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**GROW WITH THE GREEN**



# "The Chatter" September 2016



## Stacy's Snapshots

September is the time of year that signals the end of another great 4-H year. Even though you all are back to school, don't forget about your final 4-H commitment for the year, RECORD BOOKS! While the new record book may seem challenging to learn and adapt to, I hope you all have been taking a little time to get them completed. Appropriate time management is something we can all learn, so use these tips from Today'sParent.com, GreatKids!.com, and education.com as you get busy with school, sports, extracurricular activities, and finishing your 4-H year.

First, distinguish between those things that are urgent and important. Important means it will add value to the quality of life and urgent means it needs attention immediately. Prioritize values into a hierarchy of importance so you can focus on those things first. For example, prioritize values such as family, health and fitness, school, personal development, community, and friends.

To-do lists are another great way learn time management. Add tasks from a to-do list on to a day planner or calendar with an estimated amount of time needed to complete the task blocked out. For example schedule a forty-five minute block of time right before dinner to get homework completed, and a twenty minute block of time right after school to get chores completed. Blocking out tasks such as these is a great way to visualize how much time is needed to get tasks completed before you move on to lower priority tasks, such as iPad time.

Create spaces where you can focus and get items completed. Multitasking is a myth, generally, when we focus on one task at a time, we can more efficiently get our tasks accomplished. Whether it is a quiet, distraction-free study space for homework or checking in that smartphone until chores are completed, focusing on the task at hand will help you learn self-discipline and get tasks completed in a timely fashion.

Set long-term and short-term goals. This may seem strange at first, but really think about it. That science fair project is due at the beginning of October, and since it's only the beginning of September, it can be easy to procrastinate till the last minute. Instead, use this project as an opportunity to set the goal of finishing the project on time, then break the project down into smaller, more manageable tasks that can be completed each week till the end of September, resulting in a project that is done on-time in a stress free manner!

Further, it should go without saying, but great time management also relies heavily upon sleep and a healthy diet. If you try to add more time in your calendar by cutting back on sleep or skipping meals, you are not getting the energy needed to complete your tasks.

Lastly, and most importantly, take responsibility for your commitments and don't use excuses every time you make a poor time management decision. Practice makes perfect, so the more we practice our time management skills, the better we get!

Good luck with your school year, and let me know how I can help you get your 4-H year wrapped up!

*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 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 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).

**Important!!**

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.

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 • [idespain@uwyo.edu](mailto:idespain@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

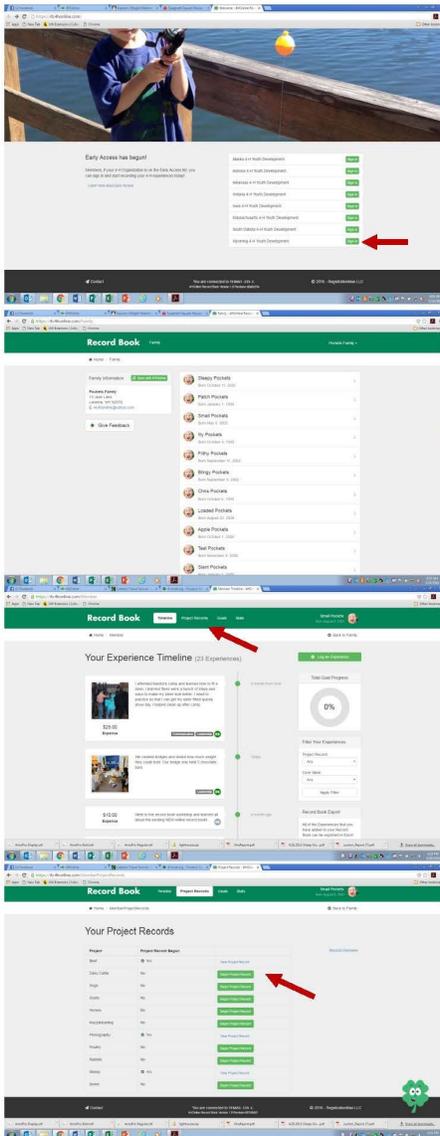
Johnathan Despain  
State 4-H Program Coordinator



