Thinking and talking about kind acts in this way is a life changer in helping kids and adults understand gratitude. For example, your neighbor helps with your leatherscraft project on a Saturday afternoon when you know he’d rather be watching football on TV. “How cool was it that my neighbor came over and helped me. He knew I had a lot to do (the intent). I know how much he likes watching the Broncos but he gave up the game to help me learn (the cost), and look how much I learned and got done with his help (the benefit).” Realizing and recognizing what another person(s) has done to help you be successful, fosters the “attitude of gratitude” no matter how big or small the act.

Just imagine...instead of a mumbled thanks after the winning of a ribbon or prize, a gift, or time helping club members, the realization that the people who made it possible for that reward/help was received with heartfelt gratitude. It’s practiced and taught with intent through lots of day-in and day-out examples year ‘round – and it’s that important.

Recognize the people you come into contact with genuine gratitude. Appreciate and recognize the important role they play in your life. Gratitude is our 4-H Attitude and it “Makes the Best, Better!”

Joddee Jacobsen
UW Extension Educator, 4-H Youth Development

Works cited: Bono, Giacomo “Finally, a Cool Formula for Teaching Kids How to Be More Grateful, From a Gratitude Researcher (and Dad).” Kinstantly, November 18, 2015.

Dear 4-H Families and Friends:

Gratitude is our 4-H Attitude!
None of us come by an attitude of gratitude naturally. Just like sharing or taking turns, it’s a social skill we all have to learn. The more we exercise an “attitude of gratitude”, the better we get at showing and telling others that we appreciate their efforts on our behalf. Anyone of any age needs to be shown the way in offering gratitude. In today’s world...want a new pair of boots? Look online and they can be here tomorrow. A new game for your PlayStation? Download it right now.

A culture of appreciation needs to be built, and three things are needed to recognize how to be grateful.

1. The intent: that somebody put me first.
2. The cost: what someone gave up for me, such as their time, expertise, or money.
3. The benefit: what I got out of it.
YOU can make the "Canines for Charity/Natrona 4-H" upcoming auction and dinner a success!

We need your help to acquire donations (from yourself, friends, family, colleagues, businesses that you patronize, etc.) for both the live and silent auctions. Some ideas include: family adventures, tickets events, outdoor and recreational equipment, gift certificates, tour of specialty facility or whatever you can think of. Chances are if you like it, someone else will too!

The "Canines for Charity/Natrona 4-H" Auction and Dinner is a major fundraiser for Natrona County 4-H, helping to fund scholarships, educational clinics, clinicians, supplies, support of judging teams, project contest winners, support of youth who don't have the means to afford enrollment fees and basic supplies, marketing of the Natrona 4-H program to Natrona County youth, and much more! To participate with an auction item or to buy tickets, please call 235-9400 or stop by the Office.

In advance, thank you for your assistance to assure that "Canines for Charity/Natrona 4-H" dinner and auction is a fabulous event! We appreciate you!

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**Canines for Charity/Natrona County 4-H Poster Contest Winners!**

Congratulations to:

- Cloverbuds – Leah Ramsey
- Junior – Danica Itzen
- Intermediate – Elizabeth Arner
- Senior – Hunter Romsa
- Best Overall Poster – Esa Parkinson

Your prizes are at the 4-H Office, so come by and pick them up! Thank you to all who participated!! Please come by and pick up your poster and hang them at your school or your favorite business (ask permission first, please).

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**FEBRUARY 11, EXPO, 4:30-6:00 p.m.**

Plan on joining us for these fun after school activities. Class size is limited, so be sure and RSVP to Sue or Lennie at 235-9400 by February 8th.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30-5:30 p.m.</td>
<td>Cake Decorating: Learn some basic cake decorating techniques. Bring your decorating tools, we’ll provide the icing and cake or cookies for you to decorate. No charge for this class. Limit 10</td>
</tr>
<tr>
<td>4:30-5:30 p.m.</td>
<td>Infinity Scarf: Cost is $2.00. Make a scarf, we have plenty of fabric to choose from or bring your own. Must have at least 1 year of sewing experience. Limit 6</td>
</tr>
<tr>
<td>4:30-5:30 p.m.</td>
<td>After School Snacks: Cost is $2.00. This hands on class will show you how to make some yummy snacks for after school or any time. Limit 10</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>Valentines Day Craft: Cost is $4.00. Create your own Valentine Day picture for yourself or for a friend. Limit 12</td>
</tr>
</tbody>
</table>
Especially for Leaders…
Throughout the year, I’ll share some ideas for monthly club meetings to help you help your clubs be the best they can be. Please share ideas that have worked well for your club and make this the best 4-H year ever!

