

4-H Family News



UNIVERSITY OF WYOMING

Teton County Cooperative Extension Service

March/April 2011

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What is 4-H? This is a great question that I get asked a lot. In fact, when interviewing for this position, I was asked to come up with a 4-H elevator speech—in other words, what does 4-H mean to me in one minute or less. So, I'll ask you the same thing. What is 4-H? Think about that for a minute.....

OK, now I'll give you some help. The mission of 4-H is “to empower youth to reach their full potential, working and learning in partnership with caring adults.” (4-H.org)

4-H is a positive youth development organization. A vast community of more than 6 million youth and adults working together for positive change, 4-H enables America's youth to emerge as leaders through hands-on learning, research-based youth programs and adult mentorships, in order to give back to their local communities. (4-H.org)

Wow! That's quite a mouthful. How does all this happen? 4-H is different than many other youth organizations. 4-H is not a class. These claims that 4-H makes do not

happen in a hour time frame. All this happens over time, and with intentional planning by the 4-H volunteers.

4-H leaders are trained in the **8 Essential Elements of Positive Youth Development**. These are **1) A positive relationship with a caring adult, 2) A safe environment, 3) Opportunity for mastery, 4) Opportunity to value and practice service to others, 5) Opportunity for self-determination, 6) An inclusive environment, 7) Opportunity to see oneself as an active participant in the future, and 8) Engagement in learning**.

So if a 4-H Volunteer or a 4-H Educator asks a child to be a youth officer, or proposes doing a community service project, or giving a presentation, or maybe attending a certain number of meetings—it is with the overall mission of creating an atmosphere of positive youth development and working toward these 8 Essential Elements.

I hope this has given you a little insight into the whys and whats of 4-H. This probably took over a minute to say, but my elevator speech now is, “4-H teaches youth life skills!”

On another note, I would like to announce that my husband and I are expecting twins this summer. We are so excited and feel very blessed. Thank you for all your support.

Sincerely, Kelli Kilpatrick

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Educator, 4-H/Youth

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March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Junior Leaders Meet@6pm.	4	5
6	7	8 4H Leaders Council @5:30	9	10 6pm. Youth Livestock Quality Assurance—all livestock members	11	12
13	14	15 CC Moseley Scholarship Applications Due Deadline for dues to withdraw money from 4-H treasury	16	17	18	19 Jr. Leader Retreat
20 Jr. Leader Retreat	21	22	23	24	25	26
27	28	29	30	31		
		Spring Break				

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
		Spring Break				
10	11	12	13	14 Junior Leaders Meet@6pm.	15	16 4H Food Cook Off! Afton
17	18	19 Record Book Workshop@6 pm.	20	21 Scholarship Night JHS	22	23
24	25	26	27	28	29	30 4H Judge's Training Kemmerer



March 2011

Character Counts

RESPECT

"No one can make you feel inferior without your consent"

~ Eleanor Roosevelt ~

RESPECT—Making Ethical Decisions

People are not things, and everyone has a right to be treated with dignity. We certainly have no ethical duty to hold all people in high esteem, but we should treat everyone with respect, regardless of who they are and what they have done. We have a responsibility to be the best we can be in all situations, even when dealing with unpleasant people.



THINK THE GOLDEN RULE!

The Golden Rule—do unto others as you would have them do unto you – nicely illustrates the Pillar of respect. Respect prohibits violence, humiliation, manipulation and exploitation. It reflects notions such as civility, courtesy, decency, dignity, autonomy, tolerance and acceptance.

Lesson in Respect

It is a widely held belief that in order to get respect, you must first give it. What does this mean to you? How can being civil to everyone be a step forward in earning more respect from your peers?



4-H Roll Call Suggestions:

- ◆ Tell what it means to be considerate
- ◆ "I show respect for people when I . . ."
- ◆ "My parents know I respect them when . . ."
- ◆ Tell how you can show respect in your 4-H Club.

For Character Counts Activities please visit www.4h.uwyo.edu

Respect Activity

Respectful Greetings

Before the 20th century, people commonly addressed one another in a much more formal and respectful manner, one still reflected in the protocols for the US Congress and British Parliament. Even calling people by their first name is a relatively recent development. It used to be considered improper to omit "Miss" or "Mister" when referring to anyone except close friends and relations. These days it is not unusual for students to get each other's attention by calling them "fool" or worse.

Have members practice respectful greetings for a specified period of time. (We recommend one week minimum.) They must refer to each other using "Miss" or "Mister" and the person's last name. The leaders should also participate in this exercise. This might seem strange and even comical at first, but in a few days everyone should grow accustomed to it. At the end of the week, have members write a paragraph describing how the courtesy improved the atmosphere of the club and affected their attitude or behavior, if at all.

Source: "More Good Ideas" CHARACTER COUNTS!