# 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.....

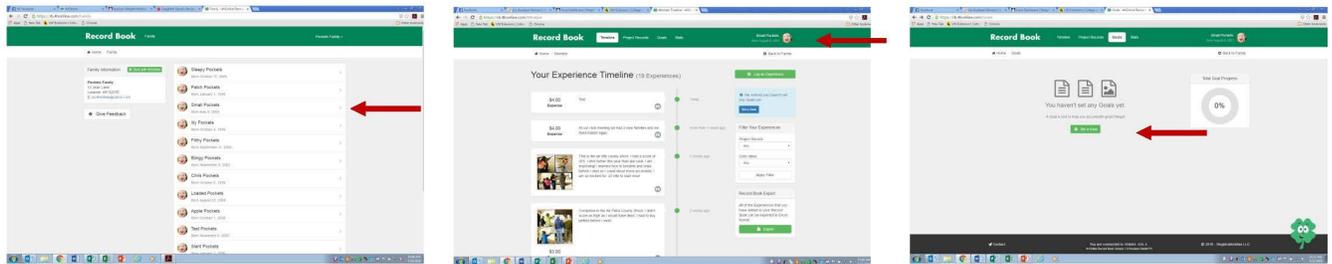


1. Visit <https://rb.4honline.com/>
2. Select the Wyoming 4-H Sign-In Button, it is on the right at the bottom.....
3. Use your family's 4-H Online credentials to log-in. Your credentials are your family email, and the password you selected to log-in to 4-H Online and enroll.
4. Once you have logged-in,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

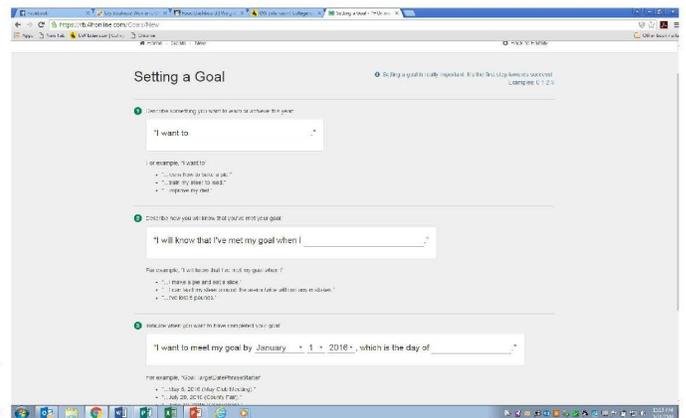
# Setting Project Goals in the NEW Record Book.....

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.

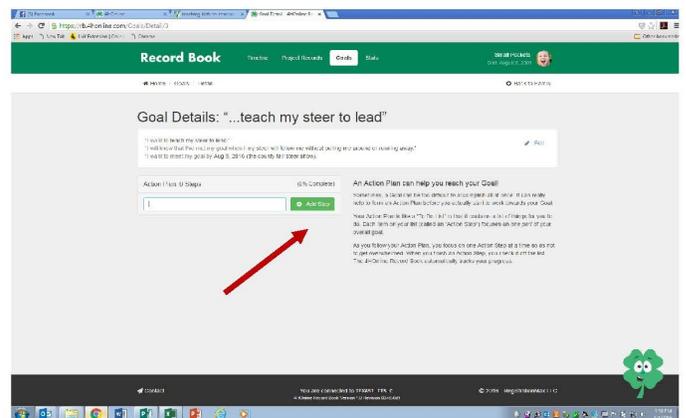


3. Use the prompts to set your project goal. For Example:

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.

