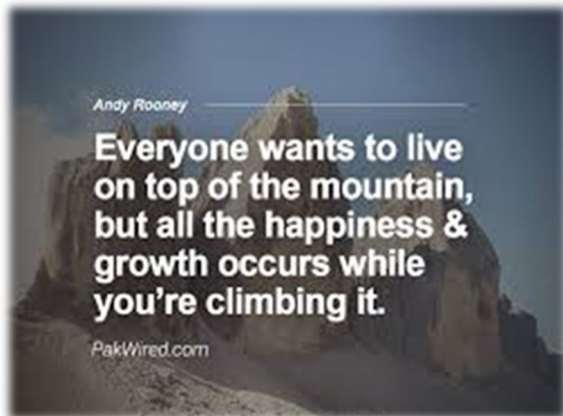




# NATRONA COUNTY 4-H "ALIGN YOUR FOCUS" EDITION

Dear 4-H Families & Friends:

Let's talk about your comfort zone...it's called a comfort zone for a reason, right? It's comfortable place to be. It takes energy to move something into action. Science uses the term "energy" to describe the process but in everyday terms, the word we tend to use is "motivation". What usually holds us back from making a departure from the comfort zone is the discomfort that we will feel as we go toward something that is unfamiliar or difficult.



By being afraid and/or unwilling to venture into something new, we sacrifice growth. Growth has to be chosen over and over again to move forward. "One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again" (Abraham Maslow).

- ◆ **Fear/complacency is keeping you from growth:** The primary ingredient to move forward is "moving". Growth is about progress. Progress is about movement. And movement is stepping into something that is unfamiliar/difficult. Move yourself forward by trying new things and the attempt to master them.
- ◆ **It keeps you from trying new things:** Getting outside your comfort zone provides opportunity to discover new interests and even those few things we are passionate about. It takes time to discover what you love but unless you try new things, you'll never know what you like and what you don't.
- ◆ **It conditions you to settle:** By settling, you have deprived yourself of experiences that could have a profound influence on your life. Even worse, in the future when you have an amazing opportunity and refuse to leave your

bubble of comfort, you may not reach for it and instead, settle for mediocrity. "The only person you are destined to become is the person you decide to be" (Ralph Waldo Emerson).

So, how do you get started? With patience and perseverance, you can begin to take action.

- ◆ **Make a list:** No matter how small, write down the things you need/want to accomplish.
- ◆ **Do one or more of the smallest items on your list:** Take on the smallest task that you have resisted doing and go do it. Then another and so on down the list.
- ◆ **Keep taking steps:** By accomplishing a simple task and stepping outside your comfort zone, you gain confidence and synergy to continue with more difficult tasks and toward success. The more you do it, the easier it becomes. Keep taking small steps growth will occur, you'll become more confident, go after your goals, and acquire the intrinsic satisfaction of accomplishment and a job well done.

Make the Best Better...

Joddee Jacobsen  
UW Extension Educator, 4-H Youth Development  
Natrona County



**UW EXTENSION  
OF NATRONA COUNTY  
4-H LEADERSHIP**

**PROFESSIONAL STAFF**

**4-H OFFICE**

Joddee Jacobsen ..... UW Extension Educator  
 Karlene Wirrenga ..... Administrative Assistant  
 Quincy Gundersen ..... Rural Living & 4-H Program Associate  
 Sue Anderson ..... Fair Secretary

**4-H VOLUNTEERS**

**4-H COUNCIL**

Keith Nachbar .....	President
Devonie Mueller .....	Vice President
Sarah Emery .....	Secretary
Rose Jones .....	Treasurer
Linda Montgomery .....	Member
Vicki Pickett .....	Member
Geoellen Stretesky .....	Member
Terry Stretesky .....	Member
Jo Watson .....	Member

**4-H FOUNDATION**

Leroy Dickinson .....	Chair
Harlan Robinson .....	Vice Chair
Kera Bullard .....	Secretary
Randy Buffington .....	Treasurer
Ed Atchley .....	Member
DeAnna Bradshaw .....	Member
Scott Cotton .....	Member
Jamie Haigler .....	Member
Joddee Jacobsen .....	Member
Keith Nachbar .....	Member
Phillip Rael .....	Member
Joan Wing .....	Member

**CENTRAL WYOMING**

**JUNIOR LIVESTOCK SALE**

Burt Andreen .....	Chair
Aaron Emery .....	Vice Chair
Karol Loraas .....	Secretary
Brenda Janikowski .....	Treasurer

**4-H SUPERINTENDENTS**

Linda Montgomery .....	Alpaca
Brad Mueller .....	Beef
Devonie Mueller .....	Beef
Brian Wing .....	Beef
Candita Daniels .....	Cat
Vicki Smith .....	Dog
Geoellen Stretesky .....	Dog
Erin Danford .....	Family Consumer Science
Megan Kennedy .....	Family Consumer Science
Deena Wolf .....	Family Consumer Science
Linda Montgomery .....	General Projects
Teri Knoek .....	Goat
Deahn Amend-Noel .....	Goat
Christy Rodgers .....	Horse
Erin Danford .....	Pocket Pet
Carlos Buckner .....	Poultry
Karen Buckner .....	Poultry
Michelle Forster .....	Poultry
Cecilea Hansford .....	Rabbit
Veronica Mason .....	Rabbit
Janel Schierkolk .....	Rabbit
Cory Brooks .....	Sheep
Heath Hornecker .....	Sheep
Jenn Magee .....	Sheep
Wendy Smith .....	Shooting Sports
Joe Wistisen .....	Shooting Sports
Jeremy Burkett .....	Swine
Tait Helmeý .....	Swine
Alex Wolf .....	Swine
Dwayne Larsen .....	Tractor Driving (Small Engines)

