



FootN⁴tes

Volume 25, Issue 2

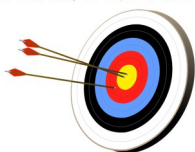
November 2017

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GOAL SETTING



Achievement Night!
November 12th
4:00 PM
Please bring a dessert to share.



4-H Enrollment And Re-enrollment

Members and Leaders

As of October 1, 2017, all members and leaders are inactive in the 4-H system. **ALL** enrollment will be done on-line at <http://wy.4honline.com>. Enroll as soon as possible to ensure that you get back in your current club or the club of your choice.



2018 4-H Carnival

Save the date:

March 3, 2018

Theme: "Decades"

more details coming soon



Albany County 4-H Council Minutes October 3, 2017

No minutes received.

Notes from October Council Meeting

Report on September gun show concessions.

Murdoch's BBQ will be Oct. 7th.

Many 4-H Week activities are going on

Record Book judging will be Oct. 11-13. Reminder need club representatives.

Nominations are needed for Friend of 4-H/Outstanding Leader/Outstanding Alumni

Carnival theme is decades. Committee will be assigning clubs soon.

Salli is working on Jr. Awards Trip plans.

Junior Leaders asked for assistance with their haunted barn.

New officers are Meaghan Stinson-Secretary, Sara Muhsman-Treasure and Janet Renneisen-Historian.

Thank you so much to outgoing officers-Janet Renneisen, Lindsay Galey & Leslie Lund.

It was decided to not do a float for UW Homecoming Parade but will do for Christmas Parade.

Ag Appreciation Dinner is October 19th. Only a handful of youth are needed.

It is terrific to see new people at council meeting. **THANK YOU!!**

Excellent program by Jaedon Williford on his 4-H trip to Ghana!!

Wyoming State Fair listening session next door in activity building.

2017-2018 4-H Council Budget

Income

Cash on hand - \$16,000

Fundraising - \$9,000

TOTAL - \$25,000

Expenses

4-H Trips - \$4,400

Awards & Scholarships - \$2,600

Camp - \$1,500

Achievement - \$1,000

Carnival - \$2,500

Fundraising - \$1,000

Member Activities - \$1,000

Record Books - \$300

Member Assistance - \$1,200

Insurance - \$1,500

Recruiting - \$1,000

Licenses - \$100

Operating Expenses - \$300

TOTAL - \$18,400

Hello All!

It's that time of year where many people begin thinking about everything they have to be thankful for. Although it's nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits on your quality of life.

In fact, gratitude may be one of the most overlooked tools that we all have access to every day. Cultivating gratitude doesn't cost any money and it certainly doesn't take much time, but the benefits are enormous. Research reveals gratitude can have these seven benefits:

Gratitude opens the door to more relationships.

Gratitude improves physical health.

Gratitude improves psychological health.

Gratitude enhances empathy and reduces aggression.

Grateful people sleep better.

Gratitude improves self-esteem.

Gratitude increases mental strength.

I know that I am extremely grateful for each 4-H member and their family. I love getting to know you and interact with you. I am exceedingly grateful for all of our volunteers. If it were not for our volunteers we would not have a 4-H program. I am also thankful for all of our wonderful donors. It is quite humbling to live in such a generous county!!

I can't wait to see all of you at Achievement Night on November 12th. This is a time that we can celebrate all of the accomplishments of 2017 and to look forward to 2018. Please plan to attend. This is the one event where ALL 4-H members and families can come and socialize, have fun and honor our wonderful youth!!

Mary Louise

Cake Decorating

Sunday, November 12
1 - 2 pm
Extension Office Meeting Room



We will have an intro meeting on November 12th in the meeting room. This will be for anyone who wants to participate this year. We will have manuals for everyone and will talk about meeting times and decide if we will have separate meetings for beginning decorators and advanced decorators, or one combined meeting, so input from all those interested is important! If you can't make the meeting you can email me with questions or comments/preferences. It will be a short meeting.

We will start actual cake and frosting meetings in November as well. I want to get in a "Thanksgiving meeting". We will make a definite plan at the intro meeting.

