

NIOBRARA COUNTY 4-H



HEAD



HEART



HANDS



HEALTH

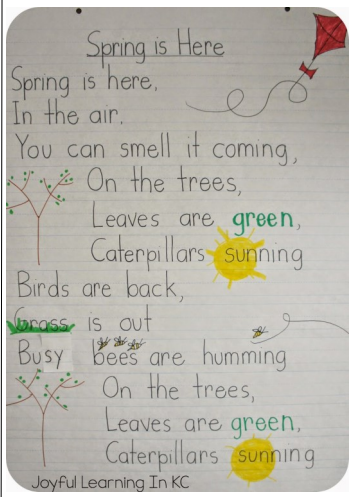


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UPDATE

The Add/Drop Deadline has been moved to June 1. Please make any changes to your 4honline profiles by then. Let me know if you have any questions or need some assistance.



Dear 4-H Families, Leaders and Volunteers,

I hope that you all are staying safe and healthy during this unprecedented time. Please know that we are here to help you and make things in the 4-H world as accessible as possible. There are a lot of opportunities to expand your learning from the comfort of your home, not only in the state, but the nation. We may not be able to see your smiling faces in our office, but encourage you to post updates with photos and videos to our Facebook page of your 4-H projects. Please take some time and care for yourself and your family. With school and social transitions, I don't want any of you to get burned out and discouraged. If there are resources you need, please reach out, we will do what we can to help. I am currently working from home, but have been checking email, Facebook messages and answering calls with your questions or concerns. Let's all hope that the April Showers will Bring May Flowers. I know that I am getting the itch to start planting the high tunnel and the bees are ready to stretch their wings and get out of the hive to start gathering pollen. Here is to Head, Heart, Hands and Health.

~ Kellie (kelliec@uwyo.edu or 334-9912)

All in-person Extension activities (including 4-H & Cent\$ible Nutrition) suspended through May 15 due to coronavirus concerns.

Visit www.uwyo.edu/uwe/county for information on how to reach your local Extension office.

Denise and Erin are still staffing the office answering calls and emails, but the office is closed to walk in traffic. If you need anything, be sure and call first so that they can help you out.



Upcoming Local Events

- ⇒ April 3 Ed. Op. #7 @ 1:00 PM VIA ZOOM—This will be a record book session to answer any questions you may have. This is a great time to get started or catch up on your record books. Come with questions. To connect on Zoom:
<https://uwyo.zoom.us/j/430499961>
- ⇒ April 10 Extension Office Closed
- ⇒ April 29 Activity Day Orientation @ 3:00 PM VIA ZOOM. Follow the link below to register. Once you are registered, you will receive the link to join via email:
https://uwyo.zoom.us/meeting/register/upQkc-qrDsoNINk_pltpT1qIMXRKLh16w
- ⇒ May 1 Record Book Help Session @ 1:00 PM VIA ZOOM—This will be a record book session to answer any questions you may have. This is a great time to get started or catch up on your record books. Come with questions. To connect on Zoom:
<https://uwyo.zoom.us/j/430499961>
- ⇒ May 13 4-H Council Meeting @ 5:00 PM VIA ZOOM.
<https://uwyo.zoom.us/j/250803068>
- ⇒ May 13 Junior Leader Meeting @ 6 PM VIA ZOOM
<https://uwyo.zoom.us/j/706661669>

Club Leaders—if you need help setting up a zoom meeting for your club's monthly meeting, contact Kellie for help in setting it up. It is easy to use and you can join via phone, tablet, desk top or call in. This is a free program to use!

CANCELED Events and Date Changes

- ⇒ April 16 Local Foods Expo—Growing and Cooking with Ancient Grains **CANCELED**
- ⇒ April 25 State Meats and Wool Contest—**Rescheduled, new date September 25-26, Laramie**
- ⇒ June 25-26 State Horse Camp—**Rescheduled, new date June 24-26, Cheyenne**
- ⇒ Shooting Sports Challenge Shoot will be **rescheduled this fall/winter**
- ⇒ County Shoot **Canceled, will have a mandatory meeting before State Shoot**

****Dates may change again depending on COVID-19****

COUNTY FAIR 2020

Disco Days, Fair Nights

July 24th-August 1st

University of Wyoming
4-H Horse Camp

June 24—Reining and Cattle Work
(Specialty Clinic)

June 25-26—Horse Camp

Cheyenne, WY
LCCC

Dorms available for lodging
Registration Information Coming

Ft. Robinson Horse Camp registration is now open.

