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Happy  
Thanksgiving



# "The Chatter" November 2016



## Stacy's Snapshots

Hello everyone! November has arrived, and with it a time to think about giving thanks. What are you thankful for this year? This year has brought many blessings, and I am thankful for so much, and I am sure you all have many things to be thankful for as well! The holiday season and recognizing those things we are thankful for brings us the perfect opportunity to give back to the community that has so generously given to us. Service is one of the positive life skills 4-H'ers learn to value and enjoy throughout their years as members. It is written into our 4-H pledge, "hands to larger service," so I encourage you all to get motivated and get to work in service to others.

Service to the community – through food drives, raking the yard of an elderly neighbor, adopt-a-highway programs, teens teaching younger youth, teens mentoring children, or youth determining community needs and helping solve community problems – helps young people learn caring, leadership and citizenship. According to Volunteering 101, "Every year millions of Americans volunteer at more than one million non-profit organizations throughout the United States."

Why is it so important to learn the value of giving? Our U.S. society is based on the idea that we are all responsible for the well-being of our community, country, and world. Even before the founding of our country, the willingness to serve was evident in the hearts of many. Later the Great Depression brought out opportunities for service throughout the nation, and the forming of the Peace Corps in 1960 by President John F. Kennedy further reinforced the eagerness of citizens to get involved in helping others. While the people served certainly benefit from community service, the volunteers who engage in serving others benefit positively in many ways as well. Further, you never know when you may be enjoying the service of others, so remember to give back!

Service learning through 4-H helps youth develop a number of skills and personal values. By giving back to their communities, young people can:

Learn the value of helping others.

Develop leadership, communication, organizational skills and a sense of empowerment.

Learn how important the connection is between subject matter and life in the community.

Learn how to cooperate with one another and work as a team with diverse groups of people including adults, peers, and others with different backgrounds and experiences.

Succeed in an area different from academics, athletics, or popularity.

Build self-esteem from the positive results of their service.

Develop problem-solving and decision-making skills by applying their knowledge to real-world situations.

Develop a sense of being responsible for their community and a sense that citizenship requires them to actively participate in their community.

Receive recognition for their efforts and possibly college scholarships.

Experience the world of work.

Not only do young people gain by being involved in community service, the clubs and groups that they are in also experience benefits from planning and carrying out service projects.

So, what do 4-H clubs learn from service projects? Carrying out service activities can strengthen a club or group because it:

Boosts member commitment and involvement by giving members meaningful activities.

Can involve families and youth in a joint activity.

Fulfills the "hands to larger service" part of the 4-H pledge.

Builds unity among members, allowing them to function better as a team.

Allows members to get to know one another better as they work together on a common goal.

Helps youth become invested in their club and community.

Shows the community how youth can be resources and how they can get things done.

*Stacy Buchholz*

## 4-H ONLINE

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 14 and 15. 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 begins 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.

**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.

## **\*\*\*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

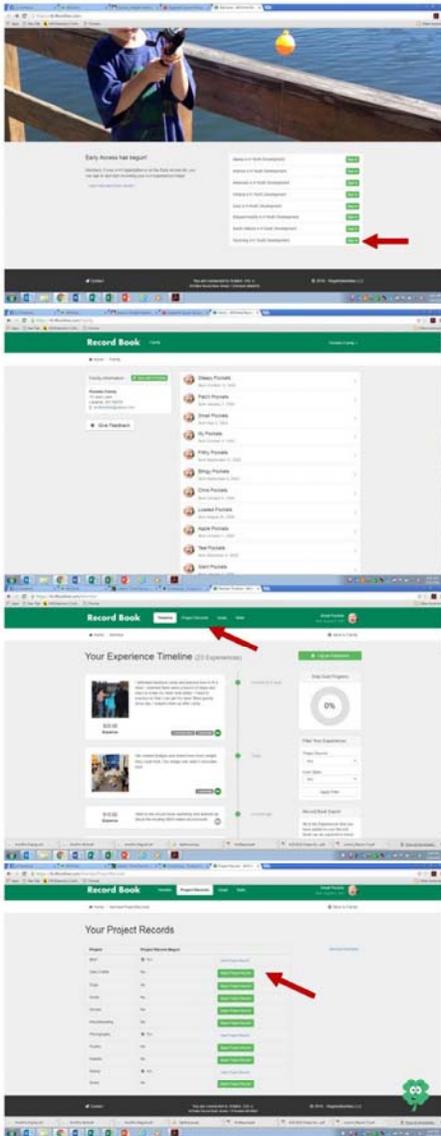
Johnathan Despain  
State 4-H Program Coordinator



