



UNIVERSITY OF WYOMING EXTENSION

www.natronacounty-wy.gov/4h
<http://www.uwyo.edu/ces/county/natrona/newsletters.html>

Dear 4-H Families & Friends,

Happy New Year! 2015 is here!!

**"If you don't know where you are going,
you'll end up someplace else." -Yogi Berra**

TABLE OF CONTENTS

Scholarship Information	Page 2
Livestock Sale Meeting Agenda.....	Page 2
Meats/Wool Judging.....	Page 3
Shooting Sports Information	Page 3
Cloverbud Camp	Page 3
Beef Ear tagging	Page 4
Quality Assurance Information	Page 4
Clinic Opportunities	Page 4
Coming Events	Page 5
Clover Corner	Page 6
Character Counts Trustworthiness	Page 7
January Birthdays	Back Cover
All City Cat Show Registration Form.....	Insert

This is a great time to write down your 4-H goals for 2015. Goal setting is a process of personal planning. By writing down your goals, you can plan step-by-step how to achieve what you want to accomplish. You can't hit a target that isn't there! Think about what you want to achieve and write down the steps it will take for you to succeed.

Here are three easy steps to get you started:

- ◆ Identify the goal. Be exact and identify what you want to achieve.
- ◆ Create a "to do" list. Break your goal down into steps. List exactly what needs to happen to achieve your goal.
- ◆ Complete the items on your list. As you complete each step, you are one step closer to reaching your goal.

**"A goal without a plan is just a wish."
-Antoine de Saint-Exupery**

This process allows you to review your goals and develop an action plan. It also helps you to think positively and be more focused and motivated. The primary goal of 4-H is to assist youth in developing life skills that help them live productive and satisfying lives and guidance in making decisions, solving problems, relating to others, planning and organizing, communicating with others, leading self and others, and applying science and technology.

It's going to be a great year, and I look forward to working with you all "to make the best, better".

Joddee Jacobsen
UW Extension Educator, 4-H Youth Development



SCHOLARSHIP OPPORTUNITIES

Natrona County 4-H Foundation

Eligibility: Open to any Natrona County 4-H or FFA member that is a current high school senior and

- ◆ has a minimum cumulative GPA of 3.0 and
- ◆ has been an active 4-H or FFA member for at least three (3) years and
- ◆ is currently enrolled or has successfully completed the current 4-H or FFA year.
- ◆ An enrolled 4-H leader who is currently enrolled as a full-time college student and has a minimum cumulative GPA of 2.5
- ◆ Applications will be available at the 4-H Office or on-line at (click on forms at the left side of the screen):

<http://www.natronacounty-wy.gov/4h>

A CURRENT SEALED OFFICIAL/CERTIFIED HIGH SCHOOL OR COLLEGE TRANSCRIPT

MUST BE SUBMITTED WITH THE APPLICATION

COMPLETED APPLICATION PACKET MUST BE RECEIVED BEFORE 4:00 P.M., February 27, 2015

State 4-H Foundation Scholarships

The Wyoming State 4-H Office has updated the 4-H Scholarship application and materials for this year on the website 4-H Foundation web site:

<http://www.wyoming4h.org/4hfoundation/scholarships/> .

Just click on the scholarship applications link to find out the criteria, then the application page to complete the application. There are many available scholarships, up to \$30,000 total for new and first time qualified applicants!

Applications are due by February 15, 2015. Please call the State Office if you have any questions. Their number is (307) 766-5170.

Attention Superintendents Fair book Changes Due

It is time to review your individual sections of the Fair book and submit any changes you would like to be made for 2015. Changes must be submitted before the end of February, so they can be presented at the 4-H Council meeting on Monday, February 23rd. Changes can be e-mailed to Sue or Joddee at:

jjacobsen@natronacounty-wy.gov

sanderson@natronacounty-wy.gov



MEETING AGENDA

Jr. Livestock Sale Committee

Meeting Agenda

January 20, 2015
6:00 p.m.

