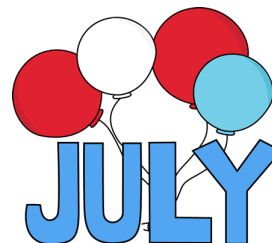


# Converse County 4-H Newsletter



## In this Issue:

- Calendar of Events Pg. 2
- Upcoming Events/  
Dates Pg. 2
- Tentative 2016 Fair  
Schedule Pg. 3
- Council/Project/Club  
Information Pgs. 4-8
- Other Happenings Pgs. 9-  
10
- Animal Project Pgs. 11-  
Members 12
- Static Projects Pg. 13  
Corner
- Cent\$ible Nutrition Pg. 14
- Birthdays Pg. 14
- Character Counts Pg. 15
- Contact Us Pg. 16

First things first we would like to congratulate all of our Converse County 4-H graduates. This is a great milestone and accomplishment and we will eagerly await and watch as they go out and accomplish big things!

I am excited to announce that we will be welcoming back Morgan Hays to Converse County 4-H. Morgan is currently attending Chadron State College where she is working on her degree in Elementary Education. As a past member of Converse County 4-H, we are anxious to have her back to share her wealth of knowledge and experience with our office and our county program. Morgan will be our only intern for this summer.

County fair is quickly approaching! Please be watching our website, Facebook page and your e-mails for any information or updates. There are a few new happenings as well as location changes, please make yourself aware. For livestock exhibitors planning to sell in the Jr. Market Livestock Sale, there is a mandatory meeting and BBQ on June 7<sup>th</sup>, 6:30pm at Bartling Park in Douglas. If you cannot attend on this date there will be a secondary option on June 20<sup>th</sup>, 6:30pm at the Extension Office in Douglas. Attending one of these dates is required to sell at county fair, so please be present.

For all members with static exhibit projects, now is a good time to begin familiarizing yourself with the requirements and expectations of your project to enter it into county or state fair. These expectations need to be followed carefully.

Fair entries will be opening on June 7<sup>th</sup> and closing at 4pm on Monday, June 27<sup>th</sup>.

I hope everyone is enjoying this little taste of summer we've been enjoying in between the rain!

*Stacey Etchemendy*

**All members and volunteers need to have your enrollment completed online and fees paid before you participate in any 4-H event or activity for insurance purposes.**



# What's Going On In Converse County?

Meeting dates and times are subject to change. Please be sure to check e-mails, Converse County Facebook or Website.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June</b>			1	2	3	4
5	6	WYRED— June 6-10—Meeteetse			10	11
12	13	14	15	16	17	18
			Summer Adventure Camp July 15-17 YMCA of the Big Horns—Camp Roberts			4-H Horse Camp July 16-19 Douglas
19	20	21	22	23	24	25
		Showcase Showdown—June 21-23—Laramie				
26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July</b>					1	2
	happy 4th of JULY!	5	6	7	8	9
	4-H/Ext. Office Closed			4-H SHOOTING SPORTS LEARN BY DOING	State Shoot—July 7-10—Douglas	
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	Converse County 4-H/FFA Fair—July 15-23, 2016					
24/31	25	26	27	28	29	30

# Tentative Fair Schedule

# JULY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9 Window Decorating Contest Begins
10	11	12	13	14	15	16
					8am- Poultry/ Rabbit/Pocket Pet Show 2-6pm- Static Interview Judging	8am-Dog Show 3pm- Small Animal Round Robin 4:30pm- Fashion Revue Judging followed by Fashion Revue and a Cookie and Punch Social- EWC Douglas Campus
17	18	19	20	21	22	23
4pm-Ranch Rodeo	8am-Horse Show 10am-Static Hall opens (Silent Auction begins) 4-7pm-Open Barn for livestock pen set up/ prep (no animals) Club Sponsored Activity Ice Cream Sundae Social Time- 2-4pm Hosted by Dry Creek Willing Workers 4-H Club	6-7am-Open Barn for livestock pen set up/prep 7-9 am- Vet checks 7-11 am- Weigh in/ Check in for all animals 1pm-Pee Wee Pet Show Group Sponsored Activities Root Beer Floats Time- 2-3pm Hosted by Labonte Homemakers Slip n' Slide 1-4pm Hosted by Wild Bunch & Magic Chefs 4-H Clubs	7-8am- Pancake Breakfast ** Sponsored by Converse County Bank 8am-Dairy Cattle Show followed by the Dairy Goat Show 9am-Market/Breeding Beef Show 6pm- Swine Showmanship/ Market Swine Show Club Sponsored Activity Mechanical Bull Riding Time- 1-4pm Hosted by Cavaliers & Woolly Bully 4-H Clubs	8am- Market Goat Show 9:30 am (directly following goat show)-Sheep Show 1pm-Alpaca Show Club Sponsored Activities Ag. Olympics Time-4:30 pm Hosted By Douglas FFA Officers & 4-H Jr. Leaders Team Sorting Time- 6 pm Hosted by 4-H Horse Project	8am-Large Animal Round Robin 1 pm-Silent Auction CLOSED 1-4pm-Release all Non-Market Sale Livestock Animals & Static Exhibits 1pm- Jr. Market Sale Set Up 5-7pm Buyer Appreciation Dinner 6pm-Market Sale Dance immediately following the sale	5:30am-Animals to be processed are released (no members present) Noon-All animals removed and barns CLEANED and closed FAIR OVER! SLEEP WELL!
24	25 Clean windows from Window Decorating Contest	26	27	28	29	30

