

## What's Inside?

- 1) Reminders,  
Contents, &  
Educator Letter
- 2) A Look Ahead
- 3) September  
Birthdays
- 4-7) Enrollment  
Info.
- 8) Y.S.V.R—  
Prudential Spirit  
of Community  
Award
- 9-11) Portfolio Info.
- 12) Achievement  
Info.
- 13) Ready for  
Rollover
- 14) Tip, & Bunnies  
for free!
- 15) Character  
Counts—Caring
- 16) Club Leaders
- 17) Project  
Leaders

# Carbon County WY



## 4-Happenings

### A Note From Your Educator!

Thank You, to all the 4-H Parents and Volunteer leaders for all your time and effort in helping our youth "learn by doing" in our 4-H program! You are Wonderful!!

Congratulations to all 4-H members who competed in County and State contests this summer! Whether you were able to accomplish your goals or not, be sure to recognize what you learned along the way. Don't worry if you didn't reach your goal this year - sometimes it takes more than one try to reach a goal. Keep your chin up, continue to move forward and trust that every experience is teaching you something you can use in the future. I hope you feel proud of all the time and effort you put into learning life skills, project skills, social skills, Leadership skills, etc.. You are amazing!

September is an exciting time we are ending a 4-H year and beginning a new one. The current 4-H year ends on September 30<sup>th</sup>, 2017. To finish this 4-H year remember to document all your accomplishments in your 4-H portfolio (record book). Youth who do 4-H Portfolio's learn to develop skills in observation, data collection, organization, critical thinking, planning and time management, record keeping, and communication skills. Please plan ahead to make sure your 4-H Portfolio gets to the Carbon County Extension office by 5 pm on Sept. 15, 2017.

Attention Adults: I am looking for some parents or volunteer leaders to help with 4-H portfolio judging. It can be very helpful to read through a bunch of these Portfolios – you will be amazed at what our youth have accomplished. It will also help you to know more about what needs to be included in a 4-H Portfolio so you can take that knowledge and share it with your club for the coming year. I would love to have at least one adult per club attend a day or evening of judging. I would be happy to provide a meal for your effort! Please contact me if you are willing to help.

If you are looking for State 4-H Contest results for they can be found online at <http://www.uwyo.edu/4-h/results.html>

The Wyoming State Fair does not have the State Fair results available online yet (this would include all the youth animal shows). I was told it might be a month before they are available.

October 1<sup>st</sup> is the beginning of the new 2017-2018 4-H Year. Please remember all current 4-H Members and Volunteer Leaders need to re-enroll in 4-H Online on or after October 1<sup>st</sup>. There will be a \$10 registration fee assessed per youth beginning this 4-H year. More information will be sent out soon regarding the payment procedure. The registration fee will cover the State 4-H insurance fees and will provide funds for 4-H programming for the coming 4-H year. There will be scholarships available for those in need. I will be contacting 4-H Volunteers about scheduling some time to discuss the new State 4-H Policies, By-laws, Chartering process, etc..

\*2017 will be the 75<sup>th</sup> year of "National 4-H Week" – It is always held the first full week of October, so this year it will be October 1-7, 2017. The primary theme is #TrueLeaders and the secondary theme is #4HGrrowsHere. This National 4-H Week, Carbon County 4-H is proud to celebrate the #TrueLeaders that make our community great! Please help celebrate by posting a photo of yourself or another who is a #TrueLeader. I am hoping Carbon County 4-H Clubs will do something to celebrate and share National 4-H week with the Community. If you are interested in doing an event, please let me know as I would love to help or attend.

Please be sure to read your emails, newsletters and 4-H Facebook posts as those are our primary methods of communication with you. Remember to contact us if you have questions.

Happy September!

Cathy Craig—4-H Educator

**It is important to read the 4 H newsletters, Facebook, emails, and mailings very carefully as they will contain valuable information about due dates, upcoming opportunities and any other changes that may occur.**

[https://www.facebook.com/](https://www.facebook.com/CarbonCounty4H)

[CarbonCounty4H](https://www.facebook.com/CarbonCounty4H)



UW CARBON COUNTY EXTENSION

PO BOX 280

215 W. BUFFALO ST.—ROOM 393

RAWLINS WY 82301

PHONE:307-328-2642

FAX:307-328-2646

EMAIL: CATHY CRAIG

# Looking Forward

**FYI: There is not a deadline to enroll in 4-H, however there are enrollment deadlines for some 4-H projects to participate in fair and other exhibiting opportunities such as county and state shoot.**