February Ideas for Club Meetings

<table>
<thead>
<tr>
<th>Business</th>
<th>Demonstrations or Talks</th>
<th>Other Educational/Social/Recreational</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discuss improving 4-H projects.</td>
<td>First aid kit for home and/or travel.</td>
<td>Puzzles</td>
</tr>
<tr>
<td>How to keep 4-H records.</td>
<td>Soil science.</td>
<td>Make popcorn</td>
</tr>
<tr>
<td>Plan a St. Patrick’s Day program.</td>
<td>Feeding birds in winter months.</td>
<td>Treasure hunt</td>
</tr>
<tr>
<td>Plan to explain to a local organization about your 4-H club.</td>
<td>4-H History</td>
<td>Stories of George Washington and Abraham Lincoln (it’s their birthday month).</td>
</tr>
<tr>
<td>Discuss how to get parents interested in club work.</td>
<td>Visual arts projects</td>
<td>Check the 4-H calendar. What’s coming up?</td>
</tr>
</tbody>
</table>

SCHOLARSHIP OPPORTUNITIES

Natrona County 4-H Foundation
Eligibility:
- Open to any Natrona County 4-H or FFA member that is a current high school senior and
  - has a minimum cumulative GPA of 3.0 and
  - has been an active 4-H or FFA member for at least three (3) years and
  - is currently enrolled or has successfully completed the current 4-H or FFA year.
- An enrolled 4-H leader who is currently enrolled as a full-time college student and has a minimum cumulative GPA of 2.5
- Applications available online at (click on forms at the left side of the screen):

A CURRENT SEALED OFFICIAL/CERTIFIED HIGH SCHOOL OR COLLEGE TRANSCRIPT ALONG WITH A CURRENT PICTURE MUST BE SUBMITTED WITH THE APPLICATION
COMPLETED APPLICATION PACKET MUST BE RECEIVED BEFORE 4:00 P.M., February 29, 2016

State 4-H Foundation Scholarships
The Wyoming State 4-H Office has updated the 4-H Scholarship application and materials for this year on the website 4-H Foundation web site:
http://www.wyoming4h.org/4hfoundation/scholarships/ .

Just click on the scholarship applications link to find out the criteria, then the application page to complete the application. There are many available scholarships, up to $30,000 total for new and first time qualified applicants!

Applications are due by February 15, 2016. Please call the State Office if you have any questions. Their number is (307) 766-5170.

Especially for Leaders…
State Leaders’ Conference 2016
February 19-20
Northern Wyoming Community College
Sheridan College Campus
Sheridan, Wyoming

State Record Book Portfolio
Natrona County will begin using the State Record Book Portfolio for 2016. Record books used previously will not be accepted. You can access the record books online at the Natrona County website, they are listed under Quick Links:

Northern Delights
The Western Regional Leaders Forum (WRLF) will be held in Fairbanks, Alaska on March 2-4, 2016! We’re gearing up and getting ready! One thing is for sure: Northern delights are guaranteed!
If you are a new shooter or haven't shot a .22 rifle in 4-H before, you will be required to attend three air rifle practices before you will be allowed to shoot. Our goal in doing this is to provide the safest shooting environment possible.

Final enrollment for Archery and Air Rifle/Pistol members will be February 15th. No new shooters will be accepted after this date.

