CONVERSE COUNTY 4-H

September Newsletter





A Note From the Educator

September is here and that means the 2023-2024 4-H year is almost over! As we wrap up this year, please remember there are multiple deadlines coming up this month! Record Books are due for judging on September 13th, a printed copy must be brought to the Extension Office to be judged. Achievement Program nominations close on September 15th, be sure to submit those soon! Market Sale requirements and Club Chartering documents are all due to me by September 30th. If you have any questions about these deadlines, please contact me!

With the end of the 4-H year comes a reminder about re-enrolling for the next 4-H year. Enrollment will reopen on October 1st, you must re-enroll on ZSuite to participate in any 4-H activities.

Have a great month and a wonderful start to the Fall season!



-Kellynne

IMPORTANT DATES

September 13: Record Books due for judging (pritned copy required)

September 15:

Acheivement Program nominations close

September 23: October Newsletter Club/Project updates and info due

September 30: Market Sale requirements due

September 30: Club Chartering due



September 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	HAPPY LABOR DAY Office Closed	3	4	Fair Board 5 p.m. Fair 2024 Recap/ 2025 Planning Meeting 6:15 pm	6	Walker Creek Record Books 2 pm
Sand Creek 5 pm	9 New 4-H Volunteer Informational Session- Part 1 6:30 pm	10	11	12	Record Books Due for Judging (Printed Copy Required)	14
Achievment Program Award Nominations Close	16	Douglas Cloverbuds 4:30 p.m.	18	Glenrock Cloverbuds 4:30 p.m.	20	21
hello FALL	October Newsletter Club/Project Updates & Info Due New 4-H Volunteer Informational Session- Part 2 6:30 pm	Wyoming 4-H Volunteer Summit	25	26	Wyoming 4-H Volunteer Summit Central WY Teen Leadership Summit	28
29 Central WY Teen Leadership Summit	Market Sale Check Requirments Due Club Chartering Paperwork Due	1	2	3	4	5

All dates are subject to change





October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	30	1 New 4-H Year Starts	2	3	4	5
		4-H Re-Enrollment Opens				
National 4	7 -H Week	8	9	10	11	12
National 4	TI WEEK					
					Kellynne out of office	
	14	15	16	17	18	19
	Kellynne out of office					
20	November Newsletter Club/Project Updates & Info Due	22	23	24	25	26
7	28	29	30	31	1	2
2				TRICK		
	4			REAL		5

• All dates are subject to change

Club Updates



HELP US IMPROVE THE FUTURE OF CONVERSE COUNTY 4-H!
FILL OUT THE QUESTIONNAIRE BELOW AND BE ENTERED TO WIN A \$100 VISA GIFT CARD!

SCAN ME



OR GO TO
HTTPS://FORMS.GLE/O6MATV4MD3USVRG69

QUESTIONNAIRE RESPONSES WILL REMAIN ANONYMOUS.
GIFT CARD DRAWING WILL BE HELD ON OCTOBER 31ST.

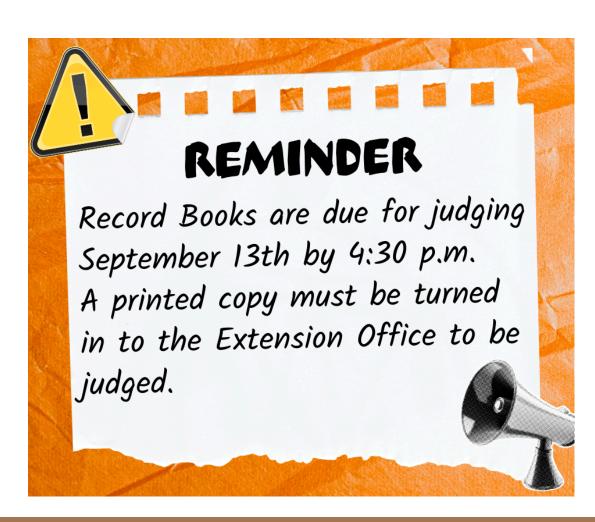




Thursday, September 5, 2024 Douglas Library - Meeting Room 1

5:00 pm - Business Meeting

6:15 pm - Recap of 2024 Fair & Vision for the 2025 Fair



2024 ACHIEVEMENT PROGRAM AWARD NOMINATIONS

NOMINATIONS ARE NOW OPEN AND WILL CLOSE ON SEPTEMBER 15TH!