## **September:**

- ♦ **September 4th**—Carbon County Extension Office Closed for the Holiday
- ♦ **September 5th**—Baggs Portfolio Help Session—4pm-6pm LSRV Higher Ed.
- ♦ **September 5th**—Rawlins Portfolio Help Session—6pm Carbon Building Room 368.
- ♦ **September 6th**—Shooting Sports Awards Trip—Raton NM
- ♦ **September 15th**—Record Books Due
- ♦ **September 30th**— Last day of current 4-H Year 2016-2017

## **October:**

- ♦ **October 1st**—Day one of new 4-H Year 2017-2018
- ♦ **October 1-7**—National 4-H Week



## **November:**

- ♦ **November 23rd & 24th**—Carbon County Extension Office Closed for the Holiday
- ♦ **November 24-December 28**—National 4-H Congress—Atlanta

## **December:**

- ♦ **December 22nd—January 1st**—Carbon County Extension Office Closed for the Holiday

**You can find more dates as they become available on the state 4-H [web-site: http://www.uwyo.edu/4-h/](http://www.uwyo.edu/4-h/)**

The Four H's  
The foundation of 4-H learning

*Head*—managing & thinking

*Heart*—relating & caring

*Hands*—giving & working

*Health*—being & living



# September Birthdays

## Youth :

- ♦ Wyatt Adams
- ♦ Grady Bartlett
- ♦ Grant Bartlett
- ♦ Katie Chapman
- ♦ Wyatt Duncan
- ♦ Aliya Edwards
- ♦ Katie Forney
- ♦ Traven Fritz
- ♦ Hyrum Heward
- ♦ Makiya Johnson
- ♦ Holly Kiiskinen
- ♦ Maeve Lally
- ♦ Jose Ramirez
- ♦ Pake Roark
- ♦ Cody Schnabel
- ♦ Jennifer Schrock
- ♦ Berkeley Snyder
- ♦ Bailey Steele
- ♦ Gavin Waldron

## Leaders:

- ♦ Chloe Gilbert
- ♦ Darcy Kaisler
- ♦ Shawnee Napoli
- ♦ LaRena Weik
- ♦ Bill Wickstrom

Happy Birthday



# ENROLL NOW!

Head, Heart, Hands, Health

Head, Heart, Hands, Health

**October 1st starts our new 4-H Year, and that means we are ready for YOU! If you are interested in joining 4-H please visit the following link:**

**[https://wyoming.4honline.com/Login.aspx?](https://wyoming.4honline.com/Login.aspx?403D40356A632F732F4A316264733D)**

**403D40356A632F732F4A316264733D**

**to sign up and contact our office for more information. Please remember there is a lot of information that goes into 4-H so it is crucial to your success that you contact Carbon County 4-H Educator - Cathy Craig for that information.**

Head, Heart, Hands, Health

Head, Heart, Hands, Health

Head, Heart, Hands, Health

*Trade or brand names used in this publication are used only for the purpose of educational information. The information given herein is supplied with the understanding that no discrimination is intended, and no endorsement information of products by the University of Wyoming Extension is implied. Nor does it imply approval of products to the exclusion of others, which may also be suitable.*

## Youth

Are you interested in making your best better?

4-H is a great way to learn life lessons, make new friends, have fun and get a great start to a productive life! If you are within the ages of 8-18, as of January 1st then you qualify to join 4-H and be a part of a great experience!

Cloverbuds are for our youngsters that have the 4-H itch & want to start early! Ages are 5-7 with some limited participation!

## Adults

There are some great opportunities for adults in 4-H. We have a large list of projects that need leaders! Do you want to be a leader of a project that already has leaders? No problem, we want as many as we can get!



UNIVERSITY  
OF WYOMING  
EXTENSION



## 4-H Youth/Volunteer Enrollment Process

### FOR NEW MEMBERS

1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As a Member/Family Enrolling for the **FIRST** time select the second option ☒ I need to setup a profile

- Select your county and fill in the fields
- Save your password so you are able to log back in to your profile!

WRITE DOWN YOUR USER AND PASSWORD HERE

User Email: \_\_\_\_\_

Password: \_\_\_\_\_

3. Click the **Create Login** Button.

4. The next screen is the **FAMILY INFO** Screen

- Fill in all the fields
- The red asterisk \* indicates required fields
- If you would like to update the Family Information for all members records with the same address click this box

5. The next screen is the **MEMBER LIST**

- The Family Information is displayed on the left.
- Click the "Add a New Family Member" drop down menu and select Adult or Youth.

