

NATRONA COUNTY 4-H “RE-ENROLLMENT” EDITION

Dear 4-H Families & Friends:

4-H is an incredible community for all kids! Many people have the idea that you have to have an animal to be in 4-H but there are so many other opportunities for all kids and interests in 4-H. There are opportunities to participate in shooting sports, geology, art, citizenship, fashion, fishing, health, science, and much, much more! In 4-H, we believe in the power of young people who have valuable strengths and influence to improve the world around them.

In 4-H, you “Learn By Doing”. Projects foster knowledge, skills, responsibility, and the satisfaction of a job well done. Activities are organized by topics and called “projects”. All 4-H members choose at least one project and in choosing a project, consider the space required, supplies, time, and money it will take to bring your project to success.

NATURAL RESOURCES	Entomology, Gardening & Horticulture, Geology, Nature, & Ecology, Outdoor Recreation, Range Management, Shooting Sports, Sport Fishing, Wildlife & Hunting
SCIENCE & TECHNOLOGY	Aerospace, Computers, Electricity, Robotics
LEADERSHIP & TECHNOLOGY	Civic Engagement, Youth Leadership
EXPRESSIVE ARTS	Cake Decorating, Crocheting, Fabric & Fashion, Interior Design, Knitting, Leathercraft, Photography, Quilting, Ropecraft, Visual Arts, Fine Arts, Welding, Woodworking
ANIMAL SCIENCE	Alpacas, Beef, Cats, Dogs, Dairy Goats & Meat Goats, Horses, Pocket Pets, Poultry, Rabbits, Sheep, Swine, Veterinary Science

Natrona County 4-H offers the following projects ...

The 4-H project is mostly done independently with the support of parents, your club leader(s), and opportunities scheduled by the 4-H office. Watch your newsletter and email for these events and opportunities and take advantage of these learning opportunities. This link, <http://www.uwyo.edu/4-h/projects/index.html>, will take you to the Wyoming 4-H page and the list of project information sheets with tons of ideas for the project you choose to do.

As a member of your 4-H club and to be successful in your project, you will be working toward the goals you have set for your project. Every 4-H member needs to pitch in and do their part to be personally successful and for your club to be the best it can be. Read your NC 4-H newsletter and be ready to participate in the offered events and activities. Attend your club meetings and participate. Meetings are held to get things done, develop new ideas, build your leadership skills, get to know other members, learn, and have fun. Enjoy, learn, and have fun at the same time! Here’s to an incredible 2021 – 2022 NC 4-H year!!

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

4-H VOLUNTEERS

4-H COUNCIL

Devonie Mueller President
 Keith Nachbar Vice President
 Sarah Emery Secretary
 Rose Jones Treasurer
 Amber Brooks Member
 Christine Dice Member
 Linda Montgomery Member
 Jen Morrison Member
 Vicki Pickett Member
 Jo Watson Member
 Leah Wiese Member
 Geoellen Stretesky Member
 Terry Stretesky Member

4-H FOUNDATION

Leroy Dickinson Chair
 Harlan Robinson Vice Chair
 Kera Bullard Secretary
 Randy Buffington Treasurer
 Ed Atchley Member
 DeAnna Bradshaw-Brow Member
 Scott Cotton Member
 Jamie Haigler Member
 Joddee Jacobsen Member
 Devonie Mueller Member
 Phillip Rael Member

CENTRAL WYOMING

JUNIOR LIVESTOCK SALE

Burt Andreen Chair
 Aaron Emery Vice Chair
 Karel Loraas Secretary
 Brenda Janikowski Treasurer

4-H SUPERINTENDENTS

Linda Montgomery Alpaca
 Brad Mueller Beef
 Devonie Mueller Beef
 Brian Wing Beef
 Candita Daniels Cat
 Shannon Hansen Dog
 Vicki Smith Dog
 Erin Danford Family Consumer Science
 Megan Kennedy Family Consumer Science
 Deena Wolf Family Consumer Science
 Linda Montgomery General Projects
 Teri Knoek Goat
 Leslie Chaplin Horse
 Alicia Werner Horse
 Carlos Buckner Poultry
 Karen Buckner Poultry
 Michelle Forster Poultry
 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 Helmey Swine
 Alex Wolf Swine
 Dwayne Larsen Tractor Driving (Small Engines)