# 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.....

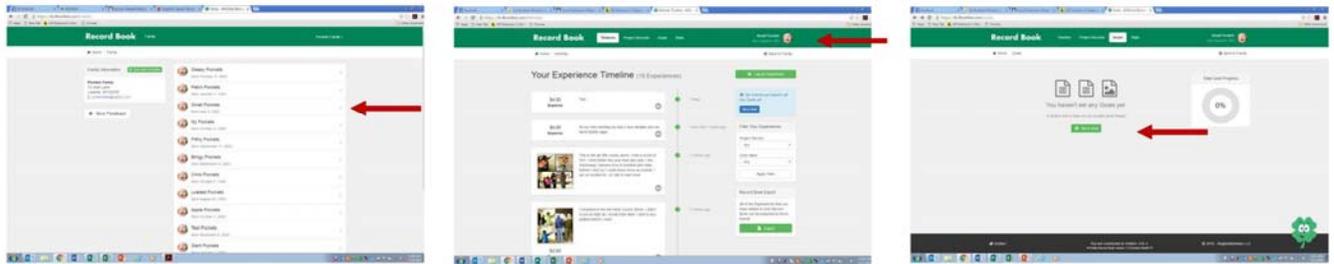


1. Visit <https://rb.4honline.com/>
2. Select the Wyoming 4-H Sign-In Button, it is on the right at the bottom.....
3. Use your family's 4-H Online credentials to log-in. Your credentials are your family email, and the password you selected to log-in to 4-H Online and enroll.
4. Once you have logged-in,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

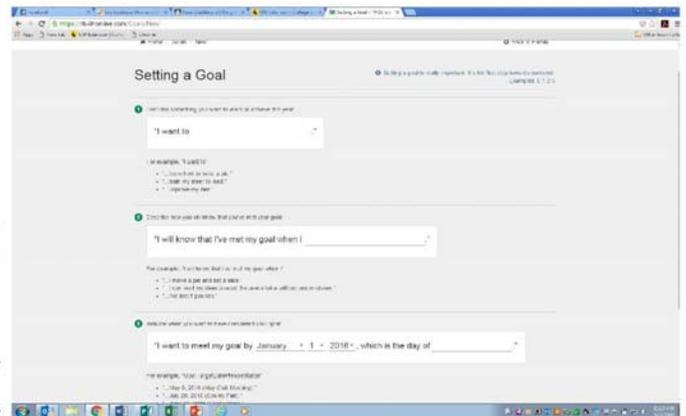
# Setting Project Goals in the NEW Record Book.....

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.

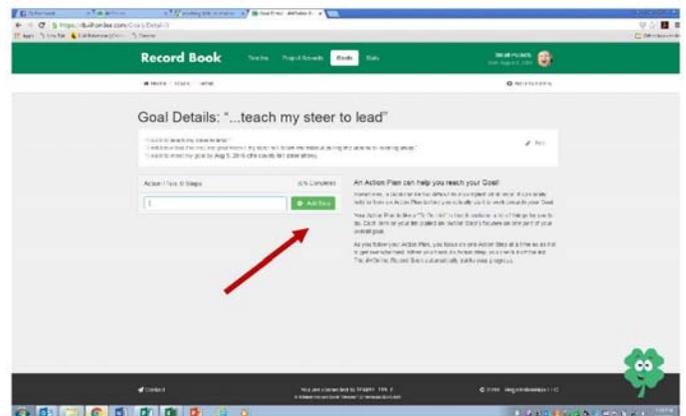


3. Use the prompts to set your project goal. For Example:

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.