Air Rifle/Pistol Practices:
January 20, 22, February 3, 4, 17, 19

Archery Practices:
January 27, 29, February 10, 12, 24, 26

Shooting Sports Leader Certification Trainings
The first shooting sports leader certification is scheduled for February 6-7, 2016 in Park County at the Cody Shooting Complex. Deadline for registration is January 25th. The link to the on-line registration form is: https://wyoming4h.formstack.com/forms/shooting_sports_certification_park

Registration for the Albany County training scheduled for February 20-21 is now available. The training will take place at the Albany County Fairgrounds Shooting Complex. Deadline for registration is February 8th. The link to the on-line registration form is: https://wyoming4h.formstack.com/forms/shooting_sports_certification_albany

These trainings are for any new leaders or leaders who need to be re-certified or just want additional training. The schedule for the remaining shooting sports leader certifications is as follows:

Sublette County – March 5-6
Weston County – March 12-13
Natrona County—April 2-3

State Shooting Sports Development Committee Meeting
February 27th @ ARLC in Casper

Natrona Country Shooters Club Meeting
Monday, February 8th
6:30 p.m., Evansville Room @ ARLC
MARKET BEEF EAR TAGGING

Beef Weigh-in & Ear Tagging
January 30th @ CWF Arena Annex
10 a.m. to 12:30 p.m.

All market beef must be weighed and tagged on this date, NO EXCEPTIONS.

- 4-H/FFA members must be enrolled in the market beef project by 3:00 p.m., on Friday, January 29th to be eligible to tag their animals.
- If you have a loan on your project animal from anyone other than a family member, you need to specify who your loan is with.
- Bring a copy of your title from the Brand Inspector. NOTE: Whoever is listed on the brand inspection title is the legal owner of the animal. It is the seller's obligation to contact the brand inspector and have the animal(s) inspected. If the animal is home raised, you will be issued a title that day.
- $5.00 per animal tagging fee.

Anyone wishing to help should contact Velvet Hiser (277-5952) to volunteer.

QUALITY ASSURANCE

The 4-H Quality Assurance (QA) Class teaches youth about the quality of meat and food products that come from livestock. Quality assurance for livestock producers means making a promise to the consumers from food production animals. Quality assurance is a pledge or promise to:

1. provide a food animal product preferred by consumers, and
2. provide a safe, wholesome food animal product. Food animals are those whose products (meat, milk, and eggs) have the potential to become part of the food chain.

The promise made is that products from livestock will be the highest possible quality and 4-H/FFA youth producers will do everything possible to make these products safe to eat and that our sale is of the highest quality.

Requirements for Sale eligibility:

- All FFA (13 and younger), Junior and Intermediate 4-Her’s will be required to take one QA clinic each year to sell an animal(s) in the Natrona County Jr. Livestock Sale at the Central Wyoming Fair.
- FFA & Senior members (ages 14-19) will be required to take one year of QA education to sell an animal(s) in the Natrona County Livestock Sale at the Central Wyoming Fair. If the first year of a livestock project is taken as a Senior, the QA clinic must be taken that same year.

If you are unable to attend one of the three scheduled Natrona County QA clinics, it will be the responsibility of the individual to find and take a QA clinic in another county and bring proof of that Quality Assurance Clinic to the 4-H office. Check with the 4-H office if in doubt whether another county’s program or private event will count toward this requirement.

DOG OBEEDIENCE CLASSES

Two sessions of dog obedience classes have been scheduled, there will be a limit of 10 participants per class, so pre-registration is required. Call Sue at the 4-H Office, 235-9400 to reserve your spot.

NOTE: Before you can attend the classes you must be signed up for the dog project, have a dog ID form on file at the 4-H Office along with current shot records, and pay a $15.00 fee for the class.

Dates for Session 1 are: February 3, 10, 17, March 2, 9, 16, 30
Session 1 Beginners class will run from 5:30-6:15 p.m.
This class is now full.
Session 1 Advanced class will run from 6:30-7:15 p.m.

Dates for session 2 are: April 6, 13, 27, May 4, 11, 18, 25
Session 2 Beginners class will run from 5:30-6:15 p.m.
Session 2 Advanced class will run from 6:30-7:15 p.m.

