



UW

College of Agriculture
and Natural Resources
Extension
Natrona County



WINTER MAKE & TAKE

December 9

10:00 A.M. - 1:00 P.M.

ARLC BUILDING

RSVP TO TERRY 235-9400

BY DEC. 7 AT 4:30

SPONSORED BY
BUCKAROOS 4-H
OF
NATRONA
COUNTY

2023-2024 4-H

enrollment opened

October 1, 2023.

Please get your
enrollment completed
by December 31, 2023
or you will no longer
receive

communications from
the Natrona County
4-H office.

*Volunteers make sure
that your background
and trainings are up
to date. Dates must
be 2019 or newer



UW EXTENSION OF NATRONA COUNTY

PROFESSIONAL STAFF

4-H OFFICE

Josh Bliss	UW 4-H Extension Educator
Terry Kipp	Rural Living & 4-H Program Assistant
JoAnna Hall	Administrative Assistant
Sue Anderson	Fair Assistant

4-H VOLUNTEER ADVISORY COUNCIL

Devonie Mueller	President
Amber Brooks	Vice President
Christine Dice	Secretary
Rose Jones	Treasurer
Linda Montgomery	Member
Jen Morrison	Member
Vicki Pickett	Member
Jo Watson	Member
Leah Wiese	Member
Geoellen Stretesky	Member
Terry Stretesky	Member
Kristi Watson	Member
Brittany Johnson	Member
Erin Danford	Member
Terry Knoelk	Member
Carrie Massman	Member
Kimberly Zietner	Member

4-H FOUNDATION

Leroy Dickinson	Chair
Harlan Robinson	Vice Chair
Kera Bullard	Secretary
Kyle Rice	Treasurer
Ed Atchley	Member
DeAnna Bradshaw	Member
Jamie Haigler	Member
Devonie Mueller	Member
Phillip Rael	Member

CENTRAL WYOMING JUNIOR LIVESTOCK SALE

Burt Andreen	Chair
Alexander Wolf	Vice Chair
Karel Loraas	Secretary
Brenda Janikowski	Treasurer

4-H JUDGING TEAM COACHES

Jeremy Burkett	Livestock
Alex Wolf	Meats
Burt Andreen	Meats
Jack Stewart	Meats
Donna Hoffman	Produce
Ed Selby	Wool

4-H SUPERINTENDENTS

Linda Montgomery	Alpaca
Christine Dice	Alpaca
Brad Mueller	Beef
Devonie Mueller	Beef
Brian Wing	Beef
Jaime Haigler	Campground
Sarah Emery	Campground
Cecilea Hansford	Cat
Shannon Hansen	Dog
Vicki Smith	Dog
Erin Danford	Family Consumer Science
Deena Wolf	Family Consumer Science
Linda Montgomery	General Projects
Christine Dice	General Projects
Cecilea Hansford	Goat
Teri Knoek	Goat
Mackenzie Watson	Goat
Heidi Foy	Horse
Ashtan Christensen	Horse
Carlos Buckner	Poultry
Karen Buckner	Poultry
Michelle Forster	Poultry
Veronica Mason	Rabbit
Janel Schierkolk	Rabbit
TJ & Kandi Ossa	Outdoor Recreation & Sport Fishing
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)
Wilson Watson	Welding

4-H Club Leaders

Brenda Williams & Diane Cox	Alcova
McKenzie Watson	Barnyard Rebels
Kellie Wilson	Bates Hole Wranglers
Lucinda Canchola & Michelle Forster	Bear Claws
Keith Olson	Boots & Buckles
Kandi Ossa	Buckaroos
Erin Gazda	Bullwinkles
Heather Warren	Can Do
Janel Schierkolk	Elites
Tana Campbell & Elizabeth Gutierrez	Hooves & Hides
Rebecca Raney	Kountry Kids
Linda Montgomery	Meadow Acres
Wendy Smith & Joe Wistisen	Natrona Country Shooters
Christine & Tyler Dice	Oil City Speed Goats
Jennifer Magee	Platte River Wranglers
Devonie Mueller	Rockin' Wranglers
Beth Nachbar	Rough Riders
Jack & Carol Whitney	Trail Busters
Lexis Mann	Twisted Hooves
Amanda Waldron & Amanda Huskey	Windy City
Jaime Hornecker	Young Guns

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/animalopp/>

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 Goat Members

<https://www.facebook.com/groups/3192494234324085>

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/>



Adam Grant
@AdamMGrant

Every kid should learn that humility and kindness aren't signs of weakness. They're strengths of character.

Recognizing your faults doesn't mean you lack self-esteem. It shows you have self-awareness.

Showing compassion doesn't mean you lack backbone. It shows you have heart.

