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And More...

EXTENSION OFFICE Updates
- Please accept our sincere apologies as the Extension Office phone and internet service has been intermittently down due to some county issues. Issues are now resolved and please do not hesitate to contact us!
- The Extension Office will be closed from December 24-January 2 in observance to the Holidays.
- PSAS Educator position has begun the screening process.

Congratulations
Congratulations to this year’s Outstanding 4-H Leaders, Members and Supporters recognized at Achievement Day and the Leaders Banquet:
Outstanding Jr. Member: Luke Haas
Outstanding Int. Member: Sarandon Keeran
Outstanding Sr. Member: Glenda Lindenmuth
Outstanding Leader (2-9 Year): Tonja Tosh
Outstanding Leader (Over 10): Sheila Foos
Outstanding 4-H Alumni: Jerry Simonsen
Friend of 4-H: Beau Anderson
Business Friend of 4-H: Platte Valley Bank
These folks make our 4-H Program strong and vibrant! Thank you for your commitment to Goshen County 4-H!

Welcome New Leaders
Welcome to new 4-H Volunteers who recently completed New Leader Orientation:
- Jennifer Booth will be helping in Gleaners Union 4-H Club.
- Nicole Cattin will serve as a Project Leader for Dogs in Goshen Livestockers.
- Mai Lee & Mike Olsen will begin as Meats Judging coaches this year.
- Erin Hageman will begin as a Horse Key Leader.
- Rebecca Petersen will serve as the Leader for Prairie Center 4-H Club.
- Cindy Wright will serve as the Leader for Happy Hounds 4-H Project Club.

Merry Christmas
From all of us at the University of Wyoming Extension Goshen County Office, please have a very happy and safe Holiday Season!
You make our jobs fun! Wishing you all the best in the New Year!
Megan  Denise  Jerry  Lori

Farewell…
Jerry Simonsen, Extension Horticulturist. Due to a county reduction in funds, Jerry’s position has been eliminated. We are looking forward to Jerry’s continuation and involvement in both the Master Gardener and 4-H programs and will certainly miss him around the office. Thanks for all you have done for Goshen County Extension, Jerry. You will be missed!

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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.

Goshen County Extension:
Megan Brittingham 4-H Educator mbrittin@uwyo.edu
Denise Jackson CNP Coordinator djacks28@uwyo.edu
Jerry Simonsen Horticulturist jsimonse@uwyo.edu
Lori Schafer Office Manager lschafe2@uwyo.edu
Leaders Council Mtg.  
January 15  
February 19  
@ 6:00 P.M.

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

Agenda Items Include:

⇒ 4-H Building Report
⇒ Wyoming 4-H 100 Year Celebration Report
⇒ Sandra Hansen, Spotlighting 100 Years of 4-H in Scottsbluff Star-Herald in 2013
⇒ Record Book Judging
⇒ Youth Ambassador Election

2013 Council Committees

Pancake Supper: Southeast Cowpokes, Adventurous Pioneers, Bent Barrels Crooked Arrows
Fair Decorating: Leaders, Breeders & Feeders, Bear Creek Guys & Gals
Silent Auction: Goshen Drifters
State Fair Packing: Goshen Livestockers, Horseshoe Acres
Harvest Carnival: Gleaners Union, Lonestar
Achievement Program: Rough Riders, Lingle Aggies, Prairie Center

Club Fundraiser

- **MUST** turn in a “Fundraising Request Form” to Extension Office for approval PRIOR to all fundraising activities
- **MUST** complete and return the “Fundraising Receipt” at the conclusion of the fundraiser
- **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!

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!
**4-H ENROLLMENT OPEN**

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. Enrollment forms are now available from your Club Leader or at the Extension Office! Projects can be added or dropped at no penalty through May 1. A $10 late fee will be charged for adding projects and accepting late Enrollment forms.

Returning members should check their enrollment for changes in clubs, addresses, emails, etc. and please share that with your Club Leader!

Returning members have until February 1 to turn in Enrollment Forms.

New members can get Enrollment Forms from Club Leaders or the Extension Office. 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!

