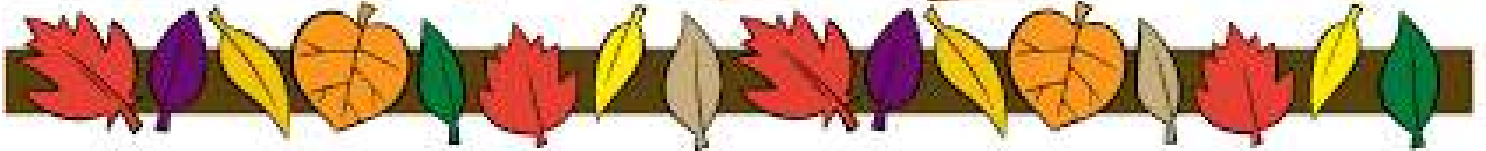


CARBON COUNTY 4-H NEWSLETTER

NOVEMBER 2020



November



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NEW ENROLLMENT SYSTEM!

Enroll for this 4-H year before January 1st and receive an enrollment discount!
Enrollment increases after Jan 1st

\$12



Need help?

Step by Step instructions @
<https://wyoextension.org/carboncounty/4h-youth-development/>

WWW.4H.ZSUITE.ORG



Email

Password

LOGIN SIGN UP


[Forgot Password?](#) [Help](#)

Calendar

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Cloverbuds	6 National Youth STEM Summit	7 National Youth STEM Summit
8 National Youth STEM Summit	9 4-H 101	10	11 	12	13	14
15	16	17	18	19 Cloverbuds	20	21
22	23	24	25	26 	27 National 4-H Congress	28
29 National 4-H Congress	30	National 4-H Congress has been cancelled for 2020!				

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Catch a Calf DUE	2	3 Cloverbuds	4	5
6	7	8	9	10	11	12
13	14 4-H 101	15	16	17 Cloverbuds	18 	19
20	21	22	23	24	25	26
27	28	29	30	31	Extension Office Closed!	



Important Dates

November

- 5th - Cloverbuds
- 6th-8th - National Youth STEM Summit
- 9th - 4-H 101 meeting
- 11th - Veterans Day
- 19th - Cloverbuds
- 26th-27th - Extension Office Closed
- 26th - Thanksgiving

December

- 1st - Catch a Calf DUE
- 3rd - Cloverbuds
- 14th - 4-H 101 meeting
- 17th - Cloverbuds
- 24th-31st - Extension Office Closed

Happy Birthday



Members

Gage Gallenbeck
Cowen Pulver
Paisyn Murry
Wesley Alvarado
Easton evans
Hadley Jones
Hayden Suttee
Lily Bustos
Danny Warrington
Ryley Alameda
Bailey Myers
Ellie Gallenbeck
Emma Dean
Josiah Stockwell
Rylee Otte
Tanner Taft
Brayden Barkhurst
Josh Smith

Volunteers

Sage Houston
Cheyenne Faris
James Johnson

SIGNS AND SYMPTOMS OF *STRESS*

BEHAVIOR SIGNS

- ✓ Loss of interest in hobbies
- ✓ Trouble making decisions
- ✓ Relationship problems
- ✓ Poor concentration
- ✓ Negative thinking
- ✓ Substance abuse
- ✓ Anti-social
- ✓ Sad mood
- ✓ Irritability
- ✓ Worrying
- ✓ Anxiety



Additional Stress and
Mental Health Resources
Available at:
umash.umn.edu/stress

PHYSICAL SIGNS

- ✓ Poor or disturbed sleep
- ✓ Weight loss or gain
- ✓ Changes in appetite
- ✓ Stomach problems
- ✓ Grinding teeth
- ✓ Chest pain
- ✓ Poor hygiene



UNIVERSITY
OF WYOMING
uwyo.edu/uwe

College of Agriculture
and Natural Resources
Extension

Leaders Council



CC 4-H Leader's Council October 13, 2020

Attendees: Emily Haver, Mike Moon, Louis Braun, (virtually: Amy Berg, Marquita McNees, Linda Kraft)