SUPERINTENDENT OPENINGS

-Horse
-Fun Fair Activities



Email Joshua for an application @
jbliss@natronacounty-wy.gov

2023 SAVE THE DATE

5th Annual Holiday Fair

Date: December 8, 2023

4-H Winter Make & Take

Date: December 9, 2023

4-H Lego Engineering

Date: December 14, 2023

4-H Leader Training

Date: December 16, 2023

4-H Snow Shoeing & Hike

December 30, 2023

2024

4-H Carnival Mtg

Date: January 10, 2024

4-H Beef Tagging

Date: January 13, 2024

4-H Flannel & Frost

Date: January 20, 2024

4-H Project Day/Expo

January 27, 2024

4-H Ice Fishing Day

Date: February 10, 2024

4-H Carnival Mtg

Date: February 15, 2024

NC 4-H Scholarship due

Date: February 29, 2024

Fly Fishing Clinic

Date: April 2, 2024

State Meat Judging

Date: April 5-6, 2024

Fly Fishing Clinic

Date: April 9, 2024

State FFA Convention

Date: April 10-13, 2024

Meat & Wool Judging

Date: April 19-20, 2024

Sheep/Goat Tagging

Date: April 27, 2024

Fish Hatchery Tour

Date: April 30, 2024

Big Horn Basin 4-H Camp

Date: June 27-29, 2024

CWFR

Date: July 7-13, 2024

WY State Fair

Date: August 13-17, 2024

2024 Natrona County

Scholarship Applications are included inside the newsletter.

You can also pick up a paper copy at the ARLC Building or email:

jhall@natronacounty-wy.gov & request an electronic application.

Congratulations Seniors!!!

4-H Carnival

Date: March 9, 2024

4-H Thankful Thursday

Date: March 14, 2024

Fly Fishing Clinic

Date: March 19, 2024

Fly Fishing Clinic

Date: March 26, 2024

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.

Jay's Thoughts

Happy December. It is time to be mindful about making time for friends and family. As you transition into time with families, please make sure and put a few key dates on your calendar.

December Make and Take: This Make and Take is hosted by the Buckaroos 4-H club and is sure to be fun with 12 Christmas or winter themed crafts. Please take the time to RSVP and attend.

- **4-H Leadership Training:** I am working on a training that gives leaders an overview of positive youth development, Thrive learning model, mentorship, club structure, and project leadership. This will be at the ARLC on Dec. 16th from 9am to 2pm and there is a lunch provided. Please be sure and RSVP by Dec. 14th.
- **Flannel and Frost 2024:** This year's Flannel and Frost will be at the Hangar on January 20th at 5 pm. I have already purchased my table and am looking forward to this evening. Please be sure and buy tickets, to support the scholarship fund and general programming of the Natrona County 4-H.
- **Project Learning Day:** Natrona County 4-H Council is working on a project learning day on January 27th. This is a great opportunity to help kids that are in 4-H or are new to 4-H demonstrate what a project can be and how to do them. Please support this learning opportunity and bring any friends that you have that might be interested in 4-H projects.

Have a very happy holiday season. Please know that I am thankful for the time and effort that each of you invest into the 4-H youth. Please take time to recharge and be ready for an amazing new year in 2024!

Thanks,

Joshua "Jay" Bliss

University of Wyoming

4-H Youth Development Extension Educator



Josh Bliss

University of Wyoming
4-H Youth Development
Extension Educator

Citizenship WASHINGTON Focus



June 15 - 22, 2024

What is CWF?

- ✓ Learn leadership and communication skills through history, democracy and our amendments.
- ✓ Explore Washington D.C
- ✓ Connect with other young leaders

Details

- NEW this year, CWF will operate on a first come, first serve basis for registration. Please register ASAP if you are interested.
- Plane tickets will be purchased on March 18th, 2024
- Estimated cost, \$2500 per person, with scholarships available.
- Open to youth 14 and older.
- Apply at <http://wyoming4h.formstack.com/forms/cwf>





4-H Leadership Training

Positive Youth Development is
for Every Kid.

ARLC Office 2011 Fairgrounds Road Casper, WY 82604
Saturday 16th December @ 9am - 2pm
Training for Adult Leaders



Call 307-235-9400 to RSVP by Dec. 14th



4-H LEGO ENGINEERING



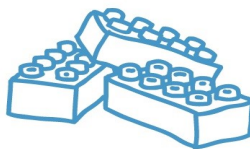
~~OCT. 26TH, NOV. 16TH, AND DEC. 14TH~~

@ 4:30PM

CLINICS WILL BE AT ARLC
OREGON TRAIL ROOM

PLEASE RSVP ON ZSUITES OR WITH THE 4-H
OFFICE @ 307-235-9400

4-H 
GROWS HERE



2024 RABBIT CLINICS

DATE	TIME	DESCRIPTION	ARLC ROOM
01/13/24	9 am-10:30 am	Rabbit Housing & Feeding	Midwest/Edgerton Room
02/10/24	9 am-10:30 am	Meat Pens	Midwest/Edgerton Room
03/16/24	9 am-10:30 am	Committee Meeting	Midwest/Edgerton Room
TBD	9 am-11 am	Breed ID, Breed Tattoo, Showmanship, ID Forms **Bring your healthy, clean rabbits and a carpet square. We will not have any for you to use.	Casper Room
04/24/24	TBD	Tattoo Clinic only	Pathways
05/01/24	NA	Rabbit ID's due to Janel & Veronica	NA
05/11/24	9 am-10:30 am	Getting Ready for fair - Fair Prep	Midwest/Edgerton Room
06/01/24	9 am-12 pm	Mandatory Meat Pen Tattoo Clinic/ Mock Show **We will have separate areas set-up for showmanship. Please make sure your rabbits are clean and healthy. We also ask you to dress like you will for the show at the fair and bring a clean carpet square for showmanship. We will not have any for you to use.	Casper Room

