

CARBON
COUNTY 4-H
NEWSLETTER

OCTOBER 2021



October

OCTOBER 3-9, 2021



NATIONAL
4-H WEEK

Nominate for
Achievement Awards!

DEADLINE
OCTOBER 11TH

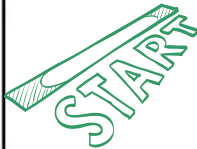









SCAN ME






Calendar

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Beginning of 2021/22 4-H Year	2
3 	4 	5 	6	7 	8 	9 
← National 4-H Week →						
10	11 Achievement Award Nominations DUE	12 Fair Board Mtg -Saratoga Leader's Council Mtg -Saratoga	13 Saratoga Cloverbuds	14	15	16 Woman in Agriculture Symposium
17	18	19	20	21 Rawlins Cloverbuds	22	23
24 	25	26	27	28	29	30
31						

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Club Chartering DUE	2	3	4 Rawlins Cloverbuds	5	6
7 FALL Back 	8	9 Leader's Council Mtg Club Chartering reviews	10 Saratoga Cloverbuds	11 VETERANS DAY 	12	13
14	15	16	17	18 Rawlins Cloverbuds	19	20
21	22	23	24	25  Office Closed	26 Office Closed	27
← National 4-H Congress →						
28	29	30				

Important Dates

October

- 1st - First Day of the New 4-H Year
- REMEMBER TO ENROLL!!
- 3rd-9th - National 4-H Week
- 7th & 21st - Rawlins Cloverbuds
- 11th - Achievement Award Nominations DUE
- 12th - Leader's Council mtg
- 13th - Saratoga Cloverbuds

November

- 7th Fall Back
- 4th&10th- Rawlins Cloverbuds
- 9th Leaders Council Meeting
- 9th- Club Chartering Reviews
- 10th- Saratoga Cloverbuds
- 11th - Veteran's Day
- 25th&26th- Office Closed -Thanksgiving



Zoey Vallot

Paige Earl

Rhen O'Toole

Kaylee Stocks

Patrick McCoy O'Toole

Molly Dugger

Kiptyn Cook

Gideon Hendricks

Samuel Howard

Kannon Gilbert

Meadow Mathill

Nikkole Maxson

Jessa Nunn

Shelby Henrie

Savannah Suttie

Kalub German

Jessica Paul

Todd Howard

Gallay Danford

James Lee



Enrollment



IT'S TIME TO ENROLL

For the 2021-2022 4-H Year

Enroll using <https://4h.zsuite.org/>



NEW MEMBERS & RETURNING MEMBERS

- You must be enrolled with ACTIVE status to participate in all 4-H activities.
- Your membership will not be activated until payment is received.
- 4-H Enrollment Fee Discounts: Oct 3-9: \$10 (Nat'l 4-H Week) and Oct 10-Dec 31: \$12 and Jan 1 -May 31: \$20 Members must be enrolled by June 1, 2022
You can pay with credit card through ZSuite or you may also mail your check made payable to the Carbon County 4-H; PO Box 280 Rawlins, WY 82301.

New Volunteers

- Complete the mandatory background screening & training (valid for 5 years)
**A break in service will require you to restart the process **
- Complete the mandatory online 4-H Volunteer Orientation.
- Complete the MVR check.
- There is no enrollment fee for volunteers.

Returning Volunteers

- Complete the mandatory background screening & training every 5 years
**A break in service will require you to restart the process **
- Complete the annual leadership training.
- Complete the MVR check.
- There is no enrollment fee for volunteers.

For insurance purposes you will not be allowed to participate until your membership is active in ZSuite

For questions you may contact Emily at 307-328-3642 or email her at ehaver@uwyo.edu

Donor Spotlight

THANK YOU



Bank of Commerce
Axis Steel Inc.
Lee Club Lambs (Sue & Brent Lee)
Charlene Abbott
Kurt Kelly
Gerald Smith
In Memory of Barbara Bell (by Gayle Cleary)
Rawlins Reliables 4-H Club
Bryant & Keira McMullin
Mike & Kathleen Moon
Barbara & Niels Hansen

Anonymous
Dale & Ann Wille
Sheri Vickrey
Burt & KayLynn Palm
Johnsons A Bar One Ranch
Dirt Diggers Garden Club
Rawlins IOOF Lodge
Archie & Angie Roybal
Pat & Sharon O'Toole
O.R. & Tomi Sue Wille
Rick & Marla McNees
Robinn Kennedy
Leo Cowpokes 4-H Club

IMPORTANT!

Club Chartering Paperwork

All clubs must turn
in their Secretary's Book, Treasurer's
Book, and End of Year Report
by November 1st
Three clubs will be audited
this year at random!

Leader's Council

Save the date...

Leader's Council October Meeting

Tuesday, October 12th

@ 6:30 PM

at the Platte Valley

Community Center in Saratoga

Join us for dinner in person,

or over Zoom

Link:

<https://uwyo.zoom.us/j/584444587>

All leaders, parents, and Jr Leader's welcome!

