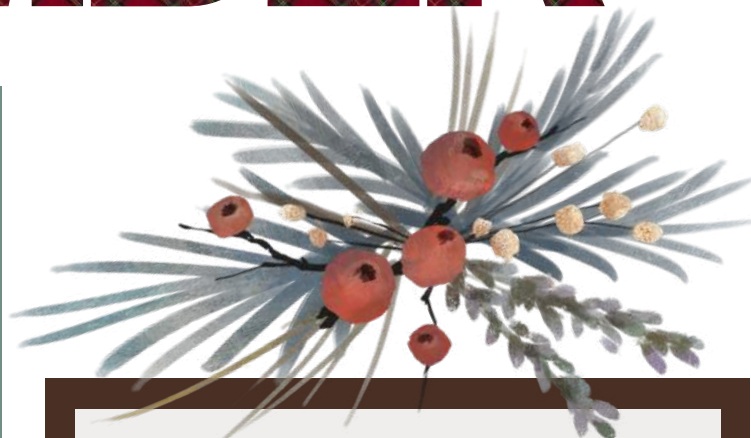


CARBON COUNTY 4-H NEWSLETTER



DECEMBER

2021



**TIME IS
RUNNING OUT**
ENROLL IN 4-H
BEFORE JANUARY
1ST TO RECEIVE
THE DISCOUNTED
PRICE OF

\$12



December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Catch-A-Calf Application DUE	2	3	4 Holiday Baking Video
5	6	7	8	9	10	11 Holiday Baking Video
12	13	14	15 Saratoga Cloverbuds	16 Rawlins Cloverbuds	17	18 Holiday Baking Video
19	20	21	22	23	24 OFFICE CLOSED	25  <i>Happy Holidays!</i>
26	27 OFFICE CLOSED	28 OFFICE CLOSED	29 OFFICE CLOSED	30 OFFICE CLOSED	31  OFFICE CLOSED	

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Enrollment Fee Changes	1  2022
2	3 OFFICE CLOSED	4	5	6 Rawlins Cloverbuds	7	8
9	10	11 Leaders Council Meeting	12 Saratoga Cloverbuds	13	14	15
16	17 OFFICE CLOSED	18	19	20 Rawlins Cloverbuds	21	22
23	24	25	26	27	28	29
30	31					

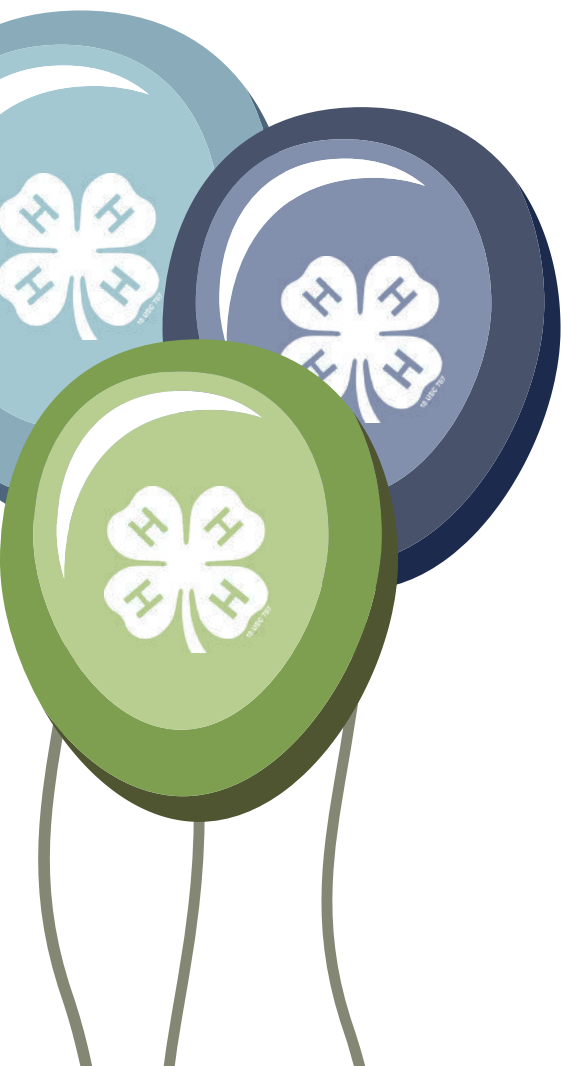
Important Dates

December

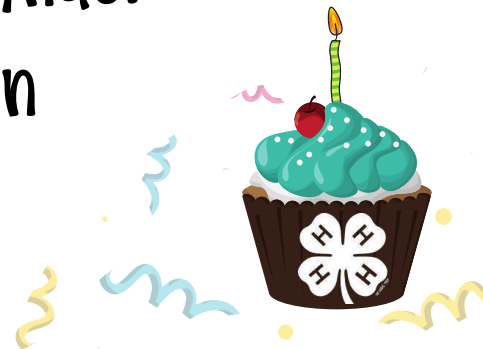
- 1st Catch-A-Calf Applications due
- 4th, 11th, 18th - Holiday Baking Videos
- 15th- Saratoga Cloverbuds
- 16th- Rawlins Cloverbuds
- 24th-31th- Office Closed

