

FOOTN SETES

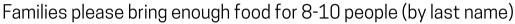
SHOW US YOUR 4:00

4-H HAS GOT TALENT & 4-H ACHIEVEMENT AWARDS

Sunday, November 21st Fairgrounds Activity Building

4:00pm: get your snacks and find your seat...

4:30pm: show begins!



A-H: sweet treats I-Q: fruit/veggie tray

R-Z: meat/cheese tray or chips/dip and/or crackers

Awards will be given out for record books, team participation, some county fair items and shooting sports. We would really love to see <u>EVERY</u> 4-H family attend.



CALENDAR COVER CONTEST!

Are you artistic? Do you like graphic design and designing things on a computer?

Then this contest is for you!!

- Design a cover for the 2022 Albany County 4-H Member Calendar
- There are no stipulations other than the design must be 4-H/Albany County
 4-H related
- An electronic file (pdf, word, publisher, etc.) is recommended, but not required. If you are unsure about how to submit give us a call!
- This contest is open to all Albany County 4-H Members!
- Voting will take place virtually, watch Daily Dose and FootNotes for more info

Submit your design to the Extension Office <u>by WEDNESDAY, DECEMBER 1ST</u> BY 5PM. NO EXCEPTIONS!!

Email: albanyco@uwyo.edu or hard copy accepted



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4-H Council: Meeting Minutes

Date: October 5, 2021 Call to order: 6:32pm Adjourned: 7:44 pm

Pledges: American- Wyatt, 4-H- Caleb

Roll Call: Quorum met

Reading/Approval of Minutes: Dave moved; Ruth seconded-passed

Treasurer's Report: read by: Jennifer American National Bank - \$7,170.21 Deposit - Archery, muzzleloading city grant - \$1800.00 First Interstate Bank - \$11,764.34 Deposit - donation for project support - \$500.00 Endowment - \$20,000.00 WY State foundation - \$9,676.20 Will be submitted for audit Correspondence: none Presentations-Raton Trip - Emily Hayes - Shooting sports state wide trip - fun trip - shooting all disciplines except archery - had a shoot simultaneously. 12 from Wyoming - Emily and Montana from Albany county; trip was 5 days long; shot 3 of the days

Committee Reports

- Awards Committee-Friend of 4-H/Outstanding Leader/Outstanding Alumni Mary Louise reported achievement night is coming up.
 Friend of 4H; outstanding leader; outstanding alumni; hard luck award just send email to ML by Oct 15; can come from anyone within the 4H program; Buckles there was a mix up w/dates but they are in process
- Carnival Committee no report Fundraising Committee herds next week for 1 week; information will be coming date postponed
- Member Activity Committee Meaghan reported *swim meet and football game for homecoming; 4Her in dance squad; 4H on
 homecoming court; and on team; *upcoming dance Sat night at the wool classroom near Hansen Arena 6-9pm UW swing dance
 club will be there need chaperones; *project exploration Oct 10th 2-4; Wed is wear Wed for 4H wear green and post to facebook
 on council page
- Nominating Committee Ruth and Jennifer voting tonight at end of meeting slate currently Jenna publicity; Liz secretary
- Public Relations Committee Jenna reported flyers have been posted on Facebook; many things already discussed
- Record Book Committee Mary Louise judging 13-14; anyone can help need clubs to send at least 2 people so we can have comments on all books 8am 8pm both days; may have to do a few on Fri morning; plan to come for at least an hour; goal is to have 2 people look at EVERY book; when judge you'll get a 'section' to look at market animal/story/photos etc. You'll be looking at multiple books and the comments given help kids in the future; not as many to be judged this year; when judging avoid personal bias judge content of book alone.

