Shooting Sports to Kick-Off in January

All 4-H members enrolled in the archery, muzzle loading, pistol, rifle and/or shotgun projects need to attend the shooting sports organizational meeting on Tuesday, January 5th. The meeting will be held at 6 pm at the Indoor Shooting Range at the Albany County Fairgrounds.

2016 Market Animal Weigh-In Dates

Market Beef and Phase I Supreme Heifer .................................................. January 30th, 8 am to 11 am
Market Beef and Phase I Heifer early weigh day RSVP if coming ......January 27th, 4-6 pm
RSVP to 721-2571

* Supreme Cow Program: If you plan to be involved in the Supreme Cow Program this year, please be sure to list “Breeding Beef” in your 4honline enrollment.

** Market Beef Kids: You must be enrolled in the market beef project prior to tagging/weigh-in in January. All it takes is logging into your 4honline account and adding the project.

Market Swine, Market Sheep, and Market Goat............................................. June 4th, 8:00am - Noon
Early weigh day RSVP if coming ..........................................................June 1st, 4-7 pm

***2016 CARNIVAL DEADLINES APPROACHING***

Please see pages 4 - 5 for more details

Market Beef and Supreme Cow Ownership Deadline is February 1, 2016

Thank you Stompin’ Steamboats for the float entry in the Laramie Christmas Parade.

A BIG Thank you to all who submitted entries for the 2016 4-H calendar cover. They were all great and it was hard to choose a winner!

Thank you to all the clubs that did gift wrapping at Murdoch’s.
Archery
Watch FootNotes for more information to follow. Tentative plan, project will start end of February.

Archery Key Leader:
Shawn Hayes  760-7741

Dog
January 13, 20 & 27 Advanced Dog
January 20
7 pm Beginners orientation
Fairgrounds Activity Building

Bring your dog’s shot records, Wyoming Dog ID & 3 Strikes paperwork
(Vicky will be keeping these)

Happy New Year and thank-you to everyone who came to Murdoch’s to help with Santa photos
A special thank you to Ted Gallegos and Jerry Heggie

Dog Key Leader:
Vicky Walker  742-7662

Cake Decorating
Extension Office Meeting Room

More info coming soon. Watch your email and FootNotes

Lizscakeswy@yahoo.com
Liz 760-9220

Cat
January 16th
2 pm
Extension Office Meeting Room
Please bring cat, harness, carpet square, carrier. We will practice showing. Please let me know if you are coming by 3pm on January 15th. Please call with questions.

Cat Key Leader:
Connie Bierman  399-8092

Cloverbuds
January 21 - 6 pm
Extension Office Meeting Room
Cloverbuds (youth age 5 - 8 years)

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Watch FootNotes for more information to follow. Tentative plan, project will start end of February.

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Cloverbuds
January 21 - 6 pm
Extension Office Meeting Room
Cloverbuds (youth age 5 - 8 years)
Meat Judging
Please let Mary Louise know if you are interested in meats judging. Practice will start mid-January.

Photography

January 25th
5:30 pm
Ludwig Photography, 224 Ivinson Ave.
Bring your camera!

Photography Key Leader:
Leslie Lund
email: wyogirl.leslie@gmail.com
399-6898

Rabbit

Rabbit project classes will start February 29, 2016

Rifle & Pistol
- Practices will begin in February
- New shooters (1st year in project) on Tuesdays
- Previous shooters on Thursdays
- Two practice times will be held… 4-6 & 6-8 pm
- Practices will be held at the shooting range (fairgrounds)

Rifle & Pistol Key Leader:
Roy Kern 760-1892

College Scholarship Deadlines
Wyoming 4-H Scholarships February 15
http://www.wyoming4h.org/4hfoundation/scholarships/
Albany County Cattle Women March 1
Albany Co 4-H Foundation & Council March 18

Good Luck to all of our members who will be competing at the National Western Stock Show in Denver with horses, livestock, or in various contests.