4-H COMMUNITY CLUB LEADERS

Lisa Keith Alcova
 Lory Wing Alcova
 Michelle Gottsch Barnyard Rebels
 McKenzie Watson 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
 Kari Fransen Elites
 Amanda Henderson Elites
 Janel Schierkolk Elites
 Tana Campbell Hooves & Hides
 Rebecca Raney Kountry Kids
 Linda Montgomery Meadow Acres
 Jennifer Straight Midnight Wonders
 Leslie Chapin Natrona County Horse Project
 Alicia Werner Natrona County Horse Project
 Wendy Smith Natrona County Shooters
 Joe Wistisen Natrona County Shooters
 Jennifer Magee Platte River Wranglers
 Devonie Mueller Rockin' Wranglers
 Keith Nachbar Rough Riders
 Carol Whitney Trail Busters
 Jack Whitney Trail Busters
 Jaime Hornecker Young Guns

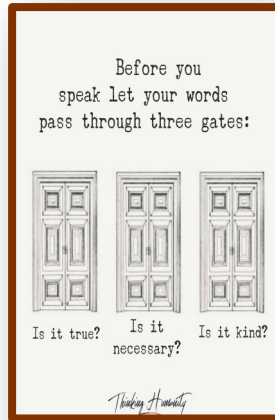
4-H JUDGING TEAM COACHES

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/>

Animal Opportunities
<https://wyoming4h.org/animaloppo/>



Natrona County Alpaca Project
<https://www.facebook.com/alpacasandobstacles>

Natrona County Dog Project
<https://www.facebook.com/groups/428485018384342>

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 fall everyone!

We have some exciting things planned for this upcoming 4-H year. Make sure you are enrolled in Zsuite so you can stay up to date on all things from our office such as events and deadlines. We are going to start utilizing the events tab in Zsuite. There we can post events, take names for signups and even collect any fees. So be on the lookout! It's going to be a great year.

Happy new 4-H year and happy Halloween!

Please contact me at (307) 235-9400 or email ggundersen@natronacounty-wy.gov



2021 SAVE THE DATE

2021-2022 4-H Year Open Enrollment

Date: October 1, 2021
Place: <https://4h.zsuite.org/>

Holiday Make & Take Craft Workshop

Date: December 7, 2021
Time: 4:00 p.m. to 6:00 p.m.
Place: ARLC Casper Room
Cost: \$5.00 per person

2021 & 2022 UPCOMING EVENTS DATES TBA

2021 Natrona County 4-H Achievement Night

Date: TBA

2021-2022 Leadership Training

Date: TBA

2021 QA Livestock Guest Speaker

Date: TBA

2022 QA Meat Clinic

Date: TBA

2022 4-H County Shoot

Date: TBA

2022 4-H Showcase Showdown

Date: TBA

2022 Wyoming State Fair

Date: TBA

CENTRAL WYOMING JUNIOR LIVESTOCK SALE MEETING DATES

Date: November 23, 2021
Time: 6:00 p.m.
Place: ARLC Casper Room

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.

