

NIOBRARA COUNTY 4-H

HEAD



HEART



HANDS



HEALTH



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Choosing S.M.A.R.T. Goals

Specific
Measureable
Attainable
Realistic
Timely

When setting your goals, be specific about what you want to accomplish. Think about this as a mission statement for your goal. This isn't a detailed list of how you're going to meet a goal, but it should include an answer to the popular 'w' questions:

- Who—Consider who needs to be involved to achieve the goal
- What—Think about exactly what you are trying to accomplish and don't be afraid to get very detailed
- When—Set a time frame for when the goal will be accomplished

The days are flying by. May really kicks off the summer full of 4-H activities and we are looking forward to seeing your smiling faces around the office lots the next few months. Have you set project goals, purchased animals, worked on your record books, have your fair exhibits planned? Have you put all of the important summer dates on your calendar so you don't miss the awesome opportunities coming up? Just 86 days until the first day of the 2019 Niobrara County Fair!!

4-H'ers Helping 4-H'ers Flood Relief Fund Raiser

Thank you Lance Creek 4-H Club for challenging the other clubs and organizations to donate money to the flood relief fund. We raised:

\$1050.00

To all the 4-H'ers
who count down
the days til the
fair

Upcoming Local Events

- ⇒ May 1 Drop/Add Deadline & Horse and Dog ID's DUE
- ⇒ May 5 Cloverleaf Club Meeting
- ⇒ May 6 Fair Board Meeting @ 6 PM
- ⇒ May 7 Ag Expo
- ⇒ May 8 4-H Council Meeting @ 5 PM
- ⇒ May 8 Junior Leaders Meeting @ 6 pm
- ⇒ May 10 Quilt Club
- ⇒ May 13 Rollicking Ranchers Club Meeting
- ⇒ May 14 Cheyenne River Club Meeting
- ⇒ May 17 Quilt Club
- ⇒ May 20 Cloverbuds @ 3:30 PM
- ⇒ May 21 Horse Judging Orientation @ Fairgrounds 5:30-8:00 PM
- ⇒ May 23 Business After Hours at the Fairgrounds
- ⇒ May 27 Office Closed
- ⇒ May 28 Goat/Lamb/Hog Weigh In and Mandatory Livestock Meeting
- ⇒ May 30 1st Activity Day
- ⇒ May 31 1st Livestock Judging
- ⇒ May 31 Sheep/Goat/Hog Ownership Deadline



Members enrolled in a livestock project (sheep, swine, beef, goats, poultry, rabbits) **MUST ATTEND** 1 livestock judging but are encouraged to attend all!

Schedule:

May 31—Meet at Fairgrounds @ 8 am. Judging will be held at ZumBrunnen Angus. Lunch will be provided. RSVP by 5/29/19

June 4—Meet at Fairgrounds @ 8 am. Judging will be held Dan & Teri Goddard's. Lunch will be provided. RSVP by 5/31/19

July date to be determined

Members will need to bring a notebook, pencils, sunscreen and water!

If you are wanting to be on the Livestock Judging team at State Fair you must participate in 2 of the 3 county practices and the county contest held during county fair.

COMPLETION REQUIREMENTS

In order for a 4-H member to complete each 4-H project taken, the 4-H member must enter at least one exhibit per project at the Niobrara County Fair (or other approved public event). The Junior Leader project is an exception to this rule. Each member must also submit a **COMPLETED** Record Book for each project taken and a Record Book folder. If each of the member's Record Books does not receive at least a red ribbon, their County Fair premiums will be forfeited. The folder includes: a Cover; the appropriate record books; the 4-H Portfolio; and a 4-H Story. Record Books are due in the Extension Office mid-September every year (the date changes slightly each year due to the calendar). **All Record Books of every 4-H member WILL be judged.**

Members must also attend at least one county wide judging in their respective project area. For example, livestock project members a livestock judging and horse members a horse judging. Family & Consumer Science members must participate in at least one county Family & Consumer Science Activity Day to complete their project.

