

NATRONA COUNTY 4-H "BE MERRY" EDITION

Dear 4-H Families & Friends:

It's the most wonderful time of the year, and don't we all wish we could carry the spirit of the season with us every day? I came across this article by Dr. Russell Grieger recently and what better time than the holiday season to share it with all of you. There are many ways to describe how 4-H youth programs work to enhance positive youth development. One way is to think about the [essential elements of a 4-H experience](#) of mastery, belonging, generosity, and independence. While these components all interact to provide a positive learning environment for youth, generosity is a concept that can be encouraged at all age levels and in every project area. Generosity helps youth see a world larger than themselves and their purpose in the world.

Generosity of Spirit...what does it mean, exactly?

Generosity is the willingness to give something to others—that something may be money, gifts, time, etc. *Generosity of spirit* is the openness and willingness to share our own 'gifts' freely with others, joyously, and without the expectation of receiving anything in return.

Be mindful of how you show up with the people you love, the people you work with, and the people you interact with each day. Do you bring a generosity of spirit to those interactions? To all of them? Just some of them?

Bringing a generosity of spirit to *all* of our interactions sets the bar for how we relate to the world and ourselves. We know that even with the intention, we don't always show up at that level.

And when you find yourself annoyed with people, channel your generosity of spirit to acknowledge that *most people are doing their best* in this crazy and sometimes challenging world, and approaching others with that assumption is good for you and better for the world.

Most everyone is familiar with the Charles Dickens novel, "A Christmas Carol". The dramatic center of this tale occurred on Christmas Eve when Scrooge was visited by three ghosts who conducted what we would today call an "intervention". They forced him to take an unvarnished look at his life and gave him an opportunity to transform his heart.



The Ghost of Christmas Past transported Scrooge back to his youth where he saw the family warmth and happiness he no longer enjoyed. The Ghost of Christmas Present took him to the home of his employee, Bob Cratchet, whose family bathed themselves in love for each other despite the impending death of their beloved son, Tiny Tim. The Ghost of Christmas Future took him forward to his gravesite with no one remembering or caring that he had lived or died.

Sure enough, the intervention worked. Scrooge faced up to the waste and barrenness that was his life. Awakening on Christmas Day to find that he is still alive, he was a newborn man. He bounded out his front door, seeing every person he met as an opportunity to make their life nicer, warmer, and richer. Right before our eyes, he became a living, breathing source of generosity. Not only did he spread the gift of happiness to others, but he experienced it himself—fully and fervently.

The spirit of generosity—what a gift to give to others and to yourself! Imagine adding this spirit to your heart. Imagine the positive impact you'd have on others with a willingness to be relentlessly generous with them. Imagine the goodwill you'd create by being determined to leave no encounter without some small act of generosity. Imagine how happy and fulfilled you'd feel expressing this throughout your day.

I want to emphasize that by generosity I do not mean giving tangible things to people, though doing so might indeed be an act of generosity. It is more a spirit of self. Remember to think like the transformed Scrooge and watch your happiness quotient soar.

Happiness is not something the universe will bestow upon you just because you exist. To be happy, you must work at it. Being *generous of spirit* will go a long way toward you experiencing happiness.

1. **Be Aware of the Opportunities.** If each person in the world went home each evening and treated the members of their family with generosity, the world would be transformed. So, first, be aware of the opportunities that exist with the people in your life to find ways to express generosity.

2. **Recognize the Benefits.** What you sow, so shall you reap. By acting toward others with the spirit of generosity, you will without question make a positive impression, perhaps even elicit affection, so that they will most likely be motivated to respond in kind. You now are the beneficiary of their generosity back to you. Be aware of and appreciate the benefits to you by your generosity to others.

3. **Be Proud of Your Generous Spirit.** You most likely do not have the power to transform the planet, but you can make a profound difference within your little corner of the world. Start with your immediate family, then expand to your friends and colleagues, and go from there to the chance encounters you have with people during your everyday life. You can and will impact them by acting with this spirit of generosity.

4. **Teach It.** When we teach something to others, we tend to learn it deeper ourselves. Make a point to teach *Be Generous of Spirit* to others.

5. **Appreciate Others' Generosity.** Be that person who never fails to send a note of "thank you" for presents, get-togethers, and the like. In addition to appreciating these generous acts from others, note these acts and remind yourself to model them yourself.

In going forward to *Be Generous of Spirit*, here are two tidbits to put into action:

One, be careful not to operate on this with the intent of manipulating others to like you; this will be phony and likely backfire. Rather do it out of an overarching sense of generosity toward life.

Two, act, act, act; the only thing that will bring about any change—whether inside you, or in the world out there—is to do what's necessary to bring about that change. So, first think generous, then act generous.