**4-H COMMUNITY CLUB LEADERS**

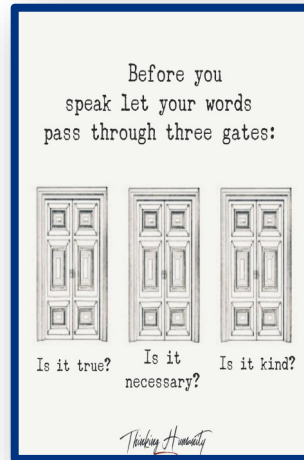
Lisa Keith .....	Alcova
Lory Wing .....	Alcova
Teri Knoek .....	Barnyard Rebels
Lucinda Canchola .....	Bear Claws
Michelle Forster .....	Bear Claws
Bailey Mason .....	Boots & Buckles
Kandi Ossa .....	Buckaroos
Erin Gazda .....	Bullwinkles
Heather Warren .....	Can Do
Jodee Knight .....	City Dudes
Amanda Henderson .....	Elites
Jade Slaymaker .....	Elites
Tana Campbell .....	Hooves & Hides
Rebecca Raney .....	Kountry Kids
Trish Musser .....	Legendary Novaturients
Linda Montgomery .....	Meadow Acres
Jennifer Straight .....	Midnight Wonders
Christy Rodgers .....	Natrona County Horse Project
Wendy Smith .....	Natrona Country Shooters
Joe Wistisen .....	Natrona Country Shooters
Jennifer Magee .....	Platte River Wranglers
Devonie Mueller .....	Rockin' Wranglers
Keith Nachbar .....	Rough Riders
Mary Tvedt .....	Sage & Sand
Carol Whitney .....	Trail Busters
Jaime Hornecker .....	Young Guns

**4-H JUDGING TEAM COACHES**

Heath Hornecker .....	Livestock
Burt Andreen .....	Meats
Jack Stewart .....	Meats
Donna Hoffman .....	Produce
Ed Selby .....	Wool

Follow us on Facebook @ Natrona County 4H  
<https://www.facebook.com/NatronaCounty4H/>

UW Natrona County Extension 4-H Website  
<https://wyoextension.org/natronacounty/newsletters-2/>



Natrona County 4-H Family & Consumer Science  
<https://www.facebook.com/groups/517986822347457>

Natrona County 4-H / FFA Horse Show Committee  
<https://www.facebook.com/natronacountyhorse>

Natrona County 4-H Poultry  
<https://www.facebook.com/groups/242786253206671/>

Natrona County Beef Committee  
<https://www.facebook.com/Natrona-County-Beef-Committee-111190300799736/>

Oil City Thumpers (Rabbits)  
<https://www.facebook.com/Oil-City-Thumpers-398801110535193/>

Natrona County Sheep Committee  
<https://www.facebook.com/Natrona-County-Sheep-Committee-215429072351613>

Natrona Country Shooters 4H  
<https://www.facebook.com/groups/671664486269956>

Natrona County Swine Committee  
<https://www.facebook.com/groups/410594339599618/>

Natrona County 4H/FFA Jr. Livestock Sale  
<https://www.facebook.com/centralwyomingjrLivestockSale/>



# QUINCY'S CORNER



QUINCY GUNDERSEN  
Rural Living & 4-H  
Program Associate

Happy New Year's everybody! Just a little reminder that beef tagging is coming January 16<sup>th</sup> starting at 9am. Since we had very positive feedback on the way we did the sheep and goats last summer, we are going to do the same for beef. The 4-H office will send out the ownership paper work via email. Fill it out at home and have it ready when you arrive. We will have the trailers line up and one at a time we will unload, tag and weigh. Please stay in your vehicle until it is your turn to unload. **Another reminder, you need to be registered in ZSuite before you can have your animal tagged.** If you are not registered you will be asked to go to the back of the line and get registered on your phone. If you still need to register the website is [4h.zsuite.org](http://4h.zsuite.org).

My contact information is (307) 235-9400 or email [ggundersen@natronacounty-wy.gov](mailto:ggundersen@natronacounty-wy.gov)



## REMINDER

Market Beef  
Tagging

January 16,  
2021



# FRIENDLY REMINDERS FROM THE 4-H OFFICE...

## ARLC ROOM RESERVATIONS

We are still under Covid-19 restrictions. To reserve a room at the ARLC Building during regular business hours, please call Rose at 307-235-9400 as the 4-H office does not maintain the building calendar. **PLEASE REMEMBER: Do not prop open ARLC exterior doors as it compromises building security if they are accidentally left open once the event has ended.**

## COMMUNICATION

4-H has a wealth of educational opportunities and the majority of these will take place at the club level with others coming from the 4-H office and the Wyoming 4-H state office.

We will communicate with you using the following communication sources; therefore, it's your responsibility to check them on a regular basis:

- ◆ Follow us on Facebook @ Natrona County 4H  
<https://www.facebook.com/NatronaCounty4H/>
- ◆ UW Natrona County Extension 4-H Website  
<https://wyoextension.org/natronacounty/newsletters-2/>
- ◆ Natrona County 4-H Monthly Newsletter  
**Please check the links listed above for the latest edition! Because we will be unable to send mass emails, we are relying on our members to check these links for the latest editions.**  
Please read it carefully and take note of the items that apply to you, your family, your project area(s), and your club.
- ◆ Natrona County 4-H Emails  
Please open and read the emails that the Natrona County 4-H office and its volunteers send you. In addition to the links mentioned above, this is how we will keep you updated and let you know of changes, scheduled activities, etc.

## ZSUITE

We are only able to communicate with you if you are enrolled in ZSuite with a valid email address; therefore, we ask that you get enrolled in ZSuite and pay the \$12.00 fee if you have not done so already so we can activate your membership.

As always, continue to check the links below on a regular basis for information such as announcements, newsletters, etc.

Follow us on Facebook @ Natrona County 4H  
<https://www.facebook.com/NatronaCounty4H/>

UW Natrona County Extension 4-H Website  
<https://wyoextension.org/natronacounty/newsletters-2/>

**\*\*\* If you enrolled in ZSuite and have not been receiving communications via email, please log into your ZSuite account and verify that your email address on file is correct as we have been receiving notifications that some email addresses are invalid.**





**REMINDER...**

***Enroll for NC 4-H!***

**<https://4h.zsuite.org/>**

**If you are not actively enrolled, you will not be receiving emails, newsletters, and important communication from the 4-H office.**

*~ You must be enrolled with ACTIVE status in ZSuite to participate in all 4-H activities including tagging. Your membership will not be activated in ZSuite until your payment is received by the 4-H office. ~*

# **BEGINNING OCTOBER 1, 2020, YOU MUST ENROLL/RE-ENROLL IN ZSUITE FOR THE 2020-2021 4-H YEAR**

## **NEW MEMBERS & RETURNING MEMBERS**

**Only after all of the following requirements are met will your membership will be activated.**

- Enroll using <https://4h.zsuite.org/>
- You must be enrolled with ACTIVE status to participate in all 4-H activities. Your membership will not be activated until payment is received.
- Enrollment fees are \$12.00 per 4-H member including Cloverbuds. Mail your check made payable to the Natrona County 4-H; 2011 Fairgrounds Road; Casper, WY 82604 or pay via credit card by calling the 4-H office at 307-235-9400.