I. Call to order at 6:45pm

II. Approval of minutes from last meeting: *Louis moved, Linda 2nd*

III. Treasurer's Report

- a.) Council Funds
 - i) Leaders Council Checking: \$24,948.55 (July: \$23,654.08)
 - ii) Leaders Council Savings: \$865.88 (Dormant)
- b.) Funds held by Wyoming 4-H Foundation
 - i) Liability Account: \$14,048.96 (July: \$13,772.49)
 - ii) Endowment Account: 28,167.05

IV. Bills

- a.) Jr Livestock Sale 4-H Lamb: \$1,797.50 (*already deposited*)
- b.) Fair Club Booth Winners: Savery Savers, Rawlins Reliables, Hardy Hanna Harvesters
 - i) *Amy moved to pay \$50, \$30, \$20 respectively, Marquita 2nd*
- c.) Melanie Cozzens for 4-H Lamb: \$500 (*already paid*)

V. Communications: 2 Thank You's from State Fair award winners that Carbon County Leader's Council sponsored

VI. Committees

Horse: *nothing to report*

Shooting Sports: *having a Fall Demo day at Rawlins Rec Range was brought up but no further interest had been expressed and being fully into hunting season now, it will not be happening this year*

Livestock: *Emily brought forward the idea of a Livestock Council to create learning opportunities for the livestock projects around the county. She will be feeling out interest and recruiting potential members.*

VII. Old Business

- a.) Enrollment pay scale: *At the last meeting Emily had brought up the idea of giving a discount to members who enroll by January 1st, and increase enrollment for those who enroll after June 1st. Linda asked how much insurance was for each member. Emily answered it is about \$2. Linda moved to make the discount \$12 to enroll until January 1st and \$20 after January 1st. Amy 2nd. Motion passed.*

VIII. New Business

- **Achievement Awards:** *Council reviewed nominations for the end of year Achievement awards that were submitted through the Google Form. Discussion was held on the merits of each nominee, some nominees were thrown out for being in the wrong category or recategorized. After discussion, a motion was made to move a nominee to the top and then voted on. The results are as follows:*
 - *A.C.E.S. Award: Freddie Wagner (Linda moved, Amy 2nd)*
 - *Rookie Leader Award: Kaylee Kerbs, Ryan Shively, Hugh Swanke (it was decided all qualifying nominees should be recognized. Amy moved, Linda 2nd)*
 - *Seasoned Leader Award: Cale & Jacinda Waldrip (Linda moved, Amy 2^d)*
 - *Hall of Fame Award: Louis Braun (Linda moved, Amy 2nd with Louis abstaining from vote)*
 - *Friend of 4-H Award: Lee Club Lambs (Linda moved, Amy 2nd)*
- **Club Audits:** *Leo Cowpokes, Wind Country, Rawlins Reliables club books were audited this year by Emily Haver, Louis Braun, and Mike Moon. All were found to be in order. Following the three year rotation, next year will be: B.E.V.O, Platte Valley Pride, Saratoga's Finest.*
- **Vision & Goals for the 2020/2021 Year:** *Emily asked Leader's Council about what, in light of COVID and upcoming needs and challenges, should Carbon County 4-H focus on and make a priority this year. Louis and Mike reported that PVSS has plenty of funding. They would like more space and member retention is always an issue. Amy shared that her club goals include making youth who are active in the projects also active in their club. They are missing a key piece of youth development and what it means to be a 4-H member. Emily shared that her goals include more virtual opportunities, focusing on STEM projects such as robotics & computers. Amy suggested approaching Sinclair for robotics leaders. All members asked for more time to think on the subject.*

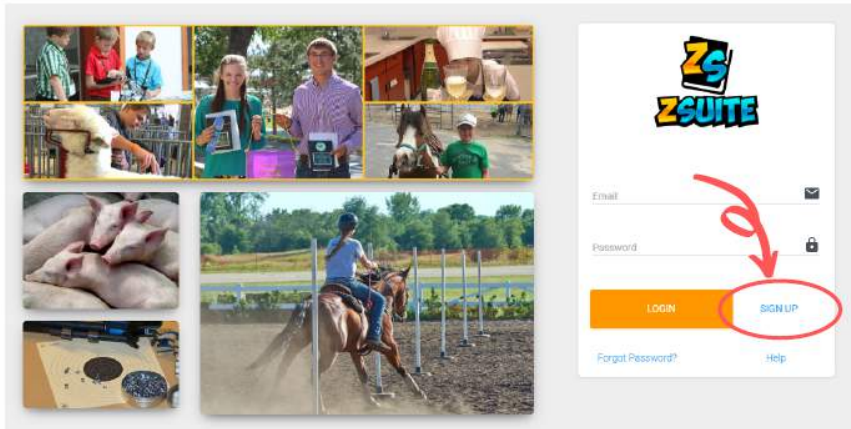
Members

ZSuite 4-H Enrollment! Enrolling in Wyoming 4-H

1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer)