SCAN THE QR CODE OR VISIT
HTTPS://FORMS.GLE/UW2QZWYKIJYWKAGP8
TO VOTE!





MARKET SALE REQUIREMENTS ARE DUE ON SEPTEMBER 30TH!

You must submit a Record Book on ZSuite and proof of a buyer thank you to kdoyle6@uwyo.edu to receive your check!





SEPTEMBER 30TH

CLUB CHARTERING REQUIREMENTS ARE DUE TO THE EXTENSION OFFICE

2024-2025 4-H YEAR

Enrollment opens on October 1st! You must re-enroll to participate in the new 4-H year



ENROLL ONLINE AT
4H.ZSUITE.ORG

Central Wyoming

Join other Wyoming 4-H Teens (13-18), to strengthen your leadership skills.

DATE CHANGE SEPT 27-29

in Casper, Wyoming \$30 to Attend Contacts:

Makala Riley, Campbell County Emily Swinyer, Sheridan County Joshua Bliss, Natrona County



RSVP by September 20th at NOON http://tiny.cc/Wyoteens

THE FOLLOWING MEMBERS HAVE ITEMS IN THE OFFICE TO PICK UP:

- LANE DUCAT- STATE SHOOT HAT
- REINER MOON- STATE FAIR AWARD LETTER
- RUTH MOORE- STATE FAIR RIBBON
- KORI SINGLETARY- STATE SHOOT RIBBONS & HAT
- LAURA STOLTENBERG- STATE FAIR EXHIBIT
- MEGAN STOLTENBERG
 STATE FAIR EXHIBIT
- JACOB WEGLIN- COUNTY SHOOT TARGETS

UPDATED 8/28



VOLUNTEERS NEEDED

We are looking for adult volunteers to help judge 4-H Record Books! If you're interested, please reach out to us or stop by the Extension Office.

Want to help out, but can't judge them during our office hours? You can check out some Record Books and take them home to judge in your free time!





4-H VOLUNTEER SUMMIT CASPER, WYOMING

BEST WESTERN CONFERENCE CENTER & NATRONA COUNTY AGRICULTURE AND RESOURCE LEARNING CENTER

Workshops
Time for Sharing
Time for Networking
and of course FUN!

Cost will be covered by Converse 4-H!

Cost \$100

Includes meals and programming, Volume lodging on your own.

Scan the QR code to register or contact Kellynne for a link!



University of Wyoming Extension START YOUR VOLUNTEER JOURNEL

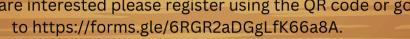
Join us for a FREE two part online informational session for adults interested in becoming 4-H volunteers.

A 4-H volunteer can serve many roles: mentor, advisor, friend, teacher, referee, role model, pacesetter and much more. As a 4-H volunteer, participants will have the opportunity to make a positive difference in the lives of children, teach them valuable skills, help them achieve a positive self-image, accomplish personal goals and earn a sense of accomplishment. Join us to find out if this is something for you!

CHOOSE ONE OF THE DATES BELOW:
SEPTEMBER 9TH AND 23RD, 2024
NOVEMBER 5TH AND 19TH, 2024
FEBRUARY 5TH AND 19TH, 2025
AUGUST 12TH AND 26TH, 2025

If you are interested please register using the QR code or go

ALL SESSIONS ARE ONE HOUR AND START AT 6:30 PM.



RECORD BOOK COMMON MISTAKES TO AVOID

CONFUSING PROJECTS AND EXHIBITS

Projects are what you are enrolled in on ZSuite. Exhibits are what you at entered in county fair or demonstrated at your club meetings.

Complete a Project Record for each your exhibits under the Exhibit section.

INCLUDING PICTURES OF NON-4-H ACTIVITES

Pictures in your Involvement Reports and Project Records should be directly related to your 4-H activities. Do not include pictures of sports, vacations, or any other non-4-H activity. Those activities should only be included in the Other Participation section.

WRITING GOALS AND PROJECT PLANS IN PAST TENSE

Goals and Project Plans should be set at the beginning of the year, before your project work begins. Writing them in past tense shows you didn't set them beforehand.