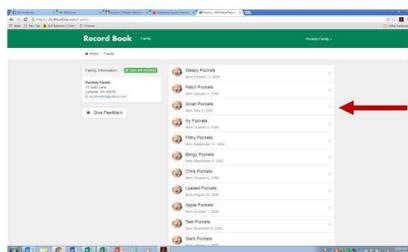


4. Click on the "Save Goal" button.
5. You will automatically be sent to a screen to set some action steps for your goal. Make sure to set at least 4 action steps to accomplish your goal. For example, with the goal set above, some benchmarks could include: Watch a video on how to clip a pig. Practice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



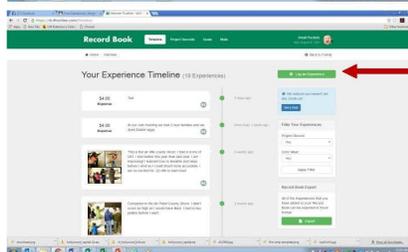
## Logging your Experiences in the NEW Record Book.....

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.

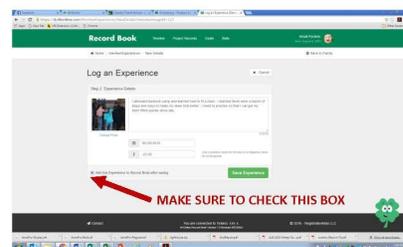
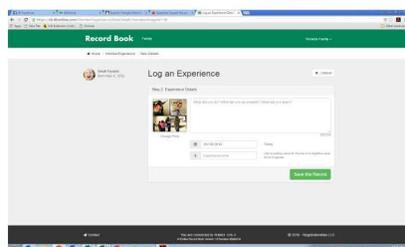
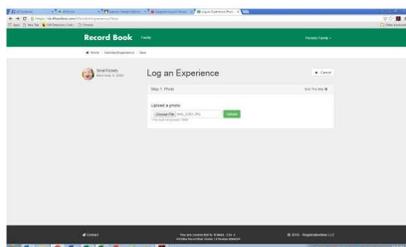
5. For every 4-H experience, try to make a log entry, particularly every club meeting attended, county event attended, and periodic updates on your project work.



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!!





# National 4-H Week

## October 2nd-October 8th 2016



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

With 4-H's connection to youth across the world, what better theme than "4-H Grows Here?" Many of you are leaders in your school and community. Now reach out to your friends and neighbors, demonstrating this leadership, and do what you can to communicate this idea and recruit new members and leaders to Weston County 4-H.

We are sure that you can come up with interesting and eye-catching displays for a selected business. Window displays or posters are encouraged by all 4-H clubs! Use pictures, symbols, diagrams, or project examples, or whatever is necessary to show the public what 4-H is and what we do! Fill out the National 4-H Display form. If you need some ideas or have questions please call the office at (307)746-3531. Monetary awards to the top three displays! Don't forget to schedule your club radio spots! These may be taped at the radio station, or at the 4-H office with prior notice.

### NATIONAL 4-H WEEK DISPLAY/POSTER ENTRY FORM

NAME OF CLUB: \_\_\_\_\_ # OF MEMBERS PARTICIPATING: \_\_\_\_\_  
 LEADER OR MEMBER IN CHARGE: \_\_\_\_\_ TELEPHONE # \_\_\_\_\_  
 LOCATION OF DISPLAY(S) - Be exact: \_\_\_\_\_

#### SCORING

- **50 Points: 4-H Theme** - How well does the display represent or explain what 4-H does?  
Does it have a purpose in informing the public?
- **20 Points: Appeal** - Is the display unique, neat, attractive and eye catching? Dynamic?
- **20 Points: Message** - Does the display represent what the club or members can/have accomplished?
- **10 Points: Preparation/Construction** - Was time and planning taken to design and construct the display? Is it well organized?

Please turn in your entry by **Monday, September 26th**. Plan on having the display ready to be judged early **Monday morning, October 3rd**. Don't forget to take your displays down in a timely manner so that businesses will welcome you back next year!