## **NEW VOLUNTEERS**

**Only after all of the following requirements are met will your membership will be activated.**

- Enroll using <https://4h.zsuite.org/>
- Complete the mandatory UW background screening & training which is 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**

**Only after all of the following requirements are met will your membership will be activated.**

- Enroll using <https://4h.zsuite.org/>
- Complete the mandatory UW 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.

Please call Karlene at 307-235-9400 or email her at [kwirrenga@natronacounty-wy.gov](mailto:kwirrenga@natronacounty-wy.gov) with any questions.

### **IMPORTANT!**

***You are NOT covered by 4-H insurance and will not be allowed to participate until your membership is ACTIVE status in ZSuite.***

**REMINDER:** Throughout the year, if your contact information has changed (name, mailing address, phone number, email address, etc.), it is your responsibility to update your profile in ZSuite. *Failure to do so, may result in you missing an important deadline and/or information pertaining to your 4-H project(s).*



# HOW TO SIGN UP FOR THE FIRST TIME IN ZSUITE

1. WEBSITE: <https://4h.zsuite.org/>



New Users: **Click SIGN UP**

- Fill out the Register New Household Information. Select a Primary Profile Access PIN which is needed to enter the primary household account. **Click LET'S GO** (If you get an error message that your email address is already used, go back to the main screen and click on Forgot Password? as some profiles were transferred over from 4HOnline.com)
- You are now on the Dashboard screen. **Click + HOUSEHOLD MEMBER**  
Enter the First Name, Last Name, Role (Member or Volunteer), and Member's Birthday. You may choose a preloaded avatar or upload a personal photo by clicking CHOOSE PICTURE. **Click CONTINUE**
- Select the PERSONAL INFO tab.** All fields marked with an asterisk (\*) are required. **Click NEXT** to get to the WAIVERS tab.
- Select the WAIVERS tab.** **Click ↓** next to each section to sign off on all the waivers. (You must agree in order to proceed.) On the Health Form, put N/A or none if the required field does not apply to your member. **Click NEXT** to get to the CLUBS tab.
- Select the CLUBS tab.** Choose your club from the drop down menu. **Click ADD CLUB**  
**NATRONA COUNTY 4-H FIRST TIME MEMBERS:** If this is your first year with the Natrona County 4-H, please choose "1-Club Placement Requested Natrona". The Natrona County 4-H Office will assist you in placing your member in a club that has openings based upon the projects that your child has enrolled in.
- Select the PROJECT tab.** Choose project from the drop down menu. **Click ADD PROJECT.** Repeat process until all projects are selected. Some Animal Projects have a required field that you may not have information for. If this happens, please enter this 4-digit number "0000" in that required field.  
**CLOVERBUD MEMBERS:** Choose only the Cloverbud project.
- Verify all information is correct including your Club and Project selections. **Click SUBMIT**  
After you Click SUBMIT, your enrollment will be sent to the Natrona County 4-H Office Administrators for approval.

## JANUARY 2021

### 2021 4-H/FFA Market Beef Tagging

**Date:** January 16, 2021

**Time:** 9:00 a.m. to 11:00 a.m.

**Place:** CWFR Arena Annex

**Contact** Devonie Mueller @ 307-267-5722 with questions.

### 2021 Cloverbud Camp

**Date:** January 16, 2021

**Time:** 10:00 p.m. to 11:30 a.m.

**Place:** ARLC Casper Room

**Leader:** Nancy Gerlock

**Contact** Karlene Wirrenga @ 235-9400 for details.

“

We will open  
the book. Its pages are  
blank. We are  
going to put words on  
them ourselves.  
The book is called  
*Opportunity* and its  
first chapter is  
New Year's Day.

EDITH LOVEJOY PIERCE



## DISCLAIMER

All information (dates, times, etc.) is subject to change. We will do our best to give as much advance notice as possible. Thank you for your cooperation and understanding.

## 2021 SAVE THE DATE

### 2021 Winter Make & Take Craft Workshop

**Date:** February 4, 2021 (*Tentative*)

### 2021 4-H Carnival

**Date:** March 13, 2021

### 2021 4-H Cloverbud Camp

**Date:** March 27, 2021

### 2021 4-H Foundation Flannel & Frost Fundraising Event

**Date:** March 27, 2021

### 2021 4-H/FFA Cat Ownership ID Certificates Due

**Date:** May 1, 2021

### 2021 4-H/FFA Dog Ownership ID Certificates Due

**Date:** May 1, 2021

### 2021 4-H/FFA Market Goat & Market Sheep Tagging

**Date:** May 1, 2021

### 2021 4-H/FFA Rabbit Ownership ID Certificates Due

**Date:** May 1, 2021

### 2021 4-H/FFA Market Swine Tagging

**Date:** May 18-28, 2021

### 2021 4-H Dog Show

**Date:** June 4-6, 2021

### 2021 4-H Cake Decorating/Foods/Table Setting Contests

**Date:** June 5, 2021

### 2021 4-H County Shoot

**Date:** June 5-12, 2021

### 2021 4-H Quest For Knowledge

**Date:** June 9, 2021

### 2021 4-H Cloverbud Rodeo

**Date:** June 10, 2021

### 2021 4-H Cat Show

**Date:** June 12, 2021

### 2021 4-H/FFA All Other Ownership ID Certificates Due

**Date:** June 15, 2021

### 2021 4-H Showcase Showdown

**Date:** June 15-17, 2021

### 2021 4-H Fashion & Fabric Contest

**Date:** June 24, 2021

### 2021 General Judging (Interview & Static Projects)

**Date:** June 29, 2021

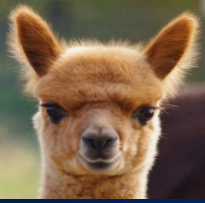
### 2021 Central Wyoming Fair & Rodeo

**Date:** July 11-18, 2021

### 2021 4-H Horse Show

**Date:** July 31-August 1, 2021

# CHECK OUT WHAT'S HAPPENING WITH YOUR 4-H PROJECT AREA . . .



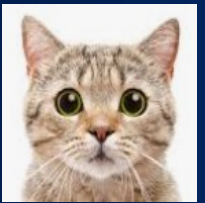
## ALPACA PROJECT



## BEEF PROJECT

*Tagging scheduled for January 16, 2021, at 9:00 a.m. (See page #18 for details)*

