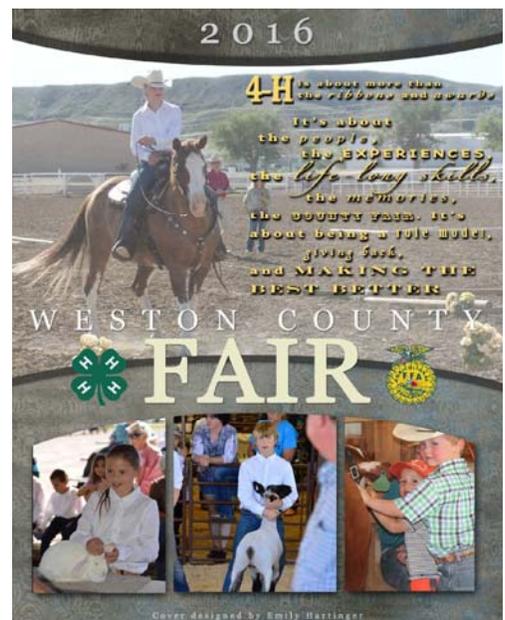
### 4-H Fair Dress Code

The dress code for fair has changed this year. Please see the new dress code below:

4-H Members are required to wear a collared shirt/blouse (it does not have to be white) with any solid colored pants. The 4-H emblem pinned on the back of the shirt/blouse is recommended but not mandatory.

### Fair books are online at:

[http://www.westongov.com/\\_departments/\\_fair/\\_pdfs/Fairbook%202016.pdf](http://www.westongov.com/_departments/_fair/_pdfs/Fairbook%202016.pdf)



## 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 New Leader Orientation Videos accessible from the State 4-H web site: <http://www.uwyo.edu/4-h/volunteers/newleaderorientation.html>; there are 6 videos, each between 7 and 13 minutes long.
  - The face to face New Leader Orientation; this is done by Stacy.
- A volunteer leader in their **5<sup>th</sup> YEAR** is required to complete a training that will benefit their role as a 4-H volunteer.

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!

## **New Contest at Fair!**

The Livestock Carcass Contest is designed to evaluate carcass quality of market animals through ultrasound images. Carcasses will be measured and evaluated in the following areas: Backfat (fat) thickness, REA (ribeye area), and IMF (marbling, which is used to determine USDA quality grade). Combined with carcass weight, estimated from the animals live weight, an overall carcass value will be determined. Awards will be given for the top carcass values in each species. The carcass contest is limited to market animals only. If members are interested in evaluating the carcass quality of breeding stock, a \$7.00/head charge will be assessed for the information. **The carcass contest is scheduled for July 24<sup>th</sup> at 1:00 pm at the fairgrounds.** If you are interested in the contest, make sure you **enter in the Carcass Contest online when you are doing your fair entries!** If you have any questions, please contact Stacy at 307-746-3531.

## **Art Workshop**

**Who:** All 4-Her's

**When:** July 22nd at 5:30 pm

**Where:** Studio 21, Newcastle

**What:** Torn Paper Project

**Please RSVP to the  
Extension Office  
by July 19th!**



## **TUMBLEWEED'S ICE CREAM PARTY**

**WHEN:** JULY 21ST AT 3:30 PM

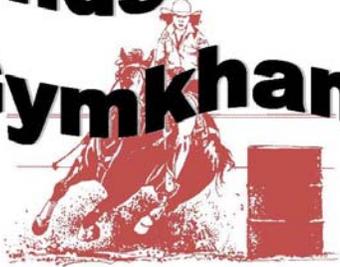
**WHERE:** USDA SERVICE CENTER  
CONFERENCE ROOM

**WHAT:** LET'S CELEBRATE  
SUMMERTIME WITH ICE CREAM!

**PLEASE RSVP TO THE EXTENSION  
OFFICE BY JULY 19TH**



# Friends of Fair Gymkhana



Weston County Fairgrounds Arenas

Dates: Tuesday Night June 7 and Wednesday, June 29;

July 13 and July 27; and August 10

Time: Sign-up begins at 5:00p.m. Events begin at 6:00 p.m.

Events open to all youth age 18 and younger.