~ **Russell Grieger, Ph.D.**, is a licensed clinical psychologist in private practice, an organizational consultant and trainer, and an adjunct professor at The University of Virginia

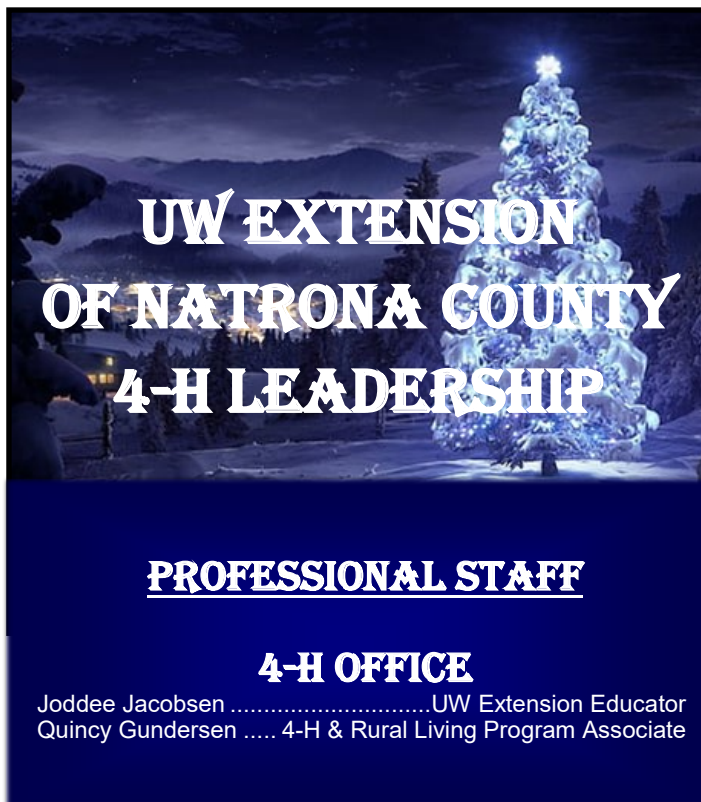
Make it your goal to keep a "spirit of generosity" throughout the year and not just during the holiday season. Through that conscious effort, good things will happen not just for you but for others, as well. *Do what you can, when you can.* Look for and recognize opportunities to be a little kinder to your fellow man and woman...light shines brightest in the darkness. Wishing you all the best in the New 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

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Joddee Jacobsen UW Extension Educator
Quincy Gundersen 4-H & Rural Living Program Associate

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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
Cecilea Hansford Goat
Teri Knoek Goat
Mackenzie Watson Goat
Leslie Chaplin Horse
Alicia Werner Horse
Carlos Buckner Poultry
Karen Buckner Poultry
Michelle Forster Poultry
Veronica Mason Rabbit
Janel Schierkolk Rabbit
Kandi Ossa Recreation & Sportfishing
Tom Ossa Recreation & Sportfishing
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
Elizabeth Gutierrez 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 Country Shooters
Joe Wistisen Natrona Country 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
Alex Wolf Meats
Burt Andreen Meats
Jack Stewart Meats
Donna Hoffman Produce
Ed Selby Wool

QUINCY'S CORNER

BRINGING HOME YOUR ANIMAL PROJECTS

It is that time of year when we are thinking about our projects for the upcoming show season. As you start to bring your animals home, please consider the following:

- ◆ Do you have a biosecurity plan in place? It is important to keep new animals isolated from your other animals for the first couple weeks to prevent the spread of diseases. Be sure to monitor your animals at this time for illness.
- ◆ Does your animal have access to adequate space in their pen?
- ◆ Does your pen have safe and secure fencing?
- ◆ Does your animal have access to a warm shelter, clean, dry bedding, and adequate cover from the sun, rain, wind, and snow?
- ◆ Small animals don't have much fat covering to keep them warm, so it is extra important they have proper shelter.
- ◆ Since we live in Wyoming, our animals are faced with extremely cold weather conditions. It is important that their shelter provides them with a warm, dry location where they can get out of the wind.
- ◆ Clean your animal's pen daily to ensure their bedding stays clean and dry.
- ◆ Have you checked your pens for loose nails, boards, wire, or any other potential hazard? Animals can ingest, get tangled in, or cut by any of these, causing stress and illness. It is important to check pens daily for safety concerns.
- ◆ Do you have water containers that can't be tipped over to ensure your animal has water at all times? Even in cold weather animals need constant access to water.
- ◆ Animals also need access to good quality feed, especially during our cold winter months so they can stay warm.
- ◆ Is your animal on a well-balanced feed regimen that will help them maintain body condition and grow? There are many resources to help you decide which feed is best for your animal. Don't be afraid to talk about your options with feed store staff or your 4-H leaders.
- ◆ Do you have a relationship with a local veterinarian? It's a good idea to know a vet that you can call with questions or in an emergency. Animals can get sick or injured at any time, having a plan in place could save you from a devastating loss.
- ◆ Only give medications as recommended by your vet. Follow labels and observe the withdrawal times, especially as we get closer to fair.
- ◆ Do you know proper animal handling techniques? It is important to keep their stress levels low. Calm, slow, quiet movements are usually most effective.



