LARAMIE COUNTY 4-H NEWSLETTER



COME JOIN US!!!



A portion of the proceeds benefit Cheyenne Shrine Club EVENT CENTER AT ARCHER

Simplicity
307

Vendor&Events
Simplicitu307 com

CALENDAR

OCTOBER

- 21 Halloween Harvest Market/4-H Carnival Archer
- 21 Wyoming 4-H Dog Committee Casper, WY
- o 22 Pressure Cooking Class LCCC PF 417
- o 23 Record Books DUE ZSuite/4-H Office
- 24 National Science Day Activity LCCC 409
- 26 Introduction to 4-H LCCC 409
- o 27 Weather Balloon Launch

NOVEMBER

- 1 Wyoming 4-H Community Service Application Due
- 2 Water bath Canning Workshop LCCC PF 417
- 2-16 NAILE Louisville, KY
- 3-5 Reignite 4-H Leader Conference Cheyenne, WY
- 6 Fair Board Meeting LC Courthouse
- 13-26 Cheyenne Livestock Expo Archer
- 15 Junior Leader Meeting Community House Archer
- 20 Horse Committee Meeting LCCC 419
- o 23-24 Extension Office Closed for Thanksgiving
- 24-28 National 4-H Conference
- 28 New Family Night LCCC 409
- o 29 Cookie Dough Workshop LCCC 417

JANUARY

- 4 NWSS Wool Judging Contest
- o 6-21 National Western Stock Show Denver, CO
- 8 Ignite by 4-H Applications DUE
- o 17 Junior Leader Meeting Community House Archer

FEBRUARY

- o 3 Beef Tagging
- o 10 Beef Tagging
- 15 Junior Leader Meeting Community House Archer
- 17 State Shooting Sports Development Meeting
- 8 Ignite by 4-H Applications DUE

MARCH

- 13-17 Ignite by 4-H Conference
- o 20 Junior Leader Meeting Community House Archer

DECEMBER

- 4 Fair Board Meeting LC Courthouse
- 5 New Family Night, LCCC PF 409
- 9 Achievement Night LCCC 108/109
- 12 Water Bath canning Workshop LCCC 417
- 14 Gingerbread House Contest LCCC 108/109
- 18 Horse Committee Meeting LCCC 419
- o 20 Shooting Sports Committee LCCC 419
- 20 Junior Leader Meeting Community House Archer
- o 25-29 Extension Office Closed for Winter Break
- 28-31 Arizona National Livestock Show Phoenix, AZ

APRIL

- 15 Purple Up Day
- 17 Month of the Military Child
- 17 Junior Leader Meeting LCCC Leadership Center
- 9-24 National 4-H Conference

MAY

- 14 Livestock Tagging
- 15 Junior Leader Meeting Community House Archer
- 23 Livestock Tagging
- 29 Livestock Tagging

*Dates may change call the office with any questions

JUNE

• 18-20 Showcase Showdown

4-H New Year October 1, 2023

Each member and volunteer MUST re-enroll in <u>ZSuite</u> to become an active member for the 2023-2024
4-H Year

For club information, enrollment and reenrollment instructions and more, visit <u>wyoming4h.org/laramiecounty4h/</u>

Contact the 4-H Office at 307-633-4383 with any questions.

Shooting Sports Discount

Shooting Sports Leader Discount – All youth of Shooting Sports leaders will have their additional discipline fees waived for the year. Leaders must be enrolled, have all trainings completed, pass a background screening, and second+ year leaders must have their state shooting sports training complete and up to date. Leaders and members will be expected to attend ½ of the practices during the year.



Club Highlight - Hillsdale Tiptoppers

"On Wednesday July 12th the Hillsdale Tiptoppers hosted a livestock demonstration clinic, in preparation for the Laramie County Fair. The attendees learned about five different animals. Emma Berg and Brandon Winslow did their demonstration on how to properly sheer a lamb.

They also explained what the wool can be used for in everyday life. Brooklyn Kopetzky brought her steer project and demonstrated how to set him up in the ring with the right back hoof forward and the front feet square. Blake Miller brought her rabbit and talked about everything from how to show a rabbit to some interesting facts about rabbits. Rion Allred brought her turkey and demonstrated the proper technique to use in the show ring by holding the turkey upside down. Gunner Copeland showed us the difference between a male and female duck and their characteristics. Lastly our amazing 4-H leaders provided us with walking tacos and watermelon for dinner. It was a great start to the upcoming Laramie

County Fair!"