Cake Decorating Project Key Leader:

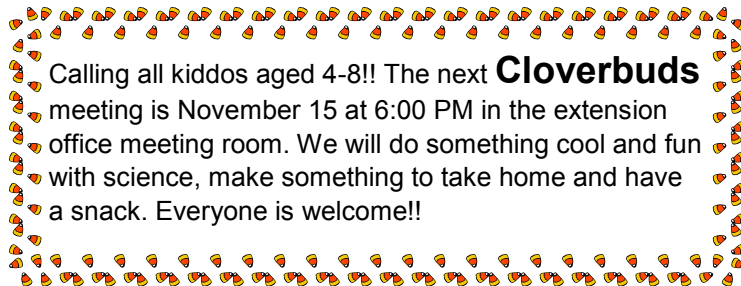
Maria Almendares 760-3768 wyoqtpi@uwyo.edu

Cat

NO November Meeting

Cat Project Key Leader:

Connie Bierman 399-8092 neve81@hotmail.com



Calling all kiddos aged 4-8!! The next **Cloverbuds** meeting is November 15 at 6:00 PM in the extension office meeting room. We will do something cool and fun with science, make something to take home and have a snack. Everyone is welcome!!

Dog

Wednesday
November 1, 8, 15, 29
7-8 pm

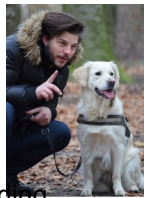
Albany County Fairgrounds Activity Building
West Side

Advanced member only

- ★ You will not be able to stay if you do not have paperwork filled out.
- ★ Please bring a copy of your dog's shot records for Vicky to keep
- ★ Members need to complete a Wyoming ID form and a three strikes policy.
- ★ Parents must be on the fairgrounds premises during all dog classes (i.e. in the building, in vehicle, etc.)
- ★ Fees need to be paid:
\$15/single child
\$25 for two or more kids
Fees are used for equipment upkeep, awards, etc.

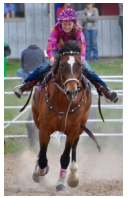
Dog Project Key Leader:

Vicky Walker 742-7662



Horse

November 21 & 28
6 - 9pm
Hansen Teaching Arena



November 21 Go over rules and basic riding
November 28 Trail obstacles

Information is updated thru Facebook.
<http://facebook.com/albanycountyhorse>

Contacts Horse Key Leaders:

Cath Harris 760-1728
Tage Benson 742-6044 tagebenson@aol.com

Remember - to ride, you need to be enrolled in 4-H and the horse program.

A safety certification form must be completed for each horse you plan to take in 4-H and must be turned in to the office ASAP. This form does not need to be completed each year. Horse key leaders are currently doing this safety certification at horse practices. If you do not attend these, please call the office and we can give you names of leaders who can safety certify you and your horse(s).

Leathercraft

November 15, 6pm

Activity Building Dining Room

Plan for the year and perhaps make some Christmas ornaments.

Project Key Leader:

Penny Strain 760-1685

Rabbit

No Rabbit meeting in November.
Meetings will resume in February.
Watch FootNotes for date.



SHOOTING SPORTS

Organizational Meeting
January 2, 2018 6 pm
Fairgrounds Rifle Range



Logo from the Wyoming Game & Fish Dept.

Hunter Education Classes
6 - 8 pm

Classes will be held Tuesdays & Thursdays at the Fairgrounds Rifle Range
For more information, please contact

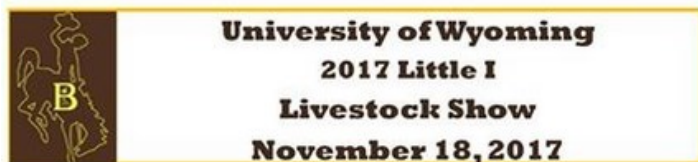
Roy Kern at 760-1892

2018 Class Dates

Jan 4	Jan 9
Jan 11	Jan 16
Jan 18	Jan 23
Jan 25	

Leader's Contact Information:

Rifle, Pistol & Shotgun
Roy Kern -760-1892
Archery
Shawn Hayes
760-7741
Muzzle loading
Glenn Zwieg
745-4206