QUINCY GUNDERSEN
Rural Living & 4-H
Program Associate

This booklet by Oregon State 4-H has some great ideas for how to keep your animals healthy and some things to think about before you bring your animals home. <https://catalog.extension.oregonstate.edu/sites/catalog/files/project/pdf/4-h140.pdf>

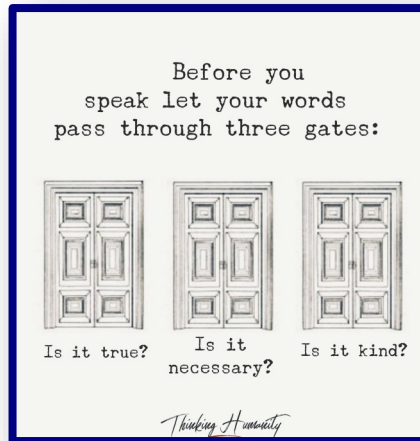
Please contact me at (307) 235-9400 or email qgundersen@natronacounty-wy.gov



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/>

Natrona County Goat Committee
<https://www.facebook.com/Natrona-County-Goat-members-2176467255942019>

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

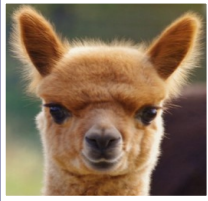
Natrona County Sheep Committee
<https://www.facebook.com/Natrona-County-Sheep-Committee-215429072351613>

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

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

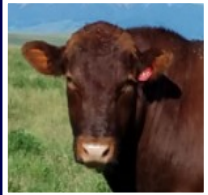
Natrona County 4H/FFA Jr. Livestock Sale
<https://www.facebook.com/centralwyomingjrlivestocksale/>

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



ALPACA PROJECT

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



BEEF PROJECT

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



CAT PROJECT



DOG PROJECT

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



GOAT PROJECT

<https://www.facebook.com/Natrona-County-Goat-members-2176467255942019>



HORSE PROJECT

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



POCKET PET PROJECT



POULTRY PROJECT

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



RABBIT PROJECT

*Committee meeting for December 11, 2021, at 9:00 a.m.
@ ARLC Mills/Evansville Room*

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



SHEEP PROJECT

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

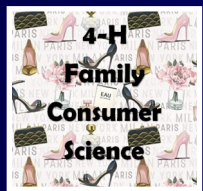


SWINE PROJECT

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



CLOVERBUD PROJECT



FAMILY CONSUMER SCIENCE PROJECT

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



GENERAL PROJECTS & RECORD BOOKS



SHOOTING SPORTS PROJECT

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



TRACTOR DRIVING PROJECT

4-H JUDGING TEAMS

JUDGING TEAMS

Beginning January 23, 2022 through State Contests in late March 2022
Meats practice is every Sunday @ Casper College Pavilion from 12:45 PM to 3:45 PM.
Wool practice will begin in a few weeks after Meats practice begins.

Questions? Meats: Burt Andreen 258-2484, Jack Stewart 251-0033, Alex Wolf 299-6600, Wool: Ed Selby 267-7619



2022 SAVE THE DATE

2022 4-H Leader Training W/Sarah from the BGCCW

Date: January 11, 2022

2022 4-H Foundation Flannel & Frost Fundraising Event

Date: January 29, 2022

2022 4-H/FFA Market Beef Tagging

Date: February 5, 2022

2022 Winter Make & Take Craft Workshop

Date: February 22, 2022

2022 4-H Carnival

Date: March 12, 2022

2022 4-H State Meat & Wool Contest

Date: March 25-26, 2022

2022 4-H Presentations Contest

Date: April 5, 2022

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

Date: April 30, 2022

2022 4-H/FFA Cat Ownership ID Certificates Due

Date: May 2, 2022

2022 4-H/FFA Dog Ownership ID Certificates Due

Date: May 2, 2022

2022 4-H/FFA Rabbit Ownership ID Certificates Due

Date: May 2, 2022

2022 4-H/FFA Market Swine Tagging

Date: May 17-27, 2022

2022 4-H County Shoot

Date: June 4-11, 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 Showcase Showdown

Date: June 21-23, 2022

2022 General Judging (Interview & Static Projects)

Date: June 28, 2022

2022 4-H Fashion & Fabric Contest

Date: June 30, 2022

2022 4-H State Shoot

Date: July 7-10, 2022

2022 Central Wyoming Fair & Rodeo

Date: July 8-16, 2022

2022 4-H Horse Show

Date: July 30-31, 2022

2022 Wyoming State Fair

Date: August 16-20, 2022

2022 4-H Record Books & Thank You Notes Due

Date: August 31, 2022

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.



Natrona County 4-H Foundation's 7th Annual

FLANNEL & FR **ST**

Fundraiser

Saturday, January 29, 2022 • 5:00 p.m.