<https://www.facebook.com/Natrona-County-Beef-Committee-111190300799736/>



## CAT PROJECT



## DOG PROJECT



## GOAT PROJECT



## HORSE PROJECT

*Meeting scheduled for January 12, 2021, at 5:00 p.m. in ARLC Casper Room  
(Use ARLC East Entrance Doors)*

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



## POCKET PET PROJECT



## POULTRY PROJECT

<https://www.facebook.com/groups/242786253206671/>





RABBIT PROJECT

*Zoom meeting scheduled for January 9, 2021, at 9:00 a.m.*

<https://www.facebook.com/Oil-City-Thumpers-398801110535193/>



SHEEP PROJECT

<https://www.facebook.com/Natrona-County-Sheep-Committee-215429072351613>



SWINE PROJECT

<https://www.facebook.com/groups/410594339599618/>

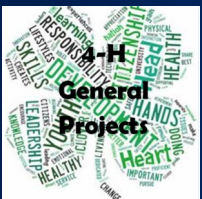


CLOVERBUD PROJECT



FAMILY CONSUMER SCIENCE PROJECT

<https://www.facebook.com/groups/517986822347457>



GENERAL PROJECTS



SHOOTING SPORTS PROJECT

*Startup information you need to know has been posted on their Facebook page.*

<https://www.facebook.com/groups/671664486269956>



TRACTOR DRIVING PROJECT

~ IMPORTANT NOTICE ~

Please log into ZSuite and make sure that you are enrolled in the correct projects. Some of the projects went from one project selection to a choice of multiple projects (example: the rabbit project is now breeding rabbits and/or market rabbits); therefore, you will need to modify your project selections if you enrolled before ZSuite made those changes.



*theidearoom*  
**PHOTO-A-DAY**  
challenge

- |              |                    |               |
|--------------|--------------------|---------------|
| 1. new       | 11. cheerful       | 21. bold      |
| 2. never     | 12. weather        | 22. brilliant |
| 3. drink     | 13. reflect        | 23. cold      |
| 4. begin     | 14. my city        | 24. fluffy    |
| 5. deep      | 15. a challenge    | 25. gross     |
| 6. cluttered | 16. free           | 26. tiny      |
| 7. wrinkles  | 17. golden         | 27. cozy      |
| 8. a dream   | 18. what I read    | 28. fun       |
| 9. join      | 19. on the counter | 29. stressful |
| 10. escape   | 20. a pet          | 30. gray      |
|              |                    | 31. routine   |

*#theidearoom*

## **NATRONA COUNTY 4-H YOUTH HORSE SUPERINTENDENT DESCRIPTION**

### **Purpose**

To provide a positive learning experience for 4-H and FFA members and volunteers, and promoting a positive image of 4-H and FFA to the public.

### **Accountability**

To work with supervision and direction of the Natrona County 4-H Educator to organize, coordinate, and evaluate their particular livestock species project. To be accountable to the Natrona County Extension Educator and/or fair management.

### **Selection Procedures**

Superintendent position vacancies will be announced in the 4-H newsletter. An application, provided in the newsletter and at the 4-H office, must be filled out and delivered to the 4-H office by the appropriate deadline as advertised in the newsletter/email. The final selection of the superintendent(s) will be determined by the Natrona County 4-H Educator.

### **Eligibility and Qualifications**

Knowledge of the 4-H project area sufficient to ensure consistency between the project area, fair guidelines, judging, exhibition and livestock sale.

- A sincere interest in working with other volunteers and professional staff in an educational setting and a willingness to become familiar with and work within the philosophy and guidelines of the University of Wyoming Extension and the Natrona County 4-H program.
- Year-round position with appointment beginning October 1 – September 30 with most responsibilities relating to the Horse Show in July.
- The ability to work with minimal supervision but openly communicate with the 4-H Educator and staff in a timely manner
- The ability to motivate youth and adults to assume leadership positions through delegation.
- The ability to utilize conflict resolution skills.
- The ability to work tactfully and communicate effectively verbally and in written forms.
- The ability to organize information and materials and delegate responsibility.
- The ability to accept and follow through with responsibilities.
- The ability to make decisions in context with 4-H policies, the CWF fair book rules and with consultation of the Natrona County 4-H Extension Educator.
- Familiarity with the CWF.
- To be familiar with the project area as listed in the Fair Book.

### **Responsibilities**

- Follow all guidelines and policies of the University of Wyoming Extension 4-H and conduct activities in a safe and healthy manner and enforcing the 4-H Code of Conduct.
- Maintain the standards of the 4-H program by conducting oneself in a responsible manner and honor confidentiality.
- Serve as a role model and willingly share knowledge and involve youth and adults in the program.
- Maintain close contact with Extension staff and FFA advisors.
- To coordinate Vet check procedure.

### **Early in Calendar Year (October 1 – September 30)**

- Attend pre-fair meetings.
- Contact new sponsors, if needed.
- Work with the horse committee to suggest changes in the fair book and/or show procedure. The horse committee will consist of registered 4-H/FFA youth, registered 4-H leaders/FFA advisors, and parents/guardians of registered 4-H/FFA youth registered in the horse project and will have the opportunity to vote at the committee meeting(s).
- Suggesting changes in the fair book and/or show procedure. Requirements for the project are determined by the Horse committee with final approval from the NC 4-H Educator. The CWF Show committee has the final authority regarding changes to the event.
- Organize a class(es) or clinic(s) on date of choice. Be available to confer on horse-related issue(s) throughout the year.

### **Pre-fair**

- Follow 4-H deadlines.
- Assist exhibitors in following bio-security guidelines.

### **Show**

- Superintendent is to be present during arrival and departure times.
- Be available to answer questions from exhibitors, parents, leaders, and Extension staff.
- Support herdsman and appropriate animal welfare practices for positive public display.

- Follow bio-security guidelines.
- Follow the CWF fair book rules.