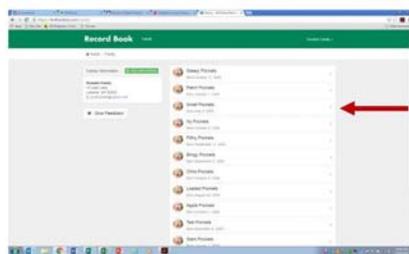


4. Click on the "Save Goal" button.
5. You will automatically be sent to a screen to set some action steps for your goal. Make sure to set at least 4 action steps to accomplish your goal. For example, with the goal set above, some benchmarks could include: Watch a video on how to clip a pig. Practice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



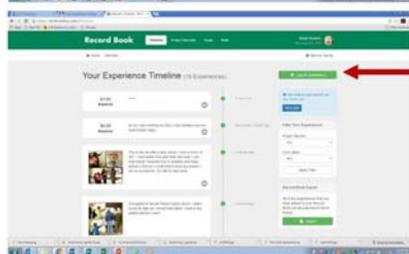
## Logging your Experiences in the NEW Record Book.....

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.

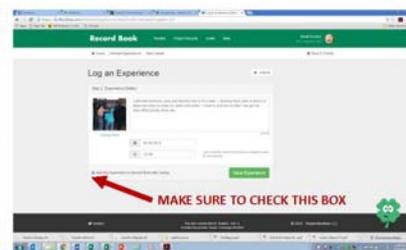
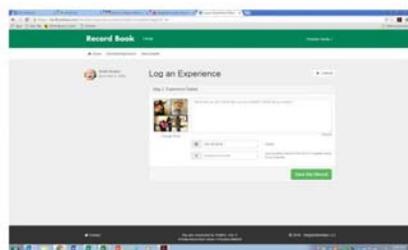
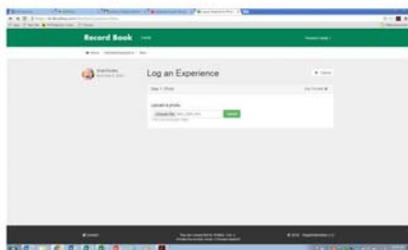
5. For every 4-H experience, try to make a log entry, particularly every club meeting attended, county event attended, and periodic updates on your project work.



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!!



## 'Tis the Season for Giving!

4-H groups or individuals looking for opportunities to be of service to others have plenty to choose from during the holiday season (or at any time of the year, for that matter). For feeling the spirit of the season, here are five ideas for helping others.

**Assist seniors:** The elderly may have trouble getting out and about. Therefore, they would certainly appreciate help with holiday tasks such as decorating or shopping. Teens can even offer their services for everyday jobs such as cooking and cleaning.

**Volunteer with the Salvation Army:** Anyone can be a bell ringer for the Salvation Army. A quick call to the local chapter (746-4060) can connect you with the opportunity to help. They are in need of help this holiday season! An hour of your time would be invaluable!

**Donate Time and Food at Local Food Banks:** (For our area it is the **BREAD** Office at 627 Pine Street.) Volunteers are always needed. They need lots of help; putting food on the shelves or boxing for individual families. They are also in dire need

of food for needy families this year.

**Visit a Senior Center:** Many seniors may not have family to visit with them during the holiday season. They would appreciate a visit from young people. You may be able to play a game of cards, read to them, or just chat. Contact local centers to see if a visit can be arranged.

**Collect Winter Gear for the Needy:** Gently used coats, gloves, scarves, and hats can be a godsend for those that don't have warm outerwear for the winter. Churches are likely to welcome such a donation; however, you should call first to make sure.

4-H groups or individuals who want to perform a holiday service project should choose an activity that suits their interests, time, and budget. There are lots of ways to help this season.



## Wyoming Make it with Wool Contest

The District Contest will be in Sundance at the Crook County Courthouse on November 13th at 2:00 pm. To enter in the State Contest, contestants must enter and win a District Contest. State winners will then advance to the National Contest.