January

- 1st Enrollment fee changes
- 3rd Office closed
- 6th & 20th- Rawlins Cloverbuds
- 12th- Saratoga Cloverbuds
- 17th- Office Closed



Bayla Berger
Esther Haderlie
Ella Humphreys
Natalie Kirby
Peyton Monroe
Paislie Want-Thelander
Justine Widdison
Mike Moon



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 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 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

Cloverbuds

TAKE NOTE

FOR THE MONTH OF DECEMBER
CLOVERBUD MEETINGS WILL
BE CHANGED. CLUBS WILL
MEET ON THE FOLLOWING DAYS

RAWLINS - DECEMBER 15TH

SARATOGA - DECEMBER 16TH



Holiday Baking Challenge

BAKING KIT PICK UP

Kits need to be picked up by December 3rd

Pick up locations are at the following:.

Rawlins, Hanna, Elk Mountain pick up kits
at the Carbon County Extension office

Baggs pick up kits at
Higher Ed Center

Platte Valley pick up kits at
Saratoga feed store

NEW PROJECT LEADER IN RAWLINS!

ALL CARBON COUNTY 4-H
MEMBERS ARE WELCOME
AT PROJECT MEETINGS



Cake Decorating



Food & Nutrition

Call 307-328-2642
for upcoming
schedule/interest
in projects



Scrapbooking

Virtual Animal Ed-Ops

December:

"Beefing Up: getting ready for
first weigh-in"

Date: December 9th at 6:00 PM

With Fremont County
Ag and Hort Educator,
Chance Marshall

Zoom Link:

<https://uwyo.zoom.us/j/97015506865>



Farm Credit Services of America Grant

**Does your 4-H club want to do a project but
doesn't have any money??**

**Apply for a \$2,000 *Working Here Fund* grant!!
~NO formal plan needed~**



**APPLICATIONS ARE DUE BY
DECEMBER 31ST ONLINE**

Apply at

**[https://www.fcsamerica.com/about/community-
involvement/working-here-fund-grants](https://www.fcsamerica.com/about/community-involvement/working-here-fund-grants)**



WYOMING STATE 4-H FOUNDATION

FINANCIALLY SUPPORTS THE WYOMING 4-H PROGRAM

- The Wyoming State 4-H Foundation is proud to manage scholarship opportunities to students that are current and/or past 4-H members in Wyoming.
- UW Scholarships
- Accredited Wyoming colleges
- Vocational program/certificate.
- One single application is used for all our scholarships.
- All 4-H scholarship applications are due on 02/15/2022.
- For more information and to complete the Wyoming 4-H Scholarship Application visit:

<https://www.wyoming4h.org/4hfoundation/scholarships/>

or mail to:

Wyoming State 4-H Office

Dept 3354

1000 E. University Ave.

Laramie, WY 82071



Wyoming 4-H Foundation Scholarships - Due February 15th, 2022

- one application for all scholarships
- past and present 4-H members in Wyoming
- Application: <https://www.wyoming4h.org/4hfoundation/scholarships/>

Wyoming CattleWomen Scholarship – Due February 28th, 2022

- Female residents of Wyoming
- Enrolled full time in a certificate program, trade school, junior college, or university.
- Application: [Wyoming CattleWomen Scholarship Application](#)



Carbon County 4-H Foundation Scholarship – Due April 1st, 2022

- Past or present 4-H member.
- Attending any in or out of state accredited educational institution of higher learning on a full-time basis.
- Application: Carbon County 4-H Foundation Scholarship Form
<https://wyoextension.org/carboncounty/4h-youth-development/2019-scholarships/>

Carbon County 4-H Foundation- Stallion Service Auction Scholarship – Due April 1st, 2022

- Any senior 4-H member (age 14-18 as of Jan 1st of current year) enrolled in Carbon County school
- who is or has been enrolled in the Carbon County horse program is eligible.
- This scholarship is to any college, university, or trade school of the recipient's choice.
- Application: [Horse Scholarship, Carbon County 4-H Foundation](#)

Carbon County Stock Grower's Association Scholarship – Due April 1st, 2022

- All applicants must have graduated (or equivalent) from a Carbon County high school.
- All applicants must attend a school of higher learning in Wyoming or bordering state.
- Open to: A) Any student enrolled in a field of agriculture - and/or B) Immediate relatives of paid Carbon County Stock Grower members (to included sons, daughters, and grandchildren) wishing to study any field.
- Application: [Carbon County Stock Growers Association Scholarship Form](#)