**We will only have 2 tattoo clinics this year.
Please plan accordingly.**



**April 19 - 24, 2024
Arlington, Virginia**

Who can Attend

- Youth 15 - 18 years old
- Cost estimated at \$2500 per person, scholarship will be given.

Applications

- Apply at the following link by January 15th, 2024, Applications will open Mid - October 2023.
- https://wyoming4h.formstack.com/forms/educator_form_congress

About Conference

- Do you want to have a role in making change?
- Youth present ideas to high-ranking Government Officials.
- Youth will see D.C., meet with our Congressman and Senators.
- Meet other 4-H youth like yourself from all over the United States.

**HAVE MORE
QUESTIONS**

If there are additional questions, please visit the Opportunities section on the state 4-H website or talk with your 4-H educator.



Hear from high impact speakers, and get hands-on workshop.

Explore Washington D.C. sites.

Opportunities for Career exploration.

Build connections with teens from across the country.

- Youth 15 - 18 years old.
- Cost estimated at \$2000 per person.
- Scholarships will be available.

**MARCH
13-17,
2024**

APPLICATIONS

Apply at
https://wyoming4h.formstack.com/forms/ignite_4_h

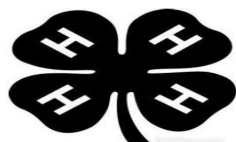
Application open beginning of October and will close on January 8th, 2024



HAVE MORE QUESTIONS...

If there are additional questions, please visit the Opportunities section on the state 4-H website or talk with your 4-H educator.

THE BEAR CLAWS 4H CLUB



invite you

to participate in our annual fundraising drive through RADA Cutlery.

Rada knives are manufactured in the USA and are shipped promptly when you order online. Cutlery carries a lifetime guarantee for materials and workmanship.

Our club uses fundraising money to support Jason's Friends Foundation through our Bowl for Jason's Friends bowling teams, the Brady Buechter Memorial Scholarship (Brady was a former Bear Claw club member), and prizes banners for Poultry Show at Fair.

You may browse online at any time at:

<https://radafundraising.com?rfsn=1102519.2fb5dc>

Our link is open and will remain open for several months.



Look for our Facebook Event !

<https://fb.me/e/Gjian6VA>



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:

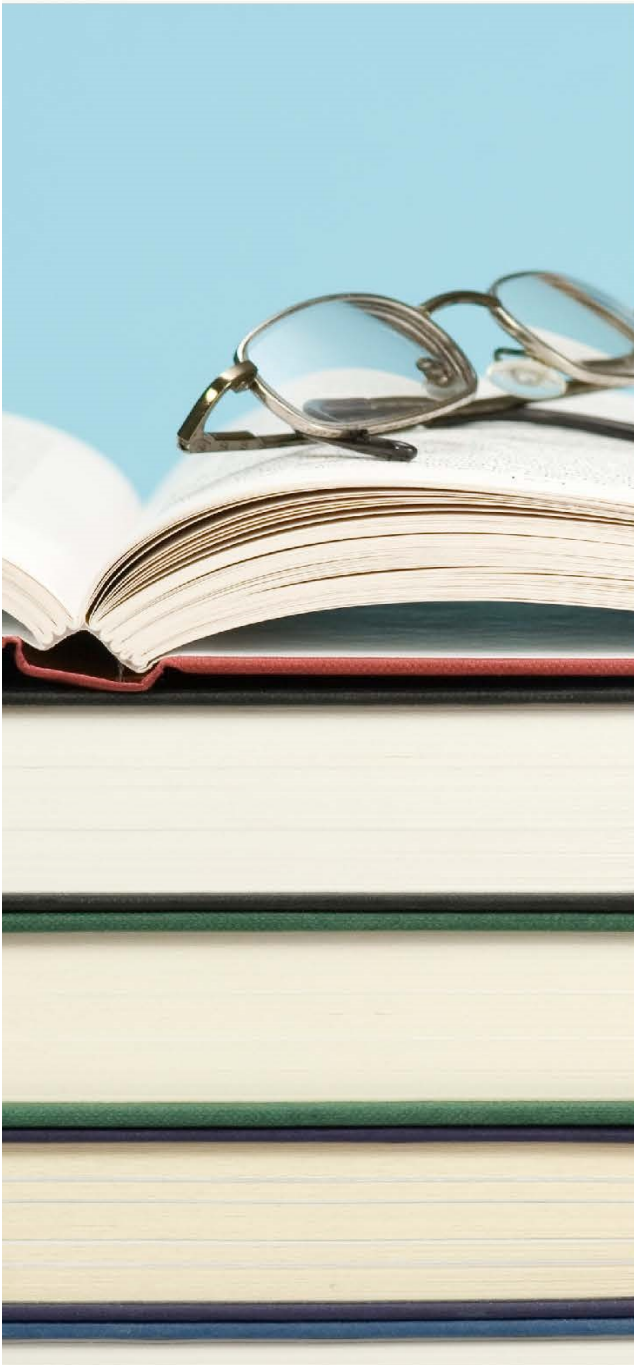
1. Open to any Natrona County 4-H member that is a first time applicant for this scholarship and:
 - Has a minimum cumulative GPA of 3.0 (High School), or 2.5 (College) and
 - Has been an active 4-H member for at least three (3) years.
 - Is currently enrolled or has successfully completed the current 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 & **Official transcript** must be received by
the 4-H Office before **4:30 p.m. on February 29, 2024**