### **Show Day**

- Prior to the show, get ribbons, prizes, and judging book from the 4-H office.
- For the show, designate:
  - announcer
  - person to check exhibitors in
  - ring person(s) to help exhibitors
  - person(s) to pick up ribbons and prizes and organize judging area (table, signs, pens/pencils, chairs, etc.)
  - person(s) to record ribbon placings
  - person(s) to present ribbons and prizes
- Greet and orient the judge(s) when he/she arrives at the show

### **Post Fair**

- Organize and chair horse committee meetings, as needed
- Attend/organize post-fair evaluation meeting or designate a person from your committee.



**APPLICATION AND SUPERINTENDENT POLICY AGREEMENT  
FOR NATRONA COUNTY YOUTH LIVESTOCK SUPERINTENDENT**

Name of Department Applying for: \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Date: \_\_\_\_\_

---

Superintendents are required to spend a significant amount of time with pre-horse show clinics/activities and the Horse Show. Are you able to do so?

\_\_\_\_\_ YES      \_\_\_\_\_ NO

Superintendents are required to help with project events throughout the year (for example: committee meetings, educational opportunities for members, etc.)

\_\_\_\_\_ YES      \_\_\_\_\_ NO

**Please complete the questions below, sign, and return the application to the Natrona County 4-H office:**

1. Why are you interested in being a Superintendent for this department? What makes you a good candidate for this position?

2. Please describe your 4-H and horse show experiences.

3. Please describe your strengths and weaknesses when handling stressful situations and when working with youth and adults with various opinions.

4. What suggestions and/or ideas do you have to improve the department you are applying for?

---

I, \_\_\_\_\_ agree:

- ☘ I have read the job description for this year-round volunteer superintendent position and hereby agree to perform all duties as assigned for this project area.
- ☘ I have been given a copy of the job description.
- ☘ I am willing to abide by the same conduct policies that apply to Natrona County 4-H members, leaders, and volunteers.
- ☘ I am aware of the time and energy this position requires and will volunteer my time to perform the position in its entirety.
- ☘ I understand, if chosen, that if I am not able to complete the position, I will notify the 4-H office immediately.

Signature: \_\_\_\_\_

Project Area: \_\_\_\_\_

Date: \_\_\_\_\_

# Horse Project Meeting

*Please enter the Casper Room on the east side of the building*



*Please enter the Casper Room on the east side of the building*

Tuesday, January 12, 2021  
ARLC, Casper Room @ 5PM

## **ATTENTION**

### **RABBIT PROJECT MEMBERS**

*Please exercise caution when purchasing rabbits or traveling through affected areas. Rabbit Hemorrhagic Disease (RHDV) is a deadly virus that affects wild and domestic rabbits.*

*Learn more at <https://wlsb.state.wy.us/.../animal-health/downloadFile...>*





NATIONAL  
WESTERN   
*Stock Show* INC. 1934

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2021-2022

# CATCH-A-CALF

APPLICATIONS NOW OPEN!

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APPLY ONLINE • DUE JANUARY 15, 2021

**SATURDAY  
JANUARY 16, 2021  
9 AM - 11 AM @ THE  
FAIRGROUNDS**

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# BEEF TAGGING

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Please have paperwork filled out  
*(will be emailed to you so make  
sure you are enrolled in NC 4-H &  
also included in the January 2021  
newsletter).* **\$25 per head**

Please remain in your vehicle  
until it's your turn.

**2021 NATRONA COUNTY 4-H/FFA MARKET BEEF OWNERSHIP I.D. CERTIFICATE**  
**THIS FORM DUE AT THE TIME OF TAGGING ON JANUARY 16, 2021**

\_\_\_\_\_  
Owner/Member's Name

\_\_\_\_\_  
Name of 4-H Club/FFA Chapter

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
City/State/Zipcode

\_\_\_\_\_  
Phone #

\_\_\_\_\_  
**Ear Tag #** (For Staff Use Only)

\_\_\_\_\_  
**Weight** (For Staff Use Only)

\_\_\_\_\_  
Breed

Identification of Animal: \_\_\_\_\_

- Brands, color, markings, etc. Identify as thoroughly as possible.

Any Additional Identifying Information: \_\_\_\_\_

I Have A Loan Is On This Project    Yes \_\_\_\_ No \_\_\_\_

I Have A Bill of Sale and/or Title    Yes \_\_\_\_ No \_\_\_\_

BY SIGNING BELOW, I CERTIFY THAT THIS IS A 4-H/FFA PROJECT THIS YEAR AND THAT THE ABOVE INFORMATION IS CORRECT TO THE BEST OF MY KNOWLEDGE.

\_\_\_\_\_  
Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**PAYMENT INFORMATION** (For Staff Use Only):

Payment Type (check one):

\_\_\_\_\_ Cash @ \$25.00 per head

\_\_\_\_\_ Check # \_\_\_\_\_ @ \$25.00 per head made payable to Natrona County 4-H





RSVP TODAY!

235-9400

# *Cloverbud Camp*

Saturday 1/16/2020

ARLC Casper Room

10 - 11:30 AM

Limited to 10 Cloverbuds



# Educational Opportunity #3

JANUARY 18, 2021  
6:00 PM VIA ZOOM

## Career Exploration

ADRIA ADAMS  
DIRECTOR OF TECHNICAL SERVICES  
SADLER'S SMOKEHOUSE  
HENDERSON, TEXAS

And

LACEY HEDDLESTEN  
USDA QUALITY MANAGER  
AUDIT SERVICES BRANCH

REGISTER FOR THE ZOOM MEETING AT:

[HTTPS://BIT.LY/33B0ZHP](https://bit.ly/33B0ZHP)

OR BY SCANNING THE QR CODE

CONTACT KELLIE IF  
YOU HAVE ANY  
QUESTIONS.  
307-334-3534 OR  
KELLIEC@UWYO.EDU



UNIVERSITY  
OF WYOMING

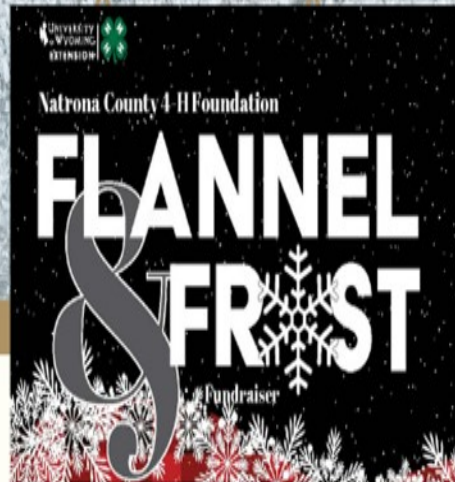
College of Agriculture  
and Natural Resources  
Extension  
Hobbs County



SCAN ME

*~ The presenters have backgrounds in meat science and will visit with participants about their careers.*

*Registration is required for participation ~*



BREAKING NEWS...