"4-H Grows Here!"



THANK YOU TO ALL OF THE  
 AWARD SPONSORS AND  
 LIVESTOCK BUYERS FOR THE  
 2016 WESTON COUNTY FAIR!!!  
 WE APPRECIATE EACH ONE OF  
 YOU!!!

Respectfully,  
 Weston County 4-H Members

### THANK YOU NOTES

Thank-you notes should be sent by 4-H individuals and clubs to thank people for gifts, donations, sponsorship, special help with a project, and leadership. **Weston County has lost several donors for the county fair because no one sent a thank you note!** Make sure to include something personal about you and your project. Call the office if you have questions, we are willing to help in obtaining addresses and names of donors!

### 4-H Pride!!!

Help celebrate National 4-H Week and showoff your 4-H Pride!!! Here's what you do:

- **Monday October 3rd**- Wear your favorite 4-H Camp T-shirt!
- **Wednesday October 5th**- Wear a Clover!
- **Friday October 7th**- Wear green!

**POST A PICTURE ON THE WESTON COUNTY 4-H FACEBOOK PAGE TO WIN A PRIZE!!!**

### 4-H Week Radio Spots

Don't Forget to get your 4-H week radio spot recorded! Stacy is working on dates to be in the Upton Elementary/Middle School and the Newcastle Elementary with the radio station to record your spot! Check your mail, email, or Facebook for those dates! You can also stop by the radio station or the Extension Office to record your spot!

### Reminder

Record Books are due on  
 October 5th. They need to be  
 turned into the Extension Office  
 by 4:00 pm!



## Calling all Club Officers!

**Don't forget about Club Officer Awards!**  
There will be awards for the following officers, if you have another office with your club not listed, submit an essay for the chance to win an award!!

- Outstanding President
- Outstanding Vice President
- Outstanding Secretary
- Outstanding Treasurer
- Outstanding Historian
- Outstanding Parliamentarian



Members who want to be considered for this award must turn in an essay explaining what they did this year as an officer, what they learned, and what they would do differently in the future. Secretaries, Treasurers, and Historians must also submit their officer books.

## Shooting Sports Awards

**When:** Saturday September 24th at 4:00 pm

**Where:** Wehri Residence  
753 Morrissey Road

**What to Bring:** A salad or dessert to share

**FYI:** The Shooting Sports leaders will be hosting a fun shoot before the awards ceremony! A BBQ will be included, hotdogs and hamburgers provided by the 4-H office, please **RSVP by September 22nd** so we know how many to plan for!

## Printing your Record Book to Turn In

The printing feature for the record book is not yet complete, so we have to make it work this year! There are 2 different ways to print your record book to turn in, and either way is fine:

- **Export to an Excel File:** You will see a button on the right hand side of your Experience Timeline that says "Record Book Export." Clicking this button will automatically put all the information you have logged into an excel file without your photos.
- **Capture Screen Shots:** If you want some of your photos to show up, screen shots of the different sections of your record book is the way to go!! To do this, use the "Ctrl PrtScn" function to capture a screen shot of each component of your record book, then paste that image into a document to print. You may have to take a number of screen shots to get it completed.

Along with your printed Record Book, please turn in a "My 4-H Story!" Instructions for "My 4-H Story" on page 11!!

## My 4~H Story Instructions

Make sure to complete a “My 4~H Story” to include with your Record Book, due October 5th!

My 4~H Story should include the following information and answer these questions:

1. Your name, age, and club.
2. Your 4~H activities and leadership positions.
3. What did you enjoy most about your 4~H year? Why?
4. What was most challenging this year? What did you do to overcome that challenge?
5. What did you learn this year in 4~H? Was it helpful?
6. What are you looking forward to next year in 4~H?

### Senior & Intermediate Age Members:

- Write a story about your 4~H year in paragraph format, addressing the above information.

