

NATRONA COUNTY 4-H "ALIGN YOUR FOCUS" EDITION

Dear 4-H Families & Friends:

The Success of Your 4-H Experience is Up-To-You....

1. Craft a Vision...

The first step is **to get clear on what is most important to you**. This is all about figuring out what you want out of the next year of your life. Take some time to think about what it is you want to accomplish over the next year and beyond and where you want to go.

2. Get clear on why you want it...

Now that you've crafted a compelling vision (I.E. decided what you want your goals to look like), you need to get really clear on **why** you want it. A compelling vision can only motivate you to the degree that you're in tune with **why you want it**, so you need to take the time to get really clear about **why** you want what you want.

3. Create a plan to execute your goal...

If you have a compelling vision and know your 'why', you need to **create a relevant plan** that allows you to take action in the most effective way possible towards that vision. Break down your goal into reasonable and believable chunks that highlight a clear path to your goal.

4. Develop a system for helping you stick with it...

An extension of your plan, **an accountability system** takes over where your plan leaves off. Start off by setting smaller weekly goals based on your quarterly goals. You can gauge your performance on a weekly basis and make notes on how you can improve, staying on track every step of the way. In addition, this kind of system really helps you up your game over the long run by making small weekly or monthly improvements.

5. Allow yourself to fail (and know what to do when you fall off)...

It's important to differentiate between quitting and failing. **Quitting** means you're done. It means you tried to realize your vision and no longer felt you could hit your goal and decided not to pursue it any longer. **Failing** means you tried to accomplish some aspect of your dream or goal and didn't. With

failing, you have the opportunity to try again another way. Quitting means you're done. Oftentimes, we accomplish our goals in a way we never imagined. You can't plan for what life throws at you, but you can get back up, adapt, and move forward.

Adapted from Goalcast

Matt Valentine

December 22, 2017

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

1. Make a list: No matter how small, write down the things you need/want to accomplish.

2. 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.

3. 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.

Happy New Year! Make the Best Better...

Joddee L. Jacobsen

Joddee L. 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
Quincy Gundersen 4-H & Rural Living Program Associate

4-H VOLUNTEERS

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Brenda Janikowski Treasurer

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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
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

Happy New Year everybody! Just a little reminder that beef tagging is coming up February 5th starting at 9am. Since we had very positive feedback on the way we did things last year, we will run tagging the same this year. 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. One change this year is we will not have paper tagging/ID sheets. After tagging, you will go home and enter your animals information on Zsuite. More information on how to do this can be found on page 10 & 11

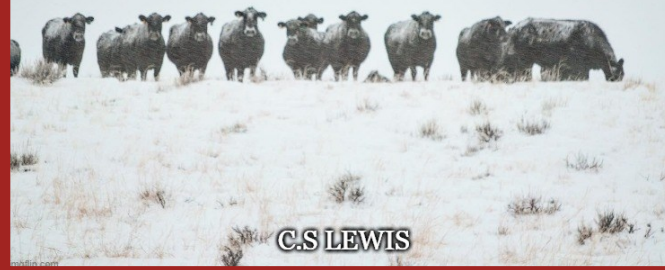
later on in the edition of the newsletter. **Another reminder, you need to be registered in ZSuite before you can have your animal tagged.** If you are not registered you will be asked to go to the back of the line and do so on your phone. If you still need to register the website is 4h.zsuite.org.

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



QUINCY GUNDERSEN
Rural Living & 4-H
Program Associate

*INTEGRITY IS DOING THE RIGHT
THING EVEN WHEN NO ONE IS WATCHING*

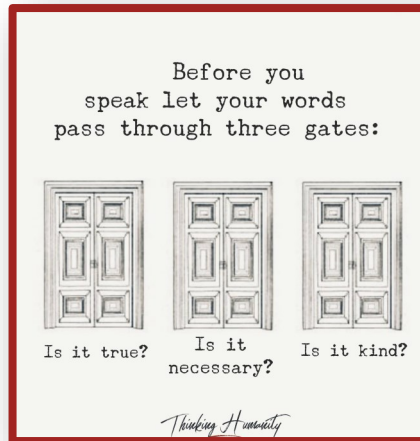


C.S LEWIS

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/>

HAPPY NEW YEAR SHOOTING
SPORTS PARTICIPANTS!
WELCOME TO THE 2022
SEASON WE HOPE TO SEE YOU
SOON

PLEASE MAKE SURE YOU ARE REGISTERED WITH 4-H AND
ENROLLED IN THE SHOOTING SPORTS EVENTS.