Prime Rib Dinner & Auction

The Hangar • Bar Nunn, Wyoming

Call (307) 235-9400 for tickets

\$60/Ticket

Sponsorships Available



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



**Natrona County 4-H Foundation • 7th Annual Fundraising Evening
Prime Rib Dinner & Auction
Saturday, January 29, 2022 • 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 **January 29, 2022** 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:

- Supply one (1) silent auction basket with a retail value of at least \$50.
- One gift card; please *do not* include it inside your silent auction basket.
- Please have the basket to the 4-H office no later than **December 31, 2021 (the silent auction is virtual/online, and we need time to photograph and inventory the baskets and get the information to the auctioneer for the event.)**

Your basket theme is:

Alcova	Pizza Party
Barnyard Rebels	Morning Favorites Breakfast Basket
Bear Claws	Coffee/Tea Lovers
Boots & Buckles	Snow Fun
Buckaroos	Sports/Activities
Bullwinkles	Guy Crate (stuff that guys NEED)
Can Do	Camo for Guys & Gals
City Dudes	Taste of Italy
Elites	Weekend Getaway/Road Trip
Hooves & Hides	"Paws"ativley Awesome (all things for pets)
Kountry Kids	Everything Legos
Meadow Acres	Crafts Galore!
Natrona Country Shooters	Outdoor Sportsman
Natrona County Horse Club	Taste of Wyoming & the West
Platte River Wranglers	Chocolate Bliss
Rockin' Wranglers	Deadwood Getaway
Rough Riders	Camping Crazy/S'mores Galore
Trail Busters	Family Night
Young Guns	Wonderful Wyoming (WY made /themed)

1. 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.
2. **Donate one (1) gift card**; *please do not place it inside the silent auction basket. See below for the gift card theme (some ideas...oil change, Grant Street Grocery, Mountain Sports, hair stylist, butcher, etc...please support our locally owned businesses).*


Alcova	Locally owned Casper business
Barnyard Rebels	Movie theatre
Bear Claws	Restaurant
Boots & Buckles	Locally owned Casper business
Buckaroos	Locally owned Casper business
Bullwinkles	Manicure
Can Do	Big box store (Best Buy, Target, etc.)
City Dudes	Local Casper business
Elites	Florist
Hooves & Hides	Local Casper business
Kountry Kids	Restaurant
Meadow Acres	Movie theatre
Natrona Country Shooters	Big box store (Best Buy, Target, etc.)
Natrona County Horse Club	Locally owned Casper business
Platte River Wranglers	Coffee business
Rockin' Wranglers	Coffee business
Rough Riders	Cookie Store
Trail Busters	Locally owned Casper business
Young Guns	Restaurant

Thank 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.

**THANKS for supporting your
Natrona County 4-H program!!!**

~ Natrona County 4-H Foundation ~

Leroy Dickinson, Chairman; Randy Buffington, Kera Bullard, Ed Atchley, Josh Bliss, DeAnna Bradshaw-Brow, Jamie Haigler, Donna Hoffman, Joddee Jacobsen, Devonie Mueller, Phillip Rael, Harlen Robinson