Carbon County Farm Bureau Scholarship #1– Due April 15th, 2022

- Must be graduating from a Carbon County High School.
- Minimum 3.0 GPA, based on a 4.0 system.
- Attend a Wyoming College/University in the upcoming fall semester.
- Application and Essay must be handwritten, all question answered, and signatures signed.
- Failure to follow application requirements will result in disqualification.
- Application: <https://www.wyfb.org/carbon-county/>

Carbon County Farm Bureau “Member” Scholarship #2 – Due April 15th, 2022

- Provide parent's Carbon County Farm Bureau Membership Number
- Be a graduating senior from high school
- Have at least a 3.00 cumulative grade point average, based on a 4.00 system. (Principal must sign to verify cumulative GPA)
- Attend an accredited college, university, or trade school
- Application and Essay must be handwritten, all question answered, and signatures signed.
- Failure to follow application requirements will result in disqualification.
- Application: <https://www.wyfb.org/education/scholarship/>

Carbon County Commissioners Scholarships: - Due Last Friday in April (29th), 2022

- Available to Students who plan on attending the University of Wyoming or any Wyoming Community College.
- Is not specific to graduating high school students. Non-traditional students are eligible.
- Must be a resident of Carbon County
- There will be 3 new scholarships and 1 renewal scholarship awarded each year.
- Application: <https://www.carbonwy.com/928/Scholarships>

Leader's Council Minutes

CC 4-H Leader's Council November 9, 2021



i. Call to order at 6:36pm at PVCC and on Zoom (Linda, Mike, Louis, Emily)

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

III. Treasurer's Report

a.) Council Funds

i) Leaders Council Checking = \$27,299.56

(1) Transactions: 4-H Lamb Laramie Auto (+\$3,237)

(2) 4-H Lamb payment to Mesa Sutte (-\$500)

(3) Kroger donation (+\$44.54)

ii) Leaders Council Savings: \$867.18

IV. **Committees: Horse:** none; **Shooting Sports:** Aiming for Excellence hoodie delivered, article in Saratoga Sun & Snake River Press; Leader Certification is coming to Rawlins this winter! Emily will ask the Rec Center what dates work and leaders can vote on them. Possible attendees include: JP Ely, Lisle Munroe, Dusty Buffington, Trevor Vorn, Brian Talamantes, Jim Lee; **Livestock:** leaders are working on month-by-month project lists for Emily to create Ed-Ops from

V. Old Business

a.) WY 4-H Foundation funding request for WSF awards: Linda moved to pay the \$60, Louis 2nd

b.) Emily has taken over secretarial and treasurer duties from Charlene Abbott for the Carbon County 4-H Foundation

VI. New Business

a.) Club Book Audits – this year the following clubs were audited by the Council: B.E.V.O., Saratoga's Finest, Platte Valley Shooting Sports. All club books are checked by the Ext Office every year and then each club gets audited by a committee on a three-year rotation. All clubs' books were found to be in order.

b.) Leader's Council audit – Emily proposed that the Leader's Council books be audited as they haven't in a while and someone should look at them outside the group. Linda suggested Scott Thayer.

c.) 4-H Lamb buyer gift - LSRV FFA offered to laser cut or weld something for us if we want it. Linda moved to ask Brett and his class to make something, Louis 2nd. The design will be left up to the Ext Office.

d.) Riley Weber memorial plaque – Mike commissioned the plaque with Star Awards in September. Still no award and no word. Emily will follow up with Star Awards.

VII. Meeting Adjourned at 7:42pm

Holiday Hours

FOR WINTER BREAK

OUR OFFICES WILL BE CLOSED

FRIDAY, DECEMBER 24TH THROUGH MONDAY, JANUARY 3RD

WE WILL BE BACK TO NORMAL BUSINESS HOURS STARTING
TUESDAY, JANUARY 4TH.

Emily Haver, 4-H Educator, will be out of the office from November 25th thru December 11th



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)
- ✓ Wanting to withdraw from people and activities
- ✓ Poor concentration, confusion; forgetfulness
- ✓ Uncertainty or trouble making decisions
- ✓ Relationship problems
- ✓ Sad mood
- ✓ Feeling anxious
- ✓ Change in personality, irritability
- ✓ Negative thinking
- ✓ Increased smoking/drinking

PHYSICAL SIGNS

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



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 any changes you observe.
- ✓ Encourage them to reach out/ tell a family member.

National Suicide Prevention Line: 1-800-273-8255

Chronic, prolonged stress can lead to anxiety and depression.



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Carbon County 4-H December 2021 Newsletter

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County4H](https://tinyurl.com/CarbonCounty4H)

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