It will be held
June 11-13, 2020. All the forms
can also be found at;

<https://extension.unl.edu/statewide/northernpanhandle/fort-robinson-4-h-horse-camp/>

Training topics include reining, trick trail map, horse massage, training for speed events, horse stretching, jeopardy, mule packing demonstration, safety factors demonstration, and a water bottle holder craft.

Educational Opportunity Workshops

Again for the 2019-2020 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 2020 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. Let Kellie know if you have any questions.

Ed. Op. #7—Record Book Success
April 3rd @ 1:00-3:00 PM @ Extension Office,
via Zoom

Ed. Op. #8—Poultry Banding, time and location TBD

LAST 2
OPPORTUNITIES
FOR 2020!!!



WE ARE FUNDRAISING

**SAVE SAVE
SAVE**

**DECKER'S RECEIPTS, OUR FAMILY
UPC LABELS AND ALUMINUM CANS**

Why do you save Deckers receipts for 4-H? For every \$150,000.00 that we collect Deckers donates \$1000.00 to Niobrara County 4-H Junior Leaders. This supports their travel fund for educational opportunities such as Citizenship Washington Focus, etc. Receipts must be tallied by May 31st!

Why do we save Our Family UPC Labels? For every 500 labels collected the Niobrara County 4-H Council receives \$25 to support Niobrara County 4-H activities.

Aluminum cans are collected and sold as another Junior Leader fundraising effort. The Junior Leaders fundraise all year long to support their educational trip travel fund.

These are all fairly simple, little input but highly successful fundraisers if we have help from 4-H members, families and friends! Please bring Deckers receipts and UPC labels to the Extension Office. Aluminum cans can be left in the trailer on the south side of the beef barn!

Market Animal Weights & Ownership Deadlines

Market Steers	Minimum: 1150 lbs.	Maximum: 1400 lbs.
Market Heifers	Minimum: 1050 lbs.	Maximum: 1400 lbs.
Market Lambs	Minimum: 110 lbs.	Maximum: 150 lbs.
Market Swine	Minimum: 220 lbs.	Maximum: 285 lbs.
Market Goats	Minimum: 50 lbs.	

Remember that Ownership Deadlines are as follows:

Market Beef ... February 1

Horses ... May 1

Dogs ... May 1

Hog/Goat/Lamb Tagging....May 28

Sheep/Swine/Rabbits/Goats/Poultry ... June 1

Breeding Cattle (including Feeder Calves)-June 1

****Maximum weights are pay weights, not show weights****



Horse and Dog ID forms are Due May 1st. If you are enrolled in either of these projects, you will be receiving a letter and information sheet showing which animals you have identified and will indicate if you will be using them in 2020 and/or adding others. Please keep an eye out for these in the next week. Contact Kellie if you have any questions.



Water Marbling! 

Ready to Learn a Fun New Technique? Discover the ART of Water Marbling.

When: April 23 - 7:00pm
Where: Register to join us via Zoom!

Taught by:
Denise Smith
Erin Smith
Kellie Chichester

Family and Consumer Science Series

Register here:
<https://wyoming4h.formstack.com/forms/fcs>

For more Information Contact:
 Dawn Sanchez 307-799-8780






*Niobrara County
 Homemakers
 Scholarship*

**DEADLINE HAS
 BEEN EXTENDED TO
 MAY 30TH**

APPLICATIONS ARE AVAILABLE ONLINE AT
 WYDEXTENSION.ORG/NIOBRARACOUNTY/NIOBRARA
 -COUNTY-HOMEMAKERS/
 OR
 REQUEST A COPY BY EMAILING
 NIOBRARACOUNTY@UWYO.EDU

Presentation Contest
 June 1, 2020
 10:00 AM

We hope to have this as a face to face contest, but it could be done via Zoom from your home! More information will be available soon.

You can present a Prepared or Impromptu Presentation.

Prepared Presentation

Time Limits:

Juniors ~3-10 minutes

Intermediates ~ 5-10 minutes

Seniors ~ 7-15 minutes

Impromptu Presentation

Time Limits:

Juniors ~ Up to 3 minutes

Intermediates ~ 2 ½ - 4 minutes

Seniors ~ 3-5 minutes

Contact Kellie if you have any questions. This is a fun contest. Awards are presented at the Niobrara County Fair Style Review.