## *Flannel & Frost Postponed*

### *New date: March 27, 2021*

After much discussion and deliberation, the NC 4-H Foundation has decided to postpone the 2021 4-H Foundation Flannel & Frost fundraiser which was originally scheduled for January 23, 2021. With the recent surge of COVID-19 cases in the country as well as Natrona County, they felt it was in the best interest and safety of our sponsors and the general public to postpone our fundraiser until a later date when hopefully things will be safer for us to all get together for an enjoyable evening to support the 4-H youth of Natrona County. Thanks for your support!

COMMUNITY CLUB LEADERS: Please continue to bring your silent auction baskets to the ARLC. We will store them here until the event in March. Thank you!!





## 2021 Volunteer Training Series

All trainings will be done via Zoom, and online learning classroom and run from 6:30—7:30 pm.

### **Appreciation and Recognition**—January 25, 2021

Recognizing 4-H members and leaders is so much more than your annual Achievement Nights. Come and find a variety of ways that leaders can recognize members and other leaders and why that is important. Member and leader appreciation and recognition is important for retention.

### **Using Technology** - February 22, 2021

What is our new normal? Some 4-H clubs are meeting in person, some are still meeting via Zoom, some are hybrid. No matter how your engaging young people technology can aid us to help make meetings and events more fun. Come and gain new ways to use technology and SHARE ways that you are successfully using technology to reach leaders and members.

### **What Does a Great 4-H Experience Look Like**—March 22, 2021

The Wyoming 4-H Leadership Team will join us as we look at great 4-H meetings and experiences. Hear directly from youth as to what they enjoy and love about their time in 4-H. We will look at ways to implement an engaging and fun 4-H experience for youth and adults.

### **Communication Best Practices**—April 26, 2021

Communication is the key to success in a 4-H program. Key leaders from around the state will share communication techniques that work well for them and how you too can use them to communicate to your club and project members.



A link to participate in the meetings above will be sent to your 4-H enrollment e-mail account one week prior to the meeting. If you are unable to access the link or a computer, please contact your local 4-H Educator to talk about option. Hope to see you there

SAVE THE DATES!

*NC 4-H  
Sport Fishing Project*

Fly Tying at Ugly Bug Fly Shop  
240 South Center Street, Casper, WY

*February 2, 9, & 16, 2021  
Call the 4-H office for more information  
235-9400*

*Other planned activities for the project...Casting Clinic, Field Trip to  
the Fish Hatchery, Kids Fishing Derby, and the Buffalo Fishing Derby.*





# WYOMING STATE 4-H FOUNDATION SCHOLARSHIPS

*A message from the Wyoming State 4-H Foundation...*

*As you consider your next steps in your education and career path, your involvement in 4-H may help you obtain scholarships at the college you choose to attend.*

*The Wyoming State 4-H Foundation has updated our 4-H Scholarship application. Find out details at:  
<http://www.wyoming4h.org/4hfoundation/scholarships>*

*Just click on each scholarship to find out its specific criteria, then use the universal application to apply. There are many available scholarships! Up to \$30,000 total for new and first time qualified applicants!*

*Applications are due by **February 15, 2021** and uses a resume built from your 4-H Portfolio. Remember - the best way to be awarded a scholarship is to **APPLY!***

*Please call the State Office if you have any questions. Our number is (307) 766-5170.*

*Don't Delay - Apply Right Away!!*

*Share this information with family, friends, and co-workers!*

**IMPORTANT: This is not the same as the Natrona County 4-H Foundation College Scholarship. That is a separate application.**

# 2021 4-H Shooting Sports Leader Certifications

University of Wyoming



CHANGING THE FUTURE OF  
YOUTH SHOOTING SPORTS



Warren Crawford  
Youth Development Specialist  
University of Wyoming Extension  
College of Agriculture and Natural Resources  
1000 East University Ave. Dept.  
3354  
Laramie, WY 82071  
(307) 766-5170  
[crawford@uwyo.edu](mailto:crawford@uwyo.edu)

The Shooting Sports Training Team will be coming to a county near you! If you are a new shooting sports leader or have reached five years since your last certification, plan to attend one of these certification/training opportunities.

## Northwest Area

- **Fremont County**, Riverton
- Dates - February 20-21, 2021
- [Registration link: Fremont County](#)

## Central Area

- **Converse County**, Douglas
- Dates - March 6-7, 2021
- [Registration link: Converse County](#)

## Southeast Area

- **Goshen County**, Torrington
- Dates - March 13-14, 2021
- [Registration link: Goshen County](#)

## Northeast Area

- **Johnson County**, Buffalo
- Dates - March 27-28, 2021
- [Registration link: Johnson County](#)

## Southwest Area

- **Uinta County**, Lyman
- Dates - April 10-11, 2021
- [Registration link: Uinta County](#)

You can register using the links above or visit the Wyoming 4-H webpage at: <http://www.uwyo.edu/4-h/> then select "Volunteers" and "Additional Trainings."



**2021 Natrona County 4-H Foundation  
College Scholarship Application  
For First Time Applicants**



**Eligibility:**

- ✓ Open to any Natrona County 4-H/FFA member that is a first time applicant for this scholarship and:
  - Has a minimum cumulative GPA of 3.0 (High School), or 2.5 (College) and
  - Has been an active 4-H/FFA member for at least three (3) years and
  - Is currently enrolled or has successfully completed the current 4-H/FFA year
- ✓ A current 4-H leader who
  - Is an enrolled 4-H leader and
  - Is currently enrolled as a full-time college student and
  - Has a minimum cumulative GPA of 2.5

**Terms of Scholarship:**

- ✓ One-half of the scholarship must be used the fall semester after it is awarded at any Junior College, University or Technical School.
- ✓ The second half of the scholarship will be awarded after the recipient re-enrolls for the second semester and shows proof that he or she has maintained a minimum 2.5 cumulative GPA for the previous semester.
- ✓ Scholarships are available only for full-time students.

**The requirements of your application are as follows:**

- ✓ Complete the scholarship application form with appropriate signatures.
- ✓ Answer the questions listed below.
- ✓ Attach an OFFICIAL/CERTIFIED sealed transcript.
- ✓ Attach a letter of recommendation from your club's community leader, project leader, 4-H Extension Educator, or FFA Advisor.
- ✓ A current photograph must be included.