MARK YOUR CALENDARS

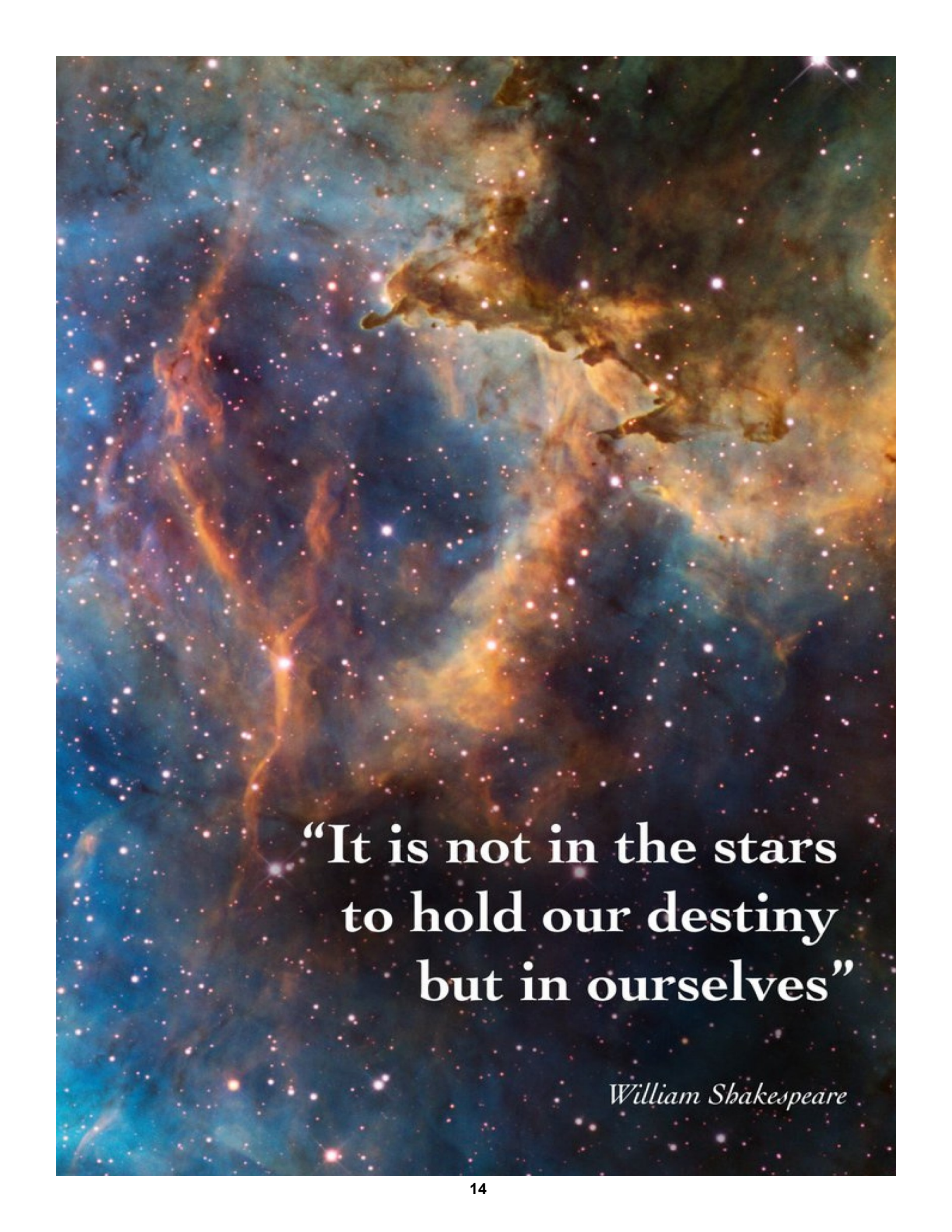
Beef Tagging

FEBRUARY 5TH @ CWF&R GROUNDS

Please remember that you must be enrolled in ZSuite with ACTIVE status (Registration Fee Paid) to participate in all 4-H activities including tagging.

NATRONA COUNTY 4-H FOUNDATION SCHOLARSHIP OPPORTUNITY





“It is not in the stars
to hold our destiny
but in ourselves”

William Shakespeare

PREVIOUS SCHOLARSHIP RECIPIENTS



Congratulations on receiving a scholarship in the previous year from the NC 4-H Foundation! As you continue your higher education goals, we hope to be a partner in your success.

Eligibility: Open to any Natrona County 4-H member or 4-H Leader who has previously received this scholarship and is:

1. Currently enrolled as a full-time college student (12 credit hours) or full time status (technical school) and
2. Minimum cumulative GPA of 2.5

Terms of Scholarship:

1. One-half of the scholarship must be used the fall semester after it is awarded at any Junior College, University, or Technical School.
2. The second half of the scholarship will be awarded after the recipient re-enrolls for the second semester and shows proof by submitting a transcript from that semester that he or she has maintained a **minimum 2.5 cumulative GPA** for the previous semester.

The requirements for your application are as follows:

- Complete the scholarship application form with appropriate signatures. This application may also be completed using the fillable Adobe PDF form at this link:
- New applicants will be contacted to schedule an interview. An interview is not required for previous applicants.
- Answer the short essay question(s) on the application.
- Attach an OFFICIAL/CERTIFIED TRANSCRIPT.
- A current photo must be included.

PREVIOUS APPLICANT APPLICATION



PREVIOUS SCHOLARSHIP APPLICANT APPLICATION

The completed application & transcript must be received by
the 4-H Office before 4:30 p.m. on January 12, 2022

Full Name: _____ Student ID #: _____
SSN #: _____
Birth Date: _____ Age: _____ Phone: _____
Mailing Address: _____
Parent/Guardian: _____
Address (if different): _____
E-mail address: _____
High School Attended: _____
What level are you in College? ☐ Senior ☐ Junior ☐ Sophomore ☐ Freshman
College or institution will you plan on attending: _____
Major/Program: _____
4-H Years Completed: _____

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)