Meeting Facilitator: Aaron Emery. Call to order

- I. Approval of minutes from December meeting
- II. Present treasurer's report
- III. Sub-committee reports
- IV. Open issues
 - a. Terminal vs. Non-terminal Sale Final Discussions
 - b. Fair book update review
 - c. Parade of Champions on Sale day
 - d. Sale Committee audit
 - e. 4-H Foundation representative presentation of Scholarship program
 - f. Sale weight changes from species committees
- V. New business
 - A. None scheduled
- VI. Adjournment



STATE
LEADERS'
CONFERENCE

FEBRUARY
13-15, 2015
TORRINGTON, WY

LEADERS: 
THE HEART OF 4-H

The Southeast Area would like to invite 4-H leaders, members and educators from across Wyoming to the 2015 State 4-H Leaders Conference.

Please mark your calendars for February 13-15, 2015. The conference will be held in Torrington and we are excited to have you all join us. The planning committee is working to get things organized and ready so please watch for further information for details.

<http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/index.html>

**ARE YOU ENROLLED FOR 2015?
ENROLL ON-LINE**

<https://www.4honline.com/>

WOOL/MEATS JUDGING

Meats judging practice will begin on Sunday, January 18th at the Casper College Ag Pavilion from 12:45-3:45 p.m. Practice will be held every Sunday at the same time unless otherwise announced. Practices are currently being held for the Denver Round-Up team and some FFA members on Sundays (same time, same place) if members are interested in coming to see what meats judging is all about before regular practices start on the 18th.

Wool judging dates and times will be announced at a later date but usually start a few weeks after meats judging.

Dates to remember:

March 15th—No practice

April 5th—No practice (Easter)

April 24-25—tentative dates for State Wool & Meats Judging Contests

Thanks to the 4-Her's who worked the Pizza Ranch fund raiser on December 11th. Everyone worked very hard and were given great compliments from the management at the restaurant. Great job!

SHOOTING SPORTS

Shooting Sports practices will be starting soon. Required orientation meetings for Archery and Air Rifle/Pistol shooters are scheduled for the following dates at Stuckenhoff's Shooters Complex at 6:00 p.m.

Both new members and previously enrolled members will be required to attend one of the orientation meetings for each discipline in order to participate in the scheduled practices.

Archery—January 7th & January 9th

Air Rifle/Pistol—January 14th, January 16th

If you are a new shooter or haven't shot a .22 rifle in 4-H before, you will be required to attend three air rifle practices before you will be allowed to shoot. Our goal in doing this is to provide the safest shooting environment possible.

Final enrollment for Archery and Air Rifle/Pistol members will be February 15th. No new shooters will be accepted after this date.

Shooting Sports Committee Meeting

Tuesday, January 6th, 6:30 p.m.

Midwest Room @ ARLC

Natrona Country Shooters 4-H Club Meeting

Monday, January 12th, 6:30 p.m.

Evansville Room @ ARLC

WE NEED YOU!

All Projects Expo **Saturday, February 28, 2015**

We need clinicians to teach a class for the All Projects Expo on February 28th. Please call the 4-H office by **Friday, January 30, 2015** and let us know what you would like to teach. This is a great opportunity for superintendents, club leaders, parents, and 4-Her's to provide education and learning activities for Natrona County 4-H.

Once we have our instructors, the schedule will be published in the February 2015 newsletter and registration will be open for 4-H youth. Thanks for helping make this event a success!!

TRACTOR DRIVING

Orientation Meeting

Friday, January 9th

6:00 p.m.

Oregon Trail Room @ ARLC

You are invited to come and see what this fun project is all about. Tractor Driving is considered a Self Determined project, so make sure you enroll in that project area if you intend on participating in upcoming activities.

CLOVERBUD CAMP

Theme: Snowmen!

Saturday, January 17, 2015

9:30-11:30 a.m.

Cost: \$5.00

Kids who are ages 5-7 learn, grow, and have fun in the 4-H Cloverbud program. Our next camp is all about Snowmen! Space is limited so be sure and call the 4-H office at 235-9400 to reserve your spot. **Reservations must be made by Friday, January 9, 2015.**



BEEF EARTAGGING

Beef Weigh-in & Eartagging
January 3rd @ CWF Arena Annex
10 a.m. to 12:30 p.m.

All market beef must be weighed and eartagged on this date, **NO EXCEPTIONS**.