Classes are held in the Casper Room at the ARLC. If you have any questions, give Sue a call at 235-9400.
Clover Corner

Heart Marshmallow Toothpick Structures

Marshmallow toothpick structures are always a hit with kids, and these heart-shaped marshmallows and toothpicks are all you need for this fun STEM activity for Valentine’s Day! There’s so much to love about this activity! It encourages creativity and problem solving—kids love trying to create all kinds of structures and have to problem solve if they don’t turn out as planned.

I also love how this activity is pretty much adaptable to any age. Many young children find it easier to create flat designs rather than 3-D structures, while older children love building up.

Materials for Heart Marshmallow Toothpick Structures

- Heart-shaped marshmallows
- Toothpicks

We used round toothpicks, but they can be quite sharp. Flat toothpicks might be a better choice if you are doing this activity with younger children or with a large group of children. (Colored toothpicks would be fun too!)
CARNIVAL NEWS

“Ride the Wave”
2016 4-H Carnival

Hurray! Carnival time is fast approaching and as usual, there will be fun and excitement for all. This year’s Carnival is scheduled for Saturday, March 14th at the Industrial Building on the Fairgrounds. This year’s theme is a beach one.

ADVERTISING
Advertising is an important factor in any activity. All members are encouraged to complete a Carnival poster (preferred size 22 x 30). The posters are due at the Extension Office by 4:00 p.m., Monday February 22nd, 2016. You may pick up your poster after Tuesday, February 23rd. You are responsible for displaying your poster. Judging categories will be: Cloverbuds, Junior, Intermediate Senior, Adult, Adult & Child.

Things to include on your poster:
- Your name, age and club name (on the back)
- Carnival Theme “Ride the Wave”
- Carnival Date March 12th
- Carnival Time 10 a.m. to 6 p.m.
- Contact Information, 4-H Office, 235-9400
- Be sure and list some of the fun things that will be happening that day

More information on how to make an “awesome” Carnival poster is available at the 4-H Office.

ADVANCE SALE COUPONS
Advance sale coupons can be picked up at the Extension Office after February 4th. A suggestion to stimulate coupon sales in your own club might be to offer a prize for the individual selling the most coupons. Advance coupon sales are very important for a successful Carnival.

Each advance sale coupon sells for $5.00 and is worth $6.00 or 60 playing tickets when redeemed the day of the Carnival. Have your families buy advance sale coupons because you get more for your money. YOU ARE RESPONSIBLE FOR ALL COUPONS ISSUED IN YOUR NAME.

Prizes for ticket sales are based on money and coupons that are turned in by 7:00 p.m., Friday, March 11th at the Industrial Building. Prizes are as follows:

Top three club sales: $75.00 – $50.00 – $25.00

PRE-CARNIVAL WORK NIGHT
TUESDAY, FEBRUARY 23RD, 5:00 P.M.
CASPER ROOM @ ARLC

Every member, leader or parent participating in the Carnival pre-work night will have their name put in the hat for three drawings to win an ice cream party for their club. There will be pizza for the work force that night.

We will have various jobs to do...folding tickets, and inventorying prizes just to name a few. We hope to see a representative from every club. Since participation in the Carnival is required, and if you are not able to be at the Carnival, please contact us for ideas of other ways you can help.

March 11th—noon to 7 p.m.
Set up at the Industrial Building on the Fairgrounds. Advance ticket sale money is due by 6 p.m. today.

March 12th—10 a.m. to 6 p.m.
4-H Carnival at the Industrial Building

Every club must have a booth at the Carnival. For every 10 members, clubs should have one booth (maximum 4 booth per club). Every member and leader benefits from this Carnival, so everyone needs to participate to make the Carnival a true county-wide success.

CAKES AND BAKED GOODS
We are asking you to bring cakes, cup cakes, candy and baked goods for the food booths.

Every 4-H family needs to bring at least one 8” round or square cake (you can get two cakes out of one cake mix) and at least one other baked item i.e: bread, cinnamon rolls, brownies, rice krispie bars, cookies, etc. Homemade fudge and suckers are also popular items. Please do not bring food items that require refrigeration (i.e: cream pies, pumpkin pies, etc.) Health Department regulations do not allow us to sell these items.
4-H CARNIVAL TIME

Why do we have a Carnival? The Carnival is the biggest fund raiser the 4-H Council has each year to help raise funds so our members can enjoy clinics, prizes at the County Fair, educational supplies and trips. The list goes on and on.