**For more information, contact**

**Thea Nuckolls at 307-467-5590**

# 2016 Achievement Day Recognition & Awards

## Member and Leader Recognition by year:

### 1st Year Members:

Allie Auch	Ryan Baker	Brayden Derifield	Rylee Loebe	Dalton Page	Brooklyn Schmitz	Morgan Stroh
Kylie Auch	Hailey Beastrom	Wyatt Dudzinski	Breeley Materi	Cort Perino	Hannah Stirmel	Destiny Vahn
Alan Baker	Drew Cozelman	Jason Greene	Madelynn Mills	Abigail Qualheim	Matthew Stirmel	Trevon White
Keyle Baker	MacKenzie Cozelman	Nevaeh Hintz	Nathan Ondriezek	Cody Qualheim	Connor Stolhammer	
Nathan Baker	James Cox	Garrette Locke	Connor Owens	Jace Rich	Josiah Stroh	

### 3rd Year Members:

Brook Achterhof-Martell	William Beastrom	Tony Farley	Marshall Merchen	Matthew Stirmel	Paige Timberman
Shane Bair	Daniel Bickford	JR Graham	Auloria Miller	Pate Tavegie	Hailey Turner
Claire Beastrom	Joseph Dedic	Lacie Koester	Samuel Scribner	Shelby Tidyman	Cole Wehri
Emily Beastrom	John Farley	Kendra Merchen	Hannah Stirmel	Kendra Timberman	

### 5th Year Members:

Carolina Anderson	Peyton Crinklaw	Gracie Emmitt	Shayna Ritthaler	KateLynn Slaamot
Quartney Bickford	Taylor Crinklaw	Asia Graham	Travis Scribner	Hailey Wehri



### 7th Year Members:

Cole Slaamot    Davin Tysdal

### 9th Year Members:

Grace Rhoden    Cash Schultz    Dylan Thompson

### 1st Year Leaders:

Jamie Beastrom    Amanda Sharpes    Shelly Ritthaler

### 5th Year Leaders:

Krystal Crinklaw    Mary Rankin    Ann Wehri    Rick Wehri

*Congratulations to all those who received 4-H Portfolio Record Book Awards!!!*

  
**Congratulations**  
**SUSAN LOVE**  
 This Year's  
 Friend of 4-H Award Recipient!  
 We appreciate all you do!

## *2016 Achievement Day Recognition & Awards*

### Special Awards

4-H Member Extra Mile Awards: Sarah Rankin, Tony Farley & Rachel Sweet

Outstanding Teen Leader for 2016: Grace Sandrini

Outstanding Camp Leadership Award: Tabby Pillen

4-H Member Hard Luck Award: Morgan Stroh & Josiah Stroh

Commissioners' Citizenship Award: Tony Farley & John Farley

4-H Member Community Service Award: Allie Auch

4-H Member Exemplary Leadership Award: Garrett Merchen

4-H Member Outstanding Mentorship Award: Jacob Rhoades

4-H Member Involvement Award: Emily Beastrom

4-H Member Spirit Award: Connor Stolhammer & Cort Perino

Outstanding 1st Year Member: Jace Rich

4-H Member Outstanding Sportsmanship Award: Emalee Sweet & Hailey Turner

4-H Member Heart and Soul Award: Tell Tavegie

Outstanding Club Vice President: Hailey Wheri

Outstanding Club Treasurer: Kendhal Liggett

Outstanding Club Secretary: Lara Lopez

Outstanding Club Historian: Claire Beastrom

Best My 4-H Story Junior: William Beastrom

Best My 4-H Story Intermediate: Lydia Anderson

Best My 4-H Story Senior: Abrienne Sharpes

Outstanding 1st or 2nd Year Leader: Jamie Beastrom

Outstanding 4-H Leader: Jessica Graham

Extra Mile 4-H Leader: Kami Lopez, Rick Wheri, Ann Wehri

Outstanding 4-H Alumnus: Tucker Hamilton

Friend of 4-H: Studio 21, Susan Love



# THANK YOU WOODY'S



## FOR CATERING OUR 4-H ACHIEVEMENT DAYS DINNER!

## THE CHILI WAS GREAT!

### Wyoming 4-H Calendar Contest Results

*Congratulations to the following Wyoming 4-H members whose pictures were chosen for the 1st annual calendar contest!*