Upcoming Dates:
January 19-Orientation (location TBD)
February 1 & 2-Archery Week 1
practice @ Stuckenhoffs
February 8 & 9-Archery Week 2
practice @ Stuckenhoffs
February 25 & 26-Air Rifle/Pistol
practice @ Stuckenhoffs

RSVP by
1/19/2022 via
Zsuite; click
on "Events".

Tate Museum Tour

for NC 4-H
Geology Project Members

2332 Lisco Dr, Casper, WY 82601

Saturday, January 22, 2022 @ 10 AM Meet at the museum a few minutes before the start time

January 11, 2022

Postponed...
new date
3:30 PM @ THE A...
Register via your...
click on "Events".

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

Dinner provided.



2022 SAVE THE DATE

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

Date: POSTPONED New Date TBA

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: April 29-30, 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

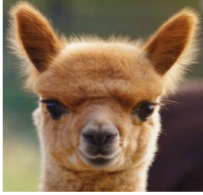
2022 4-H Record Books & Thank You Notes Due

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.

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



ALPACA PROJECT

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



BEEF PROJECT

Beef Tagging February 5th

<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

<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

Orientation-January 19th Location TBD

<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



Natrona County 4-H Foundation's 7th Annual

FLANNEL & FROST

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.



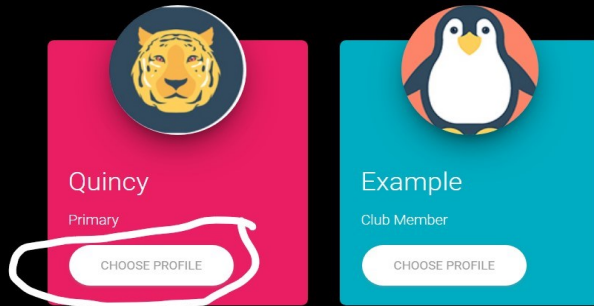
MARK YOUR CALENDARS

Beef Tagging

FEBRUARY 5TH @ CWF&R GROUNDS
9:00 AM

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

Choose Profile



Entering Market Animal Information Into Zsuite

This is for your 4-H animals only! FFA animals will need to fill out a FFA Tagging form. These are available at the 4-H office, from your FFA advisor, and will be available at tagging.

Step 1: Make sure you are in the Primary Profile.

Step 2: Click on the child you want to add information to. Once you click on their name an update enrollment button will appear. Click Update Enrollment.

Step 3: You will then be taken to the Account Info page. Click the Clubs tab.

Step 4: Click Add Project, then select Animal Science-Beef/Market. Then select the pencil next to Beef.

Entering Market Animal Information Into Zsuite

Step 5: Select how many market beef you have and enter your animals information.

- Animal Id: Tag # assigned to you at tagging
- Animal Name: Name of Market Beef Project
- Animal Breed: Breed of Beef Project
- Animal Identifier: Color and Markings
- Animal Type: Heifer or Steer
- Insert Pictures: 1 of the 4-H Tag, 1 Animal Profile

HOW MANY ANIMALS DO YOU HAVE?
1

Animal #1

Animal Id 1 12345678910112	Animal Identifier 1 Black
Animal Name 1 Jimmy	Animal Type 1 Steer
Animal Breed 1 Angus	HOW MANY PICTURES DO YOU HAVE? 2

Market

HOW MANY PICTURES DO YOU HAVE?
2

Animal Picture 2

X 4.jpg X

CANCEL SAVE PROJECT

Step 6: Repeat step 5 if there is more than one market beef, then click save project

Projects:

- Expressive Arts - Interior Design
- Animal Science - Beef/Market

+ ADD PROJECT

PREVIOUS SUBMIT

Step 7: Click submit, otherwise the project information you just added will be lost.

2022 4-H Shooting Sports Leader Certification Trainings

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.



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

Sheridan County, Sheridan

- Dates - February 5-6, 2022
- [Registration link: Sheridan County](#)

Park County, Cody

- Dates - February 26-27, 2022
- [Registration link: Park County](#)

Carbon County, Rawlins

- Dates - March 19-20, 2022
- [Registration link: Carbon County](#)

Sublette County, Big Piney

- Dates - April 9-10, 2022
- [Registration link: Sublette County](#)

Shooting Sports Development Committee Meeting

- Date - February 19, 2022, Casper

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."