**SCHEDULE:****9:00 A.M. Open Show Starts****10:30 A.M. Novice Show****12:00 P.M. Lunch****1:00 P.M. Round Robin****2:00 P.M. Celebrity Show**

HOSTED BY: UW BLOCK AND BRIDLE CLUB,
UW Animal Science, and Laramie Research and
Extension Center

(Open to the public)

Daniel's Fund Scholarship

The Daniels Scholarship Program offers a four-year college scholarship to any nonprofit accredited college or university in the United States to high school seniors from Colorado, New Mexico, Utah, and Wyoming who demonstrate exceptional character, leadership, and a commitment to serving their communities.

The online application for the Daniels Scholarship Program is due **November 30, 2017**. Students do not have to be nominated to apply, however they are required to obtain a recommendation from an individual at their high school or 4-H Educator.

<http://www.danielsfund.org/Apply.asp>

THANKS

I would like to thank and recognize those youth that represented 4-H at the 17th Annual Ag Appreciation Dinner. They include: Kolton Lake, Alexis Lake, Trey Muhsman, MacKenzie Muhsman, Saige Ward, Austin Snowberger, Hannah Powers, Grace Heck, Kemsley Gallegos, Kaden Berger, Ryder Senior, Makayla Renneisen, Lexi Wheeler, Kyle Dory, Kaden Sims, Wyatt Bullock, Kirby Hales, Bode Anderson, Zariel Mallery-Coulter, Jadzriel Mallery-Coulter, Ashby Florence, Justin Wetstein, Colton Elliott and many FFA members who are also 4-H members. Thanks to Aurora Starks for singing the National Anthem.

District #1 Make It With Wool Contest

November 10, 2017

State Contest

November 26-27, 2017

Parkway Plaza in Casper, WY



For more info and an entry form, please contact Julie Houchin at 745-3525 or jdouch@aol.com

RECORD BOOK CORNER

Thank you to all who came to help judge record books! We had representatives from Little Horse Power, Critter Creek, High Plains, Wild Brumbies, Bullets & Bunnies, Yellow Jackets, Gem City, Corduroy Queens & Kings, Bunkhouse Bunch, Rock Creek Valley, Centennial Valley, Little Laramie Valley, Stompin' Steamboats, Harmony Hustlers, and collegiate 4-H, UW ranch Horse Team and Cardinal Key. A total of 144 books were judged.

It is time to start writing goals for this 4-H year and recording your community service and leadership activities. Remember goals should be measurable and in your control. If you need help writing goals please see your club leader, project leader or ask Mary Louise and she can help or direct you to a record book committee member.

Club leaders, if you would like someone from the record book committee come to your club meeting and go over record books and goal writing please contact Colette Christensen medrad@wyoming.usa.com or 307 640 1088.

2018 Catch-A-Calf Contest



National Western Stock Show
Denver, Colorado, January 2018
Application to Participate in the 2018-2019 CAC Program
 All applications must be postmarked by December 1, 2017



They come from Colorado, Kansas, Nebraska and Wyoming to compete in National Western Stock Show's longest running program of practical beef cattle management. In just over 80 years, the Catch-A-Calf Contest has awarded nearly 3,000 steers to 4-H members hailing from the western United States.

The program began in 1935 when 10 boys caught 10 sponsored calves. The contest quickly caught on, and the program grew to include 52 calves by 1942. Soon after World War II, the program settled at 40 calves per year, which is where the number continues to stand today.

The program is designed so successful participants catch a calf, feed it, and return with the animal one year later as a market steer. The market animals are judged on rate of gain, quality of fitting, and carcass quality. The exhibitor is judged on showmanship, their record book, and a personal interview.

Catch-A-Calf contests in the Coliseum are held during the rodeo on Friday, January 12, 2018 (matinee performance), Saturday, January 13, 2018 (matinee performance) and Sunday, January 14, 2018 (matinee & evening performances).

For further information and an application visit:

<http://nationalwestern.com/livestock-shows/catch-a-calf-contest/> or the Extension Office.