### Junior Age Members:

- Use the “My Story” worksheet on page 12 to complete your story.



# My 4-H Story Worksheet

Name \_\_\_\_\_ Age \_\_\_\_\_

Club \_\_\_\_\_

4-H Activities and leadership positions:

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What did you enjoy most about your 4-H year? Why?

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What was most challenging this year? What did you do to overcome that challenge?

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What did you learn this year in 4-H? Was it helpful?

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What are you looking forward to next year in 4-H?

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## 4-H Achievement Day and Leader Roast & Toast

**Who:** All 4-Hers, families, and friends

**When:** Sunday, November 6th at 5:00 pm

**Where:** Weston County Event Center (at the Fairgrounds)

*A dinner will be served before the awards ceremony. The chili will be provided but each 4-H Club is asked to bring 3-4 desserts to share AND the following:*

**Sagebrush Maids & Wranglers:**

- Cornbread
- Oyster Crackers

**Elk Mountain Outlaws:**

- Cornbread
- Cheese
- Fritos

**Rattlers:**

- Chopped Onion
- Butter

**Prairie & Pines:**

- Cornbread
- Sour Cream

**Borderline Bandits:**

- Fritos
- Honey

**Around the Clover:**

- Cheese
- Fritos

***\*There is an estimate of 150 guests attending.***



thank  
you!



Our appreciation goes out to everyone who donated time and effort in making the Weston County Fair a success. Every year it becomes more difficult to personally thank each of you, as you just keep working harder to see that all goes well! Our sincere thanks to everyone, especially to the superintendents and assistants. A special thank you to all 4-Hers and leaders who stepped up and assisted in many little ways, you are greatly valued and appreciated! The Jr. Livestock Committee and the Weston County Fairboard deserve thanks for supporting the entire fair and the 4-H/FFA Junior Livestock Sale. Thank you First State Bank of Newcastle for completing all the clerking duties of the sale. A VERY SPECIAL THANK YOU to the livestock buyers. A big thank you to the fair staff!

**CONGRATULATIONS EVERYONE, AND THANK YOU, IT WAS A JOB WELL DONE!!**

# Thank You, Leaders!

## 1st Year Leaders

Amanda Sharpes  
Jamie Beastron

## 2nd Year Leaders

Bob Bruce  
Connie Rainbolt  
Crystal Stevens-Benson  
Shane Buchholz  
Zelda Anderson

## 3rd Year Leaders

Brad Troftgruben  
Cory Crinklaw  
George Graham  
Jessica Graham  
J.D. Rhoades  
Javier Lopez  
Kami Lopez  
Jonathan Sloan  
Vicki Keierleber  
Wade Perino

## 4th Year Leaders

Shelly Ritthaler

## 5th Year Leaders

Rick Wehri  
Ann Wehri  
Krystal Crinklaw  
Mary Rankin

## 6thYear Leaders

Daniel Keierleber

## 7thYear Leaders

Liana Scribner  
Cindy Rhoades

## 8thYear Leaders

Curtis Rankin

## 9thYear Leaders

Martha Bickford

## 11thYear Leaders

Susie Pillen

## 15 Years+ Leaders

Brent Thompson  
Bernie Terry  
Dick Terry  
David Tysdal  
Daniel Tysdal  
Cliff Abbott  
Galen Stafford  
Bonnie Rich  
Dick Rich  
Janet Perino  
Bobbie Jo Tysdal  
Linda Cash  
David Kline  
Stephanie Kline

**If you are a leader and do not see your name on this list, you DID NOT ENROLL on 4-H Online! We would LOVE to recognize you in the future and ensure you are COVERED BY INSURANCE, so PLEASE ENROLL!!! :)**



**Don't forget to nominate deserving members and leaders for Achievement Day Awards! The nominations are on page 14 and 16! Take some time and get them nominated by October 14th!**

## Calling all Members!

The Extension Office would like fun stories about your favorite 4-H Leaders! Stories can include funny moments, mishaps, or entertaining tidbits about their leadership this year! Along with your story please include what you like the most about your leader! Stories are due by October 31st! Stories will be used at Achievement Day for a Leader Roast & Toast to celebrate all they do for us!