6. Click the **Add Member** Button.

7. The next screen is the **YOUTH PERSONAL INFORMATION**

- Fill in all the fields
- Years in 4-H: For returning members, this number will automatically increase
- The red asterisk \* indicates required fields
- If you have two email addresses you would like to have information sent to, please enter it in the Second Household email field
- Split families can also be set up for each member

8. When finished click the **Continue >>** Button at the bottom.

9. The next screen is the **ADDITIONAL INFORMATION** screen. Here you will review the Code of Conduct, General Authorization and Release, and Statement of Assumed Risk

- Please Read this information!
- You must click this box in each section before you are able to continue to the next screen

I have read, understand, and agree to the terms and conditions stipulated and is done freely and without inducement.

10. When finished reading click the **Continue >>** Button at the bottom.



## 11. The next screen is the **HEALTH FORM**

- Here you will first verify if you have any of the following health conditions: diabetes, asthma, heart trouble, high blood pressure, seizures, or fainting spells. Select Yes or No
- In the Following fields you will note the following information:
  - Explanation of the conditions listed above, if any
  - Allergies/reactions to Drugs/Medicine
  - Allergies/Reactions to Foods
  - Allergies/Reactions to Things in Nature
  - List medications
  - Specify additional Health information

## NOW THE FUN PART.

### 12. The **PARTICIPATION** screen.

- Here you will add Clubs and Projects for each member/leader

### 13. First select your **CLUB(s)** from the drop down menu.

### 14. Click the **Add Club** Button. You will see your club selection added to the Club list.

- You can add additional clubs by repeating the steps above.

### 15. When finished adding clubs click the **Continue >>** Button at the bottom.

### 16. Next you will **ADD A PROJECT(S)**

### 17. Select the club from the drop down menu.

### 18. Pick a project from the list

### 19. Selects Year in Project

- For returning Members the years in project will automatically increase

### 20. Click the **Add Project** Button. You will see your project selection added to the Project List.

- You can add additional projects by repeating the steps above.

### 21. When you are finished adding clubs and projects

Click the **Submit Enrollment** Button.

Once you have Submitted an Enrollment you will then be taken back to the **MEMBER LIST** screen

You can then enroll new 4-H Members or Volunteers using the same steps.

Your enrollment will be sent to the County Extension Office where they will review and approve/activate your profile, or return your enrollment to you for changes/additional information.

Please Note:

If your enrollment status is Pending, your record is complete and waiting for county level 4-H approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.

## 4-H Youth/Volunteer Enrollment Process

### FOR EXISTING MEMBERS

1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As an existing Member/Family that is re-enrolling for the next 4-H year select the first option ☐ I have a profile
  - Enter your email address and password you used to create your Family login and click the **Login** button
  - If you can't remember your password select ☐ I forgot my password enter your email address and click the **Send My Password** button.
  - A new automated password will be sent to the email address you provided along with instructions to login and reset your password.

Name	Role	Membership ID	Enrollment Status	Last Active Year	Edit
1) Mrs. Tester	Adult	888995	Inactive	2014-2015	<a href="#">Edit</a>
2) Boy Tester	Youth	888982	Inactive	2014-2015	<a href="#">Edit</a>
3) Girl Tester	Youth	888983	Inactive	2014-2015	<a href="#">Edit</a>
4) Mic Tester	Adult	903413	Inactive	2014-2015	<a href="#">Edit</a>

3. Once you are logged in you can review your Family info and update it if needed by clicking the **Edit Family** button

4. In the **MEMBER LIST** tab, please look at the **Member/Volunteer List** to view the members/adult volunteers associated with your family account. Please do not add a new individual that is already listed in the member/volunteer list!

- To Re-Enroll for the new 4-H year click on the **Edit** button to the right of each name
- Review the information displayed in the Personal Information screen.
- At the Bottom of the page on the right you will click the **Enroll for 2015-2016** button.

- On the next page you can review/update the personal information page.
  - The red asterisk \* indicates required fields
- You will now continue through several tabs verifying/updating information. To advance to the next screen click the **Continue >>** button.

**NOTE:** In an effort to reduce our mailing costs, please consider selecting the EMAIL option in the Correspondence Preference field.