FOUNDATION

Gingerbread Jamboree: Games for Giving

Thank you for your interest in sponsoring a Game for Giving at the Hospital's Gingerbread Jamboree on December 9. The event will start at 11:00am and finish by 1:00pm. Please plan to come to the west atrium of the Hospital to set up your game around 10:30am.

We ask that each game sponsor create and host a game appropriate for ages 5 to 12. These games should be holiday-themed carnival games. The following are a few examples of games that would be appropriate for the event:

- "Go fish" for candy canes
- Reindeer antler ring toss
- Pin the gingerbread man on the gingerbread house

Use your creativity to come up with your own fun holiday game. Between Pinterest and Google, there are so many options out there if you need some more ideas!

When a child plays your game, he or she will get a felt gingerbread man. Each gingerbread man represents a donation to the Family Care Unit at IMH. Children turn in their gingerbread men after they have finished playing games and those gingerbread men become "cash" for pediatric patients at the Hospital. The more gingerbread men that are collected, the higher the donation the Family Care Unit will receive.

It is our hope that the Games for Giving will encourage children of all ages to understand the joy of giving during the holiday season. Please join us in this new event at the hospital. If you have any questions, please contact us at the Foundation using the number listed below.

Best wishes,
 The IMH Foundation



Fruit Sales

Dog Project and Jr. Leaders will be doing fruit sales. Apples, pears, oranges, kiwi and grapefruit. Straight boxes and mixed available. Call Mary Louise for more details. Fruit should come first part of December.

Albany County 4-H members are reminded of the opportunity to travel to see our nation's capitol with Leadership Washington Focus (LWF) and Citizenship Washington Focus (CWF). Fundraising opportunities are occurring so do not let the prospect of not being financially able to take the trip stand in your way. Visit the State 4-H website <http://www.uwyo.edu/4-h/> or call the Extension Office for more details.

NATIONAL WESTERN Stock Show
JANUARY 7-22, 2017
AN 80 YEAR TRADITION

All about **Catch-A-Calf**

The NWSS Catch-A-Calf program is a scholarship and educational opportunity for 4-H members 12-18 years old in Colorado, Kansas, Nebraska & Wyoming who want to gain experience in the beef cattle industry. Over an 8 month process, participants develop sponsor relations, keep intricate record books & break, feed and raise a calf provided through the NWSS. The following January, they sell their calves & receive the proceeds in hopes to continue with more projects within the beef cattle industry.

Mid-January	1st Week of May	May-January	Next January
CATCH	PICK-UP	RAISE	SHOW

303.299.5559 • nationalwestern.com/livestock-shows/catch-a-calf-contest/

LWF 2018
July 16-20, 2018

LEADERSHIP WASHINGTON FOCUS

Leadership Washington Focus (LWF) is a 4-H leadership program for Youth entering grades 7 through 9

CWF 2017

Week 1: June 3 - 9	Week 2: June 10 - 16
Week 3: June 17 - 23	Week 4: June 24 - 30
Week 5: July 1 - 7	Week 6: July 8 - 14

CITIZENSHIP WASHINGTON FOCUS

Citizenship Washington Focus (CWF), a week-long 4-H citizenship program for youth ages 14-19, is the preeminent 4-H citizenship and leadership experience for 4-H youth.

CLASSIFIED INFORMATION

Classified ads must apply to 4-H projects or to 4-H members or leaders.
Ads may be modified by Extension Staff to fit in the ad space available.
All ads must be submitted to the Extension Office no later than the 3rd Friday of every month.
Ads will remain posted for 2 months or until the office is notified by the seller that the product is no longer available.

Reminder...
Ads in FootNotes are
FREE for 4-H members!

For Leaders

REMINDER - Project and club meeting dates for 2018 member calendar are due to Sue by November 3, 2017

Volunteer Leader Training

To begin the process of becoming a Wyoming 4-H volunteer, please go to our online enrollment portal and create a profile. The web address is <http://www.uwyo.edu/4-h/>. This is the first step in the Leader Certification Process. Once you have a profile on 4-H online you will receive THREE e-mails. One will ask you to complete the background check. This is done through SterlingBack. The subject line will read: 4-H Volunteer Screening Instructions. The second will ask you to complete the Motor Vehicle Record (MVR) check. The third will provide you with a web address to complete an initial volunteer training process.