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

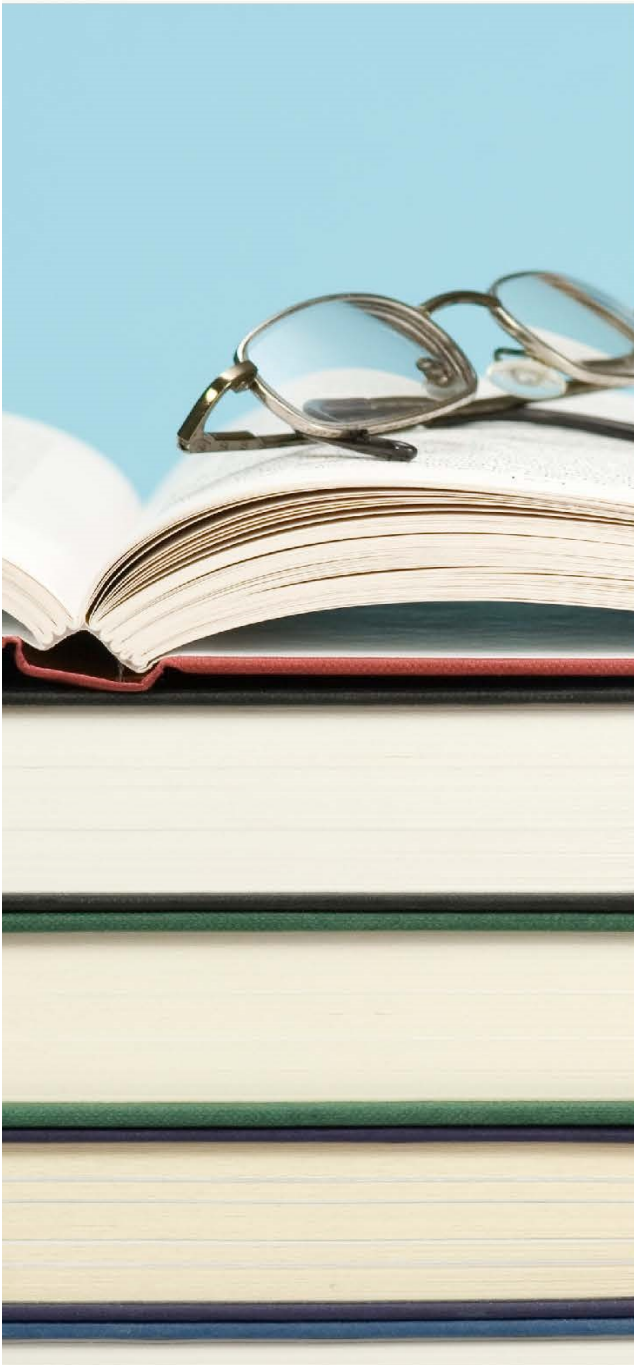
Edit for grammar, spelling, and punctuation.

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?

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 & Official transcript must be received by
the 4-H Office before 4:30 p.m. on February 29, 2024