Through the efforts of local officials and community organizations, a website has been created as a central point of contact for coordinating needs of individuals with volunteers offering some form of assistance. This is similar to what is being done in several other communities around the country. The website is www.niobraraunited.com and is very simple. It has two buttons:

- 1) I have a need
- 2) 2) I'd like to help

This is a place to coordinate community needs with community volunteers – a place to unite all volunteer services and connect with those who have needs. There is an agreement that states that all volunteers have read, understand, and will abide by the guidelines stated.

This website is not in any way connected with Public Health, DFS, Emergency Management, the Senior Center, or any government funded/operated entity. It would strictly be a place to coordinate individual needs with volunteers.

Record Book Award Changes

Some big changes are happening to record book awards this year. In each division listed below there will be an award given to:

- ◆ Champion Jr.
- ◆ Res. Champ. Jr.
- ◆ Champion Int.
- ◆ Res. Champ. Int.
- ◆ Champion Sr.
- ◆ Res. Champ. Sr.

Record Book Help Sessions

April 3rd

May 1

June 12th

August 28th

Come get some guidance on how to complete your record books on each of those days from 1:00-3:00 PM

Div. 1 - Livestock

- Beef
- Dairy Goats
- Meat Goats
- Sheep
- Swine
- Poultry

Div. 2 - Animal

- Rabbits
- Cat
- Dog
- Horse

Div. 3 - Family and Consumer Sciences

- Cake Decorating
- Crocheting
- F&F
- Interior Design
- Knitting
- Quilting
- Foods and Nutrition

Div. 4 - Creative Arts

- Leathercraft
- Photography
- Ropecraft
- Woodworking
- Visual Arts

Div. 5 - Leadership and Civic Engagement

- Civic Engagement
- Self Determined
- Youth Leadership

Div. 6 - Science and Technology

- Aerospace
- Computers
- Electricity
- Robotics

Div. 7 - Natural Resource Education

- Entomology
- Geology
- Nature and Ecology
- Range Management
- Shooting Sports
- Sport Fishing
- Wildlife and Hunting
- Gardening and Horticulture
- Health
- Outdoor Recreation

Other Awards

- Hard Luck
- Heart of 4-H Sportsmanship
- Extra Mile Sportsmanship
- Stepping Up Sportsmanship
- Best 4-H Story
 - Jr.
 - Int.
 - Sr.
- Portfolio - Outstanding Leadership
 - Jr.
 - Int.
 - Sr.
- Portfolio - Outstanding Community Service
 - Jr.
 - Int.
 - Sr.

Toilet Roll Stamp Flowers



Toilet Roll Stamp Flowers

These flower stamps are so easy. It's just a matter of cutting some petals into the top third of your toilet roll and then spreading the petals out. Dunk the petals into some paint and stamp them onto your page.

Toilet Roll Bunnies

Tape the toilet paper rolls together making sure they are all level with each other. We were inspired by [NewYoungMum](#) who recommended using glue dots. Those would work way better!! Put white paint on a paper plate then have the little ones dip it and press HARD on the paper. Draw on a sharpie face then add some green grass at the bottom. You could also make easter eggs with the toilet rolls too!

Bunny Bait

Ingredients

- 2 cups corn or rice chex
- 1 cup miniature pretzel twists or pretzel rods
- 2 cups Cap'n Crunch cereal (no berries)
- 2 cups cheerios
- 1 cup Easter M&Ms
- 1 and 1/2 bags (16 ounces) high quality white chocolate chips
- 1 and 1/2 teaspoons vegetable oil or shortening

Instructions

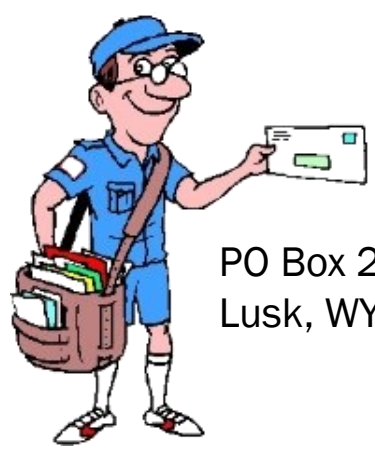
- Line a large sheet pan with parchment paper and set aside.
- In a large bowl combine the Chex, pretzels, cheerios, and M&Ms together.
- In a medium sized bowl add the white chocolate chips and vegetable oil. Microwave for 30 seconds, stir, and microwave for another 25 seconds. Stir until melted and smooth. Pour the melted and smooth white chocolate over the snack mix.
- Gently stir until completely combined and then transfer to the prepared baking sheet and spread into one even layer.
- Allow to harden at room temperature or place in the fridge until firm, about 10-20 minutes. Break into pieces and serve OR fill up snack sized bags.



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

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