- ◆ 4-H/FFA members must be enrolled in the market beef project by 3:00 p.m., on Friday, January 2nd to be eligible to eartag their animals.
- ◆ If you have a loan on your project animal from anyone other than a family member, you need to specify who your loan is with.
- ◆ Bring a copy of your title from the Brand Inspector. NOTE: Whoever is listed on the brand inspection title is the legal owner of the animal. It is the seller's obligation to contact the brand inspector and have the animal(s) inspected. If the animal is home raised, you will be issued a title that day.
- ◆ \$5.00 per animal tagging fee.

Anyone wishing to help should contact Velvet Hiser (277-5952) to volunteer.

CLINIC OPPORTUNITIES

DOG AGILITY PRACTICE & CLINIC **Arena @ Central Wyoming Fairgrounds**

Saturday, January 10th, 9 a.m. to noon. Basic agility information and training will be available for new members, along with agility practice for experienced members.

Cost for the clinic is \$5.00. Remember to bring: dog crate, chair for yourself, treats, toys, water dish.

Be sure that you have a current dog ID and shot records on file at the 4-H Office before attending these clinics. If you have any questions, give me a call.

Please RSVP by noon on Friday, January 9th.

HORSE CLINIC & SAFETY CERTIFICATIONS **Arena @ Central Wyoming Fairgrounds** Sunday, January 11th.

Please RSVP by noon on Friday, January 9th

9-10 a.m.—Open Riding

10 a.m. to noon—Horse Safety Certifications

Noon to ??—Horsemanship skills ie: stopping, transitions, and equitation followed by fun activities and prizes at the end of the day.

QUALITY ASSURANCE

The 4-H Quality Assurance (QA) Course teaches youth about the quality of meat and food products that come from livestock. Quality assurance for livestock producers means making a promise to the consumers from food production animals. Quality assurance is a pledge or promise to:

1. provide a food animal product preferred by consumers, and
2. provide a safe, wholesome food animal product. Food animals are those whose products (meat, milk, and eggs) have the potential to become part of the food chain.

The promise made is that products from livestock will be the highest possible quality and 4-H/FFA youth producers will do everything possible to make these products safe to eat and that our sale is of the highest quality.

Requirements for Sale eligibility:

- ▶ All FFA (13 and younger), Junior and Intermediate 4-Hers will be required to take **one** QA clinic each year to sell an animal(s) in the Natrona County Jr. Livestock Sale at the Central Wyoming Fair.
- ▶ FFA & Senior members (ages 14- 19) will be required to take one year of QA education to sell an animal(s) in the Natrona County Livestock Sale at the Central Wyoming Fair. If the first year of a livestock project is taken as a Senior, the QA clinic must be taken that same year.

If you are unable to attend one of the **three** scheduled Natrona County QA clinics, **it will be the responsibility of the individual** to find and take a QA clinic in another county and **bring proof of that Quality Assurance Clinic to the 4-H office. Check with the 4-H office if in doubt whether another county's program or private event will count toward this requirement.**

NOTE: In lieu of the 3 clinic requirement for livestock exhibitors, we have streamlined the process so that 4-H/ FFA youth can take one QA clinic which will complete the requirement each year.

Natrona County Quality Assurance Clinics for 2015:

Saturday, February 7, 2015 from 9 a.m. to noon

Tuesday, March 3, 2015 from 4:30 p.m. to 7:30 p.m.

Saturday, April 18, 2015 from 9 a.m. to noon

Please RSVP to the 4-H Office (235-9400)
for these clinics so we will be sure to have
enough materials for everyone.

Mission of Wyoming 4-H: To provide positive youth development opportunities to meet the needs of young people to experience belonging, independence, generosity and mastery – the Essential Elements – and to foster educational opportunities tied to the Land Grant University knowledge base.

