



UNIVERSITY OF
WYOMING
EXTENSION



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Stacy’s Snapshots

Greetings All!

As the 4-H year starts to really wind up and as you are becoming familiar with the new record book system, it is important to begin setting goals. Have you been thinking about those things you would like to accomplish this year? Perhaps you would like to enhance your club participation, try a new project, improve your skills, or get all your projects completed in a timely fashion (not the week before the fair). If you have not set goals, I encourage you to think about what you want to accomplish this year and set some goals. Goal setting can be a powerful motivator, focus your time and energy, and help you build essential life skills.

Goal setting is not always easy, we can become caught up in grand ideas about those things we want accomplish. I encourage you to make realistic goals, those that you can accomplish this year. It is easy to set goals that are not so easy to accomplish, (mine would be hitting the gym everyday) so think about your capabilities and make sure your goals are attainable. I like to use the SMART goal framework:

- Make your goals **specific**. The more general and open you leave your goal, the harder it is to accomplish. For example: Instead of, “I will improve my knowledge about my livestock project this year,” try making your goal more specific like, “I will learn about 3 new diseases that affect my livestock project this year.”
- Make sure your goals are **measureable**. If you cannot measure your progress, it is harder to know that you are accomplishing this goal. The more specific you are, the easier it is to measure your goal, and therefore accomplish it.
- Ensure that the goal you set is **attainable**. For example, winning grand champion or having perfect club attendance at all meetings are not goals that are attainable. These goals have elements that are out of your control, instead, consider goals that you can control and therefore accomplish. For example try, “I will improve my project skills by attending a workshop and practicing the skills I learn,” or, “I will work harder to incorporate interesting topics into club meetings to encourage higher attendance.”
- Make your goals **realistic**. As I mentioned above, know your capabilities and then make your goals realistic. Sometimes it helps to get ideas from others; they can help you keep your goals realistic by reminding you of your capabilities so you don’t spread yourself thin.
- Lastly, ensure that you are working toward your goal in a **timely** fashion. Sometimes it helps to set benchmarks for yourself. For example: (Goal) “I will learn a new sewing project this year.” (Benchmarks) “By the end of March I will attend a sewing workshop to develop new sewing skills, by the end of May I will find an appropriate pattern, gather all supplies to create my sewing project and practice the skills I learned at the workshop, and by mid-July I will have completed my sewing project for the fair.”

Once you have set your goals, don’t procrastinate, get started early, and let me know if I can assist you in any way to accomplish your goals! One goal I encourage you all to put at the top of your list is to consistently read the “Chatter.” Reading the chatter will ensure you are aware of all the deadlines and upcoming activities in Weston County, and I don’t want anyone missing out on any opportunities because of lapsed deadlines!

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 the following page! 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, 2015. 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 the them that one can join a 4-H club from 8 years old to 18 or through 12th grade. 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.



University of Wyoming Extension

State 4-H Office

Dept. 3354 • 1000 E. University Ave. • Laramie, WY 82071

(307) 766-5170 • 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



Record Book Training



When: Thursday, March 10th & Thursday, March 24th at 6:30 pm (You don't have to attend both meetings)

Where: USDA Service Center Conference Room

What: Stacy will be going over the new record book system and will answer any questions!



Tumbleweed's St.

Patrick's Day Party!!

When: March 17th at 3:30 pm

Where: USDA Service Center Conference Room

What: Come join us for a wee bit of fun!

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



Want to get to know your green thumb? Join the 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 first organizational meeting will be on **February 23rd at 6:00 pm** at the **USDA Service Center Conference Room**. Dinner will be provided.

Please RSVP to the Extension Office at **307-746-3531** by **February 22nd!**



LIVESTOCK LOANS AVAILABLE

There may be some of you who are realizing that you need financial assistance in order to continue your animal projects. There are loans available through the Weston County Junior Livestock Committee. Contact David Kline at (307)746-9747 or Mike Morrison at (307)746-4111 if interested. Small animal applications are due in April/May. Feed loan applications will be extend through July, 2014.



Wyoming 4-H Theatre Camp

April 29-May 1, 2016

University of Wyoming Campus

Laramie, Wyoming

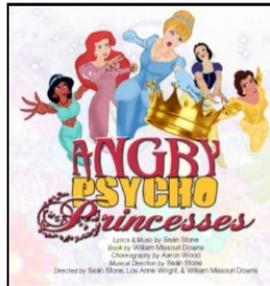


Workshops:

Stage make-up Costume Design
Script writing Stage Direction

Tours:

Buchanan Performing Arts Center
University of Wyoming Campus



For 4-H youth ages 14-18.

Cost: \$60/youth (includes lodging, meals, supplies and ticket to Saturday performance)

Military youth FREE.

Contact Brittany Johnson or Megan Brittingham for more information.

bjohns92@uwyo.edu 307-633-4383

mbrittin@uwyo.edu 307-532-2436

Attend the Saturday evening performance of "Angry Psycho Princesses" with a formal dinner before.