In the **ADDITIONAL INFORMATION** screen you will review the Publicity Release, Statement of Assumed Risk Transportation Release, Code of Conduct, and for Leaders Training and Screening Understanding.

- Please Read this information! You must click this box in each section in order to continue
- The next screen is the **HEALTH FORM** - If any of the individuals Health information has changed, please update it!

In the **PARTICIPATION** screen you will add or delete Clubs and Projects for each individual.

- If you are unsure of which Club to choose, please select **I Club Placement** and we will help choose a club.
- If you select a new club remember to click the **Add Club** Button to add it to your Club list.
- When finished with club selections click the **Continue >>** Button at the bottom.
  - You will be taken to the project tab where you can add or delete projects.
    - For returning members the years in project should automatically increase for projects you are continuing
    - Remember to click the **Add Project** button to add a project to the Project List.
    - You can delete a project by clicking the **Edit** button and then clicking the **Delete** button.
- When you are finished with club and project selections click the **Submit Enrollment** Button.
 

If your enrollment status is Pending, your record is complete and waiting for county level 4-H approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.



# Youth Volunteer Service Recognition- Prudential Spirit of Community Award

Students in grades 5-12 who have volunteered in the past year are eligible for honors at the local, state and national level. Top honorees earn monetary awards and all-expense-paid trips with a parent or guardian to Washington, D.C. for special recognition events.

The Prudential Spirit of Community Awards – the largest youth recognition program in the U.S. based exclusively on volunteer service – is sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals. A number of 4-H members have earned state-level recognition from the program in recent years.

Here's how your chapter can participate:

Now through **November 7, 2017**, youth volunteers can apply at <http://spirit.prudential.com> and [www.nassp.org/spirit](http://www.nassp.org/spirit).

- Members must complete their applications and submit certification materials to your executive officer by **November 7**.
- Then, your chapter can select one Local Honoree for every 1,000 members (or portion thereof) in grades 5-8, and one for every 1,000 members (or portion thereof) in grades 9-12.
- Once Local Honorees have been selected, executive officers have until **November 17, 2017 to certify their applications online for state-level judging**.

All state-level honorees will receive special recognition, and top youth volunteers are eligible for monetary awards and all-expense-paid trips to Washington, D.C. for several days of special recognition events.



RECORD  
BOOK/PORTFOLIO'S  
DUE

**September  
15th, 2017**



[HTTP://WWW.UWYO.EDU/4-H/PORTFOLIO/INDEX.HTML](http://www.uwyo.edu/4-h/portfolio/index.html)

# Portfolio Information!

Hello 4-H Members, Families, & Leaders,

It has been a wonderful 4-H Year and now it is time to put all that you learned and accomplished down on paper. Yes, it is time to finish up your 4-H Portfolio (Record Book).

**Your 4-H Portfolio is due to the Carbon County Extension office by 5 pm on September 15, 2017. If you are mailing, please make sure you mail it in time for us to receive it in the office by September 15<sup>th</sup>.** 4-H Portfolio's received late will not be eligible for 4-H Portfolio scholarships for the current year.

Completing and submitting a 4-H Portfolio is highly recommended as it is a vital part of the 4-H "Learn, Do, Reflect, Apply" process. You learned throughout the year, you did a project, and now it's time to wrap up the learning process by reflecting and applying what you have learned.

Your 4-H Portfolio is a way to reflect on what you learned this year and to share your experiences with others. What goals did you set for yourself? What steps did you take during the year to work toward those goals? What did you learn about yourself? about your project? about others? about topics you didn't know you would learn about? What did you enjoy most? What would you do differently next time? How can you apply what you learned to other areas or projects in your life?

**\*\*Please note EVERYONE NEEDS TO BE USING THE CURRENT 4-H PORTFOLIO PAGES found online at <http://www.uwyo.edu/4-h/portfolio/index.html>**

This website does contain helpful instructions for accessing, type & save, and downloading the portfolio pages. There is an instructional video as well. Please contact the Carbon County Extension office, 328-2642, if you have any questions or need help accessing the Portfolio pages.

You can type directly into the portfolio pages and print or you can print the pages and handwrite your information. Either way, You will need to submit a printed copy of your Portfolio not an electronic copy. Please secure your printed Portfolio pages either in a 4-H Portfolio binder (which our office has for sale for \$3 each) or in a three ring binder.