All age groups based on age on June 7

**Age Divisions:**

Senior: Age 14-18; Intermediate: Age 11-13; Junior 8-10; Under 8 and Horseless

**Events:**

Barrel Racing, Pole Bending, Fun games and Races and Other Rodeo Events

Entry Fees: \$2 per event

For more information: Alicia at 941-1428

Wyoming 4-H State Shoot  
July 7-10, 2016  
Douglas, Wyoming



**REGISTRATION DEADLINE:**

**JUNE 20, 2016**

Website with information and registration materials: <http://www.uwyo.edu/4-h/youth/contests/stateshoot/index.html>

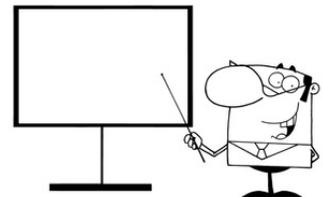
## 4-H PRESENTATION CONTEST

Registration Due: June 28, 2016

*The contest will be on June 30th, 2016 at*

*1:00 pm at the USDA Service Center Conference Room*

(In case of emergency, you may enter on the day of the contest.)



NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ AGE: \_\_\_\_\_

4-H CLUB: \_\_\_\_\_

NAME AND TYPE OF PRESENTATION: \_\_\_\_\_

SPECIAL NEEDS (microphone, lectern, screen, electric fry pan, etc.):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## F.Y.I

Just because you are enrolled in 4-H DOES NOT mean you are enrolled in the County Fair. If you plan to participate in the County Fair, you need to register online!  
(see the instructions below)

### **ONLINE FAIR REGISTRATION INSTRUCTIONS**

1. Go to <http://weston.fairwire.com>
2. Click on “Exhibitor Registration” on the left side of the screen (under the Navigation Menu).
3. Enter First and Last Name. Click “I am a new exhibitor”, then click “continue.”
4. Enter information if needed (it may have saved from last year if you registered online). Click “continue.”
5. Review information; if it is correct, click “continue.”
6. Begin making your entries:
  - a. Choose a department
  - b. Choose a division
  - c. Choose a class
  - d. Enter Required information
  - e. Choose your club
  - f. Click “Add Entry to Cart”
7. Repeat until all your entries have been added.
8. When finished adding your entries, click “continue.”
9. Review your entries.
10. When finished click “check-out.”
11. Read the confirmation.
12. If you agree to the terms and conditions, type “Yes” in the box.
13. Click “Submit.”
14. Print the summary of your entries. Click the box to also receive a copy of your receipt as an e-mail and then enter your e-mail address. Click “Finish.”

**EXHIBIT TAGS (NOT FOOD) 4-H ENTRIES ONLY**

How did you get the idea for your project and what do you like best about it?	How did you get the idea for your project and what do you like best about it?
What tools did you use and what skill(s) did you use or learn in making your project?	What tools did you use and what skill(s) did you use or learn in making your project?

**Static Exhibit Tags**

**EXHIBIT TAGS (NOT FOOD) 4-H ENTRIES ONLY**

How did you get the idea for your project and what do you like best about it?	How did you get the idea for your project and what do you like best about it?
What tools did you use and what skill(s) did you use or learn in making your project?	What tools did you use and what skill(s) did you use or learn in making your project?

**FOOD PRESERVATION TAGS 4-H ENTRIES ONLY**

Name	Age	County
Product Name:		
Processed Date:		
Process Method (circle):	Boiling Water	or Pressure
* Pounds of pressure		
Process Time:		
Altitude:		
Style of Pack (circle):	Raw	or Hot
Recipe or Reference Source:		

**Food Exhibit Tags**

**FOOD TAGS 4-H ENTRIES ONLY**

<p><b>What skill(s) did you learn while doing this project?</b> (Note: All entries must answer this question.)</p>	<p><b>What skill(s) did you learn while doing this project?</b> (Note: All entries must answer this question.)</p>
<p><b>How is this project nutritious or healthy? If you modified this recipe, what change(s) did you make and how did the change(s) make the product healthier or more nutritious?</b> (Note: Only entries for class #8 and class #19 must answer this question in addition to the first question.)</p>	<p><b>How is this project nutritious or healthy? If you modified this recipe, what change(s) did you make and how did the change(s) make the product healthier or more nutritious?</b> (Note: Only entries for class #8 and class #19 must answer this question in addition to the first question.)</p>

Newcastle Area Chamber of Commerce and Powder River Energy Corporation are sponsoring the **Weston County Fair Parade** July 30 2016, at 10:00am. Line up will begin at 9:00am east of town. The theme of the parade is

***“Weston County is Buzzing with Adventure in 2016.”***

Registration packets available at lineup. Parade will run from the east side of town to the Fair Grounds. Tear down at the west end of Fair Grounds.