2. Click **Sign Up**

- Fill in the required fields (you can use your same email and password from 4HOnline).



Register New Household

You are setting up your parent/guardian account for the household.

STATE

Adult Email

Adult Email Confirmation
test@test.com

Password (Must be 6 or more characters)

Confirm Password

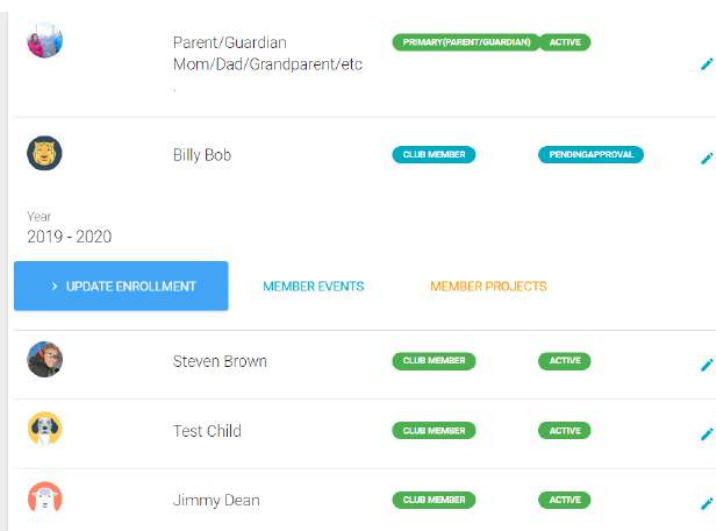
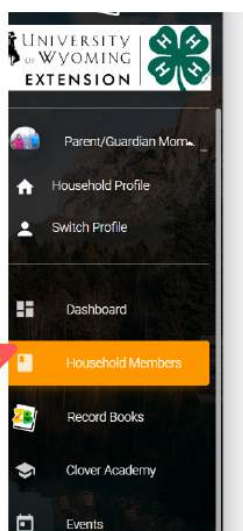
BACK LET'S GO

- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
 - Select Wyoming and your home County.
3. Click **Let's Go**

Add members of family.

You should now be directed to the **Dashboard** screen.

1. To add members, in the black drop down menu, select household members.
2. On the next screen, select **+ HOUSEHOLD MEMBER**
3. Fill in the required fields for one of your members.
4. Don't forget to add a club! Click **ADD CLUB**
5. You will also need to select projects for each club by clicking **ADD PROJECT** then selecting a project from the drop down menu
5. Finish by clicking **SUBMIT**



*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.

LIVE CHAT

© 2019 ZSuite Stay Amazing! the ZSuite
ZSuite Live Chat Support

You will return to the **Household Members** screen.

The member you added should appear in the list along with yourself. Repeat this process for the other members of your household.

Clubs

4-H 101

New Member Orientations

Every 2nd
Monday of the
month
@5:30pm



Get the low-
down on how to
participate in
your 1st year!

Meetings held via Zoom

<https://uwyo.zoom.us/j/607620376>



Join for full orientations or just
pop in with your questions!

CLUB MEETING IDEAS!

BUSINESS

- DISTRIBUTE PROJECT MATERIALS
- PLAN HOLIDAY PARTY

FUN

- CLUB ACHIEVEMENT NIGHT
- (RECORD BOOK AWARDS & SPECIAL AWARDS)
- PEOPLE BINGO

EDUCATION

- SKILL-A-THON IN YOUR CLUB'S BIGGEST PROJECT
- MEMBER DEMONSTRATIONS
- HAVE CARBON COUNTY SHERIFF'S OFFICE GIVE PRESENTATION ON WINTER OUTDOOR SURVIVAL

Community Service Idea

MULLEN FIRE

WHERE SHOULD I DONATE?
HOW CAN I HELP?