Christiana Hewlett	High Plains 4-H Club	Albany County
Dasha Kelso	Shell Rough Riders 4-H Club	Big Horn County
Jameson Fleenor	Ride N Hide 4-H Club	Crook County
Hunter Galluzzo	Busy Bunch 4-H Club	Laramie County
Hunter Mulkey	Busy Bunch 4-H Club	Laramie County
Hannah Mulkey	Busy Bunch 4-H Club	Laramie County
Cody Mulkey	Busy Bunch 4-H Club	Laramie County
Kiley Smith	Rockin' Wranglers 4-H Club	Natrona County
Darby Woffinden	Way Out West Photography Club	Sublette County
Jakobi Hibbert	Way Out West Photography Club	Sublette County
Kassadee Lym	Smiths Fork Stockman 4-H Club	Uinta County
McKenzie Lym	Smiths Fork Stockman 4-H Club	Uinta County
Allie Auch	Elk Mountain Outlaws	Weston County

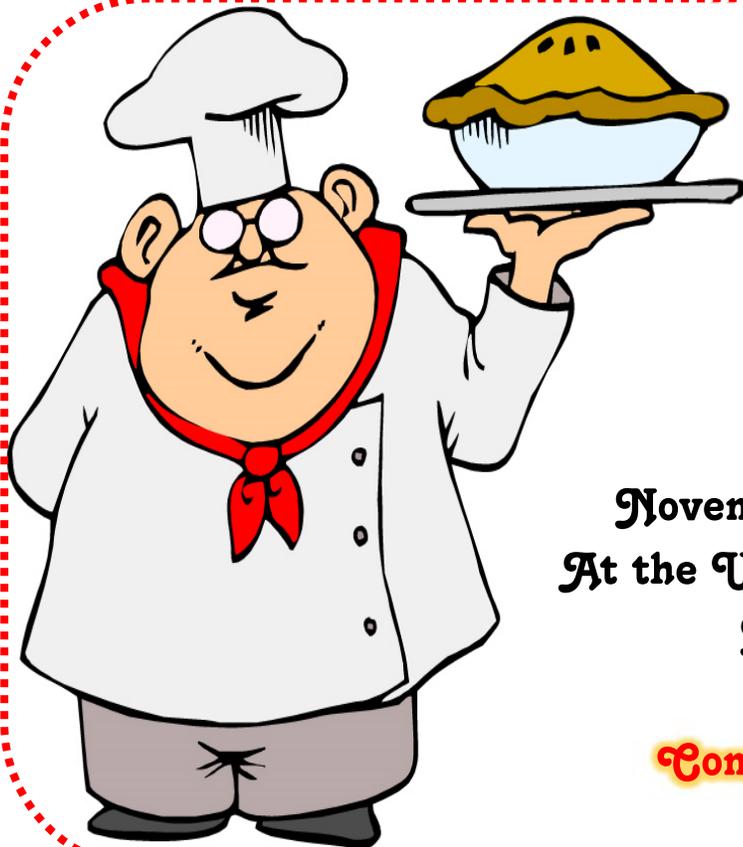
*Calendar orders can be placed at your local Extension Office*