Other Reports

- 4-H Foundation meeting next week no report today; will be helping with fundraiser dinner
- Albany County Fair Board ML reported Taylor Haley new fair manager Mon Oct 11 next meeting; any suggestions for fair please submit in email to manager@albanycountyfair.org prior to the 11th: Oct 18th work meeting to discuss fair changes etc. -changes will be sent out to public for 45 days revisit proposal in Dec. Superintendent openings can apply on-line; Beef; sheep; meat goat hasn't been posted on website yet, but will be soon. Expected to attend some fair board meetings; expectations of role during fair etc.
 Meetings open to public 2nd Mon every month 6:30pm
- Jr. Leaders elections next month 25th of Oct 6:30 pm meeting room;

Old Business

- National 4-H Week Activities Wear it Wed; dance Sat night; Tue 4H proclamation signing; project expo Sunday; follow state 4H want photos
- Record Book Judging 13-14 of Oct snacks and lunch provided; 2 from each club for at least 1 hour
- Achievement Night/Talent Show footnotes says Nov 14 moved to Sun Nov 21st combined event; 5-7 food at 4:30; some awards
 will be done at 'club level' to try to limit time constraints; event committee Caden, Jennifer, Meaghan, ML; at fairgrounds; will be live
 but also put on YouTube Oct 21-22 tryouts
- Herds postponed
- Senior Night on hold for now; possibly move to Nov 2nd Tue of the month; recognize 4H seniors etc; Volunteers to help Jenna -Ruth, Meghan
- · Other none

New Business

- Budget exact same budget as last year; vote next month to approve
- Baked Potato Dinner/Silent Auction Jenna made flyer for Churches family; list went out for clubs to donate; drop off items by Fri; need silent auction items talk to businesses or donate bring Fri if possible; letter drafter to take to businesses to explain and invite to the dinner; word of mouth and members share the news; clubs/families can also bring deserts for dinner; sign up genius will be going out for people to volunteer and sign up for various components of the evening; already have many unique items for auction; credit cards will be welcome
- Paws for a Cause ML reported A couple local vet offices are doing a fundraiser for cancer fall festival games; 5K run/walk bring
 dogs flyer is on daily dose; clubs encouraged to do booth/game or volunteer to help; end of Oct 30 at range arena 9-3; contact
 Cassidy at Gem City vet; Oct is Cancer awareness all funds will go to cancer; Laws will be there; indoors/heated
- Election of Officers 2 votes per club; Public relations Jenna Thaddeus moved to cast unanimous ballet Cade 2nd unanimous;
 Secretary nominations Liz Williams Dave moved to cast unanimous ballet unanimous; Treasurer Nicki Rogers and Michelle
 Turner Jennifer read info from Michelle Turner as she could not attend meeting; Nicki Rogers withdrew her name; Thaddeus moved to cast a unanimous ballet for Michelle Turner; 2nd Dave unanimous vote
- Other Caden proposed a Halloween dance; will be presented to member activities to consider costume dance/costume contest more info coming

Announcements:

- · Reminder to send representatives for record book judging
- · Talent show try outs

4-H Foundation Minutes

October 12, 2021

Meeting called to order at 6:00 pm.

Members present: Janet Renneisen, Mary Louise Wood, Jessica Kern, and Carolyn Durand, Michele Turner

New Business -

- 1. Meeting Day and Time:
 - a. Will continue to meet the second Tuesday of the month at 6:00 pm
- 2. Discussion regarding upcoming fundraising opportunities:
 - a. Gun Show Concession's
 - i. Gun Show is December 11-12
 - ii. Will reach out to the clubs for interest in working concessions at the Gun Show; if clubs are interested
 - iii. Foundation will do this as a fundraiser
 - iv. Possibly tacos, burritos, taco salad for lunch and biscuits and gravy for breakfast
 - v. This would be a fundraiser for Foundation and considered Community Service for clubs
 - vi. Send out a Sign Up Genius for 4 students at a time to work 2 hour shifts
- 3. Ag Week Pot Roast Fundraiser
 - a. Ag Week is March 20-26
 - b. Council is looking at maybe doing their Herd Fundraiser this week as well
 - c. Look at inviting ag businesses/supporters to have booths during the fundraiser
 - d. Will discuss further at next meeting
- 4. Other Opportunities:
 - a. Dog Show
 - b. County Shoot

Next meeting is scheduled for February 8th, 2022 at 6:00 pm.