First year leaders and fifth year leaders that need to be rescreened must complete an online training **AND** attend a training at the Extension Office. **The next training at the Extension Office will be Tuesday, November 14, 2017 at 6:00 pm.** Supper will be provided. Please call and RSVP by November 13th so I have enough food.

4honline Enrollment

4-H Online is up and running!! Feel free to go to <http://wy.4honline.com> and enroll to be a 4-H member/leader for the 2017-2018 4-H year!! If you forgot your password, click on the "I forgot my password" button and the system will automatically reset it and send it to you. Please check to see that your profile contains the correct information.

Check out the "project aliases"! Members have some additional project areas within Wyoming Projects to enroll in.

Judging opportunities are now located under the Activities tab. If you would like to enroll in Albany County Judging - Horse, Livestock, Meats, Wool or Produce, please be sure to access the Activities tab and add the judging area you would like to participate in. We must have at least 4 youth members to form a team.



Western Region Leaders' Forum
San Diego, California March 1 - 4, 2018



NOVEMBER BIRTHDAYS

Amanda Christensen	Vivian Ogle
Jim Coxbill	Makiah Osborne
Levi Crane	David Parker
Bailey Dennett	Glade Parker
Paige Dennett	Eliana Pope
Alexander Downham	Austin Quillinan
Colton Elliott	Michael Renneisen
Quade Gill	Audrey Roaque
Grahm Jaques	Carter Rompola
Jonas Jensen	Emma Sanders
Parker Knerr	Lexi Todd
Kolton Lake	Zoe Van Winkle
Cali Martin	Justin Wetstein
Madelaine McElwee	Bethany Williams
Joey McPeak	Ava Zellmer

Carnival Committee Meeting

The next carnival committee meeting will be:
 November 1st – 5:30 PM
 Lovejoy's
 All are welcome to attend
 Call Sueann if you have questions
 307.761.4827

Albany County Fair Board Corner

No information received from the fair office.



Sewing Day



We will have a sewing day on Saturday, November 4th at the extension office meeting room. We will be making stuffed animals for the first project of the year.

This is a project that requires some sewing experience, sewing curves and clipping seams. For those of you who have not sewn before we will have beginning classes starting in January.

You will find listed below what you need to bring for each stuffed animal. Please remember to launder and press your fabric if needed. If you have a portable sewing machine that you like to use, please bring it. Please also bring your sewing basket with pins, scissors and a seam ripper. We will have sewing machines for those who do not have one that they can bring. We will begin at 1 pm and end around 4 pm. If you are an advanced sewer and want to work on your own project, you are welcome to attend. Parents are always welcome to attend.

All youth need to be enrolled in 4-H and have a health form and code of conduct form on file. All youth need to RSVP by Nov. 1st to 307.721.2571 or mwood8@uwyo.edu. Please let us know if you need a sewing machine. We will limit reservations to 10 on a first come, first serve basis.

We hope you will join us.

Mary Louise Wood
University of Wyoming Extension Educator

Freda Dixon
Fabric and Fashion Volunteer Leader

Stuffed Animals fabric requirements:

Suggested Fabrics for stuffed animals includes napped fabric such as plush felt, cotton, broadcloth, calico, chenille, flannel, and low piled plush

14" Dog - 1 yd 45" or 5/8 yd 60" fabric, thread, contrasting embroidery floss for nose, two ½" half ball buttons, 16 oz. polyester stuffing, 1 yd 1 to 1 ½ inch ribbon

14" Rabbit - 1 ¼ yd or ¾ yd 60" fabric, thread, contrasting embroidery floss for nose, two ½" half ball buttons, 16 oz. polyester stuffing, 1 yd 1 to 1 ½ inch ribbon

14" Bear - 1 yd 45" or 5/8 yd 60" fabric, thread, contrasting embroidery floss for nose, two ½" half ball buttons, 17 oz. polyester stuffing, 1 yd 1 to 1 ½ inch ribbon

10" Elephant - ½ yd fabric, thread, two ½ " half ball buttons or animal eyes with sockets, 7/8 yd of 1 to 1 ½ " ribbon, bag of polyester stuffing