# Club Meeting & Leader Info

## Community Club Meeting Schedule & Leaders

Cavaliers	Dry Creek	Future Stars	Jr. leaders	LaBonte
2nd Tuesday 4:30PM @ TBD	To be announced by leader	3rd Wednesday 6:00PM @ TBD	1st Monday 6:00PM @ TBD	To be announced by leader



**A club leader will contact members if the date, time or location is changed**

Magic Chefs	Sand Creek	Walker Creek	Wild Bunch	Wooly Bully's
3rd Sunday 12:30PM @ TBD	3rd Sunday 11:00AM @ TBD	To be announced by leader	2nd Sunday 2:00PM @ TBD	Last Sunday 4:00PM @ TBD

## Club Leaders

Cavaliers—Lorrina Zwetzig/Theresa Eathorne	Cloverbuds—Jenny Halquist (Douglas)/Trish Needens (Glenrock)
Dry Creek Willing Workers—Bev Reed	Future Stars—Jenny Halquist, Rich Halquist and Tanna Rodeman
Jr. Leaders— Mandy Lovitt	LaBonte Sagebrush—Lisa Daly/Betty James
Magic Chefs—Margaret Grant	Range Club—Misty Hays
Sand Creek-Margaret Farley/Sandy Loyd	Walker Creek Pronghorns—Connie Werner/Mandy Horr
Wild Bunch—Misty Hays/Carol Blackburn	Wooly Bully's—Mandy Lovitt/Kisha Snyder

	Cavaliers	Future Stars	Jr Leaders	Walker Creek	Wild Bunch	Wooly Bully's	Magic Chefs	Sand Creek
<b>President</b>	Lauren Eathorne	Jake Halquist	Megan Lovitt	Loganne Werner	Magnus Trembath	Megan Lovitt	Kaitlyn Hiser	Megann Farley
<b>VP</b>	Brodie Zwetzig	Sam Mittleider	Sam Mittleider Kendra Hinckley	Markie Horr	Hailie Blackburn	Jake Logar	Anna Grant	Tymber Eckley
<b>Secretary</b>	Brynn Zwetzig	Sophia Lavallee	Taylor Rodeman	Lydia Capelle	Ella Meyer	Madison Thomas	Chelsea Hiser	Tyne Loyd
<b>Treasurer</b>	Karly Hoffer	Taylor Rodeman	Sophia Lavallee	Mason Horr	Ceara Moffatt	Cash Lovitt	Kaitlyn Hiser	CJ Toner
<b>Reporter/Caller/Parliamentarian</b>	Faye Lankister Briza Hernandez	Lauryn Vollman	Markie Horr	Hannah, Julie & Erica Dority John Werner, Hope Capelle, Zoey Booth, Kaitlyn Velasquez	Delaney Rixford	Lane Olsen/ Caller - Kyle Logar Cole Lovitt/ Parliamentarians	Anna Grant	Claire Toner
<b>Historian</b>	Faye Lankister Briza Hernandez	Lauryn Vollman			Brianna Hansel		Cora Grant Leone Scott Delaney Rixford	
<b>Rec/Song or Snack Coordinators</b>					Savanna Moffatt		Daniel Grant Charlsie Rixford	
<b>Council Reps</b>			Kendra Hinckley- Dairon Mooren Megan Lovitt					

# Converse County Council & Club News

## 4-H Council Meeting

During 2016, Converse County 4-H Council will hold meetings in January, March, May, June, July, September and November on the 2<sup>nd</sup> Thursday of the month at 6:00 pm. Next meeting Thursday, June 9th!