PREVIOUS SCHOLARSHIP APPLICANT SHORT ESSAY

Write a minimum of 150 words telling us about your successes and challenges during the past year. Describe your long-range educational goal, and how you expect to achieve it. Edit for grammar, spelling, and punctuation.

~~~~~

# NEW SCHOLARSHIP APPLICANT

As you continue your higher education goals, the Natrona County 4-H Foundation hopes to be a partner in your success.

## **Eligibility:**

1. Open to any Natrona County 4-H 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 member for at least three (3) years.
  - Is currently enrolled or has successfully completed the current 4-H year.
2. A current 4-H leader who
  - Is an enrolled 4-H leader
  - Is currently enrolled as a full-time college student
  - Has a minimum cumulative GPA of 2.5

## **Terms of Scholarship:**

1. One-half of the scholarship must be used the fall semester after it is awarded at any Junior College, University or Technical School.
2. 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.
3. 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, or an individual you have worked with in the community.
- A current photograph must be included.



# NEW APPLICANT APPLICATION



## NEW SCHOLARSHIP APPLICANT APPLICATION

The completed application & transcript must be received by  
the 4-H Office before 4:30 p.m. on February 25, 2022

Full Name: \_\_\_\_\_ SSN #: \_\_\_\_\_

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

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

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

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

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

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

What level are you in school? High School: ☐ Senior ☐ College: ☐ Senior ☐ Junior ☐ Sophomore ☐ Freshman

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

Major/Program: \_\_\_\_\_

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

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: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Required if under 18 years of age)

# NEW APPLICANT APPLICATION SHORT ESSAY QUESTIONS

Edit for grammar, spelling, and punctuation.

1. Tell us about some of the challenges and successes you have experienced in the NC 4-H program including accomplishments, leadership positions, and opportunities.
2. Tell us about your involvement in the community and your extracurricular activities.



3. What projects did you choose to pursue in the NC 4-H program? Describe what you did in your projects.

4. How has 4-H been influenced your life and made you a better person?

NATRONA  
COUNTY 4-H  
FOUNDATION



## CONTACT US

NC 4-H Foundation  
2011 Fairgrounds Road  
Casper, WY 82604  
307.235.9400





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

## *Enroll Today for NC 4-H*

You must be enrolled to receive newsletters, event information, important emails, & participate in 4-H activities



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

**Remember to re-enroll for the 2021-2022 4-H Year in ZSuite which began on 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 !**

# ENROLLING IN ZSUITE

## 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. Please call the 4-H office at 307-235-9400 with any questions.**

- 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. Please call the 4-H office at 307-235-9400 with any questions.**

- 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.

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 so we can activate your membership.

**\*\*\* 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:** 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).*

### **IMPORTANT!**

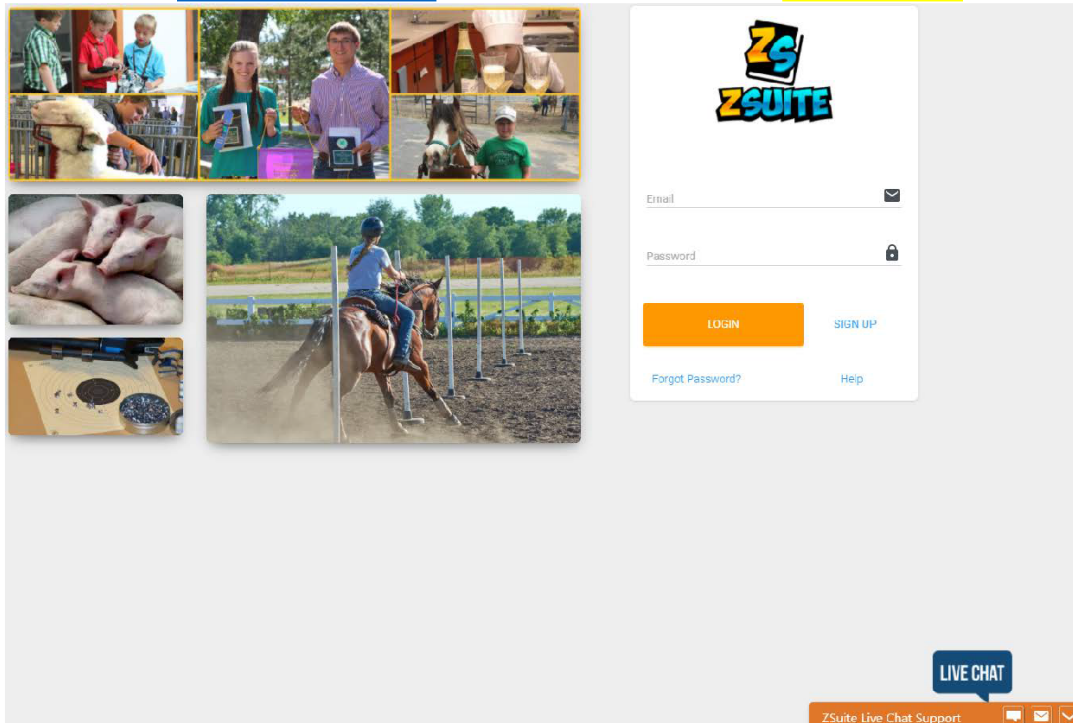
**You are NOT covered by 4-H insurance and will not be allowed to participate until your membership is ACTIVE status in ZSuite.**



# 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.



# *a little bit of* **EVERYTHING**

there's a project for everyone