**Weston County Fair Parade Entry Form**

Name of entry \_\_\_\_\_

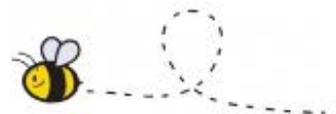
People riding in entry \_\_\_\_\_  
\_\_\_\_\_

Description \_\_\_\_\_  
\_\_\_\_\_

Profit \_\_\_\_\_ Non Profit \_\_\_\_\_ Youth \_\_\_\_\_



& **Newcastle Area Chamber of Commerce**



# Welcome to Wyoming 4-H

Dear 4-H Family,

UW 4-H is using a software program called 4HOnline for our data management. Everyone is new to this program this year whether you are new to 4-H, have been involved for many years, or are a youth member or adult volunteer. Our annual federal reporting requirements dictate enrollment in 4-H every year. If you use technology a lot, the process for enrollment will be rather simple. However, if you either don't have internet access or don't enjoy using technology, your UW Extension office will be able to assist you with the process.

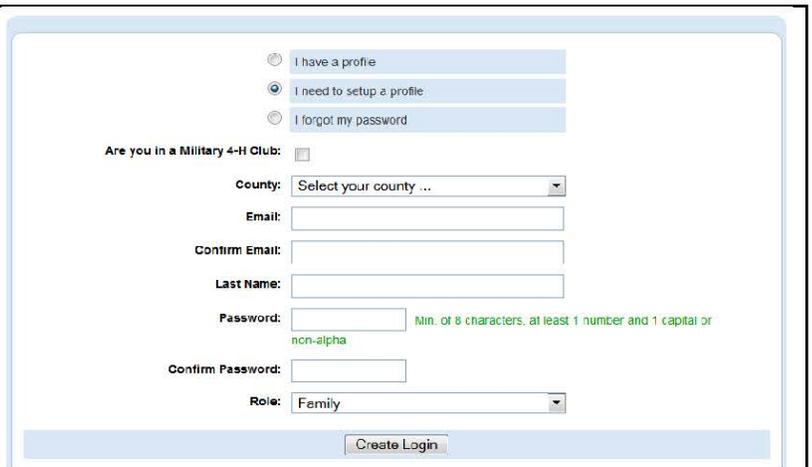
Whether you are a parent enrolling your children, or an adult wishing to be a 4-H volunteer, or both, it all starts with creating a family profile:

1. Go to <http://wy.4honline.com>
2. Select- "I need to setup a profile"
3. Create your profile by selecting your county, entering your email, last name, and creating a password.

**Note:** You only need to create your family profile one time. When you return to 4HOnline, just type in your email and password for access.

4. With your family Login created, you enter your contact information. If the same address is used by more than one person, be sure to check the box.

5. Now you can enroll your child as a member or yourself as a 4-H volunteer by selecting the member type (Youth, Adult) and clicking on **Add Member**.



I have a profile  
 I need to setup a profile  
 I forgot my password

Are you in a Military 4-H Club:

County:

Email:

Confirm Email:

Last Name:

Password:  Min. of 8 characters, at least 1 number and 1 capital or non-alpha

Confirm Password:

Role:



**Family Information**

**Profile Information** • Required Fields

• Email:

• Last Name:

• Mailing Address:

• City:

• State:

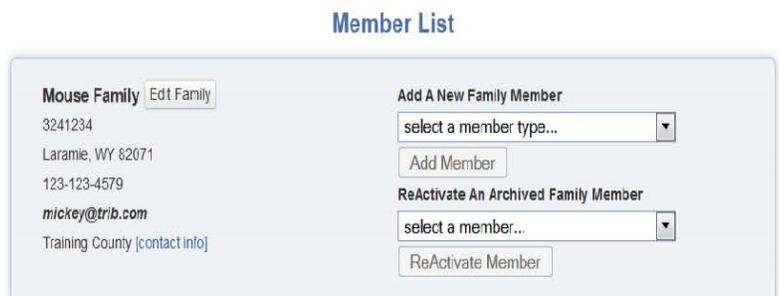
• Zip Code:  12345

• Primary Phone:  555-555-1234

• Correspondence Preference:

• 4-H County:

Update member records with the same address



**Member List**

**Mouse Family**

3241234  
Laramie, WY 82071  
123-123-4579  
[mickey@trib.com](mailto:mickey@trib.com)  
Training County [\[contact info\]](#)

**Add A New Family Member**

**ReActivate An Archived Family Member**

- Continue with the process by completing steps on Additional Information, Participation, etc., pages.

**Note:** EACH tab has information you can provide. Be sure to click on each one for your desired options for projects, clubs, etc., AND click the “Add...” button for each choice.