**WYOMING**



ASSOCIATION OF EXTENSION 4-H AGENTS

## WAE4-HA announces the Wyoming 4-H t-shirt design contest!

The winning design will be featured on the official Wyoming 4-H t-shirts for 2016!

### Contest Rules:

- Must be a current Wyoming 4-H member
- Design must be received by October 31, 2016
- The design must promote 4-H and fit on the front or back of a t-shirt
- Entries must include name, age, club, and county affiliation
- Files, in pdf or jpeg format, should be emailed to [sfleenor@uwyo.edu](mailto:sfleenor@uwyo.edu)



For more information, please contact your local extension office or email [sfleenor@uwyo.edu](mailto:sfleenor@uwyo.edu).



Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071. The University of Wyoming is an equal opportunity/affirmative action institution.



## Calendar Contest



Open to all Wyoming 4-H members

### Contest Rules:

- Pictures will be accepted until September 30, 2016.
- Pictures must be the original work of the person submitting the entry.
- Each Wyoming 4-H member can submit 2 pictures.
- Pictures will be judged by the WAE4-HA fundraising committee. The top 13 member pictures will be placed in a calendar that will be available for purchase in November for 2017 calendars.
- Pictures will become the property of the Wyoming State 4-H office upon entry into the contest and will not be returned. They will also be used for promotional purposes. No amount of the money for the calendars will be returned to the contest entrants.
- Winners will receive a free calendar and recognition for their work.
- Entries must include Name, age, club, and county affiliation
- Entries will be accepted online at [sfleenor@uwyo.edu](mailto:sfleenor@uwyo.edu)

Sponsored by

**WYOMING**



ASSOCIATION OF EXTENSION 4-H AGENTS

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 equal opportunity/affirmative action institution.





# 2016 4-H Member Awards

Any member will be eligible as long as they meet the specific requirements of each award. A member may be nominated by 4-H members or leaders. Recommendations should be submitted to the Extension Office by **October 14th**. Awards will be presented at Achievement Day, **November 6th**.

**Outstanding Teen Leadership:** This award is for members ages 13-18 who have demonstrated any of the following:

- Leadership skills while helping younger members with project area work.
- Leadership and involvement in Weston County 4-H activities (i.e. 4-H Camp, County Fair, Achievement Day).
- Leadership within Club activities and educational programs.
- Sets a good example for younger members and the community at large.
- Upholds the highest ideals of the 4-H program: head, heart, health, and hands.

**4-H Member Extra Mile Award:** This award is for any 4-H'er who is not regularly found in the outstanding award circle, but demonstrates any of the following:

- Continually shows true grit by their everyday actions in 4-H and "hangs in there" by sheer determination.
- Helps and supports other members with their 4-H commitments.
- Celebrates the success and achievement of fellow 4-H'ers while continuing to improve their own 4-H experience.
- Always has a positive attitude.

**4-H'er Hard Luck Award:** This award is for any 4-H member who has had hard luck with their project(s) during the past 4-H year.

**Commissioners Citizenship Award:** This award is for members who have demonstrated any of the following:

- Outstanding Leadership, community service, and involvement with 4-H.
- Promotes 4-H and good citizenship.

**4-H Member Community Service Award:** This award is for members who have demonstrated any of the following:

- Participated in a number of community service projects.
- Is community service minded and encourages others to participate in community service projects.

**4-H Member Exemplary Leadership Award:** This award is for members who have demonstrated any of the following:

- Outstanding leadership within their club and project work, not necessarily as an officer.
- A willingness to help with 4-H endeavors no matter how large or small.
- Promoted 4-H and shared a positive attitude with all.