LEAVING SECTIONS BLANK

Don't leave anything blank! If the section doesn't apply to your project or involvement, put "N/A" or "Not Applicable". Blank spaces will make it appear that you didn't do that part.

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ONLY COMPLETING ONE SECTION OF THE RECORD BOOK

Don't forget to do both sections of the Record Book. You should have a Project Record for each project and one Involvement Report for the 4-H year.

Name:

How old were you on January 1st of this year?

Age Division: 8-10 (Junior) 11-13 (Intermediate) 14-18 (Senior)









ZSUITE RECORD BOOK



Why should you complete a record book?

- Learn to set goals, make plans to achieve those goals, learn to adapt to challenges and obstacles.
- Get practice keeping records.
- Track your activities, events, skill development, expenses, profits, and much more.
- Measure your achievements and growth.
- Use it for scholarships, resumes, or job applications.
- Help earn points towards Honors Club.
- Reflect on how far you've come over the years!



You can add record books in ZSuite at the beginning of the year. Working on your record book during the year helps you remember what happened and makes it less work at the last minute!

What's In Your Book?



Goals

Project Plan

Supplies, Expenses & Income

Exhibits & Summary

Project Pictures and Clippings

Complete for EACH project

Check ZSuite under "Clubs" tab to see what you're signed up for. (Market Swine, Breeding Sheep, Archery, Photography, Outdoor Recreation, etc.)

2 4-H INVOLVEMENT

4-H Awards & Recognition

4-H Leadership

4-H Community Service

4-H Participation

Ongoing - Add to it each year

4-H Story

4-H Year Pictures & Clippings

Other Participation

Complete for current year



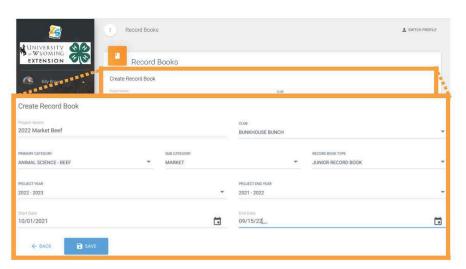


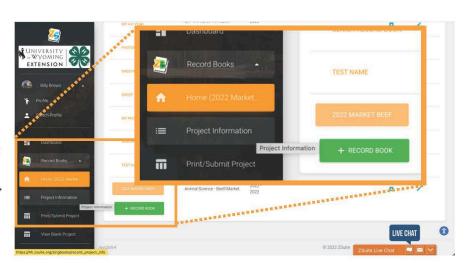
Your First ZSUITE RECORD BOOK





- · Log in to ZSuite
 - Choose a member's profile
- Then select "Record Books" from the menu in the left sidebar
- Start by choosing the "Add Record Book" button from the bottom of the list
- The Project Name is how the Record Book will appear in your list.
 - Name it something that helps you stay organized (Archery - 2nd Year, Dog 2023, etc.). You will have a Project Report for every project for every year.
 - You need one Project Report record book for every project (market swine, archery, photography, etc) not separate ones for every animal or exhibit you make.
- Fill in the rest of the information from the drop down menus.
 - Project Year and Project End Year will be the same.
 - The dates are when you started and ended the project or the 4-H year (like October 1st to when you turn in your record book)
- Once you save, the Project Report book will appear in the list in the Record Book tab. Use the blue edit pencil to change the Project Name or Dates. Click on the orange title to select it, then choose the "Project Information" button on the left.
- Start with the tabs on the left early in the year! Set goals first, take an inventory, put in expenses and income or even pictures as they happen!
 Then finish off your book by filling in your summary at the end of the year.