Instated in 2018, ***ALL members enrolled in a livestock project are also required to attend at least one of the several Educational Opportunities offered throughout the year - in addition to the one required livestock judging.***

Weigh-in Info

Weigh-in's for hogs, lambs, and goats will be held from 3:30 - 6 PM on Tuesday, May 28th.

- You **MUST** have a bill of sale for your hog or goat. **THE BILL OF SALE MUST BE IN THE CHILD'S NAME!**
- You **MUST** have a brand inspection on your sheep and Scrapies tags for your goat and sheep.
- ***If you DO NOT have the mandatory paperwork - your animal will not be allowed to walk across the scale.***
- There will be a **MANDATORY** meeting for all members enrolled in a livestock, poultry and/or horse project and their parents. This will immediately follow weigh-ins.
- Please see the 'Family Back-up Animal' rules in the Member Handbook on page 28.

Educational Opportunity Workshops

Again for the 2018-19 year - you will be required to attend one of the many Educational Opportunities offered throughout the year. There will be opportunities to learn more about Animal Nutrition, Selection and Management, Reproduction, Record Books, Showmanship, Entrepreneurship, Livestock Skill-A-Thon and more! If you are planning to sell an animal in the 2019 Market Animal Sale at the Fair, you will be required to attend one of the workshops. You may attend as many as you would like, but one is mandatory. This doesn't take the place of the required Livestock Judging. This will be in addition to the Livestock Judging requirement. This is a fair requirement and applies regardless if you are in 4-H or FFA. Watch your newsletter and Facebook for upcoming dates, there will be an opportunity each month until July. Let Kellie know if you have any questions.

May 1—Sheep Daily Care & Showbox Tips 7 pm via Zoom

register at: <http://wyoming4h.formstack.com/forms/sheepseries>

May 6—Swine Daily Care & Showbox Tips 7 pm via Zoom

register at: <http://wyoming4h.formstack.com/forms/swine>

May 13—Market Beef Nutrition Workshop 7 pm via Zoom—Erin will be at the office to host for this one

register at: http://wyoming4h.formstack.com/forms/market_beef_workshops

REMINDER: YOU MUST ATTEND AN EDUCATIONAL OPPORTUNITY TO BE ELIGIBLE FOR COUNTY FAIR IF YOU HAVE A LIVESTOCK OR POULTRY PROJECT!

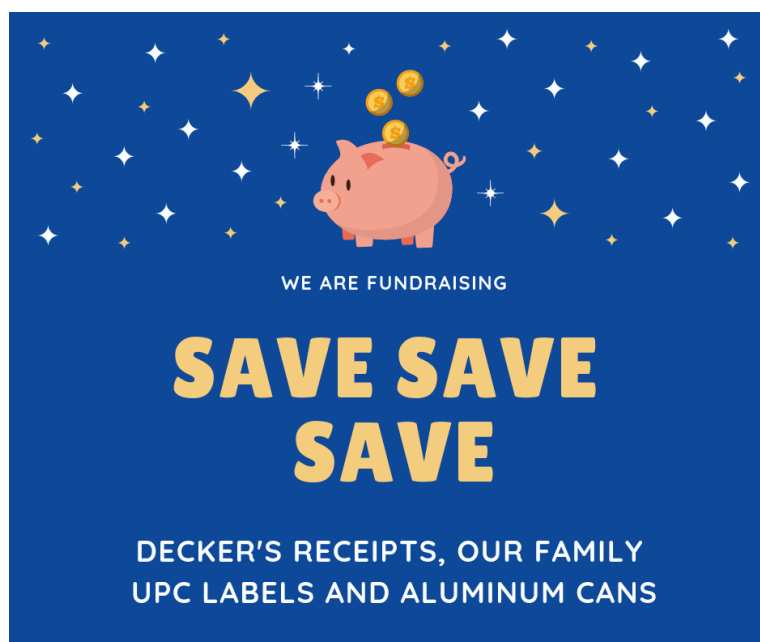
Meeting Dates

Fair Board - May 6 @ 6 PM

4-H Council— May 8 @ 5 PM

Junior Leaders - May 8 @ 6 PM

Cloverbuds - May 20th @ 3:30 PM



Presentation Contest

June 3rd @ 10:00 AM

Prepared and Impromptu Categories.
Great opportunity to participate and practice for Showcase Showdown!