|                   |                    |
|-------------------|--------------------|
| Aerospace         | Muzzle Loading     |
| Archery           | Nature & Ecology   |
| Beef              | Photography        |
| Cake Decorating   | Pistol             |
| Cats              | Pocket Pets        |
| Citizenship       | Poultry            |
| Computers         | Quilting           |
| Crocheting        | Rabbits            |
| Dogs              | Range Management   |
| Electricity       | Recreation         |
| Entomology        | Rifle              |
| Fabric & Fashion  | Robotics           |
| Foods & Nutrition | Ropecraft          |
| Gardening         | Self-Determined    |
| Geology           | Sheep              |
| Dairy Goats       | Shotgun            |
| Meat Goats        | Sportfishing       |
| Health            | Swine              |
| Horses            | Veterinary Science |
| Interior Design   | Visual Arts        |
| Knitting          | Wildlife & Hunting |
| Llamas & Alpacas  | Woodworking        |
| Leathercraft      | Youth Leadership   |



## *Club Meeting Ideas...*

Throughout the year, I'll share some ideas for monthly club meetings to help you help your clubs be the best they can be.

| Business                                                                                                       | Demonstrations or Talks                 | Other Education/<br>Social-Recreational                                                            |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------|----------------------------------------------------------------------------------------------------|
| Begin talking about record books and scholarship opportunities.                                                | How to make ornaments/<br>decorations.  | Caroling                                                                                           |
| Plan ways to finance club activities.                                                                          | Feeding birds in the winter months.     | Bake cookies or learn to make fudge.                                                               |
| Prepare to prepare gift basket for the Flannel & Frost Silent Auction due to the 4-H office December 31, 2021. | How to introduce one person to another. | Service project...help out a family in need or an organization who needs your help to help others. |
| Discuss having more effective participation in your club.                                                      | The 4-H Code of Conduct.                | Check the 4-H calendar...what's coming up & what can I participate in?                             |

## *Especially for Leaders... tips and ideas for successful clubs...*

### **What Makes a Good 4-H Club Meeting?**

- ♦ **A Regular Meeting Day, Time, and Place:** These are very good points to consider about your 4-H club meetings. This also demonstrates why learning how to run effective meetings in 4-H now will benefit later in life. Meetings are held in all careers, and an effective, well-planned meeting get things done.
- ♦ A 4-H club needs to meet regularly at a regular place and time. Moving a meeting date to meet the whims of the group may work in the short term. But in the long run, members can be confused about meeting dates and stop coming to meetings. It also makes it difficult for new members as they join through the year.
- ♦ **Meetings are Held Often:** A 4-H club can't accomplish goals if it doesn't meet often enough or members aren't attending on a regular basis. How much is enough? This depends on the club and the goals that the club has set for themselves. Once a month is the minimum but if your club members want to meet more, then go for it.
