September / October 2013

Congratulations on a terrific 4-H year!

THANK YOU, to all the youth and adults who made this year so much fun! It seems like only yesterday that I started as the Carbon County 4-H Educator and yet County Fair marked a year! I have learned a lot and am looking forward to the upcoming 4-H year!

September 30th is the end of our 4-H year, so be sure to think about all you have learned and thank those who have helped you along the way. Finish up the year by completing your record book which is due October 1st.

October 1st is also the beginning of the NEW 4-H year! Enrollment forms will be available soon. Remember all members and leaders must re-enroll every year.

Let’s work together to make Carbon County 4-H all that you want it to be! Please contact me with any suggestions or ideas you have for the new 4-H year.

Hope to hear from you soon!

Cathy

*Stay up to date by viewing the Carbon County 4-H Facebook page!

Your opinion is needed:

Would you prefer to receive or view Carbon County 4-H information in a paper newsletter, online newsletter, email, facebook, or a website devoted to our Carbon County 4-H? Let me know! ccraig@uwyo.edu or 328-2642
4-H Portfolio Record Books are Due
October 1, 2013

4-H Portfolio Record Books are due to the Carbon County Extension office by 5 pm on / or postmarked by October 1, 2013.

Things to Know:
► Thanks to fabulous donors, we have scholarships to award to youth with the top record books in each age category (Jr., Intermediate, & Sr!)
► You can submit your record book for this judging even if you had it judged at county fair
► In order to be eligible for the Gold Achievement level you must submit your record book (either at county fair or on October 1, 2013)
► If you do not want your book judged but you are turning it in to meet the requirement, please attach a note to your record book.
► The portfolio record book pages are available online at: www.uwyo.edu/4-h/portfolio/index.html or we can print them for you at the Carbon County Extension office.
► It is best to put your record book in some sort of 2 or 3 ring binder. For $3 you can purchase an expandable 4-H record book cover from the Extension office. (see picture of binder below)

Frequently Asked Questions about 4-H Portfolio Record Books:

Why? Keeping a 4-H Record book helps you:
- Learn how to organize
- Learn how to set goals
- Appreciate & recognize what you have learned each year from the goals you set
- Explain what you learned
- Keep track of expenses
- Gather information needed to apply for awards and scholarships
- Complete applications and resumes for jobs and college
- Meet requirements to participate in some state, county or national 4-H events

What is the Benefit of doing a record book? Year end awards are based on the achievement level system. In order to reach Gold member status, completion of the portfolio is necessary as it clearly documents your 4-H activities. In addition, the Wyoming 4-H portfolio was designed to encompass much of the information needed for completing college and scholarship applications.

Do I need to print new pages for my record book every year? You will need to print a new Section 1 form for each project, every year. These are the forms on which you list your goals. Additions can be made to Sections 2 - 5 from year to year until the page is full, then you would need to print new pages. You will need to print one new Section 6 every year to write your story. Section 7 will need to be printed yearly so you can add new photos.

How do I arrange my record book from year to year? Please keep all records from previous years in your book. There are several ways to organize your record book. I would recommend placing the current year on top of last year in each section of your record book or you can move all past information to the back of your book with labels displaying the years. Choose what works best for you - Just remember you want it to be clearly organized so others may pick up your book and know what year they are looking at.

If you have questions or want advice about completing your record book please contact the Extension office at 328-2642 or ccraig@uwyo.edu
Congratulations to all County & State Fair Participants!

State Fair results for non-living projects have been posted on the State 4-H website: [http://www.uwyo.edu/4-h/results.html](http://www.uwyo.edu/4-h/results.html)

(Unfortunately they only post those who received rosettes.)

The State Fair has not yet posted results for the live animal projects, but when they do, you can find them at: [http://www.wystatefair.com/news-results.php](http://www.wystatefair.com/news-results.php)

*Remember, winning isn’t only about the ribbon placing or the prize - Winning is also about what you learned and how much you have grown as a person.

Daniels Scholarship Application Deadline: Friday November 15, 2013 by 4 pm

⇒ Must be a senior graduating in the 2013-2014 year
⇒ ACT composite score of 17 or higher

Apply online, [www.DanielsFund.org](http://www.DanielsFund.org) between Sept 1, 2013 and 4 pm on November 15, 2013

If you have more questions go to: ScholarSelection@DanielsFund.org phone: 303-393-7220 or 1-877-441-3139

Leadership Washington Focus Registration closes December 13, 2013

4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border.