Meeting adjourned at 6:25 pm.

Respectfully Submitted by Michele Turner

A Note from Mary Louise

I have been struggling with how to say "thank you" to our wonderful community, volunteers and families and this article does a fabulous job!

The Difference Between Gratitude and Thankfulness

Susan Rhoads, LCSW, Therapist, Senior Life Solutions

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow" — Melody Beattie

Thanksgiving is a holiday dedicated to the focus of being thankful. This time of year can give us that warm, fuzzy feeling when we spend time feeling thankful for the things our lives include. The Oxford Dictionary defines the word thankful as "pleased and relieved." Both of those are great feelings. Everyone wants to be pleased and relieved. But that's just it; they're just feelings, and feelings fade.

The Oxford Dictionary defines the word grateful as "showing an appreciation of kindness." This is where the difference lies; being thankful is a feeling, and being grateful is an action.

It's easy for us to look around the Thanksgiving dinner table and say that we are thankful. Some are surrounded by family, friends, and food and in that moment in time, we're currently experiencing that warm, fuzzy feeling that comes with a holiday gathering; we're thankful. We may feel thankful for their presence in our lives, and happy that everyone is well since the last gathering. However, gratitude goes much deeper than this. It is a state of being, where you feel a sense of appreciation that comes from deep within. You are at peace with the world, and appreciate that state of affairs deep within. The feeling of calm these thoughts and emotions bring to mind we find fulfilling.

Gratitude is more than just the feeling of thankfulness. Being thankful is the first step, and we have to have that initial feeling to build upon. We build upon it by redirecting our focus into making gratefulness an intrinsic part of our lives 365 days a year. Gratitude requires us to stay alert of the role of others in our lives. This is different from the fleeting nature of the act of a mere 'thank you' or feeling thankful one day of the year. Through gratitude, we get to make a sense of our lives and learn to credit our loved ones with the appreciation they deserve.

The key is keeping gratitude at the forefront of our lives. It's not just thinking about how thankful we are to have all that we have. It's about living out that gratitude through the simple things we do every day. Gratitude is the manifestation of love, devotion and commitment towards those who mean the most to you. It encompasses shared experiences, shared love and an understanding that the universe has conspired to keep us happy, and help us understand how connected we are to others.

As we head into that special time in November, find a Gratitude Journal, and open your mind up to just how helpful this simple practice may be on the path toward embracing your thankfulness. A Gratitude Journal is the practice of jotting down, each day, things that we are grateful for and allow us to become more present and aware.

-Mary Louise

Project News







Stay tuned and enjoy hunting season. We will plan to start up again near end of February/first part of March.

Questions, please contact Key Leader:

Shawn Hayes 760-7741

Cat 🥌

We will start in January, stay tuned!

Cat Leader:

Connie Bierman 399-8092



Wed. Nov. 16th, 5:45 Extension Meeting Room

(youth 5-8yrs old) See you then! Contact Mary Louise with any questions

Crochet/Knitting



Tuesdays, Nov. 2, 9, 23, 30 NO Class Nov. 16th! Extension Meeting Room

All are welcome! Meetings are weekly. Items you will need to bring each week:

Hook or needles Practice Yarn Practice piece

Project Leader:

Gretchen Hulett gretchenhulett@gmail.com

Muzzle Loading

We are planning to start in mid April!

<u>Questions, please contact:</u> Shawn Hayes 760-7741 Dog



Any 4-Her that has done dog before (advanced):
We will start November 10th, 5:30-6:30
Fairgrounds Activity Building
The meeting time may change, stay tuned!

Bring dogs, shot records and ID sheet filled out Link for ID sheet:

https://www.uwyo.edu/4-/projects/_files/dogs/dogid.pdf

Beginners will start in January-have a great Fall!

There will be a fruit sale this year! Will let you know the details.

PLEASE MAKE SURE YOU ARE ENROLLED IN 4-H BEFORE THE FIRST MEETING! You will not be able to participate in dog practice if you are not!