**4-H Member Outstanding Mentorship Award:** This award is for members who have demonstrated any of the following:

- Lends a helping hand to any 4-H'er and shares knowledge, skill, and expertise.
- Taken time to show other 4-H'ers the ropes and encourages others to do their best.

**4-H Member Involvement Award:** This award is for members who have demonstrated any of the following:

- Participated in a number of 4-H programs and activities.
- Shows up and actively participates in club meetings.
- Participates in 4-H contests.

**4-H Member 4-H Spirit Award:** This award is for members who have demonstrated any of the following:

- Participation in a number of 4-H events, activities, and contests.
- Enthusiastic about 4-H and shares this excitement with others.
- Works hard at 4-H, showing a spirit for the 4-H's, head, heart, hands, and health.

**Outstanding 1st year 4-H Member:** This award is for first year members who have demonstrated any of the following:

- Participation in 4-H events.
- Willingness to take on leadership roles.
- Shares 4-H spirit and excitement with others.

**4-H Member Outstanding Sportsmanship Award:** This award is for members who have demonstrated any of the following:

- Celebrated the success of others along with their own.
- Kept their chin high even when things were not always going their way.
- Shared the 4-H spirit and excitement all year.

**4-H Member Heart and Soul Award:** This award is for members who have demonstrated any of the following:

- Put their heart and soul into 4-H events, activities, contests, and projects.
- Worked hard to learn and grow through 4-H activities.
- Was a positive role model for other 4-H'ers.





# 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**.

6. 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.

7. 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 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*

## Caring... Have you done it today?

*"If you can't think of anything nice to say, you're not thinking hard enough!"*  
~ Kid President

Have you ever taken a moment to watch a Kid President video? If not, take a few moments to google it, you will be inspired to become AWESOME!

Awesomeness is not just about doing the right thing, it's also about caring for those around you. When you care for someone, you show how much you

appreciate the person they are, flaws and all.

One of the easiest ways to show you care is to speak kind words. Along with kind words, listen to how others are feeling. Pay attention to their words as well as their body language, show compassion for their thoughts.



A great way to teach caring behavior is to model it yourself. Pass around high-fives, smile at others, compliment your peers, and listen when others are speaking. Praise kind behavior, and never tolerate rudeness.

Caring is not something that comes naturally to everyone, sometimes it takes PRACTICE!

Make a conscious effort every day to speak a kind word, or do something small to show others you care. The more you practice, the



## 4-H Activity: Snowball Fight!

**Materials:** Sheets of paper and pencils

**Procedures:**

1. Have members sit in a circle on the floor.
2. Distribute a sheet of paper and pencil to each member
3. Ask each member to write their name at the top of the paper.
4. Once members have their name on a

sheet of paper, ask them to crumble them into a ball.

5. Tell members to throw their paper balls like a snowball fight!
6. Once the fight has died down, ask them to choose a ball, unfold it, and write something nice about the person on the ball.



7. Crumble the papers again and have another snowball fight!
8. Once the fight has died down, repeat step 6. Repeat as many times as compliments you wish to have members write.
9. Ask each member to read the last ball they pick up to the group.

## Clover Connection



**Head** - Remember to try and do something nice for someone everyday.

**Heart** - Listen to others, let them know you care.

**Hands** - Practice small acts of kindness!

**Health** - Be a friend, and you will always have a friend! Smiling lifts your spirits as well as those around you!

UNIVERSITY OF  
WYOMING  
EXTENSION

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4-H Family Newsletter - "The Chatter"

HAPPY  
Fall  
Y'ALL

# September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13 Fairboard Meeting 6:30 pm	14	15	16	17
18	19	20	21	22	23	24 Shooting Sports Awards 4:00 pm
25	26	27	28	29	30	

"THE CHATTER" WESTON COUNTY FAMILY 4-H NEWSLETTER

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