SUPPORT YOUR LOCAL VOLUNTEER FIRE DEPARTMENTS

Our fire fighters have everything they need, but your local first responders to a wildland fire may not. Contact your local volunteer fire department to see what resources they need. Supporting them can help provide essential training and equipment that will help prepare them for future fires.



THE AMERICAN RED CROSS OF WYOMING

The American Red Cross of Wyoming is providing services such as lodging, food, medical & mental health support, and emergency needs for individuals.

If you need assistance or wish to provide support to the American Red Cross of Wyoming, call 970-440-7499 or message [facebook.com/redcrosswyoming](https://www.facebook.com/redcrosswyoming).



American Red Cross
Colorado & Wyoming Region

SUPPORT THE WILDLAND FIREFIGHTER FOUNDATION

The Wildland Firefighter Foundation provides help to the families of wildland firefighters who have lost their lives or are injured in the line of duty. Their services assist federal, state and local firefighters, private sector firefighters, interface firefighters, and volunteers from rural communities and their families. For more information, visit

wffoundation.org



**WILDLAND
FIREFIGHTER
FOUNDATION**

STAY UP TO DATE

One of the best things you can do is stay informed with current information. For the most up to date information, please visit one of the official sources.



inciweb.nwcg.gov/incident/7208/



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



twitter.com/FS_MBRTB
[#MullenFire_WY](https://twitter.com/FS_MBRTB)

inciweb.nwcg.gov/incident/7208/

Awards



Carbon County 4-H presents

VIRTUAL 4-H ACHIEVEMENT NIGHT

**Record Book Awards, A.C.E.S.
Award, Volunteer Awards, Hall
of Fame, Friend of 4-H Award**

**TO BE PRESENTED OVER
FACEBOOK LIVE IN
NOVEMBER - DATE & TIME TBA**

WATCH FACEBOOK!