October Agenda: Achievement Awards!!!



County Fair

Come one,
Come All!



Fair Board Planning Meetings

October 12, 9am-2pm

Saratoga, Platte Valley Community Center

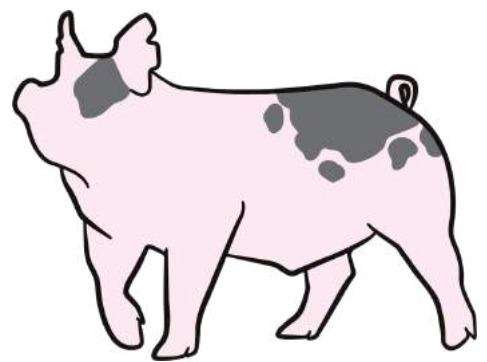
If you have suggestions, concerns, comments, share them as they plan for next year's fair.

Changes brought up later may not be considered!

For Sale

Niobrara 4-H family: Pure Bred Spot Gilt for sale!!

- Shown as a breeding gilt, pure bred but not papered
- They would love to keep her but don't have farrowing facilities.



Call 307-324-2642
if interested!!



5 Awards

- A.C.E.S. Award
- Rookie Leader
- Seasoned Leader
- Hall of Fame
- Friend of 4-H



Follow the QR code to the Google nomination form!



2021 4-H ACHIEVEMENT AWARDS!

Nominate the great volunteers and Jr leaders who have contributed to your 4-H journey!



Carbon County 4-H presents

VIRTUAL 4-H ACHIEVEMENT NIGHT

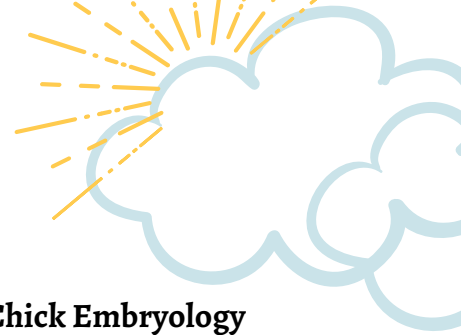
Record Book Awards, A.C.E.S.
Award, Volunteer Awards, Hall
of Fame, Friend of 4-H Award

**TO BE PRESENTED LIVE OVER
THE CARBON COUNTY 4-H
FACEBOOK PAGE**

DATE & TIME TBD

Cloverbuds

2021 - 2022



October: The Science of Sound

November: Outdoor Sports

December: Food Drive – Jumping Jack-a-thon

January: Building Character

February: Stitch It Up

March: Composting

April: Incredible Egg – Chick Embryology

May: Budding Photographers – Play with Perspective

June: Have You Eaten a Flower Today?

July: Ant Antics

August: County Fair & break

September: Graduation

SARATOGA
2ND WEDNESDAYS, AFTER
SCHOOL-5PM
PLATTE VALLEY COMMUNITY
CENTER
CAN MEET OUTSIDE SCHOOL
AT MARQUEE

RAWLINS
1ST AND 3RD THURSDAY OF
THE MONTH
AFTER SCHOOL - 5PM
EXTENSION OFFICE
CAN RIDE BUS #8 TO ST.
JOE'S STOP



CONGRATULATIONS
to our Cloverbud
Graduating Class



National 4-H Week

CONTESTS



OUR 3 CONTESTS LAST ALL WEEK LONG

Starts on October 3rd

Share your best 4-H Photo on our Carbon County 4-H page!





4-H Photo Contest



Candy Count



Catch our Facebook LIVE on October 4th @ 7PM to guess the amount of candy in a jar!



We will have 5 WY 4-H pins hidden in 5 different locations! Watch our Facebook page throughout the week for clues.




Scavenger Hunt



OF EACH CONTEST WILL WIN A ENROLLMENT!





October 3-9, 2021

ALL WEEK LONG

Cover Photo Contest - On Sunday of National 4-H Week you can start posting your favorite 4-H photos under the Cover Photo Contest post on Facebook. The person who posts the photo with the most likes will win a prize and have their photos displayed as the Wyoming 4-H Cover Photos for the rest of the calendar year.

Share the Fun Contest - Each time you share a Wyoming 4-H photo or post during National 4-H Week you will be entered in a drawing for a fabulous prize.

Monday Doing Day - Show us how kids are inspired to do by posting your favorite photo or written story of kids doing 4-H. A random photo/story will be chosen to receive a prize.

Wear It Wednesday - Wear your favorite 4-H shirt to school or work on Wednesday. Post a picture of you in your shirt under the Wear It Wednesday Facebook post. A winning photo will be selected at random.



Throw Back Thursday - Post your favorite 4-H photos from back in the day. This could be from your first year in 4-H or a photos from last summer. A winning photo will be selected at random. Be sure to use the #wy4htbt

<https://www.facebook.com/Wyoming4H/>

THE PLATTE COUNTY 4-H LEADERSHIP TEAM PRESENTS:

WOMEN IN AGRICULTURE SYMPOSIUM

THE PLATTE COUNTY 4-H LEADERSHIP TEAM PRESENTS:

WOMEN IN AGRICULTURE

Symposium



October 16, 2021
10 am to 1 pm
First State Bank Conference
Center, Wheatland, WY
RSVP ONLINE!