2022 SAVE THE DATE

2022 4-H Foundation Flannel & Frost Fundraising Event

Date: January 29, 2022

2022 Winter Make & Take Craft Workshop

Date: February 22, 2022

2022 4-H/FFA Market Beef Tagging

Date: February 5, 2022

2022 4-H Carnival

Date: March 12, 2022

2022 4-H Presentations Contest

Date: April 5, 2022

2022 4-H/FFA Cat Ownership ID Certificates Due

Date: May 1, 2022

2022 4-H/FFA Dog Ownership ID Certificates Due

Date: May 1, 2022

2022 4-H/FFA Market Goat & Market Sheep Tagging

Date: May 1, 2022

2022 4-H/FFA Rabbit Ownership ID Certificates Due

Date: May 1, 2022

2022 4-H/FFA Market Swine Tagging

Date: May 17-27, 2022

2022 4-H Cake Decorating/Foods/Table Setting Contests

Date: June 4, 2022

2022 4-H Quest For Knowledge

Date: June 8, 2022

2022 4-H/FFA All Other Ownership ID Certificates Due

Date: June 15, 2022

2022 4-H Fashion & Fabric Contest

Date: June 23, 2022

2022 General Judging (Interview & Static Projects)

Date: June 28, 2022

2022 Central Wyoming Fair & Rodeo

Date: July 8-16, 2022

2022 4-H Horse Show

Date: July 30-31 2022

2022 4-H Record Books & Thank You Notes Due

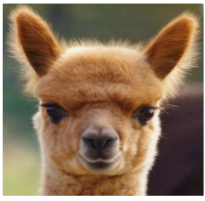
Date: August 31, 2022

The secret of success is
to do the common things
uncommonly well.

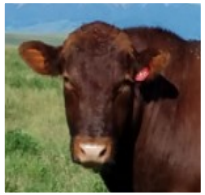
John D. Rockefeller



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

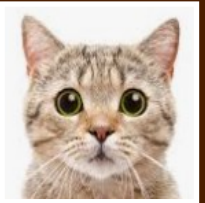


ALPACA PROJECT



BEEF PROJECT

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



CAT PROJECT

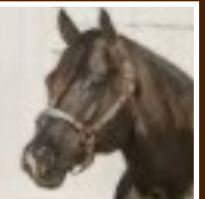


DOG PROJECT

<https://www.facebook.com/groups/428485018384342>



GOAT PROJECT



HORSE PROJECT

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



POCKET PET PROJECT



POULTRY PROJECT

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



RABBIT PROJECT

Showmanship clinic scheduled for November 13, 2021, at 9:00 a.m.
@ ARLC Casper Room
Bring your healthy clean rabbit & carpet square.

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



SHEEP PROJECT

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



SWINE PROJECT



CLOVERBUD PROJECT

Cloverbud Camp scheduled for October 16, 2021, at 10:00 a.m.
@ ARLC Casper Room



FAMILY CONSUMER SCIENCE PROJECT

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



GENERAL PROJECTS



SHOOTING SPORTS PROJECT

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



TRACTOR DRIVING PROJECT

**4-H
JUDGING
TEAMS**

JUDGING TEAMS

FRIENDLY REMINDERS FROM THE 4-H OFFICE...

ARLC ROOM RESERVATIONS

Please call Emily or Rose at 307-235-9400 to reserve a room for your 4-H Club or Committee meetings. The 4-H office does not maintain the building calendar. *PLEASE REMEMBER:* We are still under some COVID-19 restrictions and a COVID-19 release must be signed by a Club Leader. *Please do not prop open ARLC exterior doors as it compromises building security if they are accidently 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.**




IT'S TIME TO ENROLL FOR
THE NC 4-H NEW YEAR!

BEGINNING OCTOBER 1, 2021

[HTTPS://4H.ZSUITE.ORG/](https://4h.zsuite.org/)

Enroll right away beginning 10/1/2021 so
you continue receiving email & newsletters
from the NC 4-H office.



You must be enrolled with ACTIVE status in ZSuite to participate in all 4-H activities.

Remember to re-enroll for the New 2021-2022 4-H Year in ZSuite which begins October 1, 2021.

Your membership will not be activated in ZSuite until your payment is received. The easiest way to pay is by credit card (with no transaction fee) through ZSuite !

BEGINNING OCTOBER 1, 2021, IT'S TIME TO ENROLL/RE-ENROLL IN ZSUITE FOR THE 2021-2022 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. The easiest way to pay is via credit card (with no transaction fee) through ZSuite. You may also mail your check made payable to the Natrona County 4-H; 2011 Fairgrounds Road; Casper, WY 82604 or pay via credit card (3% transaction fee applies) 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 background screening & training 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 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 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.