NC 4-H FOUNDATION SCHOLARSHIPS

Returning Applicants

What you need to do:

Students who receive the scholarship must maintain at least a 2.5 accumulative GPA and be carrying at least 12 credit hours. Read and follow the eligibility requirements in the scholarship packet in this newsletter for Returning Applicants.

To remain eligible for this scholarship, we must receive the following 1) application and 2) transcript information no later than Wednesday, January 12, 2022...

1. Complete the attached 2021-2022 NC 4-H Foundation Scholarship Application form and EMAIL it to our office. Please only complete the first section, "Previous Applicant Application", which pertains to previous scholarship recipients. This allows us to ensure we have your most updated contact information. (It is designed to be completed as a fillable form, so once you have filled it out, please save it and email it back to jjacobsen@natronacounty-wy.gov)

2. Contact your registrar or go online to your school's website ASAP to request your Official Transcript (no copies will be accepted). You may hand deliver it in the original official sealed envelope from your registrar or request the registrar's office to mail it to: Natrona County 4-H; ATTN: Joddee Jacobsen; 2011 Fairgrounds Road; Casper, WY 82604

Due: January 12, 2022

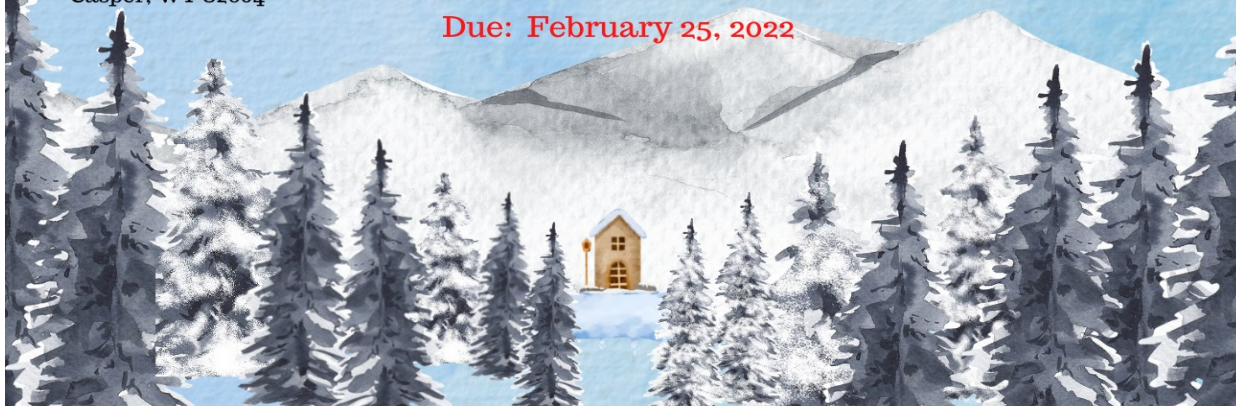
New Applicants

What you need to do:

Open to any NC 4-H member or leader that is a first time applicant for this scholarship with a cumulative GPA of 3.0 (high school) or 2.5 (college/vocational school).