The Youth will:
- Build confidence in their ability to motivate and direct others in meaningful action
- Practice effective communication with others through group discussion and public speaking
- Work with others to create and accomplish goals
- Develop an understanding of their own personal leadership style
- Exchange ideas, practice respect, and form friendships with other 4-H’ers from across the nation
- Experience hands-on learning using the historical backdrop of Washington, D.C.

Go to the following website for further information and to apply: [http://www.uwyo.edu/4-h/youth/travel/lwf/index.html](http://www.uwyo.edu/4-h/youth/travel/lwf/index.html)
Each year we honor those who go above and beyond to help our Carbon County 4-H program.

Please submit your nominations to the Extension office by September 25, 2013.

You can email (ccraig@uwyo.edu), fax (328-2646), mail (PO Box 280, Rawlins 82301), or bring in your nominations!

The Categories are:

- Rookie Leader of the Year = has been a leader for 5 years or less
- Seasoned Leader of the Year = has been a leader for 6 or more years
- Friend of 4-H = Businesses or people who have helped 4-H
- Hall of Fame = A person who has helped 4-H for years
- ACES (Accomplishment, Commitment, Excellence, Service) = Jr. leader who has gone above & beyond the normal duties of a Jr. leader

Your nomination needs to tell us who you are, who you are nominating, which award you are nominating the person for and reasons why you are nominating the person.

The 4-H Educator and 4-H Leaders Council will review the nominations and select the winners.

Carbon Youth chosen for 2014 Wyoming State 4-H Leadership Team

During the 2013 Wyoming State Showcase Showdown, Robert Espy, member of the Rawlins Reliables 4-H club, earned a spot on the Wyoming State 4-H Leadership Team! To earn this spot, he gave a presentation and participated in an interview with the selection committee.

The State 4-H Leadership Team is a seven-person team that represents Wyoming 4-H at all statewide events and activities. These functions include, State Leadership Team Retreat, Youth Leadership Conference, Legislative Day, and the Wyoming State Fair. Team members are also involved in providing county or multi-county leadership workshops, assisting at State 4-H contests and events, and representing 4-H at organizational meetings.

Carbon County 4-H has had youth on the State Leadership team for the last two years. We were well represented by Olivia Roybal in 2012 and Ty Espy in 2013. I’m sure Robert, Ty or Olivia would be happy to tell you about their experiences if you are interested in trying out for this team.
Can you believe Wyoming 4-H has been around for 100 Years?!

4-H was formed as the result of dedicated, forward-looking people, interested in youth education. In 1902, A. B. Graham, an Ohio school superintendent, organized a boys’ and girls’ club with a home project based on corn. This became the first 4-H club.

By 1913, the University of Wyoming College of Agriculture had 125 boys and girls enrolled in 4-H. The initial objective of the clubs was to influence the farm and home practices of their parents. Extension staff outlined project work. In 1917 the first full-time boys’ and girls’ 4-H club agent was hired in Sheridan County to work with the 74 rural schools in the county. By 1919 there were 96 clubs across Wyoming with an enrollment of 1,562 members growing to more than 3,000 youth in the 1930’s. Work was being carried out in eight project areas including corn, potato, home gardening, canning, poultry, pig, sheep and sewing.

The University of Wyoming 4-H Youth Development Program continues to fulfill its mission of: “4-H empowers youth to reach their full potential, working and learning in partnership with caring adults”. County 4-H educators partner with 2,579 adult volunteer leaders to provide opportunities for youth to reach their full potential through UW 4-H. As 4-H grows, the types of projects change to reflect new youth interests and support programming in science, technology, engineering and mathematics; healthy living; and citizenship. Today, there are 621 4-H clubs where almost 7,000 youth enroll in more than 50 4-H projects. Members are learning how to build rockets, gluten free cooking, and developing skills to be a global citizen. Projects with the highest number of youth enrolled include shooting sports (1,842), swine (1,722), horse (1,371), photography (1,307), and sheep (1,269). While the majority of youth enroll in the 4-H club program, many youth also participate in camping, afterschool 4-H programs, and school enrichment.

Help celebrate National 4-H Week and show off your 4-H Pride!!

I challenge each club to participate in some way! Here are just a few ideas:

► Pick a day when you will all wear green

► Contact local businesses and ask if they will allow your club to set up a 4-H window or poster display.