Hints, tips and reminders:

- Leave all your past information in your binder. Preferably you should have your information separated by sections - with the newest page on top of last year's page, in each section. The Judge will be looking at past and current pages for evidence of your growth throughout the years of your participation.
- It is highly preferred and very helpful to have tabs labeling each section. The judges will be looking for you to have entered something in each section of your Portfolio
- The cover page and sections 1, 6, & 7 will require new pages to be added every year. Example: place this year's new section 1 page on top of last year's section 1 and this year's new section 6 on top of last year's section 6...
- Section 1 requires you to have a separate page for each 4-H project you are enrolled in. Example: if you are enrolled in Woodworking and Shotgun you will need two section 1 goal setting pages.



- \*\* Please notice – Section 1 and section 6 each have different forms for Juniors, while the Intermediates and Seniors will use the same forms.
  - ⇒ Please be careful to use the correct form for your 4-H age level.  
You are a Junior if you were age 8 – 10 on January 1, 2017. You are an Intermediate if you were age 11- 13 as of January 1, 2017. You are a Senior if you were age 14 – 18 as of January 1, 2017.
- Sections 2, 3, 4, 5 and 8 don't require a new page every year – just add the new date and info to the same page from year to year until you run out of room, then add a new page on top of the old.
- Some people have organized their books by year instead of section # - this is not preferred but is acceptable, as long as it is labeled and easy to figure out. The drawback is that you will print new pages for all sections every year which really isn't necessary.
- Please DON'T include your county & state fair ribbons. The 4-H Portfolio is meant to be a learning tool - goal setting, what you did to reach the goal, how it all turned out, what you learned in the process, how can you apply what you learned to other things in your lives. It is supposed to help you learn how to document, keep records and report findings - to help you think about how to apply what you learned - even if it is just to plan for the next 4-H project you want to do.
  - ⇒ Although it is tempting and similar in concept, the 4-H Portfolio is not meant to be a "scrapbook" - so just remember to keep all the content, but don't go full blown into a scrapbook- keep the frills to a minimum.
- Carbon County 4-H uses the “Score Sheet” found on the 4-H Portfolio website to judge portfolios. We do not use the “Weighted Score Sheet”.
  - ⇒ \*\*Please don't include the score sheet when you submit your portfolio.
  - ⇒ Feel free to use the score sheet as a guide when preparing your portfolio, to make sure you are including all that will be looked for when it is being judged.
- Section 3: 4-H Leadership, seems to give people some difficulty. Be creative - Leadership can be more than holding an officer position such as President, in your club. If you volunteered to be in charge of planning something for your club, or looking up information for the club, or if you helped new members by calling them to remind them about deadlines, etc.. these things count as leadership. Leadership activities for a 16 year old should be a bit more complex, or detailed, or more in quantity listed than an 8 year old would have. Example: Leading the 4-H pledge could count as Leadership for a Junior age 8- 10.
- Be sure to list your Educational Opportunities in your Portfolio in section 5. If you don't think it fits in section 5 list it in section 8 or contact Cathy at the Carbon County Extension office to find out where to list it.
- If you aren't sure where to put something in the portfolio please call 328-2642 or email [ccraig@uwyo.edu](mailto:ccraig@uwyo.edu) Cathy Craig at the Carbon County Extension office – if you are working on this during a time when you can't reach Cathy put the information in the section you think it best fits. It will be better to put it somewhere than to not list it at all.

The 4-H Portfolio is a learning tool for youth; but is also used as part of the application process for some of the State & National 4-H Trips, State 4-H Leadership Team, State 4-H Shooting Sports Raton Trip, and some 4-H college scholarships. You might be surprised that it will even help when completing other college scholarship applications because you will have so many of your accomplishments and involvements documented in this one place.

## Wyoming 4-H Member Achievement Program

The achievement program is designed to recognize youth members' continued involvement in the Wyoming 4-H Program. Youth between the ages of 8 and 18 can receive annual recognition based on their efforts. The annual recognition categories are listed below:

### Green Membership Recognition = 0 points

- Member has turned in all required enrollment materials
- Member has behaved in an appropriate manner at all 4-H activities, events, and meetings
- Member is enrolled in at least one project
- Member is enrolled in at least one club or has approval of County 4-H Educator

### Silver Recognition = 1 point

- Member meets Membership Recognition criteria outlined above
- Member has exhibited what he/she has learned at some point in the current 4-H year
- Member provides documentation (usually using a 4-H Portfolio) of setting goals, knowledge/skills gained, and participation in project, participation in 1 Educational Opportunity, Participation in 1 Community Service.