**Congratulations  
to our own  
Allie Auch  
for being  
selected.  
Way to go!!!**



### Be sure to get your orders in soon. They make a great Christmas present.



# 4-H Foods Frenzy

November 18th, at 1:45 PM  
At the Upton High School in the  
Home Ec Room

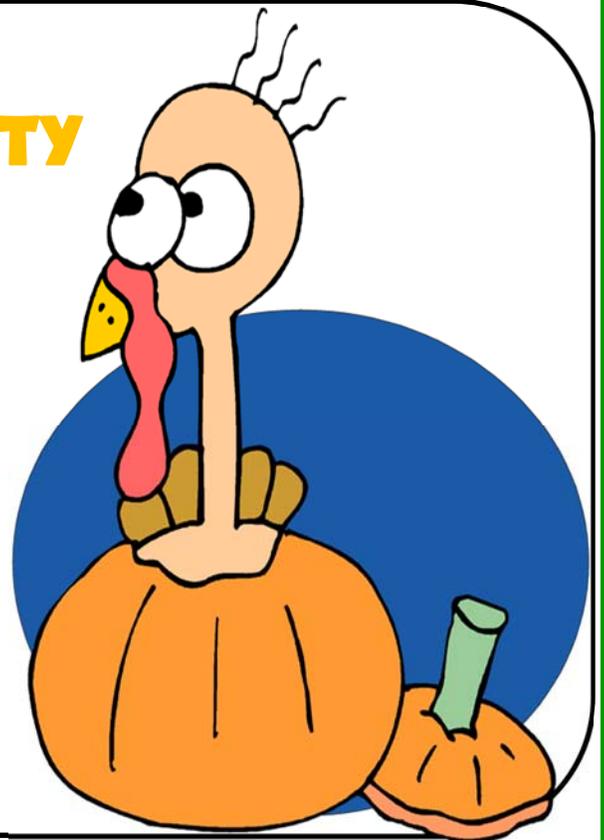
**Come cook up a storm!!**

## TUMBLEWEED'S THANKSGIVING PARTY

nov. 14th at 3:30 PM

in the USDA service center  
conference room

come make TURKEY table  
decorations for Thanksgiving



# Red Nosed Winter Fest

## LIGHTED PARADE



Theme: "Light Up the Christmas

### Two Days of Christmas In Newcastle

December 2nd, First State Bank and several other businesses host customer appreciation throughout the day, with Pinnacle Bank hosting

Festival of Trees Friday evening.

Team up with the Chamber and participating business to make Small Business Saturday, December 3rd, the big shopping day in Newcastle. The lighted parade is set for December 3rd @ 5pm with carolers, Santa, Warming Stations, and more. Get your event submitted to the Chamber to be in the promotion.

### BHP Lighted Parade

December 3rd

Name \_\_\_\_\_

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

Short narrative about float \_\_\_\_\_

\_\_\_\_\_

Contact \_\_\_\_\_

Parade will start at 5pm at High School Parking lot and end at 100 block of Main St, where floats will stay until 7pm. Send to [nacoc@rtconnect](mailto:nacoc@rtconnect) or drop off at chamber office



**Any group that would like to do something on Main street that evening is encouraged also, caroling, popcorn, hot chocolate, or anything else...be creative! Contact Susan Love at the Chamber of Commerce at 307-746-2739 or [nacoc@rtconnect.net](mailto:nacoc@rtconnect.net) for more information!**



# Gifts in a Jar

Vicki Hayman will be teaching a class on making  
“gifts in a jar” for all 4-Hers.

December 8th at 6 PM at the USDA Service Center  
Conference Room in Newcastle

&

December 16th at 1:45 PM in the  
Science Room of the Upton Elementary School

## TUMBLEWEED'S HOLIDAY PARTY

When: Dec. 12th @ 3:30 PM

Where: USDA Service  
Center Conference Room

We will be making  
gingerbread houses!



