Achievement Day

All Goshen County 4-H members, leaders and families are encouraged and invited to attend this year’s Achievement Program scheduled for October 21 at the Rendezvous Center.

At Achievement Day, we will recognize years of membership (including Cloverbuds), Junior Leaders, Junior Superintendent, CITs (Counselor-In-Training), 4-H Week Window Decorating Contest, Judging Teams, Outstanding Club Secretary, Treasurer, Historian, Business Friend of 4-H, Friend of 4-H, Outstanding Alumni, Rookie Horseman of the Year, Outstanding Leather Craft member, the Hard Luck Award, Outstanding Club Officer, Outstanding 4-H members in each age division and those members earning inclusion in the Wyoming 4-H Honors Club.

After the awards, stay for refreshments, courtesy of Lingle Aggies, Prairie Center and Southeast Cowpokes 4-H Clubs!

NEW THIS YEAR: OMK SERVICE PROJECT

4-H members and Clubs are invited to bring one (or more) of the following items to Achievement Program:

* Envelopes, Stamps
* Stationary
* Journal
* Children’s Books
* Package of Pens or Pencils
* Disposable Camera
* Package of Stickers
* Photo Albums

These items will be included in “Hero Packs.” A “Hero Pack” is a pack given to a child of a service member when that service member is deployed. The items we collect will be included in “Hero Packs” to help kids stay connected to their family member during deployment.

Items collected at Achievement Day will be donated to Operation Military Kids (OMK) and included in “Hero Packs” that can be put together by other community groups and organizations (including 4-H Clubs!)

For more information on Hero Packs or OMK, please contact the Extension Office or OMK Coordinator, Ellie Riley at (307) 633-4383!

What Can You Do To Help Celebrate?

◆ Listen to KGOS/KERM for radio ads from 4-H members!
◆ Visit local stores for window displays!
◆ Wear a 4-H shirt!
◆ Tell a friend to join!
◆ Visit the Library and check out the Goshen County 4-H History Scrapbooks!
◆ Share your 4-H enthusiasm!

EXTENSION OFFICE HOURS

The Extension Office is open from 8 am-12 Noon and from 1 pm-4 pm. In the coming months, the Extension Office may be short staffed at times due to meetings, conferences and teaching. Thanks for your understanding!
Leaders Council Mtg.
October 16
November 20
No December Meeting
@ 6:00 P.M.

Items for Council Agenda should be submitted to Secretary Dana Yetter the Friday before the Council Meeting. This includes presentations from members.

**Agenda Items Include:**

- 4-H Building Report
- Wyoming 4-H 100 Year Celebration
- Leader Hours
- 4-H Week
- Extension Office Update

**Council Officer Elections**

4-H Council will be electing the following officer positions at the November meeting:

* Secretary
* Treasurer
* Youth Ambassadors (Need 2)

Officers will begin duties at the January meeting.

For more information on any of these positions, contact the Extension Office.

**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 26 at 6:30 PM at the Extension Office. This helpful training is mandatory for all new leaders.

Please RSVP to the Extension Office by Tuesday, November 21.

When: Monday, November 26 at 6:30 PM
Where: Extension Office

**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 Representative

**County:**
- Vegetable Judging Coach
- Key Leader
- Activity or Event Leader

Goshen County 4-H continues because of the dedication of our volunteers.

New Leaders must complete a background screening, New Leader Orientation and a brief interview with Megan.

You can become a Leader and help “Make the BEST Better!”

Contact the Extension Office!

**Leader Reminders**

- Leaders, if you will have a change in club leadership, please contact the Extension Office. We can help you!
- The Resource Library has many great resources for clubs to utilize this winter at their club meetings. There are DVDs, videos, books and games that may help prepare youth for projects. Some items are available for purchase and others are available to borrow.
- If you have something to include in the newsletter, please submit it by the 15th of the month.
4-H ENROLLMENT OPEN
Let the good 4-H times roll! The 4-H Year runs from October-September. New members are accepted from October through May 1. All members need to complete a green Enrollment sheet. Sheets will be available soon! Returning members will be able to get their green Enrollment sheet from their Club Leader. If members will be changing clubs, addresses, email addresses, etc. please show that on your Enrollment Form and share that with your Club Leader! Returning members have until February 1 to turn in Enrollment Forms. New members will be also able to have blank green Enrollment sheets from Club Leaders soon. Make sure they are filled out completely and returned to the Extension Office. New members have until May 1 to turn in Enrollment Forms.