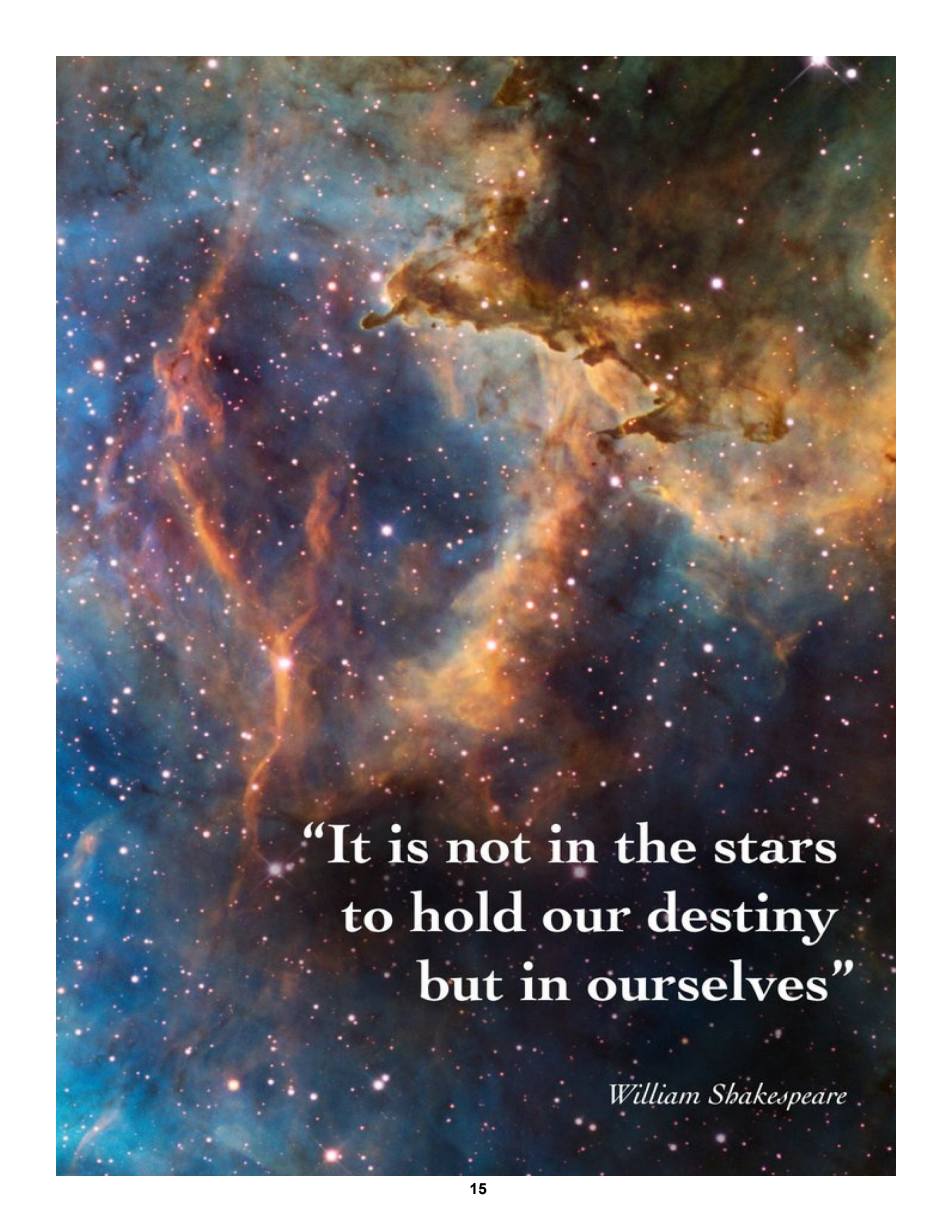
1. Complete the scholarship application form with appropriate signatures. Read and follow the eligibility requirements in the scholarship packet for New Applicants in this newsletter.
2. Answer the short essay questions.
3. An OFFICIAL/CERTIFIED, sealed transcript is required. Copies are not accepted.
4. Attach a letter of recommendation from your club's community leader, project leader, or an individual you have worked with in the community.
5. A current photograph must be included.
6. You may hand deliver it in the original official sealed envelope from your registrar or request the registrar's office to mail it to: Natrona County 4-H; ATTN: Joddee Jacobsen; 2011 Fairgrounds Road; Casper, WY 82604

Due: February 25, 2022



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



# Natrona County

## Assistant Barn 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 and CWF Fair manager to organize, coordinate, and be accountable to the Natrona County Extension Educator and Fair Manager.

### **Selection Procedures**

Lead 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. The final selection of the superintendent will be determined by the Natrona County 4-H Educator and the CWF Fair Manager.

### **Eligibility and Qualifications**

Knowledge of the 4-H projects sufficient to ensure consistency with the static and livestock superintendents.

- 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. To be directed by the Lead Superintendent.
- Year-round position with appointment beginning October 1 – September 30 with most responsibilities relating to the CWF in July.
- The ability to work with minimal supervision but openly communicate with the 4-H Educator, Fair Manager, 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 and CWF Fair Manager.
- Familiarity with the CWF.
- To be familiar with the project areas as listed in the Fair Book.