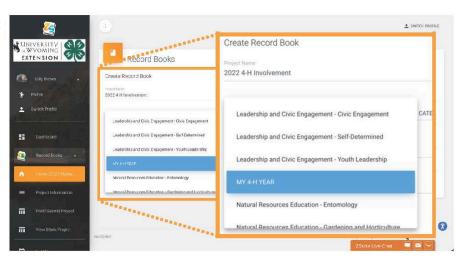


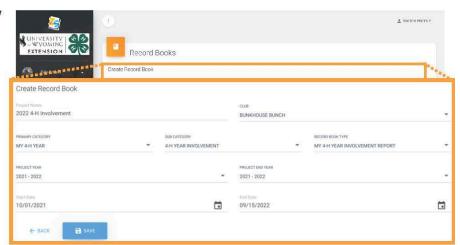


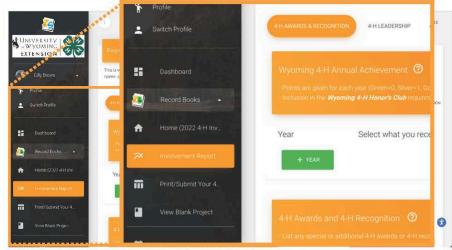
Your First ZSUITE RECORD BOOK



- You also need to add a Record Book for your 4-H Year Involvement.
 - Go to "Add a Record Book" and select "My 4-H Year" in the drop down menu with the Project Report options.
 - Fill in the details for the year you are reporting, then save this record book section.
- You will build on the Involvement Report over the years so you can use the same one every year (or transfer the old information to a new one every year).
- Go through each tab of the report to complete each section.
 - Remember that you will have all your 4-H years in these sections (except the story and pictures).
 Make sure to add your dates so you can tell what years the activities were from as you add more to them!
 - Fill in community service, 4-H activities etc. as they happen so you don't forget!
- If you don't know what kinds of activities you should include in each section don't hesitate to ask your leaders or the Extension Office for examples!











ZSUITE Goals and RECORD BOOK Project Plan

You should set SMART goals at the BEGINNING of your 4-H year! You can start by adding record books for each project you will be doing during your 4-H year. These will be your Project Reports. Start working on your record book early! Think about what you've already learned in your projects, and about the things you'd still like to learn. Your goals should GROW with YOU!

Let's make it...



Choose one thing you want to improve or one skill you want to learn.

Measurable

What will you have at the end to know you reached your goal? Try to make it a number.



Think about what you can get done with your 4-H year! Make it reasonable and challenging!



Make sure your goal is related to your 4-H project. As you spend more years in a project, make your goals more challenging.



Give yourself a timeline. You can have a short-term goal you finish in a couple weeks or months. Or a long-term goal that takes you all year.

Let's try it!

Practice writing a SMART goal...

Then make a Plan...

Some things to consider:

- Going to 2 practices a week.
- Watching videos online.
- Going to monthly project meetings.
- Attending a clinic or a camp.
- Asking a leader, parent, sibling, or friend for help (especially for Juniors).
- Marking days on your calendar so you don't forget to keep working on the goal.
- Finding a friend with the same goal to help keep you going.
- THE LIST GOES ON!

Talk about specific things you want to do to help you reach each of your goals! As the year goes on think about how your plan has gone. Whether it went well you you needed to make changes.







ZSUITE Supplies RECORD BOOK Costs/Income

GOALS



EXPENSES/INCOME



At the beginning of the year:

- · What do you already have? Things you use for your project every year, such as:
 - Archery your bow, arrows, gloves, quivers things you keep for years
 - Livestock feed buckets, blowers, stands, breeding animals you keep
 - Visual Arts paint brushes, markers, household items you use that you already have on hand
- If it's your first year in a project, you might not have much on hand already. If
 you've done the project before, look at what you had on hand or bought in
 previous years. Do you still have those things? They should be listed under your
 equipment.

SUPPLIES

EXPENSES/INCOME

SUMMARY



Throughout the year:

- What do you still need? Things you needed to buy during the year, such as:
 - Archery New fletching for arrows, new quivers, if you bought a bow
 - Livestock Feed, fitting supplies, new show sticks, any market or new breeding animals you got this year
 - Visual Arts canvases, new paints, poster boards
- Expenses can also include any classes, clinics, or camps you paid to attend for your project.

Throughout or at the end of the year:

- Income is where you'll put anything you sold, gave away or kept for yourself.
 - Did you sell an animal? This could be a market animal or through your breeding program.
 - Did you sell any crafts? At a craft fair, to friends or family, etc.
 - Did you give away any supplies to someone else? If it's your last year in a project or you replaced old supplies you can put if you gave away or donated old supplies.
 - Did you keep anything for yourself? Include if you kept a market animal for your family, made a piece of art or piece of equipment that you kept or will use for yourself.
 Wyming 4-History



RECORD BOOK Summary

XPENSES/INCOME



PICTURES



What did you learn this year?