Keep up the great work!



2022-2023 Record Books Due October 23, 2023

Record Books are found at:

4H.ZSuite.org

Cheyenne Shrine Club

Questions?
Contact the 4-H
Office at 307-6334383 or Dawn
Sanchez at
307-799-8780

Help Videos are found at:

https;//youtu.be/M 5v8TLKH2ds

IF you submitted your record book on or before September 25th, please log in and review any comments BEFORE October 23rd.





Hands to Larger Service

-Community Service-

Head to Clearer Thinking

-Educational Efforts-

Apply for your club today! More information is available at https://www.uwyo.edu/4-h/current-members/club-resources.html

Due November 1



SHOOTING

Laramie County 4-H is looking for someone that has an interest in helping build the Gold Rush awards for Achievement Night. This includes using a cricket and putting designs and words with vinyl on awards. You can work on them around your own schedule. Please contact the 4-H Office at

307-633-4383 or <u>dawns@uwyo.edu</u> for more information.



to the Laramie County 4-H Members who qualified to attend the 2024 National Shooting Sports Championships June

23-28 in Grand Island, NE

- Colton Schick Shotgun
- Brendon Nagy Archery
- Natalie Stull Air Rifle



HORSE & LIVESTOCK SHOWS | JUDGING & EVENTS

Cheyenne Livestock Exposition - November 13-26, 2023

Visit <u>CheyenneLivestockExpo.com</u> or find Cheyenne Livestock Expo on Facebook for more information!

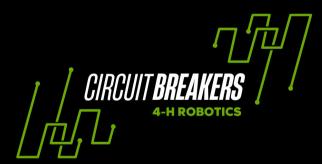
National Western Stock Show - January 6-21, 2024

DNA Kits, Entries, Exhibitor Information & More: <u>nationalwestern.com/livestock-shows/livestock-exhibitors/</u>

POULTRY SHOW

Rocky Mountain Feather Fanciers - October 20-22, 2023

For show information, please visit https://bit.ly/3RCRIVy



The Circuit Breakers 4-H Robotics Teams will be hosting a high altitude weather balloon launch on Friday, October 27th at 10am. Alternate date is November 10th.

If any local 4-Hers would like to attend, you're more than welcome! The event will take place at the Cheyenne Volunteer Fire Department Station #71 (5800 N College Dr, Cheyenne).

More information can be found here: http://wyomingspacegrant.org/balloonprogram/balloonlaunch101/

The live balloon tracker can be found here and currently has a countdown tracker going and will have live updates, graphs, maps, etc: tracking.stratostar.net/mission/0511



Students grades 9-12 submit videos designed to raise awareness about the dangers of radon and encourage radon testing in every home.

Deadline to submit November 15

To submit your video, upload it to YouTube and include the link on the submission form or email the link to wdh.cancerservices@wyo.gov.

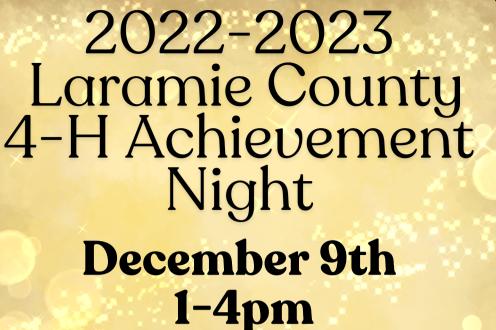
Visit <u>health.wyo.gov/radon</u> or scan the QR code for detailed contest information and rules.



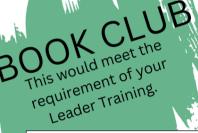






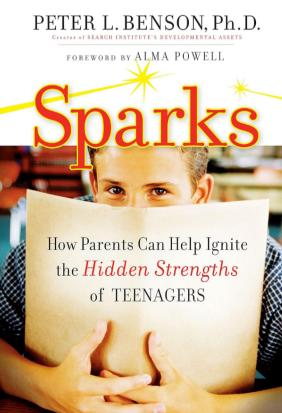


More information to be announced



Attention 4-H Leaders

Part of your role in 4-H is helping 4-H Members find their SPARK!