If you need assistance preparing, please contact the Extension Office.

Activity Days

All sewing, foods, visual arts project members must attend 1 Activity Day.

May 30th—Measuring Tips & Tricks and Decorating Hawaiian Sugar Cookies

June 14th—Cooking With Honey and Pineapple Quilt Block Pot Holders

July 3rd—Spice It Up and Solar Wood Burning and Hammered Flower Cards

July 18th—Exotic & Tropical Fruit Tasting and Sip & Paint Tiki's with Carla Stroh—you MUST RSVP by July 3rd

Bring \$5.00 each day for supplies/lunch

**JUNE 7-8
2019**

**SOUTHEAST AREA
307 LIVESTOCK CAMP**

JUNE 5-9

**Crook County
Fairgrounds, Sundance**

SAVE THE DATE

**PLATTE COUNTY
FAIRGROUNDS,
WHEATLAND**

SAVE THE DATE

2019



Learn about daily care, vet care, grooming,
fitting and showing your beef, sheep, swine,
and goat market animal projects
**\$15 REGISTRATION FEE PROVIDES LUNCHESES, SNACKS,
T-SHIRT, AND STALLING LIVESTOCK**



**JUNE 5: DAIRY GOATS, RABBITS, CATS, POULTRY
JUNE 6-7: BEEF, SHEEP, GOATS, SWINE
JUNE 8-9: HORSE**

Learn about daily care, vet care, grooming,
fitting and showing your animal projects

**WYOMING 4-H SUMMER LEARNING
~ HORSE PROJECT ~**

Horse Camp

4-H Horse Camp is designed to provide practical, hands-on education for any 4-H youth. Limited to 50 youth and 10 lead camp volunteers instructors.

When: June 10-11, 2019 **Cost:** \$65 registration fee + stall fees
Where: Hot Springs County Fairgrounds ~ 415 Arapahoe St., Thermopolis
Registration Deadlines: Youth: May 24, 2019 ~ Volunteers: April 15, 2019
Register At: https://wyoming4h.formstack.com/forms/4h_horse_camp
 An informational sheet - with complete details - can be obtained from the Wyoming State 4-H web-site at:
<http://www.uwyo.edu/4-h/opportunities/state-opportunities/horse-camp.html>

Horse Day Camps

This year's day camps will run 9:00 a.m. to 4:00 p.m. and will focus on showmanship and "Riding the Pattern". Camps are open to any 4-H member space is limited to 15 participants per site, filled on a first-come, first-serve basis.

Camp 1

When: July 12, 2019
Where: Sundance, WY
For Questions: (307) 283-1192

Camp 2

When: July 16, 2019
Where: Cheyenne, WY ~ Archer Complex
For Questions: (307) 663-4383

Cost \$25 per camp -- Register At: https://wyoming4h.formstack.com/forms/horse_day_camps

For more information contact:
State 4-H Office ~ Dawn Sanchez
 (307) 799-8780 or (307) 766-5770
dawns@uwyo.edu

SAVE THE DATE

4-H HORSE CAMP

JUNE 6-8, 2019

**FORT ROBINSON STATE PARK
CRAWFORD, NE**

*"THROUGH THESE DOORS HAVE WALKED SOME OF THE
WORLD'S FINEST HORSEMEN."*

**Brochure and Registration
Forms available
March 14!**

Information:
 Tessa Reece
 Nebraska Extension Dawes County
 308-432-3373

UW | Wyoming 4-H

2019 Volunteer Training Series

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

Organizing Club Meetings - May 20, 2019 DATE CHANGE

Club meetings can often be chaotic. Members are easily bored and adults monopolize the conversation and learning. This training will provide you with tips and tricks to spend less time doing business and more time learning and having fun. Join us on February 26th from 6:30 – 7:30 pm via Zoom, in an online meeting, to learn more about organizing your club meetings.