# 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.

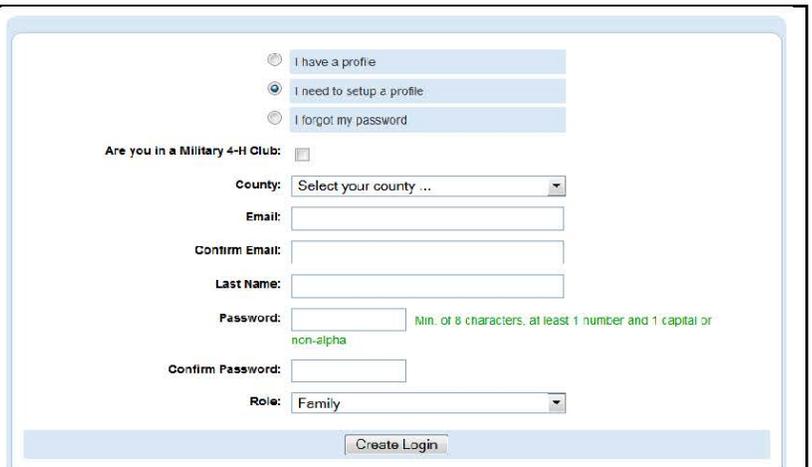
Whether you are a parent enrolling your children, or an adult wishing to be a 4-H volunteer, or both, it all starts with creating a family profile:

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:

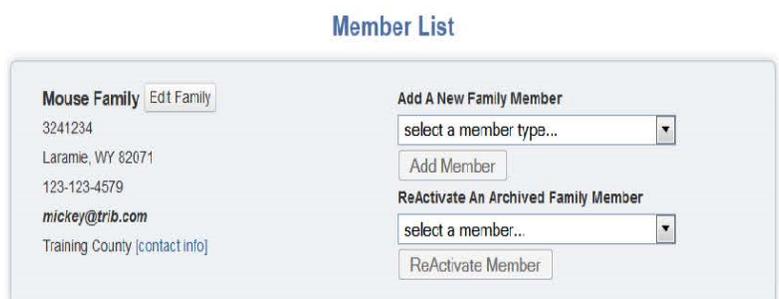
• Zip Code:  12345

• 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 a web form titled 'Add a Club'. 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 contains 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 a web page titled 'Confirm'. At the top, there is a message: 'Your enrollment is not complete until you click 'Submit Enrollment''. Below this message 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*

## Teaching Trustworthiness

Being trustworthy means:

- Telling the truth
- Following the rules
- Not taking things that don't belong to you
- Doing what you say you'll do

When you think about teaching trustworthiness to others you must remember that it does not happen overnight. Instead it is

## Trustworthiness in 4-H: Six Feelings

**Supplies:** Seven large signs with one name on each of the Seven Dwarfs on each sign (Happy, Sneezy, Dopey, Grumpy, Sleepy and Doc). Post these signs on the wall.

Ask the participants to look at all the signs on the on the wall. Have club members and guests stand by the sign that best describes how they feel at that moment. Explain that is it ok to be honest about what and how they are feeling. Give each group about 10 minutes to create a 30 second commercial to show their emotion. Have each group act out their commercial.

### Discussion Questions:

Do you think how you feel or act affects whether a person feels they

## "The Chatter" November 2016

### What is Trustworthiness?

something you should model for others everyday—you influence and are a role model for everyone you come in contact with. Take time to discuss with others how trust is earned and why we consider others trustworthy. Provide specific examples and illustrations to express thoughts. For example: How do others earn your trust? How do you know when you can trust people? Which people do you feel are the most trustworthy?



"Watch your thoughts; they lead to attitudes. Watch your attitudes; they lead to words. Watch your words; they lead to actions. Watch your actions; they lead to habits. Watch your habits; they form your character. Watch your character; it determines your destiny."

~Unknown~

### Roll Call Suggestions

- Tell a time when you were honest and no one was watching
- Share an example of someone showing loyalty to a friend
- Name one person who you trust and tell why

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4-H Family Newsletter - "The Chatter"



# November 2016

Sun      Mon      Tue      Wed      Thu      Fri      Sat

		1	2	3	4	5
6 Achievement Day 5pm @ Fairgrounds	7	8	9	10	11 Veteran's Day	12
13	14 Tumbleweeds 3:30 USDA Conference Room	15	16	17	18 4-H Food Frenzy 1:45 Upton HS	19
20	21	22	23	24 	25 Office Closed	26
27	28	29 Stacy Out of the Office 11/29-12/4	30			

**"THE CHATTER" WESTON COUNTY FAMILY 4-H NEWSLETTER**

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