Agendas and minutes can be found on Converse County 4-H's website (<http://www.wyoming4h.org/converse4h/>) on the 4-H Council page.

The **Future Stars 4-H Club** held their April meeting on the 20th at 6:00PM. Wyatt Ewing did a demonstration on how to use an air pump. With no other business President Jake Halquist lead other members in some fun games.

Report Submitted by Lauryn Vollman

Wyatt Ewing giving demonstration. →



Cloverbuds doing a fun summer activity. Decorating flower pots and filling with zinnia seeds.



# Converse County Council & Club News Continued



Magnus Trembath, Clifford and Gentry Smith competed in Meats and Wool Judging Contests in Laramie. They all did a great job representing Converse County 4-H!

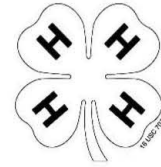
## Converse County 4-H/FFA Fair is right around the corner!

We would appreciate your help in obtaining sponsors for the fair. This year we wanted to make sponsoring the fair more affordable, so we established sponsorship levels:

<b>PLATINUM</b>	Greater than \$100
<b>BUCKLE DONOR</b>	\$125 donated toward a specific species and award
<b>GOLD</b>	\$100 donation
<b>SILVER</b>	\$75 donation
<b>BRONZE</b>	\$50 donation

The following two pages are the letter that is given to potential sponsors along with the donation declaration form. Please print these pages or email [Irober23@uwyo.edu](mailto:Irober23@uwyo.edu) to obtain hard copies and distribute to folks you know who might be interested in sponsoring this year's fair.

**Converse County 4-H Fair Committee**  
Converse County Extension Office  
133 West Center Street  
Douglas, WY 82633  
307-358-2417



***Give to grow confident kids.***

You know that our youth face some staggering issues, such as education and work-force preparedness. But did you know that 4-H and FFA are uniquely equipped to help youth overcome these challenges? One way Converse County 4-H and FFA programs help youth is to give them the opportunity to set goals and learn responsibility. Youth are then able to showcase their hard work at the county fair.

The 2016 Converse County 4-H/FFA Fair theme will be “Struttin’ Our Stuff” and will be held July 15 – 23. New to this year’s fair, is the offering to support your community’s county fair through sponsorship. We want to make sponsoring your county fair affordable for you, while providing meaningful awards for Converse County 4-H/FFA youth.

**PLATINUM**

Greater than \$100

**BUCKLE DONOR**

\$125 donated toward a specific species and award

**GOLD**

\$100 donation

**SILVER**

\$75 donation

**BRONZE**

\$50 donation

When you become a sponsor of Converse County 4-H/FFA Fair, you have the opportunity to be part of your community’s tradition as well as providing a life changing experience for 4-H/FFA youth.

Hoping for your sponsorship,

*Converse County Fair Committee*

PS: Help us reward a youth for his or her hard work.

# Struttin' Our Stuff at the Converse County 4-H/FFA Fair

Please return this form along with your donation payable to **Converse County 4-H**

---

\_\_\_\_\_ **PLATINUM** Greater than \$100 \$ \_\_\_\_\_

\_\_\_\_\_ **BUCKLE DONOR** \$125 donated toward a specific species and award

*Please note awards are sponsored on a first come, first serve basis.* \$125.00

Specie \_\_\_\_\_

\_\_\_\_\_ **GOLD** \$100 donation \$100.00

\_\_\_\_\_ **SILVER** \$75 donation \$ 75.00

\_\_\_\_\_ **BRONZE** \$50 donation \$ 50.00

---

Sponsor Name:

Address:

Contact Name:

Contact Phone Number:

---

Please contact the 4-H Office at 358-2417 to speak to someone regarding a donation.

Upon receipt of your donation, a receipt will be mailed to you at the address provided.

***All donations to 4-H are tax-deductible to the extent allowed by the law.***



# Other Happenings Around the State

Wyoming 4-H 2016

# SHOWCASE SHOWDOWN

is coming to the

# UW

Campus

## June 21-23, 2016

Contact your 4-H Educator today  
for information on contests, workshops, and  
registration!