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**2013 Goshen County Fair**

- Open Bucket Calf Class will return with two classes:
  - Calves born January 1-February 28, 2013 or March 1-June 1, 2013
  - Bucket Calf Classes are open to all Cloverbuds, 4-H and FFA members
- Premier Sheep Exhibitor
  - Must show in both market and breeding shows
  - Additional details to come!
- Premier Goat Exhibitor
  - Details coming soon!
- Horse Show Changes
  - Monday: Showmanship & Halter
  - Tuesday: Trail & Performance

**Merry Christmas & Happy New Year from the Youth Show Committee**

Megan Brittingham  Jay Clapper Jason Groene
Paul Miller Lori Schafer

July 28-August 3, 2013 “A Century of Tradition!”

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**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! The weekend includes the Master Volunteer Program, a teen track and more! Check out the State 4-H website for more details: wyoming4h.org

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**Salvation Army**

4-H Clubs are invited to do a community service activity by ringing the bell and collecting funds for the Salvation Army. Donating a little of your time could help someone so much! Contact Kathy Foltz at 532-3665 for more information.

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**3rd Annual Mother-Daughter Tea**

Sunday, February 24 at The Gathering Place, Fort Laramie
Hosted by 4-H Leaders Lee Hageman and Lori Schafer!

Space is limited to the first 24 4-H members and mothers. Payment of $10 per person must accompany reservation. For more information please contact the Extension Office.
HUNTER SAFETY

Members of Bent Barrels Crooked Arrows 4-H Club must participate in Hunter Safety Classes. The January dates are:

Thursday, January 3
Tuesday, January 8
Thursday, January 10
Saturday, January 12

Times are from 6-9 pm. All classes held in the Brand Room.
Contact Ron Miller at 532-1766 or George Haas at 575-1756 or Dwaine Scott at 532-3246 for more details!

All Goshen County Extension Service checks written to members, leaders or clubs must be cashed within 120 days of the date written. The checks will be voided after the 120 days have expired and will not be reissued.

Thank you in advance for your cooperation in this matter.

4-H JUDGING TEAMS

Each year, Goshen County 4-H competes in state judging contests and YOU could be a part of the fun in 2013! 4-Hers learn teamwork and cooperation as members of a judging team while developing decision making skills. Plus, it’s fun and participants get to travel around the state and even the country! Be sure to enroll in a judging project in 2013!

Meats Judging: Contest is held in late April in Laramie. Coached by Sharlet Duffy, Mike & Mai Lee Holmes. Organizational Meeting: Monday, January 14 at 6:30 pm at Extension Office.

Wool Judging: Contest is held in April in Laramie. Details coming soon!

Produce Evaluation (AKA Vegetable Judging): will start in the spring. The State Contest will be held during Showcase Showdown, June 24-25 in Laramie.

Horse Judging: Practices will begin in the spring. State Contest will be held at Showcase Showdown, June 24-25.

Livestock Judging: Practices will begin in the spring. The State Contest will be held at the Wyoming State Fair.

SUPREME COW PROGRAM

4-H and FFA youth are invited to participate in this fun program which is made up of a record book, an interview, educational programs and exhibition at the county fair. The dates for educational sessions are:
Tuesday, February 12, 6:30 pm, Extension Office
Tuesday, March 12
Tuesday, April 9

4-H youth must enroll in the Breeding Beef project on their 4-H Enrollment Form.

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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

**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: Deadline is April 15
- Goshen County Homemakers Scholarship
- Static Exhibit Auction Scholarship: Deadline is April 15

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.

**The only way to get this money is to apply!**

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4-H Dog Clinics

Each clinic will include Agility, Obedience, Rally and Showmanship components. Always check the newsletter for additional Dog Project opportunities.

**Sunday, January 27, 2 pm-4 pm, Rendezvous Center**

**Sunday, February 24, 2 pm-4 pm, Rendezvous Center**

**Sunday, April 28, 2 pm-4 pm, Rendezvous Center**

**Things to Bring:**
- Water and Bowl
- Doggie Clean-Up Bags
- Crate/Kennel

Dog vaccinations must be current and 4-H members must wear athletic types of shoes (soft sole) to practices.
Jr. Livestock Sale Committee
Will meet on Thursday, January 10 at 6:30 pm at the Extension Office.
Agenda items include election of officers, update on Improvement Projects and plans for 2013.
Contact Billie Allen, Secretary, with Agenda Items.