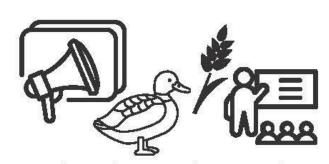
- Go back to the goals you set for yourself at the beginning of the year.
 - What specific things did you do to help you accomplish your goals?
 - What challenges did you have?
 - Did you goals change during the year?
 - Did you create more goals throughout the year?
 - What skills did you learn?
 - Who helped you?
 - Where did you find information?
- What activities did you do for the project?
 - How many practices/project meetings did you attend?
 - Did you do any workshops, clinics, jackpots, shows, competitions, or fairs for the project?
- Explain the skills or knowledge you gained from participating in this project this
 year.
 - I learned how to...
 - compare cost of different brands of ingredients.
 - control my breathing to improve my shooting accuracy.
 - use acrylic paints on ceramic.
 - ...etc.
- How will you apply what you learned to other areas or to future years in the project?

vhinit @

Not all sharing experiences will have a placing/award.

What did you exhibit or share for your project?

- · These will include:
 - indoor/static exhibits during fair
 - showing your animals
 - giving presentations on your project
- You should put a ribbon or placing if you got one, but other awards you got for your exhibits should go in the awards section (if you got a ribbon for your class and were an overall champion, just the class ribbon goes here)..



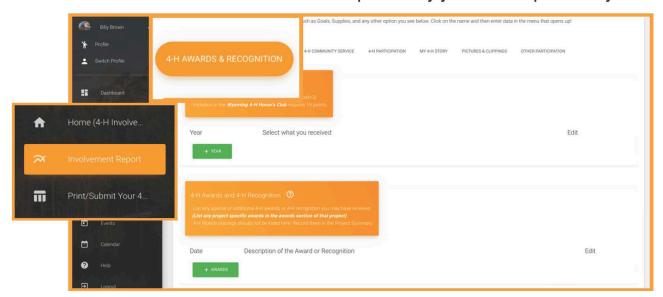






ZSUITE Awards and RECORD BOOK Recognition

The Involvement Report will be added to every year (All your 4-H years should be in one Involvement Report). You can use the same Involvement Report every year or add previous years.



Annual Achievement Points (Gold, Silver, or Green).

- Usually you receive Achievement Points based on your Record Book.
 For the current year, you can select "None" from the list. You can edit this after you receive your Achievement Level.
 - The year is the calendar year you are turning in your record book or receiving the Achievement Level.
 - The Involvement Report can be added to every year, so once you get your Level, you can add it to your book so you don't forget for next year.

4-H Awards and Recognition

- Project placing ribbons (Purple, Blue, First, Second, etc.) should go in the Project Report they go with. Only list additional awards like Overall Champion, Best of Show, Outstanding Overall Exhibit, etc.
- Other awards that could go here:
 - Cash Awards, Scholarships
 - Seals, Certificates
 - Plaques, Trophies, Belt Buckles
 - Trip Awards

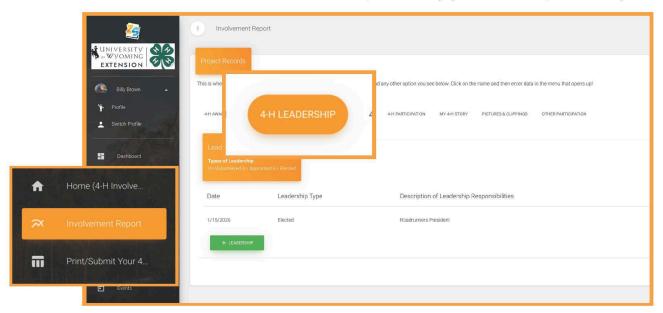






ZSUITE RECORD BOOK Leadership

The Involvement Report will be added to every year (All your 4-H years should be in one Involvement Report). You can use the same Involvement Report every year or add previous years.



Leadership comes in many forms!

For younger members it can be as simple as leading a pledge, or seconding a motion.