ATTENTION “New to 4-H” Meeting
Meeting dates:
January 28, 2016 & February 17, 2016

Welcome New 4-H Members:
Cael Churches  Lacie Kirlin
Shea Churches  Miraya Nelson
Dax Evertson  Audrey Roaque
Quade Gill  Chase Stricklin
Elias Jensen  Leonardo Uribe-Baldivia Jr
Jonas Jensen  Adelaide Vasek
Virginia Jensen

January Birthdays
- Jaedon Cleven
- Allen Cowardin
- Ireland Earl
- Madison Gallegos
- Hardy Greene
- Piper Henschel
- Tristan Jenkins
- Ashley Kelly
- Taylor Mathews
- Jessica Predmore
- Porter Salo
- Levi Schilt
- Alexis Stucky
- James Vasek
- Cadence Williford

Classified Information
Classified ads must apply to 4-H projects or to 4-H members or leaders.
Ads may be modified by Extension Staff to fit in the ad space available.
All ads must be submitted to the Extension Office no later than the 3rd Friday of every month.
Ads will remain posted for two months or until the office is notified that the product is no longer available.

Place your FREE ad here!
2016 4-H CARNIVAL GUIDELINES

Dear 4-H Community Club Leaders:

This year we would like to stress the importance of the 4-H Carnival. Please remember and remind your members that the money raised at the 4-H Carnival is the primary fundraiser for the Albany County 4-H Council. The 4-H Council is the governing body of Albany County 4-H and provides support to clubs and individual members by monetary means. Another important aspect of the 4-H Carnival is the promotion of 4-H to the youth of Albany County. This year the committee has set a goal of raising $6,000 during carnival. The best way to reach this goal is by selling as many pre-sale coupons as possible. We ask you to please help us reach our goal to support the youth of Albany County 4-H.

The 2016 4-H Carnival will be held Saturday, February 27th from 11:00 am until 5:00 pm at the Albany County Fairgrounds Activity Building. This year’s theme is Summer Olympics.

Your Carnival Committee Members are:
Sueann Wasmuth 761-4827 Tammy Heggie 745-7408 Mandy McMichael 761-1093
Annie Gallegos 760-2997 Debbie Clay 760-0509 Mary Louise Wood 630-1705
Jill Powers 704-619-0988 Heather Patterson 760-0525 Lindsey Ward 399-9862

1.) BOOTHs

The activity building will be open on Friday, February 26th from 6:00 to 9:00 pm and from 8:00 to 9:45 am on Saturday, February 27th to set up booths. The clubs must provide all the supplies for setting up their booth. The activity building will be closed from 9:45 to 10:45 am for judging. Absolutely no club leaders, members, etc. will be allowed in the building at this time. Clubs will not be reimbursed for supplies bought for their booths.

Each club is responsible for cleaning up their booth. Booths cannot be taken down before 5:00 pm. Prepare to have everything out of the building by 7:00 pm. Whatever trash will not fit in the trash dumpster will be the responsibility of the club to dispose of. Please bring your own ladders, brooms and dustpans.

2.) POSTERS

Each club is asked to submit at least two posters to advertise the carnival; however each club is encouraged to submit more than two entries. The posters can be computer generated or handmade. THE POSTERS SHOULD BE NO LARGER THAN 11X17 INCHES! Turn these into the Extension Office by 5:00 pm on Friday, January 22, 2016. Posters must be turned in by the deadline in order to be judged. The grand prize within each division (Junior, Intermediate, and Senior) will be awarded $15.00 and the reserve champion in each division will receive a check for $10.00. The Carnival committee will distribute posters.

The divisions are:
1.) Junior 4-H member - 8 to 10 years of age as of January 1, 2016
2.) Intermediate 4-H member - 11 to 13 years of age as of January 1, 2016
3.) Senior 4-H member - 14 years or older as of January 1, 2016

11X17 Posters should include:
1.) What (4-H Carnival)
2.) Theme (Summer Olympics)
3.) Time (11:00 am - 5:00 pm)
4.) Date (Saturday, February 27, 2016)
5.) Place (Albany County Fairgrounds Activity Building)
6.) Club name and individual's name (on the back of the poster)
7.) Age as of January 1st, 2016, of the member making the poster (on the back of the poster)

3.) COUPONS

Each member is asked to sell at least two (2) $5.00 coupons. This year we are again asking leaders to challenge their members to sell ten $5.00 coupons. The club who sells the most pre-sale coupons will receive a cash prize of $100.00. We will publish the club who is our top seller in the March FootNotes. Leaders – Please be sure to turn in your coupon tally sheet with your money!