<u>Dog Leader:</u> Vicky 760-4932

abric & Fashion



Congratulations to Lainey Scasta for a first place finish in the Make It With Wool Contest Preteen category! Also to Kennedy Scasta and Sierra Monteith who tied for second.

Sewing days begin **January 22nd** for those who want to learn to sew or to improve their sewing skills.

If you have questions please contact
Freda Dixon 742-0506 or fdixon@bresnan.net

_eathercraft 🔷

Informational meeting: November 3rd at 5pm
Extension Meeting Room

Anyone with interest in leather work and any previous leather students who are interested in doing leather again, please attend this meeting!

We will cover the different classes available, tools, projects, supplies, and answer any questions and also figure out meeting times and days.

<u>Questions please contact project leader:</u>

Dan Lehman 761-1045

Project News





We will start in December! Stay tuned!

If you have questions please contact Poultry Leader:

Ellie Riske 343-0053

Rabbit classes will resume February 28th and Hopping and Agility February 17th

If you have questions please contact Freda Dixon 742-0506 or fdixon@bresnan.net

Shooting Sports

Schedule will be coming out soon, stay tuned and watch your Daily Dose emails!

> **Questions please contact:** Roy Kern 760-1892

Sport Fishing 👰



Thursday, November 18; 6pm-7:30pm **Extension Meeting Room**

This will be an introductory meeting so you will not need to bring anything! See you there!

> **Questions please contact:** Jeff 760-2404

November 2nd, 4:30-5:30 **Extension Meeting Room**

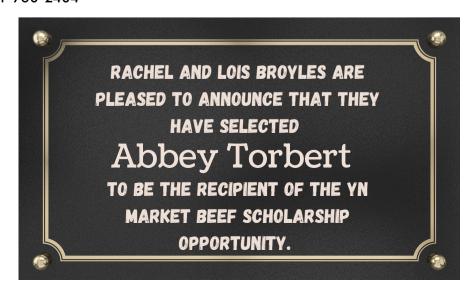
This month we are going to make Gratitude/Junk/Art journals. Using various types of paper and card stock we will create a journal. We will learn to sew a 'binding' to keep our pages together. We will utilize water color and/or coffee to 'paint' designs on the pages then use pens and fine point markers to 'finish' the designs. The journals can be used as a gratitude journal simply where you write what you are thankful for, a 'junk' journal - where you keep memories (cards, ticket stubs, etc), or an art journal where you can practice drawing, painting, doodling, or doing multi-media art. At fair, you could turn in the journal as a project to show a) the making of the journal and b) all the other art you produce inside the journal.

*Cost will be \$5 per person to cover cost of paper; paint; brushes; table covers; yarn/thread; needles

<u>Project leader:</u>

Liz Williams

RSVP to: lizwillij@gmail.com or 513-378-9189 so we are sure to have enough paper and supplies for everyone.





CLASSIFIED INFORMATION

- -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.
- -Classified ads must apply to 4-H projects or to 4-H members or leaders.
- Ads will remain posted for two months or until the office is notified that the product is no longer available.
- Nine year old horse looking for a rider. He is about `5 hands high and is white. Please give Linda a call at 760-9602 or wylcrum@gmail.com
- Paisley Chadwell has one rabbit for sale. Standard Rex buck agouti DOB 6/1/21 pedigreed and tattooed \$50 text Paisley at 307-314-5421



Thank you, Thank you, Thank you!!

Thank you to ALL who came to help judge 4-H Record Books. We had volunteers from Corduroy Queens & Kings, Harmony Hustlers, High Plains, Little Horse Power, Mavericks, Little Laramie Valley, Stompin' Steamboats, Wild Brumbies and Yellow Jackets.

- Come to Achievement Night November 21st at 4 pm at the Activity Building to see what these judges concluded.

 Record Books will be returned to clubs that evening.
- Remember Record Books are a requirement, not an optional item. To be a 4-H member in good standing a record book needs to be turned in at the end of the 4-H year. The book does not have to be judged but it does need to be either turned into the 4-H extension office or completed in ZSuite.
- Begin this new 4-H year by writing down your goals and starting to make a plan on how you want to meet those goals! Ideas of what you want to do or how to do things differently usually abound while you are trying to get your project done (so a few months ago right before or after fair, what did you want to do or change with a project?). Look at the comments you received from the judges, and use those to help inspire new goals. As always, please contact Mary Louise or the record book committee if you have ANY questions. We want to help make the best better!



