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Achievement Program

Everyone is invited to Achievement Day on Sunday, October 23 at 5 PM at the Rendezvous Center. Awards will begin promptly at 5 PM with a dessert social to follow! Awards will be presented to youth for excellence in Record Book project areas. We will also recognize Outstanding 4-H members and Friends of 4-H. Each 4-H club is asked to provide 6 dozen cookies or brownies (desserts not needing utensils or that cause a mess.) Please contact your 4-H Club Leader to let them know which dessert you are bringing! See you at the Rendezvous Center on October 23!

Leaders Banquet

All Leaders are invited to this year’s Banquet on Sunday, November 20 at 5 PM.

Please RSVP to the Extension Office by Wednesday, November 16

Welcome New CNP Coordinator

Denise Jackson joined our Extension staff this month as the Cent$ible Nutrition Program (CNP) Coordinator. CNP offers food education classes for families and individuals with limited resources.

Welcome, Denise!

Box Meetings

Leaders, sign-up for the “Leader Box” meetings will be at the next Council meeting. Meetings will occur the week of November 7. These meetings will review some information and introduce 2011 4-H info. Please bring your questions, concerns and discussion items to share, too! We look forward to talking with you!

GOOD LUCK Livestock Judgers at American Royal!

Andrea Gurney, Jessica Middleswarth, PD Miller, Danielle Schainost and coach Clint McWaters will travel to Kansas City, MO to represent Wyoming 4-H! Read more about how they won this exciting opportunity inside!

Aleighica Keeran will represent Wyoming 4-H at National 4-H Congress in Atlanta, GA in November! Youth from across the country will learn about community involvement, cultural diversity and service while making new friends! Have fun, Aleighica!
Leaders Council Mtg.
October 18
November 15
No December Meeting
@ 6:00 P.M.

LEADER TRAINING:
“HOW WAS YOUR
4-H CLUB MEETING?”

How did your 4-H Club meeting go? Were you engaged and enthusiastic? What did you learn? Do you feel that you accomplished something? If you are struggling with positive answers to these questions, plan to attend this Leader Training!

Burn-out and lack of enthusiasm are real issues for 4-H volunteers. Because we don’t take care of our own assets and mental health, we sometimes lose sight of the beautiful forest of youth that we so eagerly want to teach to be productive, contributing, and caring citizens.

Adapted from the book, “How Was Your Day at School: Improving Dialogue about Teacher Job Satisfaction” by Nathan Eklund M. Ed., this session will help volunteers develop strategies to prevent burn-out and lack of enthusiasm so we can continue to “Make the BEST Better” for the youth of Goshen County!

WHEN: TUESDAY, OCTOBER 18, 5:15 PM
WHERE: EXTENSION OFFICE

LEADERS, THIS COUNTS TOWARD 5 FOR 5

Club Fundraisers
◆ MUST turn in a “Fundraising Request Form” to Extension Office for approval PRIOR to all fundraising activities
◆ The form is NOT optional
◆ Required to contribute 10% net profit to Goshen County 4-H Foundation
◆ Money contributed to 4-H Foundation goes back to 4-H members through sponsorship of trips, trainings, camps, scholarships, contests and more!

New Leader Orientation
All 4-H Leaders must attend this introductory orientation. If you have not completed this training, please plan on attending!
Monday, November 21 at 6 PM at the Extension Office. This helpful training is required by the State 4-H Office.

When: Monday, November 21 at 6 PM
Where: Extension Office

Leaders, this will count toward the 5 for 5!

Interested in Volunteering?
As clubs reorganize, fall is the perfect time to become a Leader! Time commitments vary, but all volunteer positions are important to the success of our 4-H Program! There are many ways to be involved!

Club Level: Project Leader, Cloverbud Leader, Activity or Event Leader, Council Rep.
County: Meats Judging Coach, Vegetable Judging Coach, Key Leader, Activity or Event Leader

Goshen County 4-H continues because of the dedication of our volunteers. You can become a Leader and help “Make the BEST Better!”

Contact the Extension Office for details!

2012 Goshen County Fair Dates: July 30-August 4
Theme: “Hats Off to the Good Old Days!”
Fostering Resiliency in Kids

Resilience is defined as the ability to spring back from and successfully adapt to adversity. An increasing body of research is showing that most people especially kids, can bounce back from risks, stress, crisis, trauma and experience life success.

When kids are asked who and what has contributed to their resilience, they most often name individual people in their lives first, then they go on to mention activities, opportunities, classes or occasionally programs.

The key to fostering resilience in our youth is by increasing number of positive environmental, behavioral and emotional circumstances in their life and encouraging them to succeed.

Step 1: Communicate a resilience attitude by expressing that you see what is “right with youth” regardless of what happened in the past and reminding them that this is not the end of the road.

Step 2: Focus on strengths with the same or greater meticulousness than used in characterizing weakness. Focus on communication skills, empathy, problem solving, self-esteem, self-discipline, persistence and hopefulness.