Leadership Types



Volunteer: These are things you have signed up for or asked to do. Giving presentations, making motions, public speaking, helping with workshops or programs, judging events, or fairs.



Appointed: Things you've been asked to do, like if you're asked to lead a pledge, or join a committee.



Elected: Responsibilites people voted for. Usually this is holding a 4-H office like club secretary, president, etc. You can include just being nominated or running for an office (especially if it's your first time) as an appointed leadership role.

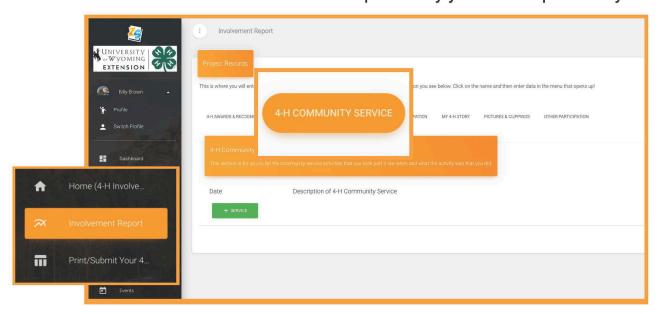
Don't just put a general activity, explain how the role applies to leadership. Don't forget dates to show your progress over the years!

***Don't leave blanks, put "N/A" if needed



ZSUITE Community RECORD BOOK Service

The Involvement Report will be added to every year (All your 4-H years should be in one Involvement Report). You can use the same Involvement Report every year or add previous years.



Using your "hands for larger service"

 These are all the things you did during the year to help others out, without getting anything in return.



These can be things you do with your club, as a county, or on your own. Make sure you describe what you did, how much was collected, how many people helped or how many people received help! You might do some of the same activities every year so don't forget to put dates on your activities.

Some ideas:

- Donate to or volunteer at a soup kitchen, food pantry, animal shelter, disaster relief efforts, or other donation based charities
- See if you can make cards or spend time at a senior center or hospital
- Help with a road side clean up, or park or fairgrounds clean-up
- Adopt a family during the holidays (Make/donate meals, Angel Trees, Valentines, Easter Baskets, May Day, etc.).

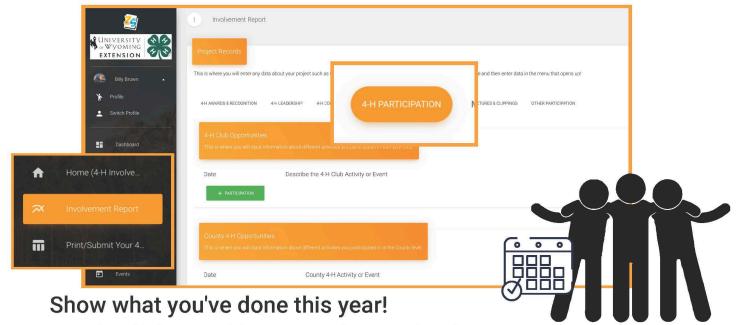






ZSUITE 4-H RECORD BOOK Participation

The Involvement Report will be added to every year (All your 4-H years should be in one Involvement Report).
You can use the same Involvement Report every year or add previous years.



 List all the activities you've done at the club, county, state, or national level.

Club Activities:

 Attending club meetings (save space and put how many you attended in one line), Club holiday parties, Club fundraisers

County Activities (activities with multiple clubs in your county):

 Helping or participating in a 4-H carnival, County Fair, County Contest, Achievement Programs, County Project Meetings, Workshops, Classes or Clinics.

State Activities (activities with multiple counties):

 State Contests like Showcase Showdown, State Fair, State Shoot/Raton, Judging Contests, etc. WYLE, State Leaders Conference or other State events

National Activities (activities with multiple states participating):

Citizenship or Leadership Washington Focus, National 4-H
 Congress, Western National Roundup, NILE, etc.

***Don't leave blanks, put "N/A" if needed





ZSUITE 4-H Story

You should write a new story each year. It could follow the same general outline, but make sure you tell this year's story, and it's not the same story every year. This is a story, don't just write one or two lines. Show your growth!