Some in person discussion, some online. Read the chapter and discuss with other leaders. Leaning and Growing into better leaders.

Book Club will be roughly bi-weekly from October through December



RSVP through Campbell County 4-H at 307-682-7281



Volunteer Events

November 3-5, 2023 - Reignite 4-H, Cheyenne, WY

See workshop flyer on next page.

September 27-29, 2024 - Wyoming 4-H Volunteer Summit, Casper, WY

More information to be announced

Optional Wyoming 4-H Volunteer Training

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. The completion of this course will take less than one hour and can be used as your 4-H volunteer training credit. Be sure to let your 4-H Educator or the State 4-H Office know you took the course and we will add it to your Zsuites profile.

To take the training for free visit <u>Wyoming QPR Initiative - Wyoming Department of</u>
<u>Health</u>







Wyoming 4-H Dog Development Committee

The State 4-H Dog Project Development Committee meeting will be held in Casper at their office on October 21st starting at 10:00 am. Sandwiches will be provided for lunch for attendees. Dog project volunteers are invited and welcome to attend.

It will be available via zoom as well at https://uwyo.zoom.us/j/3077665170



4-H Volunteers
Leaders
Parents
Educators

Register Today at bit.ly/reignite4-h

WORKSHOP TOPICS INCLUDE:

- Finding You Spark
- Special Needs 4-H Members
- Geology Engagement
- Ropecraft
- Wyoming's Community Resources: Utilization and Partnerships
- Wyoming's Tech Future:
 Practically and Successfully
 Teaching Robotics
- Beyond Community Service:
 How to help youth make an impact in their community and themselves
- Outdoor Skills- Wyoming and National Shooting Sports
 Opportunity

- Decorating New Paths with Stained Glass
- Leathercraft Mentors
- Archery, Rifle & Pistol Wyoming
 State Certifications
- Stop the Bleed
- Fabric and Fashion Mastery
 Workshop
- New Volunteer Training
- 4-H Club Fun: Games and Activities Workshop
- Using Curriculum to Enhance Project and Club Meetings
- Cloverbuds Learn Something,
 Make Something, Eat Something
- Club Orgnaization Round Table

INTRO TO 4-H

Do you know someone who would be interested in 4-H? The Intro to 4-H meeting will cover everything Laramie County 4-H has to offer!

Thursday, October 26 6:30pm **LCCC PF 409**



November 28

December 5

Each night will be the same information-pick which one will work for you!



New Family 5:00 p.m. Vight Re

6:00 p.m.

LCCC-Pathfinder **Room 409**



Come join us for dinner and learn the ins & outs of Laramie County 4-H.

Register at: https://bit.ly/4-Hfamilynight

For more information call 4-H Office at: (307)633-4383





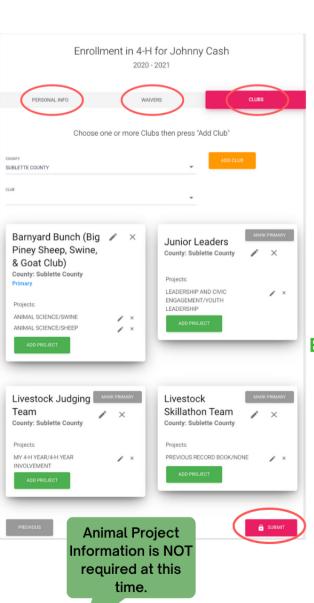
ZSuite 4-H Enrollment

Existing Family Profile

Enrollment must be done **ANNUALLY** to stay *active* in 4-H!

Go to https://4h.zsuite.org/

- 1. Use the same email & password you used to sign up, select LOGIN
- 2. Choose the **PRIMARY ACCOUNT** to enroll 4-H Members
- 3. You will see a list of the household members & their current enrollment status.
 - a. Red = INACTIVE 4-H Member b. Green = ACTIVE 4-H Member
- 4. Select the 4-H Member's Name you wish to update, select ENROLL MEMBER NOW
- 5. IF YOU DO NOT SEE A NAME LISTED, You will need to ADD A HOUSEHOLD MEMBER





- 6. Fill out 4-H Member's info, select Continue
 Fill out PERSONAL INFO, select Next
 Fill out all six drop down WAIVERS, then select Next
 Dropdown to your CLUB, select Add Club
 a. Select Add Project
- Select Add to Cart and then you can either +Add
 Enrollment or Submit. Must be submitted to be complete.