Manners Matter!
This is the season of gifting and getting for many! Which is more fun-getting a present you really like, or picking out the perfect present for a friend or family member? An old saying goes “It is better to give that to receive,” but receiving is terrific too. Here’s the polite way to do both.

GIFTING
Try to choose something you think the other person will like even if you don’t understand it at all. So your best friend loves polka music. You are not crazy about it, but you look all over for a CD of polka music anyway – that is being a true friend.

GETTING
When someone gives you a gift, say:
“Thank you!” if you love it.
“Thank you!” if you like it.
“Thank you!” if you kind of like it.
“Thank you!” if you don’t like it at all

Never say “What is this?” or “Wow! This has to be the worst gift ever!” Even if it’s true, that would be rude and the gift-givers feelings would be hurt. You can say:
“You are so thoughtful.”
“How nice of you!”
“This is so sweet of you.”
“I really appreciate it that you thought of me.”

Market Animal Exhibitors

4-H youth exhibiting market animals at the 2013 Goshen County Fair are REQUIRED to complete Quality Assurance.
The Quality Assurance program is the promise that the food from our livestock will be 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.

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. Junior age youth must complete Level 1.
Youth who have previously completed any Quality Assurance Levels 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 2013 Fair.
Youth in the Intermediate age division (11-13) must complete the first two Levels in order exhibit at the 2013 Fair.
Youth in the Junior age division (8-10) must complete the first Level in order to exhibit at the 2013 Fair.

If you have questions, please contact your 4-H Club Leader or the Extension Office.

Thank you for cooperation!

Upcoming Quality Assurance Dates:
Level 1: Monday, January 28, 6:30 pm at the Extension Office
Level 2: Tuesday, January 29, 6:30 pm at the Extension Office
Level 3: Wednesday, January 30, 6:30 pm at the Extension Office

For all evenings, please RSVP to the Extension Office by Thursday, January 24 so enough materials will be available. Parents are strongly encouraged to attend with their children.
American Youth Leadership Program
- SAMOA

The American Youth Leadership Program (AYLP) with Samoa will offer 18 youth and 2 adults the opportunity to explore the vast historical and cultural traditions of Samoa. The AYLP with Samoa is designed to advance mutual understanding between the people of the United States and Samoa, prepare youth leaders to become responsible citizens, spark an interest in learning about foreign cultures, and develop a cadre of Americans with cultural understanding who are able to compete effectively in the global economy. The program will include a pre-trip orientation on the campus of the University of Wyoming (July, 2013), three week cultural trip to Samoa (December 13, 2013 – January 4, 2014), and a follow-on project that will be carried out in each participant’s local community following the exchange trip. The educational theme for AYLP with Samoa will focus on nutrition and food security issues that are common to the western U.S. and Samoa.

Application Process & Timeline

❖ Completed applications are due April 1, 2013.
❖ By April 15, selected YOUTH applicants will be contacted to schedule a web based interview to be completed in April 2013.
❖ By late April, selected ADULT applicants will be contacted to schedule a web based interview to be completed in May 2013.
❖ The list of finalist and alternates for AYLP will be announced by mid-May 2013

Selection Criteria
❖ Personal leadership skills
❖ Involvement in community/community service
❖ Academic and social skills
❖ Teamwork
❖ Interest in cultural diversity and global issues

For more information, visit the State 4-H website at http://www.uwyo.edu/4-h/youth/travel/samoa/index.html or contact Warren Crawford at the State 4-H Office.
Cent$ible Nutrition Program
Helping Families Eat Better for Less

Keeping Track of Food Spending
Are you making a New Year’s resolution about money?

Many people misjudge how much they spend and are surprised to have high credit card bills and small amounts in saving accounts. Small expenses can quickly add up to big bills, especially groceries.

To lower your grocery bill, start by looking at what you currently spend on food. List expenses in a small notebook or collect receipts in an envelope. Remember to include purchases from vending machines, snack stops, fast food restaurants and convenience stores.