Why do we make Carnival posters? What better way to announce the Carnival to the public, than showing our members artistic talent and let everyone know that we are getting ready to host the biggest Carnival held in our county each year. These posters will be displayed in a variety of businesses all over Natrona County. Posters need to be turned in by noon on Monday, February 22nd to be considered for awards for the Carnival poster contest. Entries are allowed in all age groups including cloverbud and adults. If you have a business where you would like to display your poster, you can pick up your poster on February 23rd.

STEPS TO AN AWESOME CARNIVAL POSTER
(PREFERRED SIZE 22 x 30)

1. On the back of your poster, write your first and last name, your 4-H age (age of December 31, 2015), your club name. Indicate if you will be picking up your poster to deliver and where it will be displayed.
2. Use a piece of scratch paper and make a rough draft before you begin creating your poster.
3. Get the wording done first on your poster, write large enough for people to read it, but don't take up the entire poster for your wording.
4. Lay out your poster pieces so you can move things around before you start gluing.
5. Be NEAT, creative, colorful and original.
6. What do we want to tell people on this poster? Be sure your poster includes the following information:
   a. This year's theme is a beach theme: "Ride the Wave".
   b. The date for the Carnival is Saturday, March 12th.
   c. The time for the Carnival is 10 a.m. to 6 p.m.
   d. The location of the Carnival is the Industrial Building on the Fairgrounds.
   e. You can list some of the things that are happening that day: games, lunch, prizes, cake walk, bake sale, raffles and door prizes are just a few.
   f. You can also list that pre-sale Carnival tickets are available at the 4-H Office, for more information call 235-9400.
7. Decorating your poster is very important, an eye catching poster will make people stop and read. People will not take the time to read one that is too cluttered and busy with the writing too small.
8. This year's theme is a beach theme, "Ride the Wave". What decorations or artwork can you create to go along with the theme? Be creative, look around your house, you can use old wrapping paper to make letters or find some pictures you can cut out and glue on. Puffy paint to fill in balloon lettering is always unique. Try to stay away from too much glitter, it doesn't always stick well and makes a mess wherever the poster is hung.
9. Try to keep your poster fairly flat. A 3-D effect is nice, but it's hard to find places to display them.
10. Making posters is fun, be sure to relax, and enjoy creating your unique poster.

If you have any questions, please call Sue Anderson at 235-9400 or Carol Whitney at 265-1995 or 259-2689.
18th Annual
All City Cat Show
March 19, 2016

The theme for this year’s All City Cat Show is “Hollywood Cats”
Decorate your cage, create a cat bed or dress up your cat to match this year’s theme.

Saturday, March 19, 2016
ARLC, 2011 Fairgrounds Road
Show Begins @ 10:00 a.m.
Pre-registration due by Thursday, March 17th (by 4:30 p.m.)
4-H Show $5.00 per cat, All City Show $5.00 per cat
Registration the day of the show, 8:30-9:30 a.m., $10.00 per cat per show
There will be a minimal fee for vet checks

The All City Cat Show is open to
Children (age 4 & up) and adults

All cats entered must be under control at all times.
A cat carrier, or harness and leash is required.
You will also need a litter box, food and water for you feline friend

For additional information and registration forms
contact the 4-H Office @ 235-9400 or
Rose Jones @ 577-1546
ALL CITY CAT SHOW ENTY FORM
Pre-registration due by Thursday, March 17th (4:00 p.m.)
Theme for this year is “Hollywood Cats”

For Official Use Only
Vet Check Fee Paid  Yes ___  No ___  Vet Check Total $________________
4-H Show ($5.00) ___  All City Show ($5.00) ___  Registration Fees $____________

Natrona County 4-H  Yes ___  No ___
Vaccination Records  Yes ___  No ___

Contestant Name ___________________________  Cats Name ___________________________
Mailing Address _________________________________