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

MARK YOUR CALENDARS

**Wyoming 4-H
"Poultry Palooza"**

May 4, 2019

**GOSHEN COUNTY FAIRGROUNDS
TORRINGTON, WYOMING**

This fun packed day will include a poultry show with showmanship classes, educational workshops and many great prizes. Come practice with your birds, while learning about grooming, parasites, feeds and more. Open to youth, volunteers and parents.

A complete schedule and registration details will be coming soon!

For more information contact: Megan Brittingham at 307-532-2436 or Dawn Sanchez 307-799-8780.

Livestock Fitting and Showing

July 2nd @ 5:30 PM

- Bring your animals to practice your showmanship skills
- Scale will be available to weigh market animals
- Come learn some fitting techniques and ask questions

Save the Date

WYOBRASKA HORSE JUDGING CLINIC

June 18, 2019

Niobrara County Fairgrounds

CLINIC
LUNCH
JUDGING CONTEST
AWARDS



College of Agriculture
and Natural Resources
Extension
Niobrara County



Featuring Jenny Ingwerson-Niemann
University of Wyoming Equine Specialist



The Fair Board, 4-H Council and Extension Office are hosting Business After Hours in May!

We would love for each Club to participate in some way. We also invite each of you to come kick off the summer of LUAU celebrations at the Fairgrounds!

All horse project members must attend one horse judging to complete their horse project. Horse Judgings are scheduled for June 4th @ Fairgrounds, June 11th @ Dick Baker's and the WyoBraska Judging Clinic and Contest on June 18th. There will be a Horse Clinic on June 20th and July 24th. Horse Grooming and Certification/Level Testing on July 19th.



it's a LUAU PARTY

Niobrara County
Chamber of Commerce
Business After Hours
May 23, 2019 | 5 - 7 pm
Niobrara County Fairgrounds

WYOMING 4-H PRESENTS

JUNE 25-27

Showcase Showdown 2019

LARAMIE • WYOMING

Showcase Showdown offers an opportunity for youth to explore various industries through contests and workshops. The event takes place at the University of Wyoming in Laramie, Wyoming. Youth can participate in contests, workshops, tours and activities over the course of three days.

WHAT IS SHOWCASE SHOWDOWN?

Hands on competition
Open to ALL 4-H youth
(excluding Cloverbuds)
**NO PRE-QUALIFICATION
REQUIRED**

WORKSHOPS & TOURS

Fishing
Painting
Cowboy Athletics
Swing Dance
Photography
The Cud-Powered Car
Project Runway
Hiking

& MORE!

TEAM & INDIVIDUAL CONTESTS

Presentations (Prepared & Impromptu)
Cake Decorating Contest
Table Setting Contest
Livestock Skill-A-Thon
Dog Skill-A-Thon
Produce Evaluation
Food Cook-Off
Horse Judging
Hippology
Robotics Contest
Filmfest



REGISTER AT: [HTTP://BIT.LY/WY4HSCSD19](http://bit.ly/WY4HSCSD19)

FOR MORE INFORMATION CONTACT YOUR LOCAL EXTENSION OFFICE

To attend Showcase Showdown Junior Members have to participate in one event; Intermediate Members must participate in two events; Senior Members must participate in three events.

Cloverbud Activity

7

Grow A Seed Jar

Supplies:

- Paper Towels
- Water
- Seeds (pea and bean seeds grow quickly)
- Large jar

Set Up:

1. Fill the jar with paper towels. Kids can fold them and push them down into the jar.
2. Gently water your seed jar to wet the paper towels. DO NOT FLOOD!!!
3. Carefully push seeds down into the paper towels around the edge of the jar so they can still be seen. Make sure they are firmly in place.

WHAT DO YOU SEE IN YOUR SEED JAR?

- You are looking for a root to pop out of the side.
- Next, you are looking for the root to push down into the soil.
- Then, you are looking for root hairs.
- Next, you are looking for the seed to push up while the root hairs push down.