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 PROVIDE 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.

~~~~~

## **Wyoming state 4-H Foundation Scholarship Opportunity**

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

Each year the Wyoming 4-H Foundation awards thousands of dollars in scholarships to youth that will be attending a college, university, or technical school to further their education.

Find out details at: <http://www.wyoming4h.org/4hfoundation/scholarships>. Just click on each scholarship to find out its specific criteria, and then use the universal application to apply. There are many available scholarships! Up to \$30,000 total for new and first-time qualified applicants!

Applications are due by **February 15, 2024**, and use a resume built from your 4-H Portfolio.

Remember - the best way to be awarded a scholarship is to APPLY!

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

Do not Delay - Apply Right Away!!

Sincerely,

Wyoming State 4-H Foundation





# Project learning day

You don't want to miss out on all the fun things  
we have for you!

Games, crafts and best of all there will be prizes!

January 27 @ 9 am  
at the ARLC building

Don't miss this great  
opportunity to learn more  
about the wonderful projects  
4-H has to offer.

RSVP to the 4-H office by January  
20th  
or text Brittany at (307)797-8449



## 4H SCHOLARSHIP

Lamar Community College Horse Programs



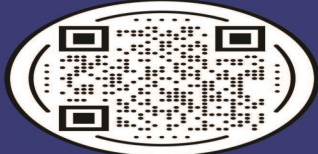
### \$1,000

FOR A CURRENT 4H HIGH SCHOOL  
SENIOR ATTENDING LCC IN FALL 2024

- Students must complete a riding interview and be accepted into the horse programs in order to be eligible for the scholarship.
- To apply, write a one-page paper about why you should be selected and obtain one letter of recommendation from a professional in the horse/rodeo industry.



**SCHOLARSHIP  
APPLICATION**



#### DEADLINE

June 1, 2024

#### CONTACT

savanna.mauch@lamarcc.edu

719.336.1624

#### WEBSITE

lamarcc.edu





Twisted Hooves 4-H Club Represented Natrona County 4-H at the  
2023 Christmas Parade  
**Great Job on your float!!!!**








March 9, 2024

10 AM - 4 PM



*Natrona County 4-H Presents:*

# Adventures in Candy Land

*4-H Carnival*

Free Admission!

Tickets for booths: \$0.20 for 1 or \$1.00 for 5

Industrial Building, Central Wyoming Fairgrounds  
1700 Fairgrounds Road, Casper, WY



## **Natrona County 4-H & FFA Beef Ear Tagging January 13, 2024**

Designate if your  
beef project is  
going to the 2024  
Wyoming State  
Fair at tagging.

**9:00 am-11:30 am  
Swine Barn  
Natrona County  
Fair Ground**

# MEAT AND DAIRY GOAT CLINICS 2023-2024 SCHEDULE

February 3rd @ 2:30p: Zoom clinic -  
Meat goat selections

June 8th @ 10a: Showmanship -  
Technique (bring your healthy goats)  