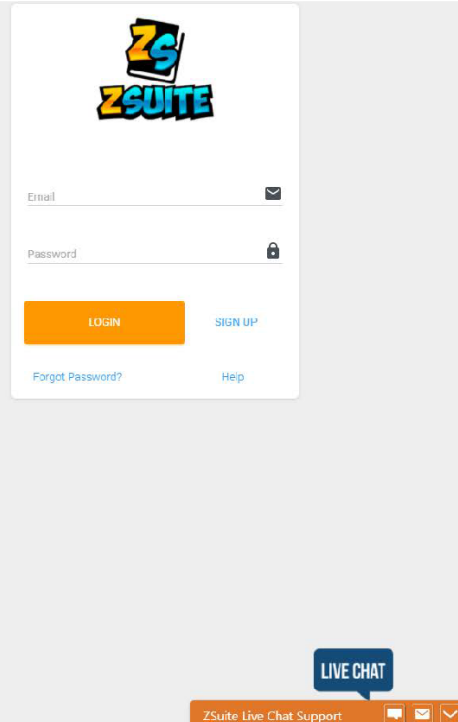
REMINDER: Throughout the year, if your contact information has changed (name, mailing address, phone number, email address, etc.), it is your responsibility to update your profile in ZSuite. ***Failure to do so, may result in you missing an important deadline and/or information pertaining to your 4-H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

HOW TO SIGN UP FOR THE FIRST TIME IN ZSUITE

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



New Users: **Click SIGN UP**



2. 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)
3. 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**
4. **Select the PERSONAL INFO tab.** All fields marked with an asterisk (*) are required. **Click NEXT** to get to the WAIVERS tab.
5. **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.
6. **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.
7. **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.
8. 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.

SATURDAY, OCTOBER 16, 2021

ARLC/CASPER ROOM (ENTER ON THE EAST SIDE)

10 AM - 11:30 AM

CLOVERBUD CAMP!

REGISTER ONLINE THROUGH YOUR ZSUITE ACCOUNT

[HTTPS://4H.ZSUITE.ORG/](https://4h.zsuite.org/)



NEEDED: VOLUNTEER TO HEAD UP THE SPORT FISHING/OUTDOOR RECREATION PROJECT



If you are interested in helping kids appreciate and have fun in the great outdoors, call Joddee at the 4-H office and let's talk about how we can get this organized...there are a lot of options to fit the time you have to volunteer!

CALL NOW!

_____ 235-9400



Thank You!

RECORD BOOK JUDGES:

Bonnie Dudley, Jen Morrison, Bev Snyder,
Carol & Robyn Stoeger, Geollen Stratesky,
& Ruby Ziehl



These 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?”



Upper Midwest
Agricultural Safety
and Health Center



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



Upper Midwest
Agricultural Safety
and Health Center
UMASH is funded by the National Institute
for Occupational Safety and Health
cooperative agreement U54OH00070

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

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

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



Upper Midwest
Agricultural Safety
and Health Center
UMASH is funded by the National Institute
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cooperative agreement U54OH00070

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

WASH YOUR HANDS

**Scrub for at least
10-15 seconds**

**Total wash time
should be 20
seconds or more**



Extension

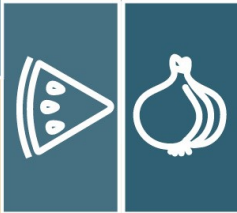
www.uwyo.edu/uwe

4 STEPS

TO PREVENT FOOD POISONING



CLEAN



SEPARATE



COOK



CHILL



UW

Extension

www.uwyo.edu/uwe

SAFE FOOD HANDLING FOR PRODUCE:

Prepare raw produce with food safety in mind



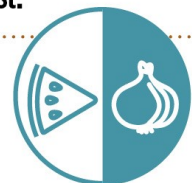
Wash your hands first.

Rinse fresh fruits and vegetables under cool, running, clean water even if you do not plan to eat the skin or rind.



Never use soap, detergent, or bleach solution to wash fresh fruits or vegetables. They can affect flavor and may not be safe to ingest.

Avoid cross-contamination when preparing fruits and vegetables.