Phone Number ___________________________  Cell Phone #__ ________________________

Age (circle one)
Pee Wee (4-7 yrs) Junior (8-10 yrs) Intermediate (11-13 yrs) Senior (14-18 yrs) Adult (+18 yrs) Senior Citizen (+60 yrs)

Circle classes you wish to participate in:
(Natrona County 4-H members may participate in both Open Class & 4-H Showmanship Classes)

4-H Showmanship  All City Showmanship  Knowledge Bowl
(Open Class)

Conformation Classes
Short Hair Domestic Male  Short Hair Domestic Female
Long Hair Domestic Male  Long Hair Domestic Female
Registered Cat

Fun Classes
Most Playful  Most Colorful (# of colors/most unique pattern)
Best Trick (no kenneling)  Fluffiest Cat (long hair)
Heaviest Cat  Lightest Cat
Shiniest Cat (short hair)

Please pick one (either single or group entry)
Best Costume  Single Entry  Group Entry (3 participants maximum)
Decorated Cage/Bed  Single Entry  Group Entry (3 participants maximum)

The All City Cat Show is sponsored by the Natrona County 4-H Program.

You may send your entry form with registration fees to:
Natrona County 4-H
2011 Fairgrounds Road
**January**
- **25th**: 4-H Council Meeting 7:00 p.m.
- **30th**: Beef Ear tagging & weigh-in Arena Annex @ CWF

**February**
- **19-20-21**: Canines for Charity Fundraiser Parkway Plaza State 4-H Leaders Conference @ Sheridan, Wyoming
- **22nd**: 4-H Council Meeting 7:00 p.m. Carnival Posters due by noon today
- **24th**: Quality Assurance Class, 4:30-6:30pm

**March**
- **12th**: 4-H Carnival Industrial Building @ CWF
- **19th**: All City Cat Show
- **22nd**: Volunteer Appreciation Dinner
- **29th**: Quality Assurance Class, 10am to noon

**April**
- **20th**: 4-H Presentation Contest 5pm
- **23rd**: Beef Cook-off, Table Setting & Foods Fair Contests
- **25th**: 4-H Council Meeting 7:00 p.m.
- **30th**: Horse and dog (ID's due by today) Last day to add or drop projects Market Sheep & Market Goat Ear tagging Arena Annex @ CWF

**May**
- **1st**: Market Swine Ear tagging Arena Annex @ CWF
- **14th**: Quality Assurance Class, 10am to noon
- **31st**: Ownership deadline, ID's due for dairy goats, breeding meat goats, breeding beef, feeder calves, breeding sheep, breeding swine

**June**
- **4-5**: 4-H Dog Show @ CWF Arena
- **8th**: Quest for Knowledge Interview Judging (livestock, horse, alpaca & dog) 10:00 am
- **11th**: Getting Ready for Fair Expo 9am to noon
- **15-17**: Adventure Camp, @ YMCA of the Bighorns Camp Roberts
- **23rd**: Fair Entry Deadline
- **27th**: 4-H Council Meeting 7:00 p.m.
- **28th**: Fabric & Fashion Judging & Public Fashion Revue

**July**
- **7th**: General Projects Judging
- **10-16**: Central Wyoming Fair

**July**
- **30-31**: 4-H/FFA Horse Show

**August**
- **13-20**: Wyoming State Fair @ Douglas
February Birthdays

Quentin Agyemang
Jerrod Barager
Clayton Bentley
Brielle Blocker
Brady Buetcher
Kristin Bullard
Conner Chivers
Cale Clark
Kamee Collins
Noah Danford
Miranda Dickinson
Walker Dickinson
Jesse Dudley
Katie Farley
Antonio Fars
Chance Hamilton

Grace Jenkins
Chase Leinonen
Andy Lien
Natalie Lien
Turner Logan
Avery Mashek
Tessa Milne
Kylan Montgomery
Dominic Powell
Danyaray Pribble
Kacela Skiles
Abigail Snyder
Kloe Trujillo
Miranda VanTassel
Jazlyn Weakland
Madison Zeller