June 29th @ 10a: Fitting (please bring  
your own stand clippers and goats)

We will be doing showmanship and  
fitting at 1494 S. Robertson Road

PLEASE RSVP @ 4H OFFICE



## Natrona County 4-H & FFA Goat Clinics

All clinics in Oregon Trail Room at the ARLC  
building, unless otherwise specified.

**JAN. 13 - WELCOME, HOUSING 1 PM-2PM**

**FEB. 10 - GOAT SELECTION/REQUIREMENTS 1 PM-2PM**

**MARCH 16 - FEEDING, NUTRITION AND HEALTH 1PM-2PM  
(MILLS ROOM)**

**APRIL 20 - CLIPPING & FITTING 1PM-2:30 IN ARLC WET LAB**

**APRIL 27- MARKET GOAT EAR TAGGING - FAIRGROUNDS**

**MAY - SHOWMANSHIP PRACTICE (TBD) 1PM-3PM**

**JUNE 14 - GOAT ID'S DUE TO CECILEA/TERI/MACKENZIE/ARLC  
OFFICE**

**JUNE 15 -4PM -6PM - TBD LOCATION-MOCK SHOW**

**For more information**

**Please contact**

**Cecilea Hansford 307-247-5407**

**Teri Knoelk 402-699-9140**

**Mackenzie Watson**

**307-797-6670**



## Natrona County Sale Committee

Time: 6:00 pm

Location: ARLC

### Meeting Dates

January 16, 2024

March 19, 2024

May 21, 2024

June 18, 2024

## Natrona County 4-H Council

2023-2024 Meeting Dates

December: No Meeting

January: 1/29

February: 2/26

March: No Meeting

April: 4/29

May: No Meeting

June: 6/24

July: No Meeting

August: No Meeting

September 9/30

:

\*All meetings are at 6 PM, and most are held in  
the Oregon Trail Room.



Dear Natrona County 4-H Family,

Save the date for the upcoming 4-H Carnival on Saturday, March 9, 2024! This year's theme is [Adventures in Candy Land](#). The carnival committee is excited as we gear up for this fantastic event.

To ensure the success of the carnival, we are reaching out to our amazing 4-H community for contributions in the form of door prizes and bake sale items. The bake sale was a tremendous hit with the public last year, and we sold out of all items! This year, we kindly request each family to contribute 1-2 baked goods or a bag of fruit for the sale.

Door prizes were also a hit throughout the day. We ask that each club donate 1-2 door prizes, and we welcome additional contributions from families. Prizes can vary from candies and dollar spot fun items to stuffed animals, gift sets, and beyond—the possibilities are endless. Please drop off all items on Friday, March 9, during the setup or before the carnival kicks off on Saturday.

The Natrona County 4-H Carnival's success depends on the generosity and support of our incredible 4-H family. We encourage everyone to join us in making this year's event truly memorable.

Let's make the 2024 4-H Carnival an unforgettable Adventure in Candy Land!

Sincerely yours,  
Christine Dice- Carnival Chair & Mackenzie Watson- Carnival Co-Chair

Join the  
fun!



Get Cooking!