► 4-H members or leaders say a few words about 4-H on the Saratoga radio station. It would be a great way for the public to learn about 4-H.

► I would like to have at least one open house & enrollment night during National 4-H week. Current 4-H members and/or leaders can showcase a variety of projects so others can see what 4-H is about!

Please let me know if you are willing to help with any of these ideas - OR - If you have other ideas to share.

These ideas would be great Leadership projects for anyone interested in participating as a Jr. Leader.

Carbon County 4-H isn’t 100 years old yet, but did you know:

The first 4-H Club in Carbon County was established east of Encampment in 1929, it was called the Beaver-Encampment Valley Organization (BEVO).
"No one seems to care anymore!"

This modern lament reveals the high value we place on caring. It also reveals the miserable state of affairs we think the world is in when people don’t care about each other.

Caring and the values it represents – compassion, kindness, consideration, forgiveness, charity, generosity, and unselfishness – are the heart of ethics. To be genuinely concerned with the well-being of others is an essential quality of a person of character. Caring is essentially others-centered. Caring people take into account how their decisions and actions are likely to affect others. Caring for other people builds the ability to empathize across barriers such as culture, race, and age. Kind and considerate people possess sympathetic or generous qualities that imply an indication to be charitable and do good.

Caring is a powerful antidote to bullying. All bullying behaviors are uncaring in that they represent a disregard for how one’s words and actions affect others.

“No act of kindness, no matter how small, is ever wasted.” - Aesop

Caring Meeting Activity

- **Prepare a “4-H Care Kit”** to welcome new 4-H members in your club, community or school.
- **Play the M & M Game**: Give everyone a bag with 7 M & M’s and a sheet of paper. On the sheet of paper write down answers to the following questions:
  - a. Something you like to do for others.
  - b. Give an example of an act of kindness.
  - c. I would like to share _____ with _______.
  - d. I wish I could help.....
  - e. I would love to......
  - f. I am concerned about.....
  - g. A considerate person is someone who.....
  - **Find a partner**, face each other and take turns telling one item from your list.
  - **After each answer** you can eat ONE M & M. Continue until all of your M & M’s are gone.
  - **Talk about the experience.** Was it hard to come up with answers? What can you do in the future to show others that you are a caring person?

If students are taught to be kind and compassionate, a culture of caring will develop and bullying behaviors will not emerge. Emphasizing the need for students to actively show caring can prevent bullying behaviors and address them if they occur. Highlighting the need for students to be kind also helps to create a climate inhospitable to bullying and raises the self-esteem of those who may be targeted. Caring also means helping those in need.

"You can not do a kindness too soon because you never know how soon it will be too late."

—Ralph Waldo Emerson

**Clover Connection**

**Head** - thinking about ways to let others know we care.

**Heart** - communicating caring respect to others.

**Hands** – providing acts of kindness and service to others.

**Health** – showing we care about ourselves and others by making healthy lifestyle choices.

“Like this activity? Find more like it in the “Good Ideas Book” at your local Extension Office”
Leader’s Council Meetings

4-H Leaders, Parents, Junior Leaders, and Members, the Carbon County 4-H Council meetings are usually held the 2nd Tuesday of each month. Check your calendars for times and locations. Anyone can attend!

Next Meeting:
October 8, 2013
Rawlins, Carbon Building, Room 368
6 PM

Attention Community Club Leaders:

Remember to gather all end of year required documents for your 4-H Club.

► Club Secretary Book
► Club Treasurer Book including:
  Chart of accounts
  Annual Inventory Report
  Annual Financial Report
  Audit Report
► Club Charter Application (for new 4-H year)
► Affirmative Action Form (for new 4-H year)

Please submit these to Cathy Craig by November 1, 2013

Thank You Notes

Writing Thank You notes is a simple way to show the donors you appreciate getting the awards they provide. The note does not have to be long or fancy. A few sentences saying thank you and what you plan to do with the award makes a great note. You can even include a picture of yourself with your award or project.

Forgetting to thank your donor will result in fewer awards for all 4-H members.

Carbon County 4-H Clubs

In the upcoming 4-H year, there may be changes to your 4-H club meeting dates, times, locations or you may even have new club leaders. Please be respectful of the changes and give them a try. If you find that another club meets your needs better, then contact the Extension office so we can make that change.