Some things you can include in your story:

- Introduce yourself:
 - Your name, what grade you're in, how many years you've been in 4-H.
- Highlights from your 4-H projects and activities (what did you enjoy, what didn't go like you thought it would, what might you do differently next year?)
- What did you enjoy most about your 4-H year?
- What was the most successful part of your 4-H year?
- What did you learn in 4-H this year (that you maybe haven't talked about as part of your projects)?
- Did you have any challenges? What happened? What did you do?
- What leadership or community service or other activities did you learn the most from?
- Did you use the things you learned in 4-H in other parts of your life?
- How was this year important to you?
- What are your future plans in 4-H? What are your future plans for school or for a career?







TIMELINE

4-H BEEF

Extension
Johnson County

SEPTEMBER - OCTOBER

Shopping Time! Most of the show cattle in Wyoming are bought around this time! (450-700 lbs.)

OCTOBER - JANUARY

Feed, Feed, Feed. Also a crucial time to halter break! Be starting hair care!

JANUARY -FEBRUARY

Tagging Time in January! February 1st Ownership Deadline, Keep feeding!

MARCH -MAY If you haven't started hair care and daily work with show sticks, you may be behind your competition! Daily routines are your friend!

JUNE - JULY

Enter your projects in June! Keep them cool!
Practice both showing and standing your cattle.
They will need to stand for awhile on show day!

JULY -AUGUST Clip your cattle for fair! Think about what you will need for your animals during fair week!

JULY -AUGUST

County and State Fair Time!



Extension

Johnson County

TIMELINE 4-H SHEEP AND GOATS

MARCH -MAY Shopping Time! Most of the show lambs and goats in Wyoming are bought around this time! Typically buying December - February born animals

MARCH -JUNE Feed, Feed. Also a crucial time to halter break and start practicing showing! Start your shag daily care! Don't forget to shear the first time before it gets hot!

MARCH -JUNE Depending your lamb and what they weigh, you also need to develop a daily exercise program for your sheep! They need to have fat on them before you start working them!

MAY -JUNE

Time to tag in your lambs and goats! This month marks ownership deadline on June 1st!

JUNE -JULY Enter your projects in June! Keep them cool!

Need to start picturing ideal weight for show day and where they may end up! Crucial time for getting legs and showing right!

JULY -AUGUST Clip your projects for fair! Start playing "fair" before you go. Time to think about drenches and traveling? Muzzles? What are your fair needs?

JULY -AUGUST

County and State Fair Time!



Extension

Johnson County

TIMELINE 4-H SWINE

MARCH -MAY Shopping Time! Most of the show pigs in Wyoming are bought around this time! Typically pigs are 5 - 8 months of age at time of showing here in Wyoming.

MARCH -JUNE Feed, Feed. Also a crucial time to whip break and start practicing showing! Start your shag daily care! Don't forget to get a cool spot set up before it gets hot!

MARCH -JUNE

Depending your pig and what they weigh, you also need to develop a daily exercise program for your swine!

MAY -JUNE

Time to tag in your swine! This month marks ownership deadline on June 1st!

JUNE -JULY Enter your projects in June! Keep them cool! Need to start picturing ideal weight for show day and where they may end up! Crucial time for getting hair, hide, and showing right!

JULY -AUGUST Clip your projects for fair! Start playing "fair" before you go. Time to think about penning, traveling, etc. What are your fair needs?

JULY -AUGUST

County and State Fair Time!



CALLING ALL YOUTH enterpreneurs!

Want a chance to sell your creations?

The Extension Office will be offering space for young entrepreneurs to sell their creations in our office!

We will help promote and keep track of sales.

- All items must be created by a current 4-H member
- Items must be listed at prices less than \$50 each
- Each member may have 5 items for sale at a time
- · Items must be high quality
- No perishable items may be sold

Examples:

- · Leather items
- · Sewn items
- · Embroidered items
- · Artwork
- · Jewelry
- etc.





Office Location

1839 Madora Ave Douglas, WY 82633

Office Hours

Monday-Friday 7:30 a.m.-4:30 p.m.

Contact Information

(307) 358-2417

Kellynne (4-H Educator):

kdoyle6@uwyo.edu

Jamie (Administrative Assistant):

converse@uwyo.edu



Converse County 4-H Website

https://www.wyoming4h.org/converse4h/



Converse County 4-H Facebook

https://www.facebook.com/Converse4H

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