We are so excited to announce that Wyoming's Food, Fun, 4-H is moving into its second year. New this year, we have developed a website to host the recipes, activities and videos for anyone to access at any time. If you have any trouble accessing the sign in sheet, recipes, video or any other materials, please let us know and we will work as quickly as we can to resolve it.

You can sign up at:

<https://bit.ly/3QozBw9>

Monthly recipes and information found at:

<https://www.uwyo.edu/4-h/opportunities/state-opportunities/food-fun-4-h.html>

Monthly Video:

<https://youtu.be/8rzJlcYwEXs>

As always, let us know if you have any questions.

Thanks,

Kellie, Erin, Mary Louise and Joddee Wyoming Food, Fun, 4-H Team

**Kellie Chichester**

4-H Educator

Niobrara County

University of Wyoming Extension

College of Agriculture, Life Sciences, and Natural Resources

307-334-3534

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



**Who:** Anyone interested in learning to cook, trying new recipes and having fun! This is a great activity if you are enrolled in Foods and Nutrition or you just want to learn to cook!

**When:**  
December 2023  
- April 2024



**What:** Food, Fun, 4-H is an at home activity that you can do when you have time. Recipes and an activity are released at the beginning of each month and you are encouraged to try 2 recipes and then answer 3 questions and submit 2 photos.

**Why:** Learn new cooking skills, try new food, earn cooking gadgets, get ideas for fair entries and HAVE FUN!

**Where:** Your home kitchen (and some of the Extension Offices are hosting cooking workshops)



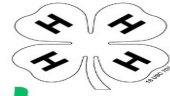
<https://wyoextension.org/weston-county/wyoming-food-fun-4-h/>

# Excel Academy Private School

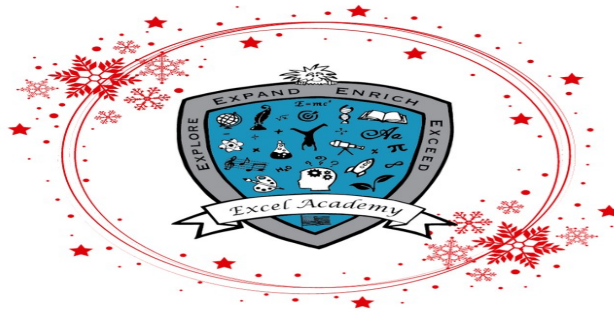
## 5th Annual Holiday Fair



Hosted by Cindy Canchola  
and the Bear Claws 4-H Club



Enjoy  
Breakfast  
Burritos!  
Santa Saturday!  
10-11:30 AM  
and  
12:30-2:00 PM



Music!  
Goodies!  
Lunch!  
Fun!

Friday, December 8, 2023



6:00 pm - 9:00 pm

Saturday, December 9, 2023

9:00 am - 4:00 pm

500 S. Jefferson (307) 237-3963  
Parking and entrance on South side of the school.



Natrona County

## 4-H Cat Clinics & Show 2024

Oregon Trail room at the ARLC Building

Jan. 13, 11am-12 Welcome, preparing for cats

Feb. 10, 11 am-12 Cat Selection/Knowledge

March 16, 11am-12 Nutrition & Health (Mills room)

April 20, 10am-12 Getting ready for Show/Showmanship

May 1, Cat ID's and vet records due to Cecilea/ARLC Office

May - TBD Showmanship Practice

June 15, 10am-2 pm Cat Show



For more information contact  
Cecilea Hansford  
307-247-5407



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



# Christmas PARTY

BINGO  
BLACK TIE  
BONFIRE  
BOSS  
CANDLES  
CANDY CANES  
CAROLS  
COCOA  
COLLEAGUES  
COOKIES  
EGGNOG  
FRIENDS  
GAMES  
GARLAND  
GIFT EXCHANGE  