QUESTIONS? Call the Extension Office or talk to your Club Leader - we are here to help!

2013 Scholarships
Graduating seniors, it is not too early to be thinking of college scholarships!

College of Ag Brand of Excellence: Deadline January 1
Wyoming 4-H: Deadline February 15, 2013
www.4-h.uwyo.edu/Scholarships.asp

Daniel’s Fund
Goshen County 4-H Foundation: Deadline is April 15
These include: Jessica Hovis Memorial Scholarship, Goshen County 4-H Educational Fund (Mildred Kidney), Junior Leaders Scholarship, Marlene Schlager Memorial Scholarship, Goshen County Homemakers Scholarship
Static Exhibit Auction Scholarship *NEW in 2013*

Visit with Amy Covington, College Advisor, who has offices at each of the High Schools. Local scholarship materials will be available soon from the Extension Office.

State Leaders Conference
Rock Springs, WY
February 15-17

Spend the weekend in workshops and with leaders from across the state!
The weekend includes friends and fellowship, strategies for successful 4-H clubs and programs!
Check the state 4-H website for more details!

Make It With Wool
Dates and plans for this exciting opportunity are still being coordinated and a postcard will be mailed to all members in the Fabric & Fashion project.
For more details, please contact Jessica Carlson at (308) 787-0110.

2013 Goshen County Fair
✦ Open Bucket Calf Class will return with two classes:
  ⇒ January 1-February 28, 2013
  ⇒ March 1-June 1, 2013
✦ Premier Sheep Exhibitor
  ⇒ Must show in both market and breeding shows
  ⇒ Additional details to come!
✦ Horse Show Changes
  ⇒ Monday: Showmanship & Halter
  ⇒ Tuesday: Trail & Performance

July 28-August 3, 2013
“A Century of Tradition!”
Homemakers Brag Board!
The Wyoming State Homemakers Meeting took place in Sheridan, June 8-10, 2012. Members of the Goshen County Homemakers clubs earn Grand Champion in the Creative Arts categories: Jean Dalton, for her painting of Big Horn sheep. Shirley Willoughby, for her set of Christmas doilies. Donna Peterson received an Honorable Mention for her painted pheasant on feather. Betty Allen was pinned as a new Quealy member for 2012. The Quealy award is the highest honor a member can earn and recognizes outstanding service to the Homemakers organization, 4-H Program and the community. Goshen County also had three Homemakers recognized for more than 50 years of membership: Betty Allen (51 years) Beverly Gibbs (53 years) Ann Meininger (57 years)

Congratulations, Homemakers!!

Market Beef Tagging
When: Saturday, January 5 AND Saturday, January 26
10 AM - 12 NOON
Where: Goshen County Fair Grounds
Who: All 4-H & FFA Market Beef
Exhibitors must tag their project in order to exhibit at the 2013 Goshen County Fair.

Helpful Websites
Visit Goshen County Extension online and click on the “4-H” tab to read newsletters, print Record Book pages and more! New items are added often!
http://www.uwyo.edu/ces/county/goshen/

If you want to keep up with Wyoming State 4-H Office, visit: wyoming4h.org. There are several resources available there, too!

To keep up with Goshen County 4-H be sure to like us on Facebook at facebook.com/GoshenCounty4h

National 4-H Conference
Takes place in Washington D.C. This is the US Secretary of Agriculture’s premier youth development opportunity. Young people assist in the development of recommendations to help guide 4-H Youth Development Programs nationally and in their communities. This is a working conference and delegates prepare in advance, attend workshops and develop recommendations during the conference, and, afterwards report accomplishments to the USDA they have achieved as a result of the conference. Financial support from Goshen County 4-H is available!

APPLICATIONS DUE TO STATE 4-H OFFICE on October 15!