**LARAMIE**  
WYOMING  
REAL HISTORY.  
TRUE ADVENTURE.  
WWW.VISITLARAMIE.ORG 800.445.5303

4-H Wyoming 4-H Showcase Showdown

*Wyoming 4-H*  
www.wyoming4h.org



**Showcase Showdown**  
Calling all youth, 8-18! Are you looking for something FUN to do this summer? Are you excited to travel around the state? Do you enjoy competing and brushing up on your leadership skills? Look no further! The 2016 Showcase Showdown is just around the corner. Start studying your materials and break out your judging books to prepare for this showcase of your talents! Join youth from around the state June 21-23 in Laramie, WY. For contests, workshops, and FUN! Visit [www.wyoming4h.org](http://www.wyoming4h.org) or your local Extension office today for more information!



2016 Wyoming State  
Fair Dates:  
**AUGUST 13-20!**

# Other Happenings cont.



## Wyoming State 4-H Foundation 8th Annual Boulder Big Draw



Saturday, June 18, 2016



Fremont Butte Ranch

**OPEN TO ANY ADULT OR YOUTH**

514 Highway 353~Boulder, Wyoming

*Turn East on Highway 353 at the Boulder Store and follow signs*

Shoot 40 targets and never see the same one twice!

Motion Pop-Up Target System

Long Shot and other fun challenges

**Chance to win a youth hunt donated by Mike Schmid of Solitude Ranch Outfitters  
(8-12 yr. old turkey hunt and 13-18 yr. old white tail deer hunt)**

### **SPONSORSHIP**

Stations at the shoot can be sponsored for \$25 each and your name/logo will be displayed!

**o YES! I would like to be a station sponsor! My check for \$25 is included!**

**REGISTRATION** Entries can be made before the shoot as well as at the event.

Entry Fees: Family~\$25 Adults~\$10 Youth (12 and under) \$10

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt size: S M L XL XXL

Division: (please circle one)

Men's: Release Fingers Traditional

Women's: Release Fingers Traditional

Youth Senior (13-18): Open

Youth Junior (8-12 & under): Open

Awards will be presented to 1st through 3rd place in each division.

**Send your registration and a check payable to:**

Wyoming State 4-H Foundation  
Steve Mack, Director  
1000 E. University Ave., Dept. 3354  
Laramie, WY 82071

**Questions?**

**Steve Mack**, Director  
Email: smack@uwyo.edu  
**Greg Schamber**, Board Member 307-260-7505  
Email: gregory.schamber@jonahenergy.com

### Course Information

***The course will open at 8:00 a.m. and close at 1:00 p.m. Four people will rotate to each of the 40 stations together, you should allow two hours to complete the shoot.***

***For Camping information contact Greg Schamber at 260-7505***

# Animal Project Members

## New in 2016—State 4-H Showmanship Contest at WSF

1. Any Junior, Intermediate, or Senior aged 4-H youth that is enrolled in the 4-H project of species that they intend to compete with are eligible.
2. Previous winners of state contests are eligible to compete and win multiple years.
3. Showmanship contestants must compete with their own animals.
4. No boars, bulls, or bucks (goats), or stallions will be allowed to compete in showmanship. No lactating animals should be shown.
5. Judging is based on the exhibitors' ability to present their animal for evaluation including the movement and positions of the animal, as well as the condition and cleanliness of the animal. Mannerisms, conduct of the contestant, and industry knowledge may also be considered by the judges in placings.

**Note:** Youth will have to own their own 4-H project animals to compete with them in this contest.

Members who wish to sell an animal in the Converse County 4-H/FFA Fair Market Sale must complete the Level 1 Quality Assurance Class during their first year in a market sale animal project (no matter what age the member is). Members then must complete Level 2 during their first year as an intermediate member (11-13 years) or their second year in FFA and Level 3 during their first year as a senior member (14-18 years) or third year as an FFA member. The Quality Assurance Classes correlate for both 4-H and FFA members and do not have to be taken multiple times if members are in both organizations. It is a member's **responsibility** to ensure he/she meets the quality assurance requirement to be eligible to sell at the Converse County 4-H/FFA Fair Market Sale. If you are unsure what level(s) you have taken or need to take, please contact the 4-H Office at 358-2417.