Happy Birthday!

Connie Bierman
Wyatt Buenger
Kristy Burgess
Amanda Christensen
Kym Codallos
Charlie Coxbill
James Coxbill
Levi Crane
Ashlyn Douville
Alex Downham
Rhuan Downham

Ouade Gill

Tammy Heggie

Sophie Hiller
Kolton Lake
Ada Lambrecht
Kimberlie Ledford
Violet Lumley
Nolan Newbern
Shawntele Ogle
Vivian Ogle
Makiah Osborne
David Parker
Glade Parker
Janette Parker

Michael Renneisen Audrey Roaque James Romero Emma Sanders Oliver Scarpelli Colter Sheets Aspen Turner Clayton Wildenborg Ava Zellmer



4-H ENROLLMENT MEMBERS AND LEADERS

As of October 1, 2021, all members and leaders are inactive in the 4-H system. ALL enrollment will be done online at:

4h.zsuite.org

Enroll as soon as possible to ensure that you get back in your current club or the club of your choice. There may be some glitches, so please be patient!!! Check your personal information carefully and make any changes as needed. Instructions to enroll have been sent in Daily Dose, so check your email!

Welcome "New to 4-H" Members!

JOHANNES ADDIDO ODIN BARBOUR ALLISON BAYSINGER OLIVIA BERNATOW ALEENA BROOKS MILA BROOKS AUBREY BUENGER **CORA CARRICO JALYN COFFIN** JADE DAVIS REMINGTON DECKER REESE DOWNHAM **AUGUSTUS EPLER BLAKE ERICKSON** JADE FOLLETT **OLIVIA FRITH** LAYNE HARPER **NATHAN HARRIS** HADLEY JAIRELL BAILEY JONES **ISIDORA HORNE** LYDIA HORNE **GRETCHEN HULETT**

KANYON ISAACS

JACOB KNADLER WYATT KREIN **DILLON MCCARDELL** SHERIDAN NIELSON KAYLEE OLSON PALMER PASMAN **ALEX PERKINS** SIENNA ROAGUE LAILA SEATON **BRAYLON SHEETS** COLTER SHEETS TRAVYN TAYLOR CALLAN THOMPSON REILLY THOMPSON RYKER TRABING KOLBY VAN BUREN **AVEYA VANDERPOOL** GAUGE WASIK **CLARA WHITE** KYLIE ZELLMER



Fair Board Corner

Weigh In Dates for 2022!

Cattle:

- February 2, 2022 4-6PM
- February 5, 2022 8-10AM

Sheep, Goats, Swine:

- June 1, 2022 4-6PM
- June 4, 2022 8-11AM

Poultry:

- June 1, 2022 5-6PM
- June 4, 2022 11-1PM





REMINDERS:

- ★ Project and club meeting dates for the 2022 member calendar due to the extension office by November 2nd
- ★ Club Leaders: have you checked your club mailboxes lately? Come by and see!
- ★ Before you can attend any project meetings, make sure you are enrolled with ZSuite!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 GEM CITY CENTENNIAL VALLEY WILD BRUMBIES	Crochet/Knit Project Visual Arts	3 Leathercraft	4	5	6
		4-H Council				
	Deer Hunt - Oct.31 -Nov	. 2				
7 CRITTER CREEK ROCK CREEK MAVERICKS	8 YELLOW JACKETS	9 BUNKHOUSE BUNCH	SPEED GOATS 11 LITTLE HORSE POWER		12	13
		Crochet/Knit Project	Dog Project			
Daylight Savings Time Ends	Fairboard	4-H Foundation		Veterans Day		
14 HARMONY HUSTLERS SMOKIN' GUNS STOMPIN' STEAMBOATS	15 CORDUROY Q&K HIGH PLAINS LITTLE LARAMIE VALLEY	16	17 Dog Project	18 Sportfishing	19	20
	Fruit Orders Due!	Cloverbuds				
21	22	23	24	25	26	27
Achievement Day & Talent Show		Crochet/Knit Project	NO Dog Project		Nell 4 II Comm	Atlanta OA
				Office Closed- Th	anksgiving Holiday	ess - Atlanta, GA
28	29	30		311100 010300 111		!
		Crochet/Knit Project		Tha	NKful	88
Nt'l 4-H Congre	JR. LEADERS		1			4 (X)
Nt 14-n Congres	- Milalita, UM -					* - 4