UW

Extension

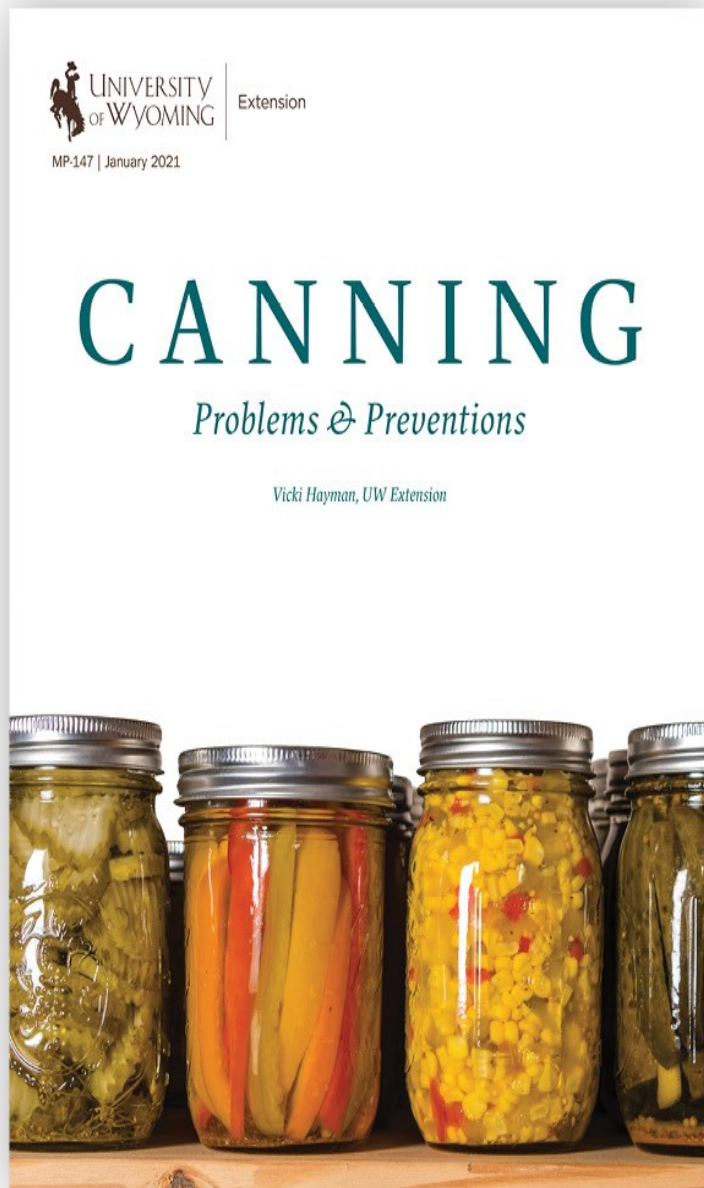
www.uwyo.edu/uwe

NEW RESOURCE:

Canning Problems & Preventions

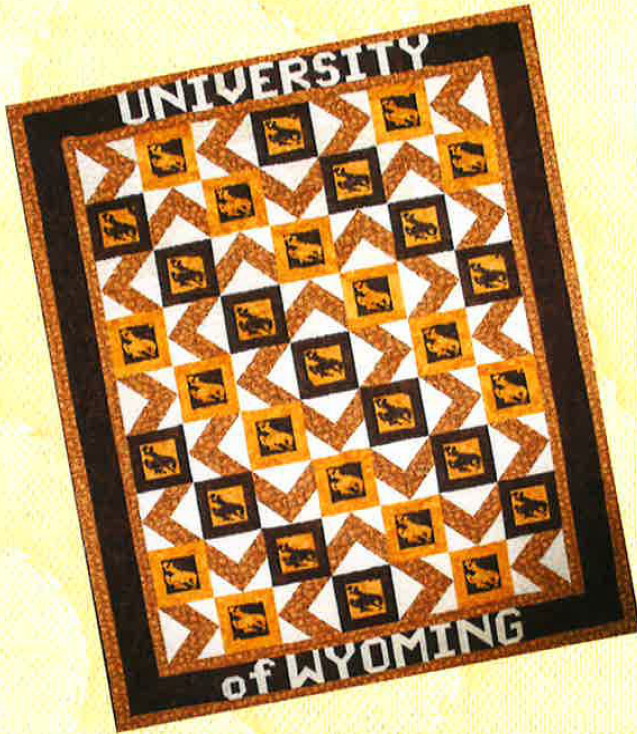
Search under
publications at
uwyo.edu/uwe

More resources at
uwyoextension.org/uwnutrition/



Extension

www.uwyo.edu/uwe



Quilt Raffle

Benefitting the UW Animal Science Wool Judging Team
and the 4-H Wool Judging Program

Tickets available at UW Extension county offices.