***The completed typed application packet must be received by  
the 4-H Office before 4:30 P.M., February 26, 2021.***

Full Name: \_\_\_\_\_ Student ID # or Social Security #: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address (if different): \_\_\_\_\_

E-mail address: \_\_\_\_\_

High School Attended: \_\_\_\_\_

What level are you in school (circle)      High School Senior      College Senior/Junior/Sophomore/Freshman

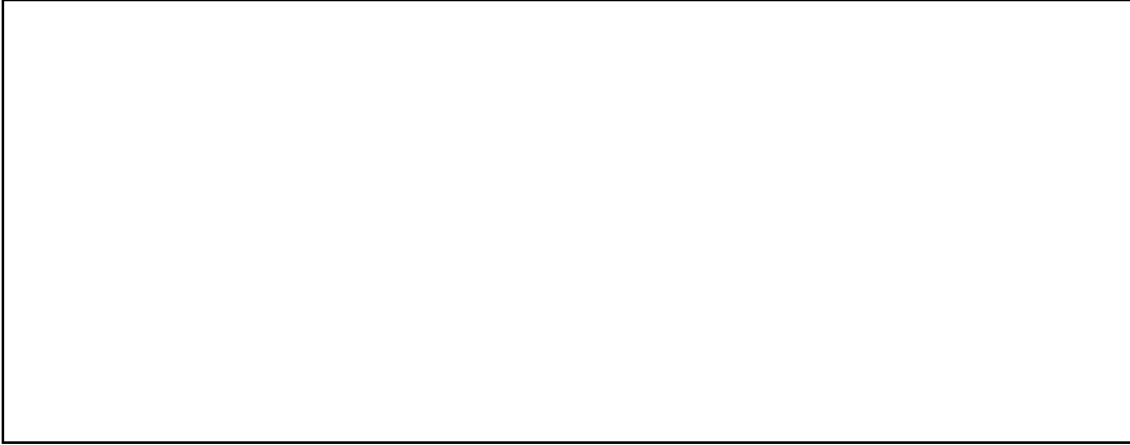
College or institution which you plan on attending: \_\_\_\_\_

In which field will you be majoring: \_\_\_\_\_

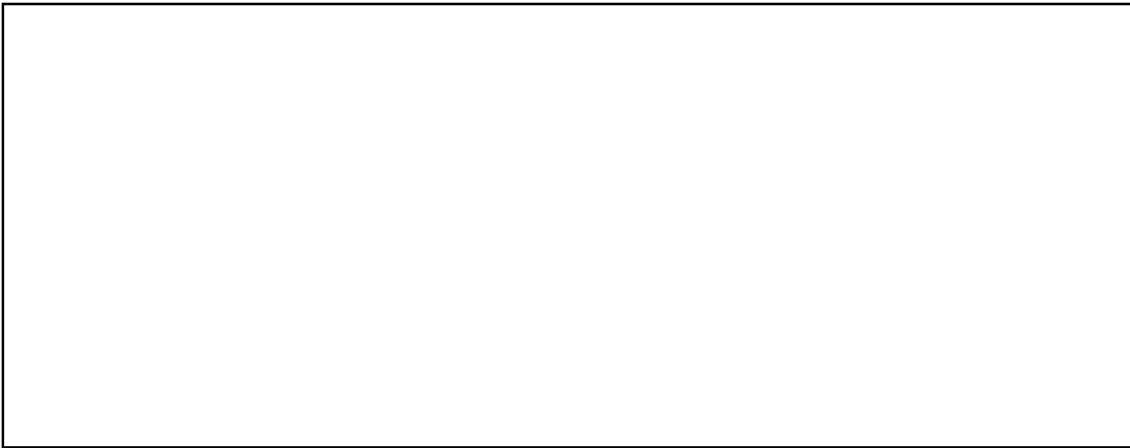
4-H/FFA Years Completed: \_\_\_\_\_

<p><b>Criteria for Scholarships</b></p> <p>Overall 4-H/FFA Work</p> <p>Citizenship, Character &amp; Leadership</p> <p>Interview Skills &amp; Appearance</p> <p>Community Involvement</p>
--

1. Describe what you gained or learned from participating in the 4-H/FFA programs.



2. Describe a 4-H/FFA experience where you learned and were challenged the most. How does that affect your life today?



3. Describe yourself and your responsibilities as a leader in the 4-H/FFA program.





4. Describe the recognition you have received through 4-H/FFA (example: trips, awards & honors).

5. Describe your involvement in community and extracurricular activities.

6. Describe projects and activities you have participated in during your years in 4-H. List accomplishments and leadership positions.

7. Describe projects and activities you have participated in during your years in FFA. List accomplishments and leadership positions.

8. List projects and number of years you participated in them. List any major accomplishments.

9. Describe how your 4-H/FFA experiences have prepared you for your career choice.

10. Describe the courses you are planning on taking and how they will help you achieve your goals.

11. Describe how you plan to continue to be involved in the 4-H/FFA program i.e.: fundraising, mentoring younger members, etc.

I certify that the information I have provided is correct to the best of my knowledge and I agree to the terms of the scholarship.

Applicant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parents Signature: \_\_\_\_\_

Date: \_\_\_\_\_

(Required if under 18 years of age)



Natrona County 4-H Foundation's 6th Annual

# FLANNEL & FROST

Fundraiser

Saturday, March 27, 2021 • 5:30 p.m.

**Prime Rib Dinner & Auction**

**The Hangar • Bar Nunn, Wyoming**

Call (307) 235-9400 for tickets

\$50/Ticket

Sponsorships Available



The University's policy has been and will continue to be one of non-discrimination, offering equal opportunity to all employees and applicants for employment on the basis of their demonstrated ability and competence without regard to race, sex, religion, color, national origin, disability, age, veteran status, sexual orientation, genetic information, political belief, or other status protected by state and federal statutes of University Regulations.





**Natrona County 4-H Foundation • 6<sup>th</sup> Annual Fundraising Evening  
Prime Rib Dinner & Auction  
Saturday, March 27, 2021 • The Hangar, Bar Nunn, WY**

Dear NC 4-H Community Leaders:

It's time to start thinking about the Natrona County 4-H Foundation's Flannel & Frost Fundraiser coming up on **March 27, 2021**, at The Hangar. All funds raised go directly to the NC 4-H program and the NC 4-H Foundation. We are depending on your assistance in getting a record number of people to this event and your donations. Tickets are available at the 4-H office so please encourage folks to attend and support our fundraiser. Thanks in advance for all your support and help!