2019-2020 AWARDS



A.C.E.S. Jr Leader Award:
Freddie Wagner



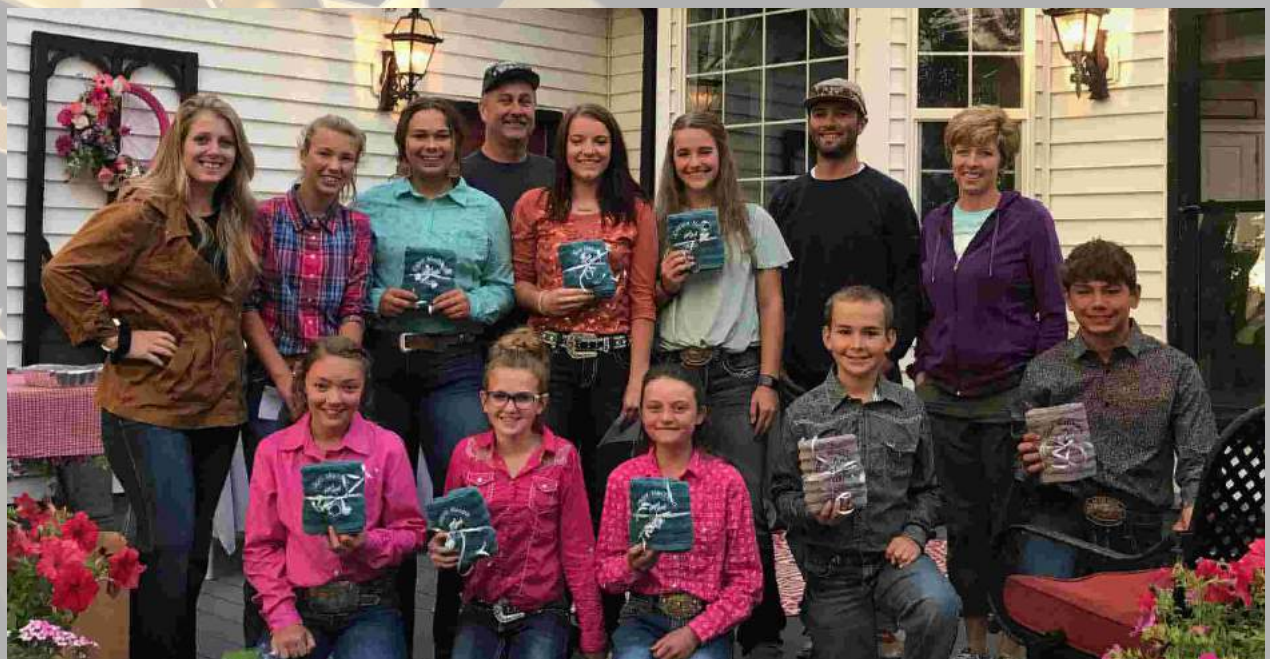
Hall of Fame:
Louis Braun



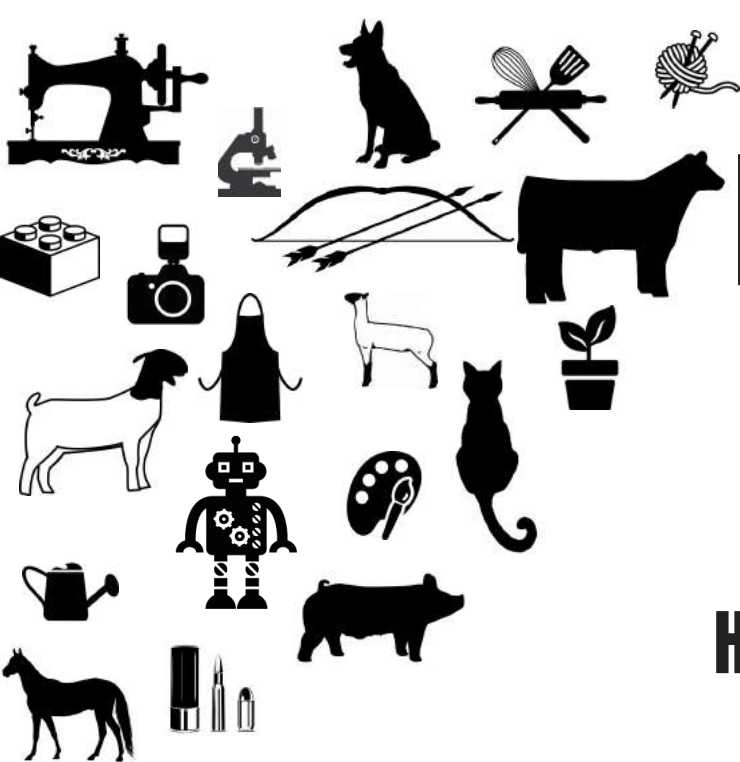
Seasoned Leader Award:
Cale & Jacinda Waldrip



Rookie Leaders of the Year:
Kaylee Kerbs, Hugh Swanke, & Ryan Shively



Friend of 4-H: Lee Club Lambs



4-H Portfolios/ RECORD BOOKS AWARDS

HONORS CLUB >

Watch the virtual
Achievement Night
awards on
Facebook!

Juniors

1st - Watch the virtual
2nd - Achievement Night
3rd - awards on
Facebook!

GOLD

Jett McNees
Kaylee Stocks
Breann Berg
Bayla Berger
Colter Cozzens
Kaylee Johnson
Coy Munroe
Tuff Weber
Emily Donough
Samuel Heward
Raden Miller
Kash Perry
Kannon Gilbert
Madison Dunning
Hyrum Heward
Bethany Heward
Hannah Lee
Koye Gilbert
Sarah Heward

Caleb Lee
Peyton Munroe
Kagan Gilbert
Kamry Knotwell
Freddie Wagner

SILVER

Kalysta Griffin
Tiarnan Lally
Mesa Suttee
Brenna Way
Riata Withers
Detrick Baysinger
Autumn Cozzens
Ethan Hatch
Patrick McCoy O'Toole
Sammi Walker
Stran Weeldreyer
Trey Weeldreyer,
Kolbe Chant
Tyler Harrison
Ella Humphreys
Elizabeth Quenzer
Jaidyn Booth
Tymber Cozzens
Levi Hatch

Intermediate

1st - Watch the virtual
2nd - Achievement Night
3rd - awards on
Facebook!