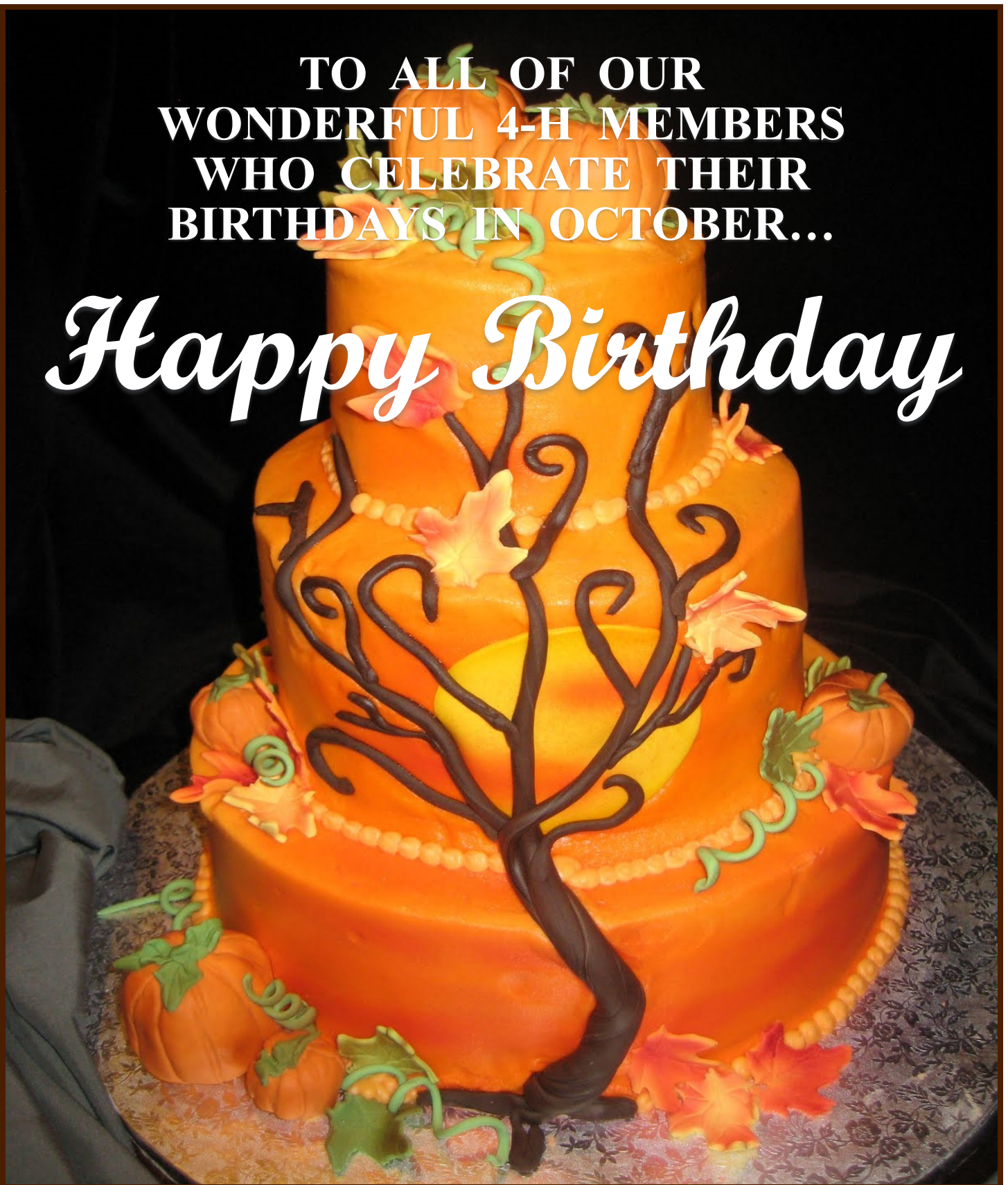
Visit wyoming4h.org/quilt-raffle/ to view this \$4,000 quilt.

\$20/ticket • 7 tickets/\$100

**Queen-sized handmade quilt
donated by Kathy & Russell Bell, of Gillette Wyoming.**

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

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.

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