## 2016 Livestock Minimum Weights

Steers	1050
Heifers	1000
Swine	210
Goats	50
Sheep	90



# Animal Project Members cont.

## Calculating Market Weight

Use the following formula to determine how much weight your market animal should be gaining in order to meet the weight requirements for county fair:

- Determine the number of days until weigh-ins on Tuesday, July 19th
- Determine the average daily gain
  - \* Sheep: 0.5 - 0.75 pounds per day
  - \* Swine: 1.5 - 2.0 pounds per day
  - \* Beef: 2.5—2.8 pounds per day
  - \* Goat: .2—.3 pounds per day
- Determine the target finishing weight (what you want your animal to weigh at county fair)
  - \* Sheep: min. weight for co. fair = 90#
  - \* Swine: min weight for co. fair = 210#,
  - \* Goat: min. weight for co fair = 50#
  - \* Beef: min. weight co fair = Steers = 1050# Heifers = 1000#

Example: You attend the May 12th weigh-in. You guess that your sheep will gain approximately .6 pounds per day. There are 68 days until county fair weigh-ins on July 19th. On that day you would like your sheep to weigh 100 pounds. Now plug in those numbers to the formula to determine what your pig should weigh at the preliminary weigh-in.

$(\text{days to co. fair}) \times (\text{avg. daily gain}) = \text{lbs. needed to gain}$   
 $68 \text{ days} \times .6 \text{ lbs. per day} = 40.8 \text{ lbs. to gain}$

$(\text{target finishing weight}) - (\text{lbs. to gain}) = \text{weight today}$   
 $100 \text{ lbs.} - 40.8 = 59.2 \text{ weight today}$

\*\* Please note: In most circumstances, based on frame score and body condition, a typical market lamb, swine, steer or goat that weighs in at the minimum weight for county fair, may not be considered "market ready."

## Community Service Opportunity



### CONVERSE COUNTY HISTORICAL

#### 4TH OF JULY CELEBRATION

#### NEEDS YOU!

4-H members age 12-18yrs are needed to help set up and work the event.

Sunday July 3 from 1-5pm \*\*\*\* Monday July 4 from 8am—4pm

Fort Fetterman

If you are available to help with this patriotic event, please call

Vivian Boyer ASAP at 358-9269.



# Static Exhibits Project Corner

## General Entry Guidelines

1. Posters, pictures, artwork and photography exhibits should come with a method for hanging them on hooks attached to pegboard. If the items cannot be hung, they will be displayed on the floor or table.
2. Display boards or poster boards must be able to stand on their own on a table.
3. Oversized exhibits will be displayed as space permits.
4. Exhibits shall be mounted securely on a stiff mounting board or foam board.
5. Posters, pictures, artwork and photography exhibits must come with a method for hanging from hooks on pegboard.
6. No breakable glass allowed – use of Plexiglas or shrink plastic is allowed.

## Cake Decorating

1. Decorating must be done on an artificial cake form, such as Styrofoam or inverted cake pan. Do not exhibit real cakes.
2. Exhibits should be placed on disposable plates or boards covered with foil, plastic or decorative covering, and allow 1" minimum of free space between cake and outer edge of plate or board.
3. Do not bring exhibits on glass plates or valued trays.



**Food and Nutrition** Recipes are required with all entries. Recipes will not be returned and become the property of 4-H. Recipes must include the member's name, age, and county they are representing.

1. Only enter foods that can be safely stored at room temperature. Foods determined to be unsafe at room temperature will be disqualified with the decision of the judge being final. (For example, do not enter cream pies, casseroles, or items with cream cheese frosting, etc.) Foods entered should be suitable for freezing prior to state fair to aid in transportation to the state fair.
2. Judges may or may not choose to open, taste, cut, or handle, etc., any entry.
3. Judges will negatively evaluate entries using commercial cake or bread mixes or those with wrappers (cupcakes, muffins, etc.).
4. Exhibit on 6 inch or smaller, plastic coated or Styrofoam plate when possible.
6. When smaller items are exhibited (rolls, cookies, biscuits, etc.) enter 3 items for each class.
7. When single items are exhibited (cakes, loaves, etc.), enter one fourth of the item. Breads should be displayed as an end-cut, cut from top crust through bottom crust.



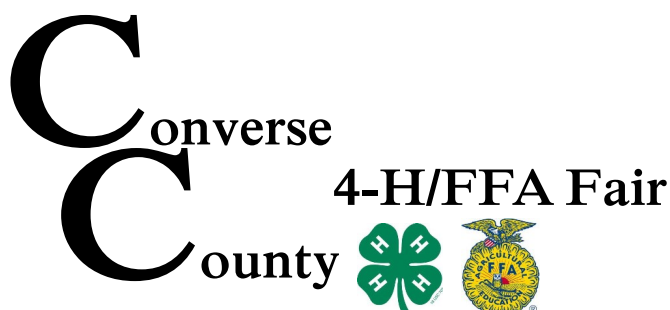
## Photography – Digital Creations

1. Exhibits, created from an existing photograph that have been digitally altered to change the original content resulting in a new and unique piece.
2. This category is not intended for enhanced photographs such as removing red-eye, adding a border, adjusting color or shading, etc.