### Gold Recognition = 3 points

- Member meets Membership Recognition criteria outlined above
- Member has exhibited what he/she learned at some point in the current 4-H year
- Member provides documentation with a complete 4-H Portfolio, showing participation in all essential elements of positive youth development: setting goals, knowledge/skills gained, recognition, leadership, 1 community service, and participation in project and 1 Educational Opportunity (Most likely via the portfolio.)

### **Honors Club**

The ultimate achievement a 4-H member can obtain is induction into the Wyoming 4-H Honors Club achieved by receiving nineteen (19) points over the course of the member's involvement. A member receives three (3) points for each year in which Gold Recognition is achieved and one (1) point for each year Silver Recognition is achieved. Points are evaluated and recorded through the local County 4-H Program. Once a member achieves 19 or more points they will receive a certificate and a pendant/pin recognizing them as members of the Wyoming 4-H Honors Club. This recognition can be listed on college applications, scholarships, etc. to show the youth's commitment and drive.

Past year Wyoming 4-H Honor's club recipients can be viewed on the State 4-H website <http://www.uwyo.edu/4-h/achievement-programs/index.html> or directly at the following link <http://www.uwyo.edu/4-h/achievement-programs/files/honors-club-recipients-accumulative-february-2017.pdf>. Carbon County 4-H is proud to have so many dedicated youth on this list. We hope to continue adding to the list in the coming years.

\*\*\*If you are interested in attending a 4-H Portfolio help meeting/training Please contact Cathy ASAP! I will be offering a 4-H Portfolio help meeting in Baggs at the beginning of September – stay tuned for the exact date and time.

\*\*\*Cathy is looking for Adult 4-H Leaders or 4-H Parents who would be interested / willing to judge 4-H portfolio's this fall. Please contact Cathy for more information or if you are interested in helping.

If you have any other questions contact Cathy Craig – 328-2642 or [ccraig@uwyo.edu](mailto:ccraig@uwyo.edu)



# **Get Ready For 4-H Rollover to 2017-2018 Year!**

## **Before rollover:**

- \*Make sure you have completed and turned in your record book by the completion date - September 15th 2017.**
- \*Have you picked up your projects from state fair? They are available for pick up at the Carbon County Extension Office.**
- \*Have you let your club leaders know of any Ed. Ops, or Community Services, so they can report to the 4-H Educator for achievement recognition?**
- \*Reminder to send thank you to your donor if you received any awards!**

## **After rollover:**

- \*ENROLL FOR THE 2017-2018 4-H YEAR! - You have to enroll in 4-H every year, remember if you have enrolled before use your previous years profile to re-enroll. Otherwise you will have to re-do your enrollment.**
- \*If you are a first year please contact your club leader to make sure you are meeting/executing your 4-H responsibilities correctly. (if this is not your first year but you would still like to check in, feel free to do so.)**
- \*\*Please note - It is hard to meet everyone's needs without knowing what their needs are. If there is anything you are concerned about or you are feeling lost and just need clarification, please contact our office as soon as possible.**





**Just a tip!**

**When you are having a hard time accessing information such as 4Honline or portfolio's. Try changing your browser. For instance, if you are using explorer, try changing to mozilla firefox or chrome. Some programs, webpages, and documents work better on different browsers. I know this sounds like a pain, but trust me it works and helps with some frustration when managing a pressing task. Contact us with any questions.**



Sinclair Rimrock Rider's club leader has someone who is giving two bunnies with a cage free, if any 4H member is interested. Please contact Dori Fritz for more information, via call or text. 307-320-5398



# WYOMING CHARACTER



*that's what we're made of*

## Caring... Have you done it today?

*"If you can't think of anything nice to say, you're not thinking hard enough!" ~ Kid President*

Have you ever taken a moment to watch a Kid President video? If not, take a few moments to google it, you will be inspired to become AWESOME!

Awesomeness is not just about doing the right thing, its also about caring for those around you. When you care for someone, you show

how much you appreciate the person they are, flaws and all.

One of the easiest ways to show you care is to speak kind words. Along with kind words, listen to how others are feeling. Pay attention to their words as well as their body language, show compassion for their thoughts.

A great way to teach caring behavior is to model it yourself. Pass around high-fives, smile at others, compliment your peers, and listen when others are speaking. Praise kind behavior, and never tolerate rudeness.