- YOUR CLUB IS RESPONSIBLE FOR THE FOLLOWING:**
- **Supplying one (1) silent auction basket with a retail value of at least \$50.00**
  - **Having the basket to the 4-H office no later than January 31, 2021**

Your basket's theme is:

Alcova	Tech Lovers Basket
Barnyard Rebels	Ultimate Breakfast Basket
Bear Claws	Fun in the Sun
Boots & Buckles	Adrenaline Rush (Ideas: Coffee/Tea Theme – Flavored Coffees, Mugs, Different Teas, Flavored Spoons, Teabag Holders, Serving Tray, Tea Or Coffee, Canister, Carafe, Cappuccino Mix, Coffee Scoop, Biscotti, Gift Certificate To Starbucks, City Brew, Etc.)
Buckaroos	Snow Day
Bullwinkles	The Guy Crate
Can Do	Wide World of Sports
City Dudes	Tool Time
Elites	Picnic in the Park, Mountains, or Anywhere!
Hooves & Hides	Everything Legos
Kountry Kids	Taste of Italy
Legendary Novaturient	Taste of Mexico
Meadow Acres	Sew Crafty
Midnight Wonders	World Traveler
Natrona County Horse Project	Best of the West
Natrona County Shooters	Adventure in the Great Outdoors
Platte River Wranglers	Taste of Wyoming ("Wyoming Made" products)
Rockin' Wranglers	Wine, Dine, & Romance ("Date Night" themed)
Rough Riders	Chocolate Bliss
Sage & Sand	Ace of Baking (must have baking items)
Trail Busters	Grill Master
Young Guns	Wonderful Wyoming ("Wyoming" themed)

- ❖ **Please arrange all items in a container and wrap with *clear cello* and ribbon. FYI...the Dollar Tree has basket-size cello bags 2 for \$1.00**
- ❖ **Donate one (1) gift card**

Thanks you for your willingness and generosity to help with our biggest fundraiser of the year! It takes all of us to succeed and the benefit goes toward our NC 4-H kids. The money raised is for awards, prizes, scholarships, and educational opportunities as well as judging teams, state and national trips, and competitions.

***Thank you for supporting your Natrona County 4-H Program!!!***

~ Natrona County 4-H Foundation ~

**Leroy Dickinson-Chair, Harlan Robinson-Vice Chair, Kera Bullard-Secretary, Randy Buffington-Treasurer;  
Ed Atchley, DeAnna Bradshaw, Scott Cotton, Jamie Haigler,  
Joddee Jacobsen, Keith Nachbar, Phillip Rael, Joan Wing**

**The  
Following  
Resources  
Are Being Made  
Available To You  
By The  
University  
of Wyoming  
Extension &  
Agricultural  
And  
Applied  
Economics**

**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?”



Let's prevent suicides in Wyoming.

**QPR  
TRAINING**

QPR TRAINING TEACHES LAY PEOPLE AND PROFESSIONALS TO RECOGNIZE AND RESPOND TO MENTAL HEALTH CRISES USING THE APPROACH OF QUESTION, PERSUADE AND REFER.



**JANUARY 20  
5:30 TO 6:45  
FREE WEBINAR**

Register at  
<https://register.gotowebinar.com/register/2674885702050139151>

**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](http://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



UMASH is funded by the National Institute For Occupational Safety and Health cooperative agreement U54OH01070.

WYOMING

# FOOD SAFETY SERIES

Three classes in various locations and formats

## Acidified Foods Processing - FDA approved

Sheridan - Feb. 4 & 5 (and online)

Jackson - Mar. 3 & 4

## Acidified Foods Processing (home)

Casper - Feb. 12 (and online)

Powell - Mar. 6

## Good Agricultural Practices

Sheridan - Feb. 24 (and online)

Casper - Mar. 6

Jackson - Mar. 2 (and online)

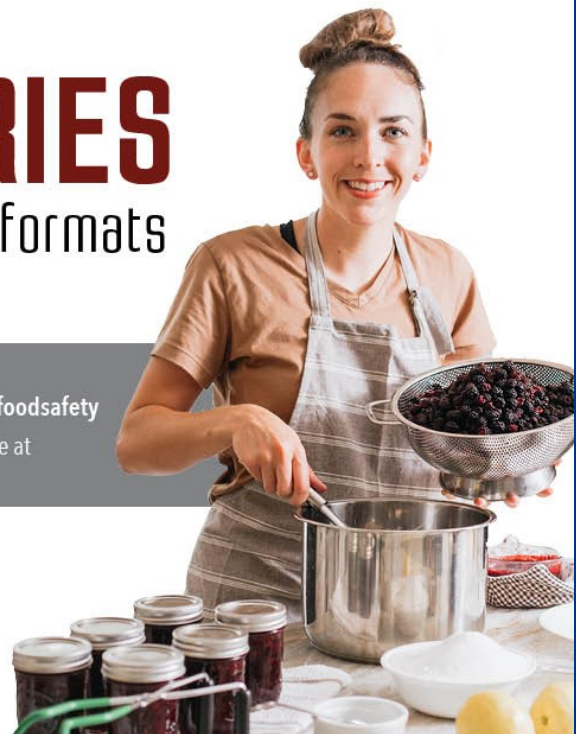
\$20  
EACH

Register at

[www.uwyo.edu/uwe/foodsafety](http://www.uwyo.edu/uwe/foodsafety)

Questions? Contact Cole at

[cehmke@uwyo.edu](mailto:cehmke@uwyo.edu)



WRITING A

# Power of Attorney?

Recommendations to Safeguard Against Financial Abuse



**Carefully select the agent**



**Make an asset inventory**



**Appoint co-agents/monitor**



**Require regular accountings**



**Limit powers, especially self-serving gifting**



Extension

Resources on powers of attorney and elder fraud are at <https://bit.ly/elderly-abuse>

BE INFORMED • BE PREPARED • BE INVOLVED





**TO ALL OF OUR WONDERFUL 4-H MEMBERS  
WHO CELEBRATE THEIR BIRTHDAYS IN JANUARY...**

**Happy Birthday**

*Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Kelly Crane, Director, University of Wyoming Extension, 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.*