## 4-H Self Determined

**All self-determined projects must have a completed approval form on file with the 4-H office before fair.**

1. Each exhibit in the Self-Determined area should be accompanied by an "information sheet" indicating:
  - a. topic selected
  - b. goals to be achieved
  - c. how the project was carried out
  - d. accomplishments



# Cent\$ible Nutrition

Join the *Cent\$ible Nutrition Program* and receive:

- ❑ Free Computer Diet Analysis Nutrition Lessons Adapted to you
- ❑ A Cent\$ible Nutrition Cookbook Kitchen Gadgets



## Snappy Cole Slaw

### Ingredients

- ¼ cup light mayonnaise
- 2 Tablespoons vinegar
- 2 Tablespoons sugar
- ½ teaspoon mustard (optional)
- ⅛ teaspoon black pepper
- ½ head cabbage, shredded

### Directions

1. Combine mayonnaise, vinegar, sugar, and spices.
2. Pour over cabbage and toss lightly.



Need a salad for a summer meal in a snap, check out this recipe!

Tammy Ware  
Cent\$ible Nutrition  
Program Associate  
307-358-2417  
tware@uwyo.edu



## Cent\$ible Nutrition

"Helping Families Eat Better For Less"  
**FREE** Classes for qualified applicants

CALL FOR MORE INFORMATION:

**307-358-2417**

Sponsored by: UNIVERSITY OF WYOMING  
EXTENSION

## Birthdays



Adam Garland  
Aspen Edwards  
Brandon Henry  
Broc Schwartzkopf  
Caleb Casey

Chance Himle  
Daniel Grant  
Isabel Casey  
Jennifer Porter  
Josie Mares  
Jyllian Scott  
Kaitlynn Bright  
Keegan McPherson

Laney Gates  
Logan Hinckley  
Riley Cook  
Roni Wagner  
Shelby Petersen  
Tara Wagner  
Trevor Sorg  
Trinity VanNorman



Alaina Mathis  
Anna Grant  
Carly Mares  
Cash Lovitt  
Danielle Cook  
Danny Goad

Elizabeth Loveless  
Ella Meyer  
Katelyn Hill  
Kaydy Potter  
Layla Wise  
Lily Wells

Markayla Horr  
Mason Miller  
Ryann George-Bevers  
Taylor Rodeman



*that's what we're made of*

# RESPONSIBILITY

## Responsibility

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

Responsibility involves a few things:

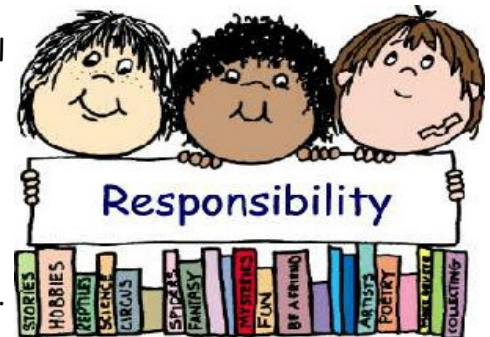
- Accountability
- Using Self Control
- Having Goals
- Choosing a positive attitude
- Doing your duty
- Being proactive
- Setting a good example

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

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

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

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



## 4-H Activity

### The Six Letter Solution

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

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

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

After the youth have figured out the activity or you show them the trick, discuss the

different aspects of responsibility. Possible discussion starters are:  
What does responsibility mean to you?  
How have you seen others act responsibly?  
Do you think responsibility is important? Why?  
How can we be responsible 4-H members?  
Why be responsible?

### Clover Connection

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

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

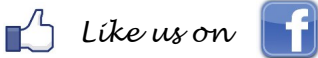
**Hands** - Do what needs to be done without being asked.

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



University of Wyoming Extension  
Converse County Office  
1839 Madora Avenue  
Douglas, WY 82633

*Click link below to check out website*



Converse County Website—<http://www.wyomingextension.org/converse4h/>



*...a fun place to  
play and learn!*

*Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture.*

*Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071*

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