Caring is not something that comes naturally to everyone, sometimes it takes PRACTICE!

Make a conscious effort every day to speak a kind word, or do something small to show others you care. The more you practice, the better you will become!



## 4-H Activity: Snowball Fight!



**Materials:** A large pile of paper and pencils.

**Procedures:**

1. Have members sit in a circle on the floor.
2. Distribute a sheet of paper and pencil to each member
3. Ask each member to write their name at the top of the paper.
4. Once members have their name on a
5. Tell members to throw their paper balls like a snowball fight!
6. Once the fight has died down, ask them to choose a ball, unfold it, and write something nice about the person on the ball.
7. Crumple the papers again and have another snowball fight!
8. Once the fight has died down, repeat step 6. Repeat as many times as compliments you wish to have members write.
9. Ask each member to read the last ball they pick up to the group.

### Clover Connection



**Head** - Remember to try and do something nice for someone everyday..

**Heart** - Listen to others, let them know you care.

**Hands** - Practice small acts of kindness!

**Health** - Be a friend, and you will always have a friend! Smiling lifts your spirits as well as those around you!

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

# Community Club Leaders

## Contact Information

- **BEVO (Encampment)**
  - Linda Kraft – 307-327-5374  
[jlkraft@carbonpower.net](mailto:jlkraft@carbonpower.net)
- **Carbon (C6) County Wanderers (Rawlins)**
  - Larena Weik – 307-321-2005  
[Larenaweik@gmail.com](mailto:Larenaweik@gmail.com)
- **Elk Mountains Best Elk Mountain)**
  - Erin Kennedy – 307-351-8303  
[Eskeneddy76@gmail.com](mailto:Eskeneddy76@gmail.com)
- **Platte Valley Pride (Saratoga)**
  - Wendy Barkhurst – 329-7816  
[thunderthought@hotmail.com](mailto:thunderthought@hotmail.com)
  - Sheryl Hunter – 710-0931  
[shunt995@yahoo.com](mailto:shunt995@yahoo.com)
- **Rawlins Reliables (Rawlins)**
  - Steve Horn – 307-780-6653  
[steve.horn@wyo.gov](mailto:steve.horn@wyo.gov)
- **Pass Creek Pioneers 4H Club (Saratoga)**
  - Dana Little – 307-761-3250  
[danalynnlittle@yahoo.com](mailto:danalynnlittle@yahoo.com)
- **Saratoga's Finest**
  - KayCee Alameda – 326-7991  
[2cowcattle@gmail.com](mailto:2cowcattle@gmail.com)
- **Savery Savers (Baggs, Dixon, & Savery)**
  - Mitzi Corson – 383-6108  
[mitzi.corson@yahoo.com](mailto:mitzi.corson@yahoo.com)
  - Nikkole Maxson – 380-8115  
[jnmaxson@dteworld.com](mailto:jnmaxson@dteworld.com)
- **Sinclair Rimrock Riders (Sinclair)**
  - Dori Fritz – 320-5398  
[dfritz9999@icloud.com](mailto:dfritz9999@icloud.com)
- **Wind Country (Medicine Bow)**
  - Todd & Malea Heward – 356-4612  
[malea@7eranch.net](mailto:malea@7eranch.net) [todd@7eranch.net](mailto:todd@7eranch.net)
- **Leo Cowpokes (Hanna)**
  - Marla Mcnees – 307-325-6733  
[mcneesmp@wildblue.net](mailto:mcneesmp@wildblue.net)
  - Marquita Mcnees – 307-325-6733  
[skeet63@hotmail.com](mailto:skeet63@hotmail.com)



### Just a quick reminder!

Only those who have been screened and approved are official 4-H leaders. We will be providing updated lists throughout the year, to keep you informed on who those people are. If you are unsure if you are a screened leader or if someone else is, please contact our office. You must re-enroll each 4-H year, and be screened every 5 years. Remember those acting in the name of 4-H have to either be leaders or members. If you accept any assistance from non-screened leaders it is at your own discretion.