<https://littlebinsforlittlehands.com/seed-jar-science-experiment-kids/>

- Lastly, you are looking for the shoots to come up!



We hope to see you for Cloverbuds on May 20!

The Seeds We Eat

Supplies:

Corn	Pecans	Green Beans	Berries
Pumpkin seeds	Peanuts	Tomatoes	Zucchini
Sunflower Seeds	Cashews	Grapes	Watermelon
Walnuts	Sugar Snap Peas	Kiwi	Pomegranate
Almonds	Cucumbers	Bananas	Other seeds you choose




Instructions:

1. Investigate each food and find the seeds in each
2. Some seeds are more obvious than others
3. Taste each of the seeds
4. Then discuss fruits and vegetables that have seeds that we don't eat (peaches, apples, oranges, peppers, etc.)




<https://teachbesideme.com/the-seeds-we-eat-nature-science/>



May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Drop/Add Deadline</i> <i>Horse & Dog ID's DUE</i> 	2	3	4
5 <i>Cloverleaf Meeting</i>	6 <i>Fair Board @ 6 pm</i>	7 <i>Ag Expo</i>	8 <i>4-H Council @ 5 pm</i> <i>Jr. Leaders @ 6 pm</i>	9	10 <i>Quilt Club @ 1:30</i>	11
12	13 <i>Rollicking Ranchers</i>	14 <i>Cheyenne River</i>	15	16	17 <i>Quilt Club @ 1:30</i> 	18
19 <i>NCHS Graduation</i>	20 <i>Cloverbuds</i>	21	22	23 <i>Business After Hours at the Fairgrounds</i>	24 <i>Last Day of School</i>	25
26	27 <i>Holiday—Office Closed</i>	28 <i>Goat/Lamb/Hog Weigh In's @ 3:30</i> MANDATORY LIVESTOCK MEETING @ 6 PM	29	30 <i>1st Activity Day</i> 	<i>Sheep/Goat/Hog Ownership Deadline</i> <i>1st Livestock Judging</i>	

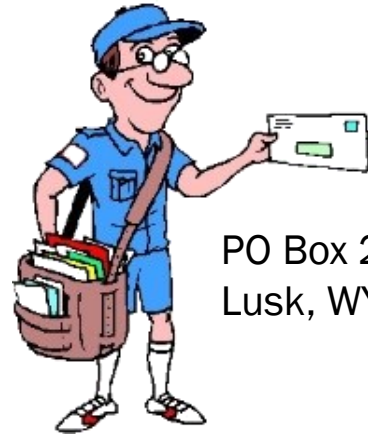
June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 <i>County Presentation Contest @ 10 am</i>	4 <i>1st Horse Judging</i> 	5	6	7	8
9	10 <i>Rollicking Ranchers</i> <i>Horse Camp</i> →	11 <i>2nd Horse Judging</i>	12	13 <i>2nd Activity Day</i>	14	15 <i>Washington Focus Trip</i> →
16	17	18	19	20	21	22
→		<i>WyoBraska Horse Judging</i>	<i>Textile Tech Day</i>			
23	24 <i>Food Safety Classes</i> 	25 <i>Showcase Show-down—Laramie</i> →	26	27	28	29
30						

HOW WE COMMUNICATE



OFFICE: 307-334-3534



PO Box 210
Lusk, WY

Check us out on Facebook:

Niobrara County 4-H & Extension

www.facebook.com/groups/NiobraraCounty4HExtension/

The *Niobrara County 4-H website* is:
<http://wyoextension.org/niobraracounty/>

Visit this website for 4-H information, including the current newsletter, handbook, calendar, etc.! Visit it often!!!!



Denise:

desmith@uwyo.edu

Kellie:

KELLIEC@uwyo.edu

Erin:

niobcnty@uwyo.edu

The *Niobrara County Extension website* is:

<http://niobraracounty.org/>

Then select 'County Extension' on the right-hand side

Our hours are:

Monday - Friday

8:30 AM - 4:30 PM

Closed from 12 - 1 PM