Each coupon can be redeemed for 25 tickets at the Carnival Ticket Office on the day of the carnival. We have included the coupons in the carnival packet so members can sell in January and February and turn their money into their leaders in February. If patrons pay by check for their coupons, please have them make the checks payable to the club. You may request more coupons from the Extension Office. Historically, when the pre-sale of coupons is good, then the carnival makes money!

Unsold coupons and coupon money must be turned in to the Extension Office no later than Friday, February 19, 2016, by 5 pm - NO EXCEPTIONS. Each club should turn in the money and unsold coupons in one envelope. Please only one check per club for all ticket sales. Clubs who do not meet the deadline create a hardship for the committee and the 4-H Council Treasurer and may be asked to make an involuntary donation to 4-H Council.

Continued on page 5
**4.) CAKES FOR THE CAKEWALK**

Each club is asked to furnish one cake for every two members (no cupcakes please - store bought cakes are accepted, however only homebaked/decorated cakes will be judged). Put cakes on a stiff piece of cardboard and wrap with protective covering. Absolutely no cakes will be accepted without being covered and labeled. Label each cake showing the type of cake and frosting on top of the cake so the winners can see what kind of cake it is. Please put your name, age and club name on the bottom of your cake, if members want cakes to be judged they must be received at the cafeteria window by 9:30 am on Saturday, February 27th. No late cakes accepted for judging. In order to have your cake judged, you must have it in the age group of the decorator. The grand prize within each division is $15.00 and the reserve prize is $10.00. All other cakes must be received by 11:00 am and checked in with the carnival committee so that each club receives credit for them. All winning cakes will be displayed near the carnival ticket office. We will again be auctioning off the winning cakes to the highest bidder in a silent auction and the winning bids will be announced during the awards presentation.

The divisions are:

1.) Junior: Decorated by 4-H member - 8 to 10 years of age as of January 1, 2016
2.) Intermediate: Decorated by 4-H member - 11 to 13 years of age as of January 1, 2016
3.) Senior: Decorated by 4-H member - 14 years or older as of January 1, 2016
4.) Adult: Decorated by adults associated with 4-H

**5.) BINGO**

Bingo will be available for clubs to run this year just as the inflatable or food booths. It will be given out on a first come, first serve basis each year with a different club having it each year as well.

**6.) REQUIREMENTS FOR CONCESSIONS FOOD BOOTH**

Please see packet regarding each club’s requirements for the concessions food booth. All food items must be turned in by Friday night, February 26th during booth set up from 6:00 - 9:00 pm. If food items are not turned in by the deadline, the carnival committee will purchase the item and require reimbursement from the club. This is not an invitation for the carnival committee to take care of a club’s responsibility. All items must be checked in with a Carnival Committee member to receive credit for your club.

**7.) POPCORN, SNOWCONE, AND COTTON CANDY BOOTHS**

These booths will be offered to clubs not running them last year on a first come, first serve basis. Requests will be accepted starting January 4th by calling Mandy McMicheal at 761-1093. Supplies will be provided for these booths but all decorations will be the responsibility of the club.

**8.) INFLATABLE BOOTHS**

These booths will be offered to clubs not running them last year on a first come, first serve basis. Requests will be accepted starting January 4th by calling Mandy McMicheal at 761-1093.

**9.) OTHER MONEY MAKING PROJECTS**

No club raffles or any other type of money-making project during the carnival will be permitted during carnival hours. This is a county money-making project only. Clubs can hold raffles as part of a booth if cleared by the carnival committee and money earned goes to the 4-H Council.

**10.) PEOPLE’S CHOICE AWARD**

Each club booth is voted on by the public depositing tickets in the can of the club booth that they would like to win the People’s Choice Award. The club booth with the most tickets at the end of the day is the winner. Remember this is a potentially big money maker for the carnival and encouraging people to vote for your club booth is helpful to reach our fundraising goal. People’s Choice Award cans will be placed in an area adjacent to the Royalty Cans. ***Please Note: Cans for voting are provided by the Carnival Committee.***

**11.) KING / QUEEN / PRINCE / PRINCESS / DUKE / DUCHESS**

Each club is allowed to submit six names to the Carnival Committee:

- King - Senior 4-H member
- Queen - Senior 4-H member
- Prince - Intermediate 4-H member
- Princess - Intermediate 4-H member
- Duke - Junior 4-H member
- Duchess - Junior 4-H member

Each person can only be a candidate every other year and must be decided on by their 4-H club.