Cutting food costs begins with a plan:
⇒ Create menu plans for a week or more.
⇒ Make cooking meals at home a priority.
  ⇒ Generally, food that is prepared by someone else costs more – usually a lot more.
⇒ Make a list of groceries you need. At the store, stick to your list. Shop when you have time to compare prices and find the best deals. Do not shop when you are hungry, tired, or rushed—we always end up buying things we don’t really need. Remember, the less time you spend in the supermarket can mean even more savings, since people often buy items on the spur of the moment.

Have a plan and stick to it!
If you want to learn how you and your Family Can Eat Better For Less, contact me, Denise Jackson, Cent$ible Nutrition Assistant, Goshen County Extension at 532-2436.

Brag Board!

CONGRATULATIONS... Blake Steben of Goshen Livestockers 4-H Club! Blake was recently selected to attend National 4-H Conference in April!
CONGRATULATIONS... Donna Peterson was mistakenly left off the last Brag Board. Donna is currently serving as the President of the Wyoming Homemakers Council.
THANK YOU... Jr. Leaders and Livestock Judging Team for hosting a fantastic Leaders Banquet! You did an outstanding job!

National 4-H Livestock Judging

Goshen County 4-H Livestock Judgers competed in the National 4-H Livestock Judging contest in Louisville, Kentucky in November. This national opportunity, held during the North American International Livestock Exposition, was earned by winning first place at the Wyoming 4-H Livestock Judging contest held during State Fair.

Team members Andrea Gurney, Jessica Middleswarth, PD Miller and Danielle Schainost participated in numerous practices and contests, including winning Ak-Sar-Ben, in preparation for the National contest.

Andrea, a member of Lingle Aggies 4-H Club, Jessica, a member of Goshen Livestockers 4-H Club, PD from Prairie Center and Dani from Goshen Livestockers earned 9th Overall in Reasons and 9th Overall in Swine as a team.

Individually, Andrea earned 9th in Sheep/Goats and PD earned 4th in swine. PD also earned 11th Overall Individual.

Livestock Judging is coached by Clint McWaters and Brodie Mackey. The new season of Livestock Judging begins in April to prepare for the state contest in August.

4-H members interested in Livestock Judging should enroll in the project on their Enrollment Form. Contact the Extension Office for more details!

Great Job, Livestock Judgers!
### Important Dates for Goshen County 4-H

**DECEMBER 2012**
- 24-31: Extension Office Winter Closure

**JANUARY 2013**
- 1: Extension Office Closed, New Years
- 2: Extension Office Open
- 3: Hunter Safety
- 5: Market Beef Tagging, 10 am-12 NOON, Fairgrounds
- 8: Hunter Safety
- 5-6: State 4-H Shooting Sports Leader Certification, 4-H Building
- 10: Sale Committee, 6:30 pm, Extension Office
- 10: Hunter Safety
- 12: Hunter Safety
- 13: Jr. Leader Meeting, 3 pm, Extension Office
- 14: Meats Judging Organizational Meeting, 6:30 pm, Extension Office
- 15: 4-H Council, 6 pm, Extension Office
- 15: Wyoming 4-H Scholarships Due
- 24: QA RSVP Deadline
- 26: Market Beef Tagging, 10 am-12 NOON, Fairgrounds
- 27: Dog Clinic, 2-4pm, Rendezvous Center
- 28: Quality Assurance Level 1, 6:30 pm, Extension Office
- 29: Quality Assurance Level 2, 6:30 pm, Extension Office
- 30: Quality Assurance Level 3, 6:30 pm, Extension Office

**FEBRUARY 2013**
- 1: Enrollment Deadline for Returning Members
- 12: Supreme Cow Educational Program #1
- 15-17: State 4-H Leaders Conference, Rock Springs
- 19: 4-H Council, 6 pm, Extension Office
- 23: All City Cat Show, Casper
- 24: Mother-Daughter Tea, The Gathering Place
- 24: Dog Clinic, 2-4pm, Rendezvous Center

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Like us on Facebook!
www.facebook.com/GoshenCounty4H