12" Giraffe - 5/8 yd fabric, thread, 3/8 yd chenille cord, ¼ yd of 3" wide fringe or yarn to make fringe, two ½ " half ball buttons or animal eyes with sockets, 7/8 yd of 1 to 1 ½ " ribbon, bag of polyester stuffing

10" Pig - 5/8 yd fabric, thread, one ½" animal nose or one 1 1/2 " button, two ½" half ball buttons or animal eyes with sockets, 7/8 yd of 1 to 1 ½ " ribbon, bag of polyester stuffing

10" Cat - 5/8 yd fabric, thread, two ½ " half ball buttons or animal eyes with sockets, one ½ "animal nose , 7/8 yd of 1 to 1 ½ " ribbon, bag of polyester stuffing



Congratulations to:

Albany County 4-H Sr livestock judging team finishing 1st at the NILE in Billings, MT

1st - Kyle Despain

2nd - Kemsley Gallegos

3rd - Saige Ward

6th - Kirby Hales

9th - Ryder Senior

10th - Alexis Lake

Jr team finished 8th

(Kolton Lake, Kymber Stinson and Shanna Stinson)

*Information for
December FootNotes is
due by November 17th*

Sincerely,

Mary Louise Wood

Mary Louise Wood, 4-H/Youth Extension Educator

&

Sue Golding

Sue Golding, Administrative Assistant

Upcoming Deadlines/Events

November 2 National 4-H Conference Apps Due
November 4 2018 Calendar Info Due
November 4 2018 Calendar Cover Designs Due
November 11 Veterans' Day
November 10 Make It With Wool Contest District 1
November 12 Achievement Night
November 14 Volunteer Leader Training
November 15 Cloverbuds - Extension Meeting Room
November 18 Little I Livestock Show
November 23-24 Thanksgiving Holiday - Office Closed
November 26-27 Make It With Wool Contest-State-Casper
November 30 Daniel's Fund Scholarship Apps Due
December 1 Catch-a-Calf Entries Due
March 1 LWF Registration Closes
March 1 CWF Registration Closes
March 3 4-H Carnival
March 1-4 Western Regional 4-H Leader's Forum



NOVEMBER 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Dog Project	2	3 4-H Calendar Cover Entries Due Calendar Info for 2018 Due	4 Sewing Day
5 CRITTER CREEK HARMONY HUSTLERS Daylight Savings Time Ends	6 CENTENNIAL VALLEY GEM CITY LITTLE LARAMIE VALLEY WILD BRUMBIES	7 4-H Council Meeting	8 CRAFTY CRITTERS WINDY VALLEY Dog Project	9 LITTLE HORSE POWER	10	11 Veterans Day
12 ROCK CREEK VALLEY Cake Decorating	13 SMOKIN' GUNS YELLOW JACKETS Fair Board Meeting	14 Volunteer Training	15 Dog Project CLOVERBUDS	16	17	18
19 STOMPIN' STEAMBOATS Cake Decorating	20 CORDUROY Q&K HIGH PLAINS	21 Horse Project	22 NO Dog Project	23 	24 National 4-H Congress Atlanta, GA	25
				OFFICE CLOSED - THANKSGIVING HOLIDAY		
26	27 HOWELL HOOT OWLS JR LEADERS	28 Horse Project	29 Dog Project	30		
National 4-H Congress Atlanta, GA						

Albany County

3520 S 3rd St

Suite A

Laramie, WY 82070

RETURN SERVICE REQUESTED



The office will be
closed
November 23-24



Please
remember our
Veteran's!
November 11,
2017



Fair Board Meeting

November 13, 2017 - 6:30 pm

Important changes regarding the
2018 Fair will be discussed.

ANNOUNCEMENTS

- ★ Design a cover for the 2018 4-H member calendar due to the office by November 3, 2017.
- ★ Project and club meeting dates for 2018 member calendar due to the office by November 3, 2017.
- ★ 2017 club bank statements, treasurer's reports, club charter application, 2017-18 officers and affirmative action statement due to the office by December 1, 2017