**All youth in Carbon County 4-H should be actively participating in their chosen club. This will allow leaders, parents and members to communicate effectively and receive the proper information.**

# 2017 Carbon County

## List of Active Enrolled Leaders

### Encampment:

- Chloe Gilbert—Leathercraft
- James Johnson—Activity Leader
- Lael Knotwell—Beef & Swine
- Linda Kraft—Horse, Community Club Leader (BEVO)
- Georgia Miller—Horse

### Hanna / Elk Mountain:

- Dawn Kenneda—Dogs
- Erin Kennedy—Community Club Leader (Elk Mountain's Best)
- Marla McNees—Cats, Community Club Leader (Leo Cowpokes)
- Marquita McNees—Goats, Horse, Poultry, Sheep, Co. Community Club Leader (Leo Cowpokes)
- Steven Priest—Archery , Muzzleloading, Nature & Ecology, Pistol, Rifle, Wildlife & Hunting

### LSRV:

- Mitzi Corson—Community Club Leader (Savery Savers)
- Callay Danford—Horse
- Nathan Habel—Pistol
- Jamie Lyons—Sheep
- Nikkole Maxson—Co. Community Club Leader (Savery Savers)
- Kimberly Olson—Swine
- Kurt Olson—Horse
- George Robidoux—Muzzleloading, Pistol, Rifle, Shotgun
- Susan Robidoux—Muzzleloading, Pistol, Rifle, Shotgun

### Shirley Basin :

- Malea Heward—Fabric & Fashion, Horticulture, Quilting, Visual Arts
- Todd Heward—Aerospace, Geology, Photography, Range Management, Veterinary Science, Wildlife & Hunting, Woodworking

### Rawlins / Sinclair:

- Charlene Abbott—Activity Leader
- Stacie Demarce—Activity Leader
- Larena Weik—Dogs, Goats, Horse, & Community Club Leader (Carbon (C6) County Wanderers)
- Vickie Cooper—Activity Leader
- Andrew Dilworth—Pistol, Rifle, & Shotgun
- Marsha Dilworth—Activity Leader
- Jessica Flanagan—Dogs & Horse
- Sabrina Hamby—Activity Leader
- Jessie Horn—Poultry
- Steve Horn—Pistol, Rifle, Shotgun & Community Club Leader (Rawlins Reliables)
- Shawnee Napoli—Dogs
- Gynene Shultz—Swine
- Dori Fritz—Horse & Community Club Leader (Sinclair Rimrock Riders)
- Cale Waldrip—Archery
- Jacinda Waldrip—Archery
- Leroy Graham—Activity Leader

### Saratoga:

- Wendy Barkhurst—Community Club Leader (Platte Valley Pride)
- Sheryl Hunter—Co. Community Club Leader (Platte Valley Pride)
- Louis Braun—Archery , Muzzleloading, Pistol, Rifle & Shotgun
- Richard Jackman—Horse
- Darcy Kaiser—Beef
- Amanda Knotwell—Goats
- Dana Little—Leathercraft, Visual Arts & Community Club Leader ( Pass Creek Pioneers)
- Mike Moon—Archery, Muzzleloading, Pistol, Rifle & Shotgun
- Kaycee Alameda—Community Club Leader ( Saratoga's Finest)
- Bill Wickstrom—Archery, Muzzleloading, Pistol, Rifle, Shotgun



UW Extension Service  
U.S. Department of Agriculture  
Carbon County Office  
P.O. Box 280  
Rawlins, Wyoming 82301

RETURN SERVICE REQUESTED

PRESORT STANDARD  
US POSTAGE PAID  
RAWLINS, WY  
PERMIT # 280

PLEASE READ EACH PAGE CAREFULLY!

Don't miss out on any important announcements

## 4-H Carbon County Newsletter

### Helpful 4-H Sites!

- ⇒ Facebook: <https://www.facebook.com/CarbonCounty4H>
- ⇒ State 4-H Site: <http://www.uwyo.edu/4-h/>
- ⇒ Project Information: <http://www.uwyo.edu/4-h/projects/>
- ⇒ 4-H Mall: <http://www.4-hmall.org/Home.aspx>
- ⇒ Volunteers Resources: <http://www.uwyo.edu/4-h/volunteers/>

Events advertised within the newsletter count as Educational Opportunities. Make sure you let your leader know you have attended.

**Due to cost efficiency, time management and manpower, we will be only making hard copies of information when necessary. All information from our office will be available through club leaders, emailed and posted on Facebook to keep in communication.**



UNIVERSITY  
OF WYOMING  
EXTENSION



*Trade or brand names used in this publication are used only for the purpose of educational information. The information given herein is supplied with the understanding that no discrimination is intended, and no endorsement information of products by the University of Wyoming Extension is implied. Nor does it imply approval of products to the exclusion of others, which may also be suitable.*