COMING EVENTS

All activities are held at the ARLC classrooms, 2011 Fairgrounds Road, unless otherwise stated

January, 2015	
Jan. 3rd	Beef Eartagging @ CWF Arena, 10am to 12:30pm
Jan. 6th	Shooting Sports Committee meeting, 6:30pm
Jan. 10th	Dog Agility Clinic @ CWF Arena 9am to noon
Jan. 11th	Horse Clinic @ CWF Arena 9am to ???
Jan. 12th	Horse Committee meeting, 6pm Natrona Country Shooters Club Meeting, 6:30pm
Jan. 7th & 9th	Archery Orientation @ Stuckenhoff's 6:00 p.m.
Jan. 14th & 16th	Air Rifle/Pistol Orientation @ Stuckenhoff's 6:00 p.m.
Jan. 17th	Cloverbud Camp, 9:30-11:30am
Jan. 20th	Livestock Sale Committee meeting, 6pm
Jan. 26th	4-H Council meeting, 7pm
February, 2015	
Feb. 7th	Quality Assurance 9 a.m. to noon
Feb. 17th	Livestock Sale Committee meeting, 6pm
Feb. 21st	All City Cat Show
Feb. 23rd	4-H Council meeting, 7pm
Feb. 28th	All Projects Expo
2015 Dates to Remember	
March 3rd	Quality Assurance 4:30 to 7:30 p.m.
March 14th	4-H Carnival 10am to 6pm @ CWF Industrial Building
April 18th	Quality Assurance 9 a.m. to noon
May 2nd	Swine ear tagging
May 3rd	Sheep & goat ear tagging
May 3rd	Mandatory 2nd Beef weigh-in
June 13-20 (Reg. Deadline 3/01/2015)	Citizenship Washington Focus, Washington D.C. (http://www.uwyo.edu/4-h/index.html)
June 18-21	State Horse Camp, Wyoming State Fairgrounds, Douglas
June 24-26	Showcase Showdown, Cheyenne
July 9-12	State Shooting Sports Match, Douglas
July 6-10 (Reg. Deadline 3/01/2015)	Leadership Washington Focus, Washington D.C. (http://www.uwyo.edu/4-h/index.html)
August 9-15	Wyoming State Fair, Douglas
September (date TBA)	Shooting Sports Awards Trip, Raton New Mexico
November (date TBA)	National 4-H Congress, Atlanta Georgia

Clover Corner

Hot Chocolate Mug Craft

This hot chocolate craft is incredibly easy to do (especially with our provided mug template) and the best part is that your child gets to paint with real chocolate syrup! It is almost impossible to do this cute winter craft without making a real mug of hot chocolate or at the very least a glass of chocolate milk!

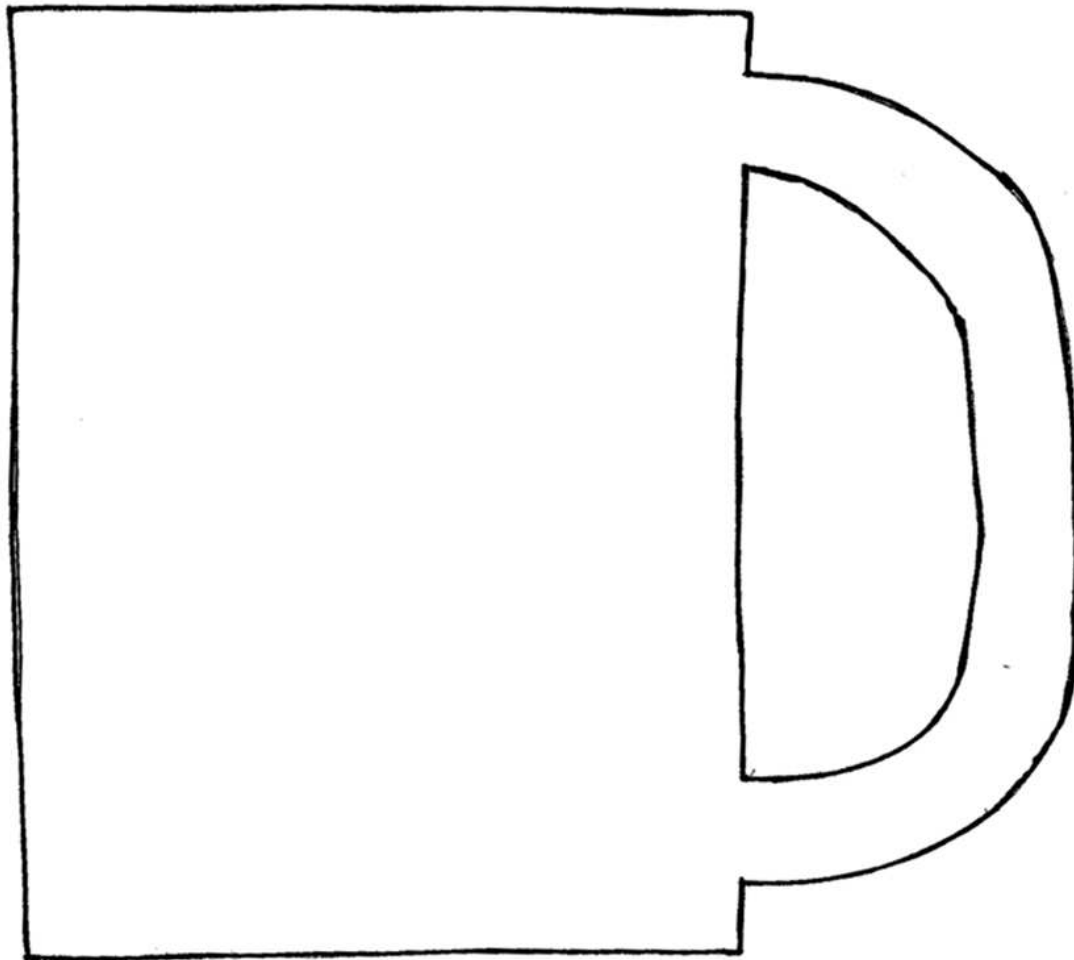
What you'll need:

- Light weight cardboard (we used an empty cereal box) or cardstock
- Paint
- Paint brushes
- Chocolate syrup
- Small marshmallows or white pom-poms
- Stickers
- Mug template



How to make your Hot Chocolate Mug Craft

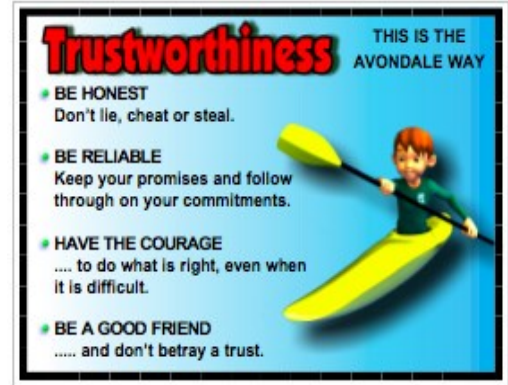
- Print our mug template and cut it out. Trace it onto a piece of cardboard and cut that out.
- Paint the mug any color you would like and set aside to dry.
- When dry, Draw a semi-circle at the top of the mug. This is where you will paint in the chocolate. Have your child decorate the rest of the mug using stickers or markers.
- Paint on a heavy layer of chocolate syrup at the top of the mug. We found that a dabbing motion made the smoothest effect.
- While the chocolate is still wet, add the marshmallows or pom-poms to it (no need for glue). Let dry and then display!





Character Counts Trustworthiness

Being trusted is among the highest achievements of individuals and corporations.



What does it mean to be Trustworthy?

People will trust a person who has a reputation of being honest, reliable and responsible. Dishonesty can easily tarnish that reputation, such that others consider you untrustworthy. Being considered trustworthy provides benefits from the way people deal with you, as well as your own self-esteem.

Trust in another people has several meanings:

1. Trust means that you feel that the person is honest and will not lie, cheat or steal from you.
2. It also means that you can count on the person to do as he or she promised and that the person is reliable.

Finally, trust in a person means that you feel he or she can be counted on to do something important, will not shirk from duties, and will take personal pride in what he or she does.

You're trustworthy when:

- ◆ You tell the truth
- ◆ You are sincere. Say what you mean and mean what you say
- ◆ You keep your word
- ◆ You are reliable
- ◆ You return things you borrow
- ◆ You don't gossip

"It's better to be hated for what you are than to be loved for something you are not"
~ Andrew Gide ~

Trustworthiness:

involves four major qualities:

1. Integrity: the idea of a moral wholeness, or oneness, demonstrated by a consistency of thoughts, words, deeds, and duties.
2. Honesty: means that a person doesn't do things that are morally wrong. If something you do is breaking the law or you have to hide it because you'll get in trouble, you are probably not being honest.
3. Promise-keeping: A man is only as good as his word
4. Loyalty: standing with and behind someone in need. Loyal friends share both triumphs and trauma, and offer honest, constructive feedback delivered in a kind and tactful manner.