## **Responsibilities and Duties**

- Coordinate building security including the opening and closing of the Arena and Swine Barn each morning and night.
- Coordinate building security including the opening and closing of the Hall of Champions.
- One Lead Superintendent or Asst. Lead Superintendent must be available or on call at all times during Fair Week.
- Be the initial support for the individual superintendents in the static and livestock projects.
- Primary liaison with the CWF Fair Manager and University of Wyoming Extension staff.
- Follow all guidelines and policies of the University of Wyoming Extension 4-H, CWF fair book, 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 and assist in addressing exhibitor and the public's concerns.
- Maintain close contact with Extension staff, FFA advisors, and the CWF Fair Manager
- To be present on Load In day and be in the Arena or Swine Barn by 7 a.m.
- As necessary, assist with Jr. Livestock Sale, load-outs, and trucking of sale animals.

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

- Attend pre-fair meetings.

### **Pre-fair**

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

### **Fair Week**

- Routinely check for livestock health concerns.
- Routinely check security in Hall of Champions.
- Be available to answer questions from exhibitors, parents, leaders, and Extension staff.
- Support herdsman and appropriate animal welfare practices for positive public display.
- Be the initial support for the individual superintendents in the static and livestock projects.
- Serve as a role model and willingly share knowledge and involve youth and adults in the program and assist in addressing exhibitor and the public's concerns.
- Attend daily Superintendent meetings.
- Follow bio-security guidelines.
- Follow the CWF Fair Book rules.

APPLICATION AND SUPERINTENDENT POLICY AGREEMENT  
FOR NATRONA COUNTY ASSISTANT LEAD SUPERINTENDENT

Name: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Email: \_\_\_\_\_ Date: \_\_\_\_\_

Superintendents are required to spend a significant amount of time at the fair. Are you able to do so?  
\_\_\_\_\_ YES \_\_\_\_\_ NO

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

Why are you interested in being the Assistant Lead Superintendent? What makes you a good candidate for this position?

Please describe your 4-H and Fair experiences.

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

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

I have read the job description for this year-round **Assistant Lead 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 \_\_\_\_\_



# ENROLL TODAY FOR NC 4-H

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

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

**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.

| <b>Business</b>                                     | <b>Demonstrations or Talks</b>        | <b>Other Education/<br/>Social-Recreational</b>                |
|-----------------------------------------------------|---------------------------------------|----------------------------------------------------------------|
| Discuss improving 4-H projects for the coming year. | First aid kit for home and/or travel. | Feeding birds in the winter months.                            |
| Discuss upcoming community service projects.        | Visual Arts Projects                  | Make Caramel Corn.                                             |
| Plan for Valentine's Day                            | 4-H History                           | Treasure Hunt.                                                 |
|                                                     |                                       | Check the 4-H calendar: What's coming up/what do I need to do? |

## *Especially for Leaders... A guide to lead your 4-H Club...*

### **The 4-H Clover**

- **Head:** Learning to think, making decisions, understanding "why"; gaining new and valuable insights and acquiring knowledge.
  - **Heart:** Being concerned with the welfare of others, determining values of attitudes by which to live, and learning how to work with others.
  - **Hands:** Learning new skills, improving skills already developed, instilling pride in work, and earning respect of work accomplished.
- Health:** Practicing healthful living, protecting the wellbeing of self and others, and making constructive use of leisure time.

### **4-H Leaders' Creed**

- The 4-H member is more important than the 4-H project.
- 4-H members should be their own best exhibit.
- No award is worth sacrificing the reputation of a member or a leader.
- Competition should be given no more emphasis than other fundamentals of 4-H work.
- Enthusiasm is caught, not taught.
- To learn by doing is fundamental in any sound educational program and is characteristic of the 4-H program.
- Generally speaking, there is more than one good way to do most things.
- Every 4-H member needs to be noticed, to feel important, to win and be praised.

The job as a 4-H volunteer is to teach 4-H members how to think, not what to think.





I REALLY MEASURE UP! I am

inches Tall.

# MY YEAR in REVIEW

# 2021

my BEST memory:

my BEST idea:

OH MY WHAT A YEAR

★ I ★  
am proud of

I ALWAYS SAY:

I Like to spend my time

MY favorite animal

my friends are

years old

my Favorite BOOK

MY favorite color

NEXT year I want to...

MY favorite FOOD

★ Learn To

★ Go See

★ Be Better AT

my favorite song

# 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

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



# 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*



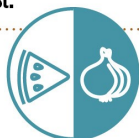
Wash your hands first.

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



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

# *Happy Birthday*



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

*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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