Information for December FootNotes is due by November 23rd!
Send to Sarah at:
albanycoeuwyo.edu

Sincerely,

Mary Kouise Wood

Mary Louise Wood, 4-H/Youth Extension Educator

Sarah Gonzalez

Sarah Gonzalez, Administrative Assistant

OFFICE CONTACT INFORMATION

Albany County Extension Office 3520 S. 3rd St, Suite A Laramie, WY 82070 Phone: 307-721-2571

Email:

Mary Louise Wood mwood8@uwyo.edu Sarah Gonzalez albanyco@uwyo.edu

Office Hours:

Monday-Friday 8am-Noon & 1-5pm

FootNotes available online at:

www.uwyo.edu/ces/county/albany/newsletters.html & your 4h.zsuite.org account





December 202l

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 -		Dog Project	2	3	4
5 CRITTER CREEK	6 WILD BRUMBIES	7	8 SPEED GOATS	9 LITTLE HORSE POWER	10	11
		Crochet/Knit Project	Dog Project			
12 SMOKIN' GUNS STOMPIN' STEAMBOATS	13	14	15	16	17	18
	Fairboard	Crochet/Knit Project 4-H Foundation	Dog Project			
19	20	21 * * * * Winter Begins *	22	23	24	25 Christmas Day
				Office Closed- Winter Break		
26	27	28	29	30	31	
	JR. LEADERS Office Closed-	Winter Breek	<u> </u>	l .		-
	Office Closed-	willer break				



Thanksgiving word search

N	V	Ν	W	Υ	L	D	R	R	R	Υ	F	Р	С	М	М
M	С	Α	S	S	Е	R	О	L	Е	L	Т	W	Р	Р	С
G	R	Α	V	Υ	G	F	Ν	R	D	1	L	G	R	U	В
M	М	W	K	Н	Χ	R	М	Α	K	М	N	Z	Z	M	Т
Ν	Α	Υ	L	В	Т	V	Е	Н	D	Α	K	С	Ν	Р	L
Н	Ρ	Υ	Ν	С	Т	R	Т	Υ	Υ	F	Р	R	0	K	U
S	С	Q	F	K	В	U	Т	Ε	N	J	Υ	Α	V	1	F
M	D	О	Z	L	0	Χ	K	Q	N	W	Α	N	Е	N	K
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Р	0	Т	Α	Т	0	Е	S	Р	L	K	Т	R	K	L	М
М	Z	R	Т	L	L	Α	F	Ε	1	Р	N	Α	С	Ε	Р
Q	G	Ν	1	V	I	G	s	K	Ν	Α	Н	Т	Υ	Z	Q

AUTUMN	FALL	NOVEMBER	PUMPKINPIE
BREAD	FAMILY	PECANPIE	THANKFUL
CASSEROLE	GRATEFUL	PILGRIMS	THANKSGIVING
CORNUCOPIA	GRAVY	PLYMOUTH	THURSDAY
CRANBERRY	MAYFLOWER	POTATOES	TURKEY

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RETURN SERVICE REQUESTED

Important meetings:

4-H Council--FAIRGROUNDS DINING ROOM Tuesday, November 2nd 6:00pm

Fair Board--FAIRGROUNDS ACTIVITY BLDG Monday, November 8th 6:30pm

4-H Foundation--EXTENSION MEETING ROOM Tuesday, November 9th 6:30pm



Our office with be closed November 25th-26th