Step 3: Build a resiliency web by providing opportunities for participation, clear and consistent boundaries with care and support while teaching life skills.

Step 4: Maintain a “never give up” attitude by providing optimism, encouragement and focusing on strengths.

Persistence in these approaches will help all kids, 4-H or military, overcome obstacles and thrive.

Operation: Military Kids

Operation Military Kids (OMK) is a collaborative effort with America’s communities to support children and youth of National Guard, Reserve and Active Duty families impacted by the Global War on Terrorism. OMK helps communities by:

- Creating networks of people, organizations and other resources to support “suddenly military” youth where they live.
- Delivering a wide range of recreational, social and educational programs for military youth living in civilian communities.
- Acknowledging the strengths and sacrifices of military kids as everyday “Home Front Heroes.”
- Supporting military kids coping with the stress of knowing their deployed parents may be in harm’s way.
- Educating the public on the impact of the deployment cycle on soldiers, families, kids and the community as a whole.

Goshen County 4-H and our military partners, will be providing several OMK opportunities this year. If you are interested in volunteering with this program, please contact the Extension Office.

Dog Agility Clinic

All 4-H members are invited to come try an Agility course! Elements include chutes, jumps, tunnels, an A frame and so much more! Come try it out – you may like it!

Join us on SUNDAY, OCTOBER 16 at 3 PM at the Fairgrounds!

*Be prepared to present vaccine and health records*

Livestock Judging Fund Raiser

Help send our State Champion Livestock Judging team to the American Royal in Kansas City, Missouri by purchasing raffle tickets! You could win a ribeye roll, $75 gift certificate to the Bucking Horse or a $75 gift certificate to Miner’s & Stockman’s in Hartville.

Tickets are $5 or 5 for $20 and are available from any Senior Livestock Judging team member or at the Extension Office.

Winning ticket holders will be notified the week of October 19 just in time to wish our competitors “good luck” before they compete!

Thank you in advance for your cooperation in this matter.

Dog Project Development Committee Meeting

Goshen County 4-H Dog project members, parents and leaders are invited to discuss changes and updates for the 2012 4-H Dog project. We will also discuss using grant funds. This will be a great time to share additional ideas and suggestions for the Goshen County 4-H Dog program!

When: Thursday, October 13 at 6 PM
Where: Extension Office
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Goshen Livestockers 4-H Club once again sponsored Barn Decorating at this year’s Fair!

Here are the results:

HORSES:
1st Place: Horseshoe Acres
2nd Place: Goshen Livestockers

SHEEP:
1st Place: Gleaners Union
2nd Place: Horseshoe Acres

SWINE:
1st Place: Horseshoe Acres
2nd Place: Goshen Livestockers

GOATS:
1st Place: Gleaners Union
2nd Place: Lingle Aggies

RABBIT AND POULTRY:
1st Place Bear Creek Guys & Gals
2nd Place: Lingle Aggies

BEEF:
1st Place: Bear Creek Guys & Gals
2nd Place: Hawk Springs Tumbleweeds

Parents, Members and Leaders - we need you to help "Make the BEST Better" for Goshen County 4-H!

How would you answer these questions:

⇒ What are emerging/current issues in 4-H?
⇒ What would we like to fix or add to the 4-H Program?
⇒ What went well last year?
⇒ What didn't go well last year?

Just as each of you is important to the success of our Program, your ideas and suggestions enrich 4-H!

Bring your ideas and answers to the October Council meeting on Tuesday, October 18. These answers will be used to decide county 4-H direction and goals for the new 4-H year!

Can’t make the meeting? Give your responses to your 4-H Club Leader or to the Extension Office. Answers will be used in discussions and for planning the new 4-H year.

This discussion is open to everyone in Goshen County 4-H, all Project, Activity and Key Leaders are encouraged to attend! Julie Daniels, Community Development Educator, will be facilitating discussions and will help us create our plans for the new year!

Hope you can join us!

JR. LEADERS 2012
Leadership Challenge

It’s not too late to join your 4-H peers in Jr. Leaders! To be a Junior Leader, you must meet the minimum age requirement of 13 (as of January 1, 2012), enroll in the Youth Leadership project, commit to responsibility and be ready to try new things!

Junior Leaders serve as ambassadors of the 4-H Program in Goshen County. Join us in learning and practicing leadership and FUN!

Next meeting: November 13 at 3 PM
4-H Building

Horse Judging Fund Raiser

Horse Judges will be collecting unwanted electronics at the Extension Office and at the Ag Shop at Southeast until November 1. They will sell the following items to a recycling company:

- Used, Broken or Unwanted Gold Jewelry
- Cell Phones
- Ink Jet Printer Cartridges
- Digital Cameras
- Digital Video Cameras
- Handheld Game Systems
- Game Consoles (Wii, PS3, Xbox) and Video Games
- Graphing Calculators

For a complete list, contact the Extension Office.