LAUGHTER  
MINGLE  
MISTLETOE  
MOVIES  
NEIGHBORS  
PARTY  
PUNCH  
SANTA  
SCAVENGER HUNT  
TREATS  
UGLY SWEATER  
WREATH



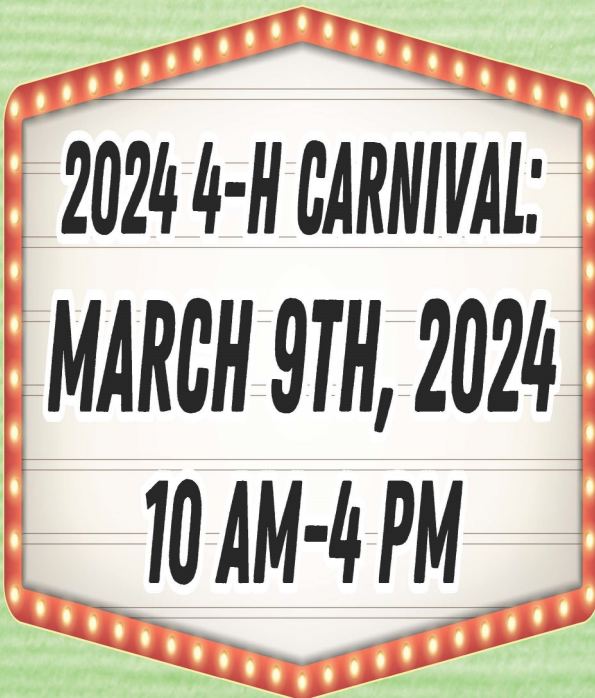


# 4-H CARNIVAL MEETINGS

OREGON TRAIL ROOM-ARLC

1/10/24 @ 4:30 PM

2/15/24 @ 4:30 PM



## Golden Rule

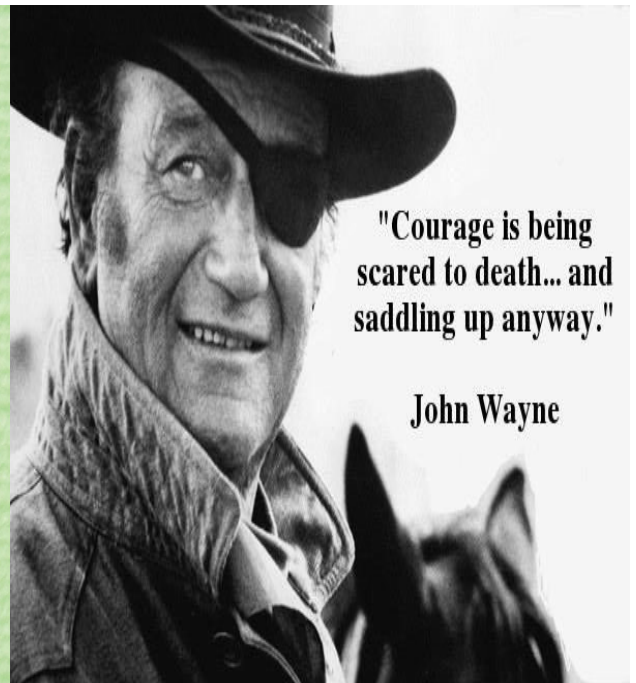
Do unto others, as you would have them do unto you.

## Silver Rule

Do for yourself, as much as you do for others.

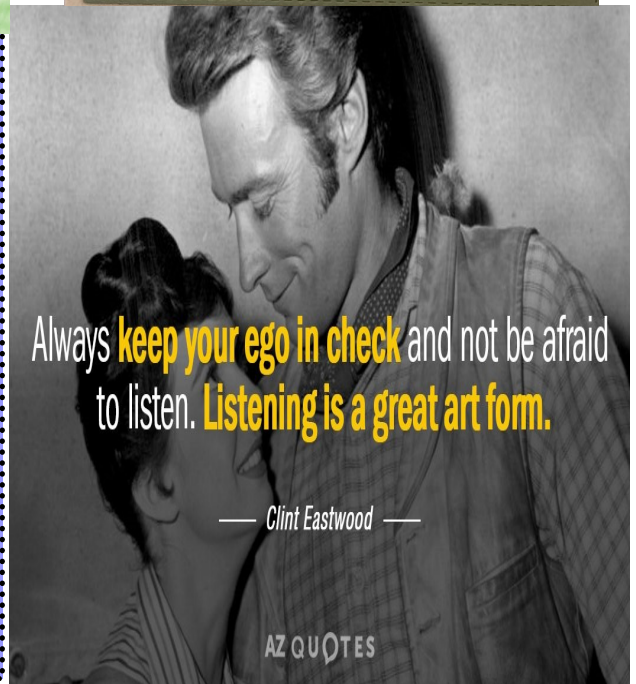
## Iron Rule

Don't do for others, what they can do for themselves.



"Courage is being scared to death... and saddling up anyway."

John Wayne



Always **keep your ego in check** and not be afraid to listen. **Listening is a great art form.**

— Clint Eastwood —

AZ QUOTES

## 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 \$15.00 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 (4% 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. (For any one to drive 4-H members)
- There is no enrollment fee for volunteers.

### RETURNING VOLUNTEERS

Only after all of the following requirements are met will your membership 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. (For any one to drive 4-H members)
- 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 \$15.00 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).

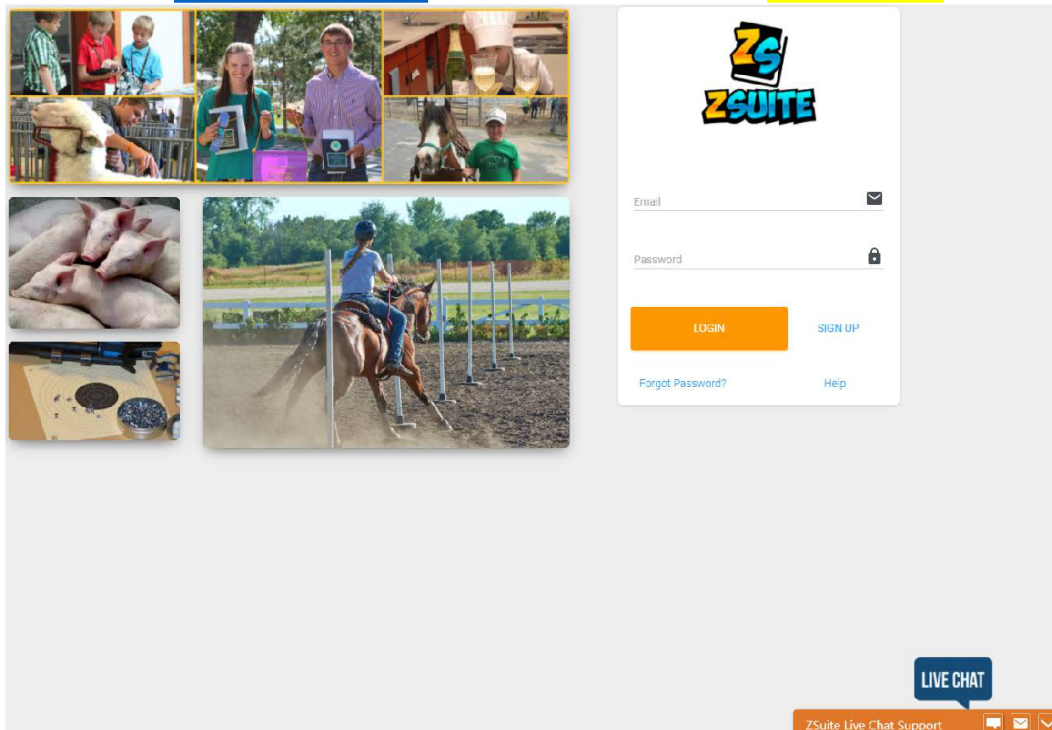




# HOW TO SIGN UP FOR THE FIRST TIME IN ZSUITE

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

New Users: **Click SIGN UP**



The screenshot displays the ZSuite website interface. On the left, there is a collage of six images: three children in 4-H uniforms, a woman holding a book, a person with a horse, two piglets, a close-up of a piglet, and a person riding a horse. On the right, the ZSuite logo is at the top. Below it are input fields for 'Email' and 'Password'. There are 'LOGIN' and 'SIGN UP' buttons. At the bottom of the form are links for 'Forgot Password?' and 'Help'. A 'LIVE CHAT' button is located at the bottom right of the page, with 'ZSuite Live Chat Support' text below it.

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.



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

## ARLC ROOM RESERVATIONS

Please call Rose or Ann 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 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:

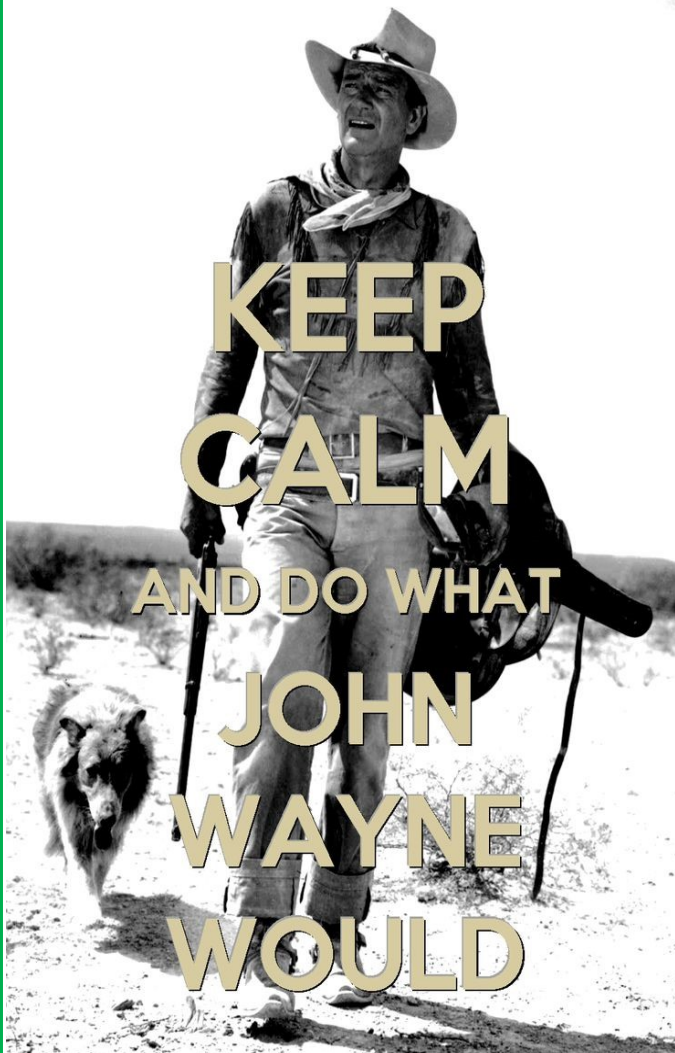
- ♦ Follow us on Facebook @ Natrona County 4H  
<https://www.facebook.com/NatronaCounty4H/>
- ♦ UW Natrona County Extension 4-H Website  
<https://wyoextension.org/natronacounty/newsletters-2/>
- ♦ Natrona County 4-H Monthly Newsletter

**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.



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



*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.*