Lunch Sponsored by:



Laramie Peak CattleWomen

FEATURING: HOLLY CROWLEY, KIM
CULLEN, & AMY MILLER



**TRANSPORTATION
PROVIDED!
SO LET EMILY KNOW
IF YOU ARE
ATTENDING**

RSVP ONLINE!



<https://forms.gle/iwmgj4SH8NBnvYnR9>

••• NEW OFFICE ADMIN •••

KRISTA STEINER



Hello! I am excited to be a part of the Carbon County Extension Office. I worked for Utah Extension before moving to Wyoming. My husband works for the Union Pacific Railroad and that is what brought us to Carbon County. We have four teenage children. We are really enjoying this community. I am looking forward to getting to know and serve all the amazing families of Carbon County!

DON'T FORGET

WASH YOUR HANDS

Scrub for at least
10-15 seconds

Total wash time
should be 20
seconds or more



Extension

www.uwyo.edu/uwe

Stressed?

The University of Wyoming & Agricultural and applied Economics have provided these resources

SIGNS AND SYMPTOMS OF **STRESS**



WHAT CAN YOU DO?

Do you recognize the signs and symptoms in yourself or someone you know?

YOURSELF

- ✓ Reach out to a loved one. Talk about how you are feeling.
- ✓ Talk to your friends, clergy, or medical provider.
- ✓ Reach out to a mental health counselor.

SOMEONE YOU KNOW

- ✓ Listen attentively and without judgement. Try to understand where they are coming from.
- ✓ Share your concerns about his/her behavior, mood, appearance, etc. Ask questions about changes you observe.
- ✓ Encourage them to reach out/tell a family member.

National Suicide Prevention Line: 1-800-273-8255
It's free, confidential and open 24/7



ADDITIONAL REGIONAL AND NATIONAL RESOURCES AVAILABLE AT:
umash.umn.edu/stress

Revised April 2019

SIGNS AND SYMPTOMS OF **STRESS**

BEHAVIOR SIGNS

- ✓ Worrying about things you didn't worry about before
- ✓ Loss of interest in things you used to enjoy (hobbies)
- ✓ Poor concentration, confusion; forgetfulness
- ✓ Uncertainty or trouble making decisions
- ✓ Relationship problems
- ✓ Sad mood
- ✓ Feeling anxious
- ✓ Change in personality, irritability
- ✓ Negative thinking
- ✓ Wanting to withdraw from people and activities
- ✓ Increased smoking/drinking



WHAT CAN YOU DO?
See the back of this card for help and suggestions - for you or someone you know!

PHYSICAL SIGNS

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

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DO YOU KNOW SOMEONE WHO IS STRUGGLING?

Helpful Things to Say to Someone Who May Be Struggling

NATIONAL SUICIDE PREVENTION LIFELINE
www.suicidepreventionlifeline.org

☎ 1-800-273-8255

"What are you feeling?"

"I care and am here to listen."

"How have you dealt with things in the past?"

"How long have you been feeling like this?"

"Have you been thinking about suicide?"



Western National Round Up

JANUARY 5-9, 2022

Renaissance Denver Central Park Hotel
(3801 Quebec St, Denver, CO 80207) and surrounding areas.

Registration Dates: October 8th through November 19th

FOR MORE INFORMATION VISIT:



<http://co4h.colostate.edu/national-western-roundup/>



Catch-a-Calf



Catch-A-Calf Program

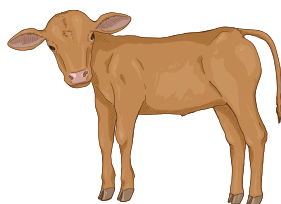
The Best 16 Days In January, Denver
Colorado

nationalwestern.com

Registration Starts in October

For more info:

<https://nationalwestern.com/livestock-shows/catch-a-calf-program/>



Lion Hunt Raffle!



Rawlins 4-H Shooting Sports is fundraising with Carrico Safaris to raffle off a guided mountain lion hunt!

- Tickets: \$100 (only 50 available!)
- Who: adults & youth 12+
- Location: Carbon County
- When: 7 days of your choice



Contact for tickets: Cale Waldrip

307-321-2644

Carbon County 4-H

October 2021

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.

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Carbon County Extension
PO Box 280
215 W. Buffalo St., RM 393
Rawlins, Wyoming 82301

Contact Us!!

Carbon County Extension: 4-H

PO BOX 280
215 W. Buffalo St.
RM 393
Rawlins, Wyoming 82301
(307) 328-2642
ehaver@uwyo.edu

Visit us on the web at:
<https://wyoextension.org/carboncounty/4h-youth-development/>

Facebook:
Carbon County 4-H