Special Awards: Watch the virtual
Achievement Night
awards on Facebook!

Maeve Lally
Jori Maxson
Alaina McNees
Gentrie Meyer
Granit Ready
Cody Schnabel
Evann Staman
Hayden Suttee
Dashaal Baysinger
Melanie Cozzens
Jaydence Dietrich
Aspen Evans
Kenzie Evans
Jaida Jennings
Bailey Myers
Bridger Cozzens
Sebastian Good
Gunner Henrie
Kristie Jordan

Seniors

1st - Watch the virtual
2nd - Achievement Night
3rd - awards on
Facebook!

GREEN

Neacy Berger
Tynli DuBose
Easton Evans
Alexa Staman
Kiptyn Cook
Brylon Edwards
Burriss Berger
Mckennon Cook
Cashley Criswell
Destre Kaisler
Coy Kaisler
Ryley Alameda



Projects

COMING SOON! Fiber Arts Project Meetings



- Fabric & Fashion
 - Crochet
 - Knitting
 - Felting
- Rawlins,
Extension
Office

MONTHLY CREATIVITY CHALLENGE

ART EXPLORATIONS

NOVEMBER'S CHALLENGE:

Create some form of art using something that *'usually'* isn't considered an artist's tool

For Example:

- Make fun textured backgrounds using bubble wrap
- Paint using string instead of a brush
- Incorporate buttons to either stamp with, glue on, or to add texture
- Recycle styrofoam and create your own stamps

THEME: NATURE



CLOVERBUDS

RAWLINS CLOVERBUDS
1st & 3rd Thursday every month!
3:30-5:00pm, Ext. Office

Clover Kits (outside Rawlins)
If you are not enrolled in
Cloverbuds through
lh.zsuite.org by **December 1st**,
you will no longer receive a
monthly clover kit in the mail!



NOTICE:
4-H
Sport
Fishing will
be taking a
break for the
winter. Catch
up with us
next spring!



NATIONAL WESTERN CATCH-A-CALF

PRACTICAL BEEF MANAGEMENT PROGRAM

40 PARTICIPANTS • 55-SUPPORTING SPONSORS • MORE THAN 3,000 STEERS AWARDED OVER 80 YEARS



JANUARY • CATCH



MAY • PICK-UP



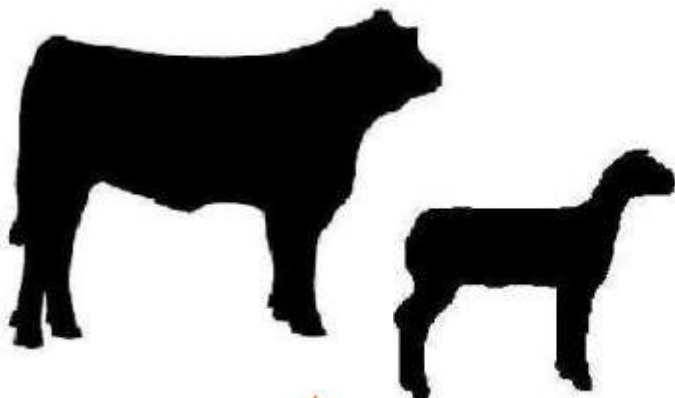
MAY-JANUARY • RAISE



JANUARY • SHOW

NATIONALWESTERN.COM/CATCH-A-CALF-PROGRAM
APPLICATIONS CLOSE DECEMBER 1

2020 Rate of Gain
Results posted on the
County Website!



Classifieds

For Sale:

4 Registered Nigerian Dwarfs (ADGA)

2 poled, 2 horned

Born May 11-23, 2020



Contact:

Justin R. Stern

(307) 254-5013

Carbon County 4-H

November 2020

Newsletter

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Bret Hess, interim dean and director, College of Agriculture and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University is committed to equal opportunity for all persons in all facets of the University's operations. All qualified applicants for employment and educational programs, benefits, and services will be considered without regard to race, color, religion, sex, national origin, disability or protected veteran status or any other characteristic protected by law and University policy.

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Visit us on the web at:

<https://wyoextension.org/carboncounty/4h-youth-development/>

Facebook:

Carbon County 4-H