**Note:** Be sure to mark the checkbox and press Submit Enrollment.

- You will receive an email indicating your application was received. The county will review your application and send you an email with your member status or next steps. You will receive an email indicating when everything has been completed and welcoming you to Wyoming 4-H.



A screenshot of the 'Add a Club' form. At the top, there are tabs for Clubs, Projects, Activities, Awards, and Groups. Below the tabs, there is a message: 'Select a minimum of 1 club(s)'. The form has two dropdown menus: 'Select a Club: Select a club ...' and 'Select a volunteer type: Select a volunteer type ...'. At the bottom of the form is an 'Add Club' button.



A screenshot of the 'Confirm' page. At the top, there is a 'Confirm' heading. Below it, there is a message: 'Your enrollment is not complete until you click 'Submit Enrollment''. There is a checkbox with the text: 'By checking this box, you signify you have reviewed, understand, meet and agree to the Pay By Computer Terms and Conditions.' At the bottom of the page is a 'Submit Enrollment' button.

**Please call or stop by the Extension Office if you need any help!**

# WYOMING CHARACTER



*that's what we're made of*

June 2016

# RESPONSIBILITY

## Responsibility

*Responsibility is doing your best to take care of the things around you that need to be done.*

Responsibility involves a few things:

- Accountability
- Using Self Control
- Having Goals
- Choosing a positive attitude
- Doing your duty
- Being proactive
- Setting a good example

After looking at these things, do you think you are responsible?

## 4-H Activity

The Six Letter Solution

Prep: Have the following group of letters written on a flip chart or white board before club members arrive. Be sure to keep this exact order: RSIESXPLOETNTSI-BELRISTY.

Directions: Hidden in this jumble of letters is a specific word in the English language that can

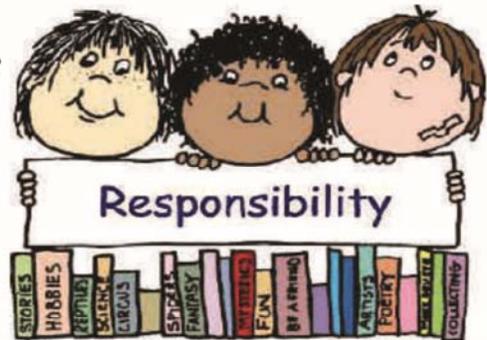
only be found if you remove six letters. If you find it, write it down so everyone has a chance to discover it. What questions do you have? (The trick to the activity is to eliminate the letters "s-i-x-l-e-t-t-e-r-s" to reveal the hidden word of responsibility.)

After the youth have figured out the activity or you show them the

How do we learn to be responsible? When we practice being responsible, we learn how to be more responsible. We also learn responsibility from good role models.

A big part of being responsible is making good choices. The two fundamental principles of good decisions are:  
 1—We all have the power to decide what we do and what we say.  
 2—We are all morally responsible for the consequences of our choices.

Remember, being responsible isn't always easy. If we work hard, and take responsibility for ourselves, it will be worth it in the end. Being responsible helps us achieve great things, and helps us feel good about ourselves and our accomplishments.



### Clover Connection

**Head** - Think things through thoroughly and set goals

**Heart** - Be a good friend and take care of those around you.

**Hands** - Do what needs to be done without being asked.

**Health** - Take care of your body by exercising and being aware of the foods you eat

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

UNIVERSITY OF  
WYOMING  
EXTENSION

4-H WEB SITE:  
HTTP://4-  
H.UWYO.EDU

Weston County Extension  
1225 Washington Boulevard, #4  
Newcastle, Wyoming 82701

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E-mail: stacy@uwyo.edu



4-H Family Newsletter - "The Chatter"

PRESORT STANDARD  
US POSTAGE PAID  
NEWCASTLE, WYOMING  
PERMIT #3

# June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Jr. Livestock Meeting 7:00 pm	2	3	4
5	6	7	8	9 LIVESTOCK CAMP →	10	11
12	13 Canvas Painting Workshop 5:30 pm	14 Canvas Painting Workshop 5:30 pm Fairboard Meeting 6:30 pm	15 ADVENTURE CAMP →	16	17	18
19 Happy Father's Day	20	21	22 Fashionista Workshop 6:00 pm	23	24 4-H CAMP →	25
26 →	27	28 Garden Club 6:00 pm Rabbit & Poultry Clinic 6:30 pm	29	30 Presentations Contest 1:00 pm		

"THE CHATTER" WESTON COUNTY FAMILY 4-H NEWSLETTER June 2016

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