***Please Note: Each candidate is to bring a covered and decorated coffee can with their name, club, position running for (King, Queen, etc.) and a picture of themselves. Cans not following these guidelines, may not be included in the royalty contest. Cans must have a removable lid so that the Carnival Committee can count tickets deposited throughout the day. Royalty cans must be checked in with the Carnival Committee on Friday night.***

Each candidate is voted on by the public depositing tickets in the can of the person that they would like to win the title. The candidate in each category with the most tickets at the end of the day is the winner. Remember this is a very big money maker for the carnival and participation is helpful to reach our fundraising goal. If your club does not have a candidate for one of the positions, please do not leave it blank but put none on the club info sheet in packet.
Volunteer Leader Training

All 1st year leaders and leaders that need to be rescreened must complete either an online training or attend a training at the Extension Office. The next training at the Extension Office will be Wednesday, January 6, 2016 at 6:00 pm. Supper will be provided. Please call and RSVP by the 5th so I have enough food.

To access the online training, please go to: http://www.uwyo.edu/4-h/volunteers/
On the right side of the page, click on New Leader Orientation and complete the six modules. This is a fast and easy way to complete this requirement. Our office will be notified when you’ve completed the training.

WY 4-H Judges Certification Workshop

♦ Interested in becoming a judge for 4-H static exhibits?
♦ Need to know more about 4-H to become a better judge?
♦ Interested in judging more?
♦ Attend the certification workshop during the 2016 WY State 4-H Leaders’ Conference to become a certified judge for 4-H static exhibits.

February 20, 2016
10:00am-4:00pm
$35 (Sat. Only Registration—other registration packages are available)
Sheridan College, Sheridan

Please register by February 5, 2016
Registration and fees can be found at http://bit.ly/1xY7nL9

Since the training is held at State Leaders’ Conference you will be registering as a part time conference attendee. You are welcome to attend classes the first half of the day if you wish. You can select additional classes when you register.
Contact Tansey at (307) 633-4383 or your local extension office for more info.

Wyoming Agriculture in the Classroom

BOOKMARK CONTEST

2016 Bookmark Contest Rules

• Contest is open to all Wyoming 3rd, 4th and 5th grade students.
• Entries must be postmarked no later than February 19, 2016 to be eligible for the contest.
• Only one entry per student.
• Entries must be submitted on the designated entry form template found on Wyoming Agriculture in the Classroom (WAIC) website: www.wyaitc.org.
• Entries should be submitted on a heavyweight/card stock paper.
• Bookmark submission must encompass the 2016 theme.
• Contact information must be complete and clearly printed on the entry form. This information is utilized to send out information to all participants and finalists. WAIC staff will call if information is incomplete.
• Bookmark must be student’s original artwork and message created within the 2015-16 school calendar year.
• DO NOT use metallic pens or crayons for artwork submissions. Colored pencils are preferred.
• Submit entries to:
  Wyoming Agriculture in the Classroom
  PO Box 347
  Cheyenne, WY 82003
• Original artwork will not be sent back to students. If you want a copy of the artwork, please make sure to have a copy made prior to mailing in student’s submission.
• Questions? Contact WAIC at 307-369-1749 or info@wyaitc.org.

For application and bookmark template visit http://www.wyaitc.org/files/9414/4961/4325/2016BookmarkTemplate.pdf
What Do You See?

4-H Flash Fiction Writing Exhibition

Calling all Wyoming 4-H Members!
Participate in a state and national writing exhibition!

What it is:
Flash Fiction is a national 4-H creative writing exhibition that challenges youth to create a story, prose, poem or essay in less than 1,000 words.

Entries should convey author's point of view on a subject of their selection in a written form of their choice. Entries should answer the question “What Do You See?”

Entries should convey youth’s self-expression through written media

Entries should compel readers to think, feel and take action

Requirements:

- Maximum length: 1,000 words (no minimum).
- Electronic submissions of MS Word or PDF documents only must be emailed to mbrittin@uwyo.edu by midnight, July 4.
- Please complete the cover page, and return via e-mail with your entry. Do not include personal information on the essay.
- Entries must be original, creative work by 4-H members
- Format - Microsoft Word or PDF Document, 12 font, single-spaced, 1” margins, 8.5” x 11” size page.
- Submissions due by midnight, July 4.
- Story submissions will not be returned to authors. Participants authorize WAE4-HA, and NAE4-HA to post entries on the web and duplicate submissions for non-profit, promotional and educational purposes.
- For more information, please contact the Goshen County Extension Office at (307) 532-2436

Goals vs. Resolutions

Many popular new year resolutions such as "lose 25 lbs" or "run a marathon" are actually goals, not resolutions. If there is a specific achievement it's a goal, but permanent changes to your life are resolutions since you keep doing them every day and not just until a specific achievement is reached.