FYI: New Shooting Sports Information

There have been some changes in the Shooting Sports Program this year:

- First, children need to be supervised at the range.
- Second, the use of cell phones and tablets at all practices is banned.
- Third, Each shooter will be assigned a shooting time and they must be there no later than 5 minutes after the start of that session, or they will not shoot that day. They will only be allowed to shoot at a later session if there is room on the line.
- Lastly, the Extension Office will be providing .22 ammunition and shotgun shells for all practices. Each member will be charged a \$10 fee per discipline to cover the costs of ammunition for all practices.

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

Pistol Practice!

The **FIRST** Pistol practice will be **January 18th** at the Weston County Sportsman's Club! ***There will be two sessions: one at 4:00 pm and one at 5:00 pm.*** Practice will be **every Monday. DON'T** forget to bring your own eye protection and ear protection.

Be sure to read the new shooting sports information on page 5. Don't be late for your session, or you won't shoot that day! You can sign up at the Extension Office.

RIFLE PRACTICE!



The **FIRST** Rifle practice will be **January 19th** at the Weston County Sportsman's Club! ***There will be three sessions: one at 4:00 pm, one at 5:00 pm, and one at 6:00 pm.*** Practice will be **every Tuesday.**

DON'T forget to bring your own eye protection and ear protection. ***Be sure to read the new shooting sports information on page 5.*** Don't be late for your session, or you won't shoot that day! You can sign up at the Extension Office.

SCRAPIES TAGS

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

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

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



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

Teen Leader Day

March 12, 2016 10:00 am
 Studio 21 Wyoming,
 123 Main Street
 Newcastle, WY



It's time to start planning for 4-H Camp 2016! We will have leadership time, pottery painting time, and camp planning time!

Please RSVP by March 10th so we know how many to plan for!

(Teen Leaders are all 4-H Members ages 13-18)

studio21
 wyoming.com

Teen Leaders Party

Excited to make new friends? Ready to jump into leadership roles? If you are a 4-H'er 13 years or older, then put **April 9th** on your calendar. We will be having a **ROLLER SKATING PARTY** with the Crook County Teen Leaders! Pizza will be provided!



When: April 9, 2016 at 6:30 pm

Where: Razor City Skateland in Gillette (the address is 885 Hannum Road Gillette, WY 82718)

There will be a carpool leaving from the Newcastle Extension Office at 5:00 pm. Stacy will stop in Upton around 5:30 pm to pick up any Teen Leader's if needed!

PLEASE CALL STACY AND LET HER KNOW IF YOU PLAN TO ATTEND AND IF YOU WILL BE CARPOOLING!



The best part is getting to take care of them every day.

Farm School Program



I learned the different parts of my animals and how to show them.



4-H'ers, are you interested in learning more about livestock, the agriculture industry, and raising a market livestock animal but lack the barn and adequate space? The **Farm School Program** is a great way for you to participate in an project and raise a market lamb, pig, goat, rabbits or poultry. Members in the **Farm School Program** have the opportunity to house and care for their animals at the **Fairgrounds** while learning about the agriculture industry and animal care from mentors and educational sessions. **If you are interested in becoming a member of the Farm School Program, get in touch with Stacy at the Extension Office so she can get you started with the paperwork.** Further, if you are considering participating in this program, make sure to attend a Youth Quality Assurance class in March, April, or May so you can complete one requirement to participate in the program! Don't miss out on this fantastic opportunity to try a new project, learn some new skills, and above all, **HAVE FUN!**

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 **5th 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!



Leader Training

What: This training will be on personality assessments and better communication.

When: March 3rd at 6:30 pm at the USDA Service Center Conference Room.

Who: This training is for all leaders who need to complete a new training. It will fulfil the training requirements leaders are required to meet.

Dinner will be provided. Please RSVP to Stacy at



307-746-3531 by March 1st!





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.

- 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 a button labeled 'Add Club'.



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 button labeled 'Submit Enrollment'.

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

WYOMING CHARACTER



that's what we're made of

Trustworthiness and Telling the Truth

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

Bo Bennett, American Businessman

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

There are many reasons people lie:

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

Character Counts Trustworthiness

There are better reasons for telling the truth:

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

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

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

February, 2016

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

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

The very best reasons for telling the truth:

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



Clover Connection

Head - be honest in words and actions

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

Hands - be a good friend

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

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

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MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Jr. Livestock Meeting 7:00 pm	3 Leader Training 6:30 pm	4	5
6	7	8	9	10 Record Book Training 6:30 pm	11	12 Teen Leader's 10:00 am
13	14	15	16	17 Tumbleweed's Party 3:30 pm	18	19
20	21	22	23	24 Record Book Training 6:30 pm	25	26
27	28	29	30	31		

"THE CHATTER" WESTON COUNTY FAMILY 4-H NEWSLETTER February/March 2016

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