50% off the registration fee for the first 120 people before November 1!

Assistance available from Council and Foundation!

For more information:
http://4-h.uwyo.edu/WRLF_12.asp

Goshen County 4-H Needs Your Help!
4-H youth exhibiting market animals at the 2012 Goshen County Fair will be **REQUIRED** to complete **Quality Assurance**.

The Quality Assurance program is the promise that the food from our livestock will be of the highest possible quality and we will do everything we can to make those products safe to eat. Learn what you can do to keep this promise in raising your 4-H project.

4-H youth will be expected to complete the appropriate Quality Assurance Level that corresponds with their age. When a youth enters a new age division, youth must complete the next appropriate Level.

Beginning this year, youth in the Senior age division will be expected to complete Levels 1 and 2 before completing Level 3. Intermediate age youth must complete Levels 1 and 2.

The youth who completed QA in 2009 and/or 2010 are on record at the Extension Office and will only be required to be certified at the next appropriate Level.

Youth who have completed Pork Quality Assurance, Beef Quality Assurance or any other species specific Quality Assurance programs can bring in the appropriate documentation, usually a card, and be exempt, provided they renew their certification.

Youth in the Senior age division (14-18) must complete all three levels in order to exhibit at the 2012 Fair.

Youth in the Intermediate age division (11-13) must complete the first two Levels in order exhibit at the 2012 Fair.

Youth in the Junior age division (8-10) must complete the first Level in order to exhibit at the 2012 Fair.

If you have questions, please contact your 4-H Club Leader or the Extension Office. This is a new program and we want to ensure proper understanding for all.

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**Upcoming QA Dates:**
- **Tuesday, November 29:** LEVEL 1
- **Wednesday, November 30:** LEVEL 2
- **Thursday, December 1:** LEVEL 3

All trainings begin at 6 PM at the Extension Office

RSVP by Tuesday, November 22

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**Livestock Judging**

The members of the Goshen County 4-H Livestock Judging team have a lot to be proud of this year. In addition to placing well as individuals, they also competed well as teams, winning Champion Jr. Team! Team members are Kylie Brothwell, Makenna Greenwald, Brooke Juma and Skyler Miller. The senior team also brought home the “State Champion” title. Senior team members are Andrea Gurney, Jessica Middleswarth, PD Miller and Danielle Schainost. The senior team will be competing in the 4-H Livestock Judging Contest at the American Royal in Kansas City, Missouri at the end of October.


Other Judgers included Blaine Wilker, Tanner Wyse, David Becker, Hannah Grosz, Logan Grosz and Sabrina Juma. The Livestock Judging members are coached by Clint McWaters with assistance from Logan Cecil, BW Ochsner and Katie Ochsner.

To compete at next year’s State Fair Livestock Judging contest, enroll in the Livestock Judging project.

_Great job, everybody!_
<table>
<thead>
<tr>
<th>Important Dates for Goshen County 4-H</th>
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<tbody>
<tr>
<td><strong>October 2011</strong></td>
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<tr>
<td>1: 2012 4-H Enrollment Opens</td>
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<tr>
<td>2: Harvest Carnival</td>
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<td>2-8: National 4-H Week</td>
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<td>13: Dog Project Development Committee Meeting, 6 PM, Extension Office</td>
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<td>16: Dog Agility Clinic, 2 PM Fairgrounds</td>
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<td>18: Council Meeting, 6 PM, Extension Office</td>
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<td>23: Achievement Program, 5 PM, Rendezvous Center</td>
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<td><strong>November 2011</strong></td>
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<tr>
<td>1: Deadline for Horse Judging Electronic Fund Raiser</td>
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<td>7: Club Leader Box Meetings Begin</td>
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<td>10: Sale Committee Meeting, 6 PM, Extension Office</td>
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<td>12: Super Saturday, Torrington Middle School</td>
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<td>13: Jr. Leader Meeting, 3 PM, 4-H Building</td>
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<td>15: 4-H Council Meeting, 6 PM, Extension Office</td>
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<td>20: Leaders Banquet, 5 PM, 4-H Building</td>
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<td>21: New Leader Orientation, 6 PM, Extension Office</td>
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<td>24-25: Thanksgiving, Extension Office Closed</td>
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<td>29: Quality Assurance Level 1, 6 PM, Extension Office</td>
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<tr>
<td>30: Quality Assurance Level 2, 6 PM, Extension Office</td>
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<tr>
<th>December 2011</th>
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<tr>
<td>1: Quality Assurance Level 3, 6 PM, Extension Office</td>
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<td>26-31: Extension Office Closed, Winter Break</td>
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<tr>
<th>January 2012</th>
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<td>12-15: WRLF, Cheyenne</td>
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Stay connected with 4-H on Facebook!
www.facebook.com/GoshenCounty4H

4-H Clubs,
**GREAT JOB** promoting 4-H during NATIONAL 4-H WEEK!