For more information and applications for either the Conference Trip or CWF, call the Extension Office or visit the State 4-H Website: www.wyoming4h.org

National 4-H Congress
Takes place in Atlanta, GA in November, 2013! Youth from across the country will learn about community involvement, cultural diversity and service while making new friends and touring Atlanta, Georgia! Applications are due to the State 4-H Office in May 2013!

Financial support from Goshen County 4-H is available!

Citizenship Washington Focus
June 8-15
Explore the nation’s historic Capital while staying at the National 4-H Youth Conference Center in Chevy Chase, Maryland! Youth from around the country will join together to tour Washington, DC, develop community service projects and so much more! Paperwork and registration are due January 11 and financial support from Goshen County 4-H is available!
**Manners Matter!**

Class-y Manners

Getting ahead in school is easy when you use your manners! Teachers look at more than just your homework and tests—they also notice your behavior in class. They can't play favorites, but they can appreciate students who:

- Look interested
- Sit up at their desks instead of slouching and slumping
- Listen and pay attention
- Raise their hands and wait to be called on
- Do their homework and assignments
- Are neat and clean (desk, cubby, locker and personal appearance)
- Are ready to learn (pencils sharpened, notebooks out)
- Stand in line without pushing and shoving
- Wait until after class to talk to friends

*From the book: Dude, That’s Rude! (Get Some Manners)* by Pamela Espeland & Elizabeth Verdick.

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**Family and Consumer Sciences**

**Cent$ible Nutrition Program**

Helping Families Eat Better for Less

*What’s On Your Menu?*

Step into your kitchen, look around and perhaps for the first time, see your own personal restaurant. According to the USDA (U.S. Department of Agriculture), Americans spend more than 40% of their food dollars away from home. By looking at your kitchen as your own restaurant you can save money. Eating out can be fun, yet expensive. Remember the cost includes the meal, tip, and fuel to get to and from the restaurant. Going out to eat can be a treat for special occasions, but if your goal is to save money consider preparing more meals at home.

*What if you could Own Your Restaurant?*

Include the entire family in this adventure by letting each member select the restaurant theme for the day, such as a pizza parlor, Italian bistro, or Mexican cafe. A quick internet or cookbook search can lead you to recipes similar to your favorite restaurant dishes. The whole family can help create a menu, cook, and even make decorations. How much money can you save? Think of a pasta dish at an Italian restaurant costing about $15. At home the cost of a package of pasta will be about $2 and the sauce ingredients about $5. You could easily feed a family of four for the cost of one meal at a restaurant.

Go ahead and enjoy your own restaurant, and enjoy saving money too!

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**4-H Livestock Judging**

**Team Prepares for Nationals!**

The 4-H Senior Livestock Judging Team needs your help as they travel to Louisville, Kentucky this November to compete in the National Contest! Please plan to purchase a raffle ticket, good for your choice of 1 Ribeye; 2 Tenderloins; or dinner for 2 at the Bucking Horse Steakhouse. Contact Andrea Gurney, Jessica Middleswarth, PD Miller or Danielle Schainost for tickets. Tickets will also be available at the Extension Office.

**Tickets are $5 each or 5 for $20!**

Drawing will be held on November 7 by the State Champion Livestock Judging Team!

Recently, Jessica, PD and Danielle won the Livestock Judging Contest during Ak-Sar-Ben in Omaha, Nebraska! The team also won high point in reasons and cattle judging! The team continues to practice and travel to other contests in hopes of winning big in Louisville in November.

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**Extension Office Bulletin Board**

The Extension Office has flyers for Show Calves and University of Wyoming bred heifer sale. Please stop by the Extension Office for more details!
Important Dates for Goshen County 4-H

**OCTOBER 2012**

7-13: National 4-H Week
7: Harvest Carnival, Fairgrounds
8: Officer Books Due, 4 PM, Extension Office
15: Deadline to Apply for National 4-H Conference
16: 4-H Council, 6 PM, Extension Office
21: Achievement Day, 5 PM, Rendezvous Center

**NOVEMBER 2012:**

10-15: Livestock Judgers competing in Louisville, Kentucky
15: RSVP to Leaders Banquet
18: Leaders Banquet, 4-H Building
20: 4-H Council, 6 PM, Extension Office
26: New Leader Orientation, 6:30 PM, Extension Office