Once submitted, your Enrollment will change from Pending Approval to Active when the Extension Office receives payment!





ZSuite 4-H Enrollment



New Family Profile

If you've never signed in to ZSuite before, follow these steps:

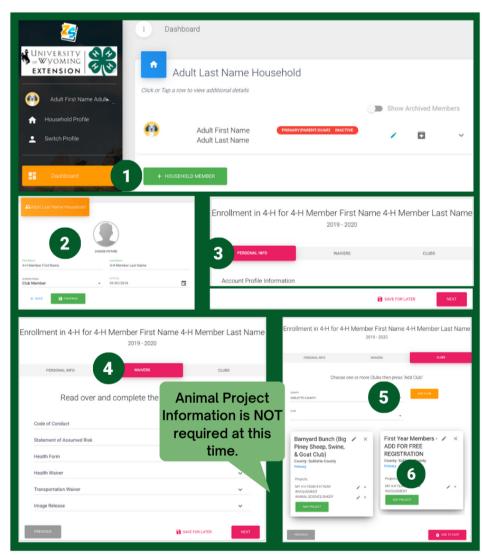
- 1.Go to https://4h.zsuite.org/
- 2. As a Family creating a new Profile, select SIGN UP a. Fill in all of the fields, select LET'S GO!

Adding 4-H Members

You are now on the **Dashboard** tab

- 1. Select + Household Member
- 2. Fill out 4-H Member's info, select **Continue**
- 3. Fill out PERSONAL INFO, select **Next**
- 4. Fill out all six drop down WAIVERS, then select **Next**
- 5. Dropdown to your CLUB, select Add Club select Add Project
- 6. Select Add to Cart and then you can either +Add Enrollment or Submit. Must be submitted to be complete.

Once submitted, your Enrollment will change from Pending Approval to Active when the Extension Office receives payment!







ZSuite 4-H Enrollment

New Leader Profile

Enrollment must be done **ANNUALLY** to be an **Active** 4-H Leader!

1. Go to https://4h.zsuite.org/

2. To create a new Profile, select SIGN UP a. Fill in all of the fields, select LET'S GO! Select PRIMARY ACCOUNT

If you've signed in before, LOGIN

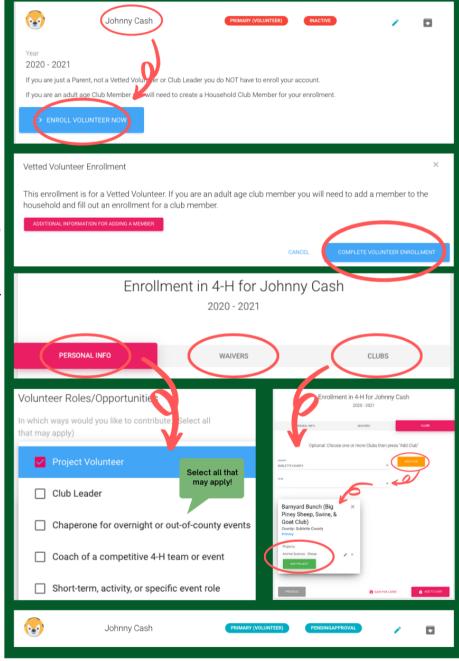
Volunteer Enrollment

You are now on the **Dashboard** tab

- Select the Volunteer's Name
- 2 More content will drop down, select Enroll Volunteer Now
- Select Complete Volunteer **Enrollment**
- Fill out all the of the Personal Info
 - a. When filling out Volunteer Roles/Opportunities, select all that may apply.
- 5 Complete all Waivers
- 6 Dropdown to your CLUB, select Add Club
 - a. Select Add Project if needed
- Select Add to Cart and Continue

Once submitted, your Enrollment will change from Pending Approval to Active when you have completed:

- Background Screening
 - Look for the State 4-H Office email
- New Volunteer Orientation
 - Visit https://extension.catalog.instructure.com/ to create a login, then go to https://uwyo3.instructure.com/login/canvas to complete the course.
- MVR (Motor Vehicle Records) *optional only needed if you plan to transport 4-H members
 - Visit https://www.wyoming4h.org/4hsublette/?page_id=2097 to complete
 - "Supervisor/Sponsor" Johnathan Despain jdespain@uwyo.edu
 - "Additional Email Addresses to Notify" karen.allison@uwyo.edu





Thanks to all the volunteers and parents that helped with the first sewing day for the new 4-H year. All kids are invited to join in the fun next month.





