Trustworthiness in 4-H

4-H Club Activity

The "Gossip" Game

Have the group sit in a circle. Whisper a statement in one person's ear. You cannot repeat it even if they didn't understand it the first time. That person repeats the statement in the next person's ear, and so forth around the room. The last person tells what they heard out loud.

Discuss what happened. Did the statement end up the same as it began? Was it close? Why or why not? How does this relate to "real life"? Why can gossip become so harmful?



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

**"Your handshake is as good
as your word"**

University of Wyoming Extension Service
U.S. Department of Agriculture
Natrona County Extension Service
2011 Fairgrounds Road
Casper, Wyoming 82604
(307) 235-9400

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PRESORT STANDARD
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CHANGE SERVICE REQUESTED



January Birthdays



Logan Anderson
Braden Bosco
Jonas Buckner
Cole Chivers
Grayson Cole
Mayson Cole
Aspen DeLano
Elizabeth DeLano
Nicholas Gutierrez
Felicity Hall
Danika Harris
Gentry Hiser
Alexis Holscher



Savanah Housholder
Zeth Johnson
Reagan Mills
Leland Mooren
Kylie Orr
Tavia Ossa
Michael Palmer
Hannah Powell
Jacob Smith
Garrett Tvedt
Mandi Tvedt
Adelaide Williams
Brooklyn Wistisen

17th Annual All City Cat Show February 21, 2015



***The theme for this year's All City Cat Show is "Cats With Attitudes"
Decorate your cage, create a cat bed or dress
up your cat to match this year's theme.***

Saturday, February 21, 2015
ARLC, 2011 Fairgrounds Road
Show Begins @ 10:00 a.m.

Pre-registration due by Thursday, February 19th (by 4:30 p.m.)

4-H Show \$5.00 per cat, All City Show \$5.00 per cat

Registration the day of the show, 8:30-9:30 a.m., \$8.00 per cat per show

There will be a minimal fee for vet checks

The All City Cat Show is open to
Children (age 4 & up) and adults

All cats entered must be under control at all times.

A cat carrier, or harness and leash is required.

You will also need a litter box, food and water for you feline friend

**For additional information and registration forms
contact the 4-H Office @ 235-9400 or
Rose Jones @ 577-1546**

ALL CITY CAT SHOW ENTRY FORM
Pre-registration due by Thursday, February 19th (4:00 p.m.)
Theme for this year is "Cats With Attitudes"

For Official Use Only

Vet Check Fee Paid	Yes ____ No ____	Vet Check Total \$ _____
4-H Show (\$5.00) ____	All City Show (\$5.00) ____	Registration Fees \$ _____
		Total Due \$ _____

Natrona County 4-H Yes ____ No ____

Vaccination Records Yes ____ No ____

Contestant Name _____ Cats Name _____

Mailing Address _____

Phone Number _____ Cell Phone # _____

Age (circle one)

Pee Wee	Junior	Intermediate	Senior	Adult	Senior Citizen
(4-7 yrs)	(8-10 yrs)	(11-13 yrs)	(14-18 yrs)	(+18 yrs)	(+60 yrs)

Circle classes you wish to participate in:

(Natrona County 4-H members may participate in both Open Class & 4-H Showmanship Classes)

4-H Showmanship

All City Showmanship
(Open Class)

Knowledge Bowl

Conformation Classes

Short Hair Domestic Male

Short Hair Domestic Female

Long Hair Domestic Male

Long Hair Domestic Female

Registered Cat

Fun Classes

Most Playful

Most Colorful (# of colors/most unique pattern)

Best Trick (no kenneling)

Fluffiest Cat (long hair)

Heaviest Cat

Lightest Cat

Shiniest Cat (short hair)

Please pick one (either single or group entry)

Best Costume

Single Entry

Group Entry (3 participants maximum)

Decorated Cage/Bed

Single Entry

Group Entry (3 participants maximum)

The All City Cat Show is sponsored by the Natrona County 4-H Program.

You may send your entry form with registration fees to:

Natrona County 4-H

2011 Fairgrounds Road

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