* Remember in order to be a 4-H club, your club needs to have at least 5 members from at least 2 different families. The State 4-H Office has requested that we no longer have “Lonestar Members” unless there is an extreme circumstance. Some of your clubs are in danger of not meeting the requirement therefore, you will either need to recruit more members or join another club. If you have extreme circumstances that prevent either of these options please contact Cathy at the Extension office.
Dates to Add to Your Calendar

October 1 — Record Books due by 5 pm
to Carbon County Extension
Rawlins, Carbon Building Rm 368

October 7-11 — National 4-H week

October 8 — 4-H Leaders Council Meeting
6 PM
Rawlins, Carbon Building Rm 368

October 15 — National 4-H Conference Application deadline

November 1 - End of Year Club Documents due

November 15 - Daniels Scholarship Application due

December 13 - Leadership Washington Focus application due
Volunteer Information & Opportunities from State 4-H:

► County Council Leadership Retreat is scheduled for October 12-13th in Casper.

The retreat will begin at 10 am on Saturday and conclude by early afternoon on Sunday. This is a retreat sponsored by the State 4-H Leaders Council for volunteers who provide leadership in your county 4-H program. The State 4-H Council provides funding for one council member from each county to participate and we would love to have representation from every county! An invitation will be sent directly to the County 4-H Council President, but if they are unable to attend another council member could participate in their place. I would encourage a member from our council to attend the County Council Leadership Retreat.

► 2014 State 4-H Leaders Conference will be February 21-23 in Riverton.

If you have attended a State 4-H Leaders Conference, you know that a large portion of the conference is devoted to work-shops which help volunteers do what they love even better. If you have a workshop idea you would like to teach at the conference, I encourage you to submit a proposal to the State 4-H office. Workshop proposals are due mid-October. State recognition of volunteers and community people is one of the many activities that occurs during the State 4-H leaders Conference. I would encourage all leaders to attend the state 4-H leaders conference if you can.
The Carbon County 4-H Foundation’s mission is to use resources of the corporation to assist in the future development and education of Carbon County 4-H youth. Several memorials have been set up within the boundaries of the foundation to aid special interests. As a 501(c)(3) organization, we have given $27,815 in scholarships over the past ten years.

“CLOVER SCHOLARSHIPS”
Through generous donors each year, members are awarded clover scholarships for outstanding participation in contests and fair exhibits. These funds are held by the CC 4-H Foundation until the member graduates and are then forwarded to the school of their choice.

“The foundation is locally administered with representation from all areas of the county. All financial contributions remain in our county. Support can be given through: 1) cash donations, 2) endowment funds, 3) charitable trusts, 4) living wills, 5) memorials.

Our board members are: Leo Chapman, Chairman, Rawlins; Linda York, Vice Chairman, Encampment; Charlene Abbott, Secretary/Treasurer, Rawlins; Directors: Linda Fleming and Patty Waldron, Baggs; Phyllis McKee, Elk Mountain, Bill Dahlke, Saratoga, Linda Kraft, 4-H Council representative, Encampment, and Cathy Craig, 4-H Extension Educator. The process to become a 503(c)(3) entity took a year, but we received our non-profit status in July of 2003.

This scholarship is open to any past or present 4-H member attending any in or out of state accredited educational institution of higher learning on a full time basis. Recipients may win this scholarship more than once. Applications can be obtained from the Extension office or the foundation and are due by April 1st of each year.

“SHERRIE GLENN/LORRAINE HOWIESON MEMORIAL SCHOLARSHIP”
Funds for this scholarship were donated to honor the two long time horse leaders listed above. They were both instrumental (along with Linda Kraft) in establishing the Stallion Service Auction as well as many other horse classes, clinics and programs for Carbon County 4-H.

Funds from this scholarship will be granted to 4-H members wishing to attend a horse clinic that may not be able to afford the event. It can also be used to cover the cost of clinicians brought to the county for the education of our members. As this is an on-going fund, requests may be submitted in writing to the foundation at any time before an event.

“C.C. FAIR AND RODEO QUEEN”
While the Carbon County Fair and Rodeo queen, Ashley Ward established a scholarship through a local fundraiser and asked the CC 4-H Foundation for its administration. Each year, a $250 scholarship is to be given to the reigning Queen. It was Ashley’s hope that each queen would increase the funds through a fundraiser of their own so the scholarship could be perpetuated. There is no application for this scholarship as it is automatically given to the current queen upon entering a school of higher learning.