- ♦ **A Balance of Work and Play:** Every meeting should have several parts. Meetings should include a chance for members to interact socially. There should be a business sessions run by the club's officers and assisted by adults, as needed. And lastly, an educational program and/or project work. This portion of the meeting could be working on actual projects, a guest speaker, an educational video/training, or presentations by members of the club.
- ♦ **Variety and Member Involvement:** Vary the club activities throughout the year, and encourage/teach for optimum member/officer involvement. Help your club members decide what they want to do most and guide them in making sound decisions and following through with their planning decisions.



## 4-H WORD SEARCH

YOUTH IN 4-H DO MANY ACTIVITIES. IN THE WORD SEARCH BELOW, THERE ARE WORDS THAT RELATE TO WHAT 4-H IS ALL ABOUT. CAN YOU FIND ALL 22 WORDS IN THIS PUZZLE? GOOD LUCK AND IF YOU FIND THEM ALL, YOU HAVE CLOVER POWER!

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | O | M | A | K | E | T | H | E | B | E | S | T | B | E | T | T | E | R |
| L | H | E | A | L | T | H | R | G | E | S | P | A | R | E | N | T | S | R |
| F | W | M | E | N | I | M | O | A | Q | P | R | S | D | H | Q | R | C | C |
| O | C | B | Y | A | H | G | E | R | H | E | O | P | G | A | M | O | O | K |
| O | L | E | A | D | E | R | S | D | O | E | J | E | W | N | Z | E | M | E |
| D | O | R | A | A | A | E | M | E | R | C | E | T | P | D | E | I | P | T |
| T | V | S | F | R | D | E | T | N | S | H | C | S | W | S | B | D | U | R |
| H | E | A | R | T | M | N | R | N | E | W | T | W | H | I | T | E | T | Y |
| Q | R | R | G | A | M | E | S | G | S | N | S | E | W | I | N | G | E | P |
| X | S | O | L | E | A | R | N | B | Y | D | O | I | N | G | L | Z | R | C |

**Health** (one of the 4 "H"s)

**Heart** (one of the 4 "H"s)

**Hands**(one of the 4 "H"s)

**Head** (one of the 4 "H"s)

**Clover** (Emblem)

**White**(one of the 4-H colors)

**Food**

**Parents**

**Games**

**Members**

**Rocketry**

**Projects**

**Computer**

**Sewing**

**Garden**

**"To Make The Best Better"** ( 4-H motto)

**Leaders**

**Green** (one of the 4-H colors)

**Horses**

**Pets**

**Speech** (one of the skills you can learn in 4-H)

**Learn by Doing** (the way we teach in 4-H)

Resource: ND 4-H Learn About Lesson



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

## ARLC ROOM RESERVATIONS

Please call 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 accidentally left open once the event has ended.*

## COMMUNICATION

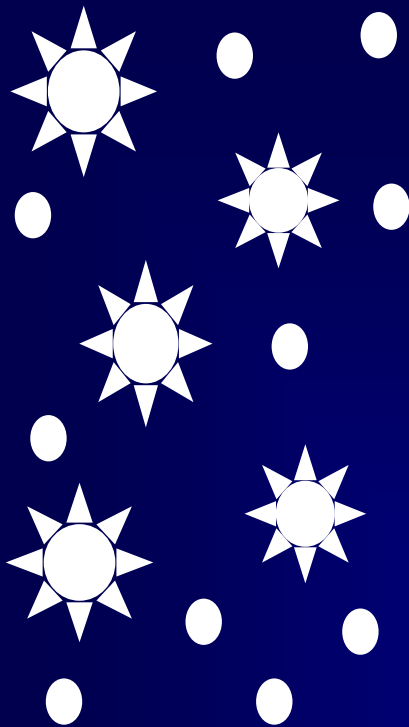
4-H has a wealth of educational opportunities and the majority of these will take place at the club level with others coming from the 4-H office and the Wyoming 4-H state office.

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.



KINDNESS IS FREE  
SPRINKLE  
THAT STUFF  
EVERYWHERE



## 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



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

### 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](http://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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It's free, confidential and open 24/7



ADDITIONAL REGIONAL AND NATIONAL RESOURCES AVAILABLE AT:  
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Revised April 2019

# WASH YOUR HANDS

Scrub for at least  
10-15 seconds

Total wash time  
should be 20  
seconds or more



UW

Extension

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

## SAFE FOOD HANDLING FOR PRODUCE:

*Prepare raw produce with food safety in mind*



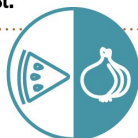
Wash your hands first.

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

## 4 STEPS TO PREVENT FOOD POISONING



CLEAN



SEPARATE

COOK



CHILL



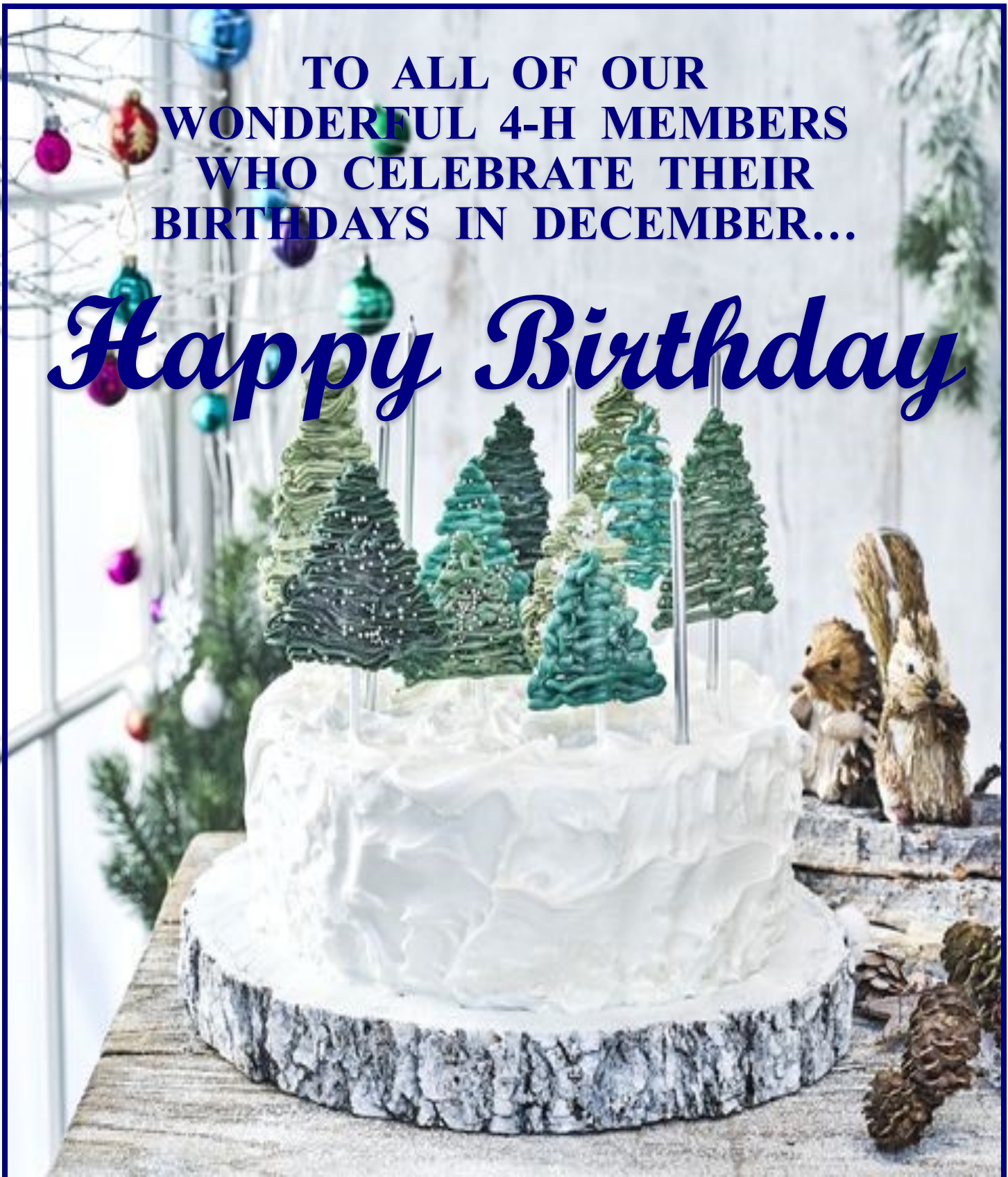
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[www.uwyo.edu/uwe](http://www.uwyo.edu/uwe)



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

*Happy Birthday*



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