Psychology weblog The Happiness Project points out that goals are great for happiness but can easily cause discouragement if you don't hit your goal on time.

What if it takes longer than you expected? What if it's harder than you expected? And what happens once you've reached your goal? Say you've run the marathon. What now – do you stop exercising? Do you set a new goal?

With resolutions, the expectations are different. Each day, I try to live up to my resolutions. Sometimes I succeed, sometimes I fail, but every day is a clean slate and a fresh opportunity. I never expect to be done with my resolutions, so I don't get discouraged when they stay challenging. Which they do.

The key here is to know which changes in your life should be attainable goals and which should be permanent resolutions. Do you simply want to lose 25 lbs or do you want to exercise five days a week and cut out processed foods? If you want to be successful in weight loss perhaps you should have both goals and resolutions - the goals give you attainable milestones that keep you motivated while the resolutions help reinforce lifelong changes.
As youth, it feels good when parents, teachers, and leaders know you will meet your obligations, and do not feel like you need constant supervision or monitoring. When others trust you they give you greater leeway. It is satisfying to be held to a high esteem by others, but with that trust comes the need to constantly live up to the expectations and refrain from even small lies or selfish behaviors that will destroy the trust that was built.

Simply refraining from deception is not enough. Trustworthiness is the most complicated of the six core ethical values and concerns a variety of qualities like honesty, integrity, reliability and loyalty. It is all of these qualities that build the relationships of trust that foster independence on your part. Striving towards these qualities of trustworthiness, honesty, integrity, reliability, and loyalty, will help you build a reputation that will help you build trusting relationships with those around you.

Adapted from Making Ethical Decisions by Michael Josephson

Why Strive to be Trustworthy?

Be a Trustworthy Friend Kit
Make a trustworthy friend kit to remind kids what qualities a friend has. Ask kids to label a zip lock baggie “friendship kit” and decorate it. Have them place the things on the list in the baggie. Cut out the list and place it in the baggie too. Ask the kids to take it home and tell their families what each thing stands for.

Source: Developing Character When it Counts—Grades 2-3, 1999

Trustworthiness in 4-H
Be a Trustworthy Friend

Tape  Stick up for your Friend

Bandage  Never let a Friend do anything to harm himself or herself

Button  “Button Your Lips” and keep a secret for your friends

Candy Heart  Have the courage to do the right thing

Word Card: Truth  Remember to always speak the truth. Be honest and sincere with your friend

Eraser  Everyone makes mistakes. Forgive a friends mistakes

Mint  A trustworthy friend is worth a mint

Clover Connection

Head - speak honestly
Heart - Be loyal
Hands - Be reliable
Health - Trust is essential to build healthy relationships with those around us.

Like this activity? Find more like it in the “Good Ideas Book” at your local Extension Office
Information for February FootNotes is due by January 22nd

Sincerely,

Mary Louise Wood
Mary Louise Wood, 4-H/Youth Extension Educator &
Sue Golding
Sue Golding, Administrative Assistant

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Office Contact Information:
Albany County Extension Office
3520 S 3rd St, Suite A
Laramie, WY  82070
Phone:  307-721-2571
Fax:      307-742-4228
Email: Mary Louise Wood  mwood8@uwyo.edu
Sue Golding  lgolding@uwyo.edu
Sincerely,
Mary Louise Wood, 4-H/Youth Extension Educator
Sue Golding, Administrative Assistant

FootNotes Available Online At:
http://www.uwyo.edu/ces/county/albany/newsletters.html
And at https://wy.4honline.com

JANUARY 2016

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The office will be

**Closed**

the following days:
January 1, 2016 & January 18, 2016

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**Did you know?**
FootNotes is now available online by logging into your
wy.4honline.com account.

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2016 Albany County Fair Dates:
July 26 - August 6

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Cloverbuds (5-7) year olds January 21, 2016
Extension Office Meeting Room