Who can Attend

- Youth 15 18 years old
- Cost estimated at \$2500 per person, scholarship will be given.

Applications

- Apply at the following link by January 15th, 2024, Applications will open Mid - October 2023.
- https://wyoming4h.formst ack.com/forms/educator_ form_congress

About Conference

- Do you want to have a role in making change?
- Youth present ideas to high-ranking Government Officials.
- Youth will see D.C., meet with our Congressman and Senators.
- Meet other 4-H youth like yourself from all over the United States.

HAVE MORE QUESTIONS

If there are additional questions, please visit the Opportunities section on the state 4-H website or talk with your 4-H educator.

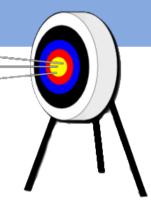
CIRCUIT BREAKERS
IN ACTION

Circuit Breakers robotics projects meetings are currently closed as they are working to prepare for First Lego competition in December. If you are interested in robotics call and have your name added to the waiting list. A new project session will start after the first of the year.





MARK YOUR CALENDARS



2024 STATE SHOOTING SPORTS CONTEST July II-14, 2024



Daisies Homemakers for their donation to 4-H

A big congratulations to all the youth that participated at Western Family Consumer Science Show and Western Junior Livestock Show.

LARAMIE COUNTY SUCCESSES.

Champion Senior Livestock Skill-a-thon Team
Reserve Champion Senior Livestock SKill-a-thon Team
4th High Junior Livestock Skill-a-thon Team
Reserve Champion Breeding Sheep Pen of 3
Champion Market Lamb Pen of 3
Reserve Champion Sr. Livestock Judging Team















Pirate Pumpkin Drop-off Cheyenne Wy

Dates of pick up: November 3-5 & November 10-12

ABOUT ME:

I am a local Eagle Scout from Troop 43G continuing my Eagle Scout Project. Which is using pumpkins after the holidays for local livestock to prevent pumpkins from going into the landfill.

If you are interested in feeding your livestock the pumpkins. (goats, chickens, cattle, ect). Please sign up on the drop off form and contact me with any questions. Before dropping the pumpkins off to you, we will check that they are not rotten, covered in candle wax, or painted.

Drop off form



https://docs.google.com/forms/d/e /1FAIpQLSehTFtzfBxuV -Yb2ArvODMkKgUaTHa7bju9RI2tK8II xpoGkw/viewform

CONTACT INFORMATION:

Melissa Kidd

phone number: 307-640-8223

e-mail: repurposepumpkins@gmail.com Facebook Page: Pirate Pumpkin Pick-up

7406 Barrington Rd Cheyenne Wy, 82009





Hear from high impact speakers, and get hands-on workshop.

Explore Washington D.C. sites.

Opportunities for Career exploration.

Build connections with teens from across the country.

BY4-H ignite

- Youth 15 18 years old.
- Cost estimated at \$2000 per person.
- Scholarships will be available.

MARCH 13-17, 2024

APPLICATIONS

Apply at

https://wyoming4h.formstack.com/forms/ignite_4_h

Application open beginning of October and will close on January 8th, 2024



HAVE MORE QUESTIONS...

If there are additional questions, please visit the Opportunities section on the state 4-H website or talk with your 4-H educator.

UNITED STATES DEPARTMENT OF STATE

High School Study Abroad Scholarship Deadlines

Expand your horizons – study abroad! The U.S. Department of State offers fully funded opportunities for American high school students to study abroad for two to seven weeks, or an academic year. Students live with host families, engage with local schools, and gain skills to be competitive in the global workforce. Previous language study is not required for most programs. Learn more at exchanges.state.gov/highschool.





CBYX | Congress-Bundestag Youth Exchange www.exchanges.state.gov/cbyx

Explore German culture and language

»Application Deadline: Nov. 1, 2023

»Length: Academic year »Scholarship: Fully funded



FLEX ABROAD | Future Leaders Exchange Abroad

www.discoverflex.org/flex-abroad

Study in Georgia, Kazakhstan, or Poland

»Application Deadline: Dec. 6, 2023

»Length: Academic year

»Scholarship: Fully funded



NSLI-Y | National Security Language Initiative for Youth

www.nsliforyouth.org

Immerse yourself in Arabic, Indonesian, Mandarin, Hindi, Korean, Persian, Russian, or Turkish

»Application Deadline: Nov. 2, 2023

»Length: Six-seven weeks in the summer or full academic year

»Scholarship: Fully funded



YES ABROAD | Kennedy-Lugar Youth Exchange and Study Abroad

www.yes-abroad.org

Study in the Middle East, Africa, Asia, or Europe

»Application Deadline: Dec. 6, 2023

»Length: Academic year »Scholarship: Fully funded



YOUTH AMBASSADORS

www.youthambassadorsprogram.org

Learn about civic education, serve your community, and develop leadership skills in the Caribbean and South America

»Application Deadline: Nov. 13, 2023 »Length: Two-three weeks in summer

»Scholarship: Fully funded

Welcome the world into your home — host an international exchange student: hosting.state.gov





UNITED STATES DEPARTMENT of STATE

Bureau of Educational and Cultural Affairs

EXTENSION EVENTS



CULINARY & BAKING

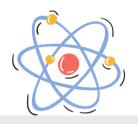
These fun and hands-on workshops will improve your skills in the kitchen. Topics include: Pressure Cooking (10/22), Canning (11/2 & 12/12), Cookie Decorating (11/29), and Bread Baking (TBD). Sign up for one or all.

Check registration page for times, LCCC Pathfinder 417

NATIONAL SCIENCE DAY

Join Laramie County 4-H in this year's science day activity.

10/24, 6pm, LCCC Pathfinder 409



For more information or to register/RSVP for the above events, visit bit.ly/ExtensionEvents23





Cyber in a Box School Video Challenge

Gather a teacher and a team to sign up for the "Securing Medical Internet of Things" Challenge!

Cyber-in-a-Box is an annual school video challenge. CyberWyoming will provide each team of 5 students \$50-\$100 for equipment (or pizza) and t-shirts! (Note that the amount each team gets depends on our fundraising efforts.) The program is for Grades 6-12.

More information and registration is available at: https://cyberwyoming.org/cyber-in-a-box/

We want to hear from you!

The Wyoming Department of Health is working with Health Management Associates (HMA), a national research and consulting firm, to conduct a needs assessment focused on the mental health of children and youth and access to mental health services in the state. This means we are focusing specifically on mental health needs and services, including substance use, for children/youth birth to 21 years old AND their families/caregivers. We are gathering information for this assessment directly from youth and their families.

We have developed a survey that should take about 10-15 minutes to complete and will help identify gaps in Wyoming's mental health system, and solutions to those gaps. We are offering a \$10 gift card to individuals who complete the survey, as an acknowledgement of your time and expertise.

Take the Survey:





Focus Group Info:



As part of this project, we are also conducting virtual focus groups to gather additional information about the experiences of youth and family members accessing behavioral health services in Wyoming. For more information about focus groups, scan the QR code to the left.





Questions?

If you have any questions about the survey, please contact Megan Beers at:

mbeers@healthmanagement.com

Join Wyoming 4-94 June 18 - 20, 2024

at Showcase Showdown

University of Wyoming - Laramie, WY

State Contests Workshops UW Campus Activities

Various industries will be showcase through contests and workshops.

More information to come over the next couple months, keep an eye out!

Any questions please contact your County Office.







The Claverleaf

Brought to you by Laramie County 4-H

Laramie County Community College Campus 1400 E. College Drive Pathfinder Building Room 406 Cheyenne, WY 82007

> 7am - 6pm Monday - Thursday Closed Friday

<u>wyoming4h.org/laramiecounty</u> <u>facebook.com/laramiecounty4h</u>



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