- 4-H Announcements

Teton County 4-H Leaders Attend Wyoming State Leaders' Conference

On the weekend of February 4-6th, **Amy Wilson** and **Josh Dieckmann** attended the Wyoming State Leaders' Conference held in Casper, WY. During this training, Amy and Josh, along with 4-H leaders from across the state, participated in the Master Volunteer certification. This learning track included topics such as:

- True Colors Personality Assessment
- 8 Essential Elements of Positive Youth Development
- CHARACTER COUNTS!
- Peer teaching
- Teambuilding

Participants in the Master Volunteer course are asked to bring back what they have learned to their county 4-H program in an effort to spread the message of Positive Youth Development and to assist the 4-H Educator in strengthening the overall mission of 4-H.

Amy and Josh will be sharing some of what they learned at the March 8th 4-H Council Meeting.



*(Back row, left to right) Mike Bird, Lawrence Randall, **Amy Wilson**, Anita McCoy, **Josh Dieckmann**, Anita Bartlett, Jerrica Lind, Joann Morey, Marius Wilson, & Sheri Blackburn*

(Front Row, left to right) Pam Randall, Lori Firth, Corrnine Conner, Gerda Dickinson, & Jamie Sayer

Congratulations on becoming Master 4-H Volunteers!

Alta 4-H Community Club Is Growing Strong!



Dana Wilson facilitates teambuilding activities, and assures that all youth feel welcomed into the new community 4-H Club.

■ 4-H Announcements**Welcome Event held in 1st Year 4-H Members' Honor**

The Jr. Leaders 4-H Club planned a special event to honor and educate 1st year 4-H members. Participants played games, did activities to learn about 4-H and heard stories from Jr. Leaders about what 4-H has meant to them. Those attending included:

Kelly Flickinger

Charlie Flickinger

Ben Flickinger

Matthew Pope

Ryan Pope

Marysa Marion

Alli Marion

Bella Marion

Ryley Hasenack

Amelia Wilson

Tegan Pappas

Thibaud Sanchez

Amber Budge

Heather Budge

Hailey Hardeman

Selina Mallatt



1st year members played a game to learn about setting goals and also to get to know each other.



Jr. Leaders introduced themselves and told a little about their 4-H experiences.



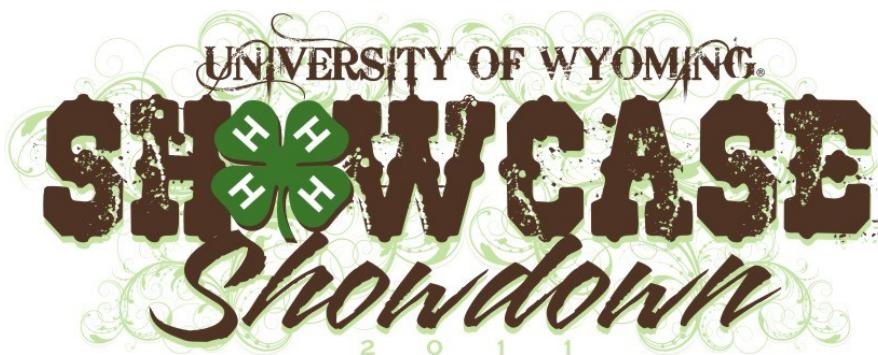
Check out the wall outside the 4-H Educator's Office. Here you will find everything you need for your 4-H Record Book including:

- 1) Record Book pages
- 2) The guidelines for what is needed for each age group
- 3) How to access Record Books online

Find this information at www.tetonwyo.org/4H under "Record Books"!

RECORD BOOK RESOURCE

- **4-H Opportunities**



June 28-29, 2011
Laramie, Wyoming

Mark your calendar for the 2011 Wyoming 4-H Showcase Showdown to be held in Laramie on June 28-29! Youth will have the opportunity to participate in contests, challenges, workshops, tours, and many other fun activities during the event. Contests to be held at this year's event

include Presentations, Dog Quiz Bowl, Horse Judging, Vegetable Judging, Rocket Launch, Livestock Skill-A-Thon, Robotics, Youth Business Ventures, Food Cook-Off, Table Setting, and Ingredient Measuring. There will also be interviews for youth interested in being delegates to represent Wyoming at the National 4-H Congress. Information regarding the schedule of events will be sent as it becomes available.

Activity proposals being accepted now!

Contact Lindsey Moniz at the State 4-H Office (307.766.3430 or lmoniz@uwyo.edu) if you are interested in hosting an activity (workshop, tour, challenge, etc.) at Showcase Showdown. The deadline for submission is May 1, 2011.

NOTE: State 4-H Leadership Team interviews will NOT be held at Showcase Showdown in 2011. Applications will be due July 15, 2011 and interviews will be held during State Fair.

Wyoming 4-H Judge's Certification Training



Wyoming 4-H Judges Certification Program is back!

- Would you like to become a certified 4-H judge for static exhibits?
- Would you like to know more about 4-H to become a better judge?
- Are you interested in judging more?

If so, then this opportunity is for you. Sign up today to attend a judges certification workshop near you and become part of a list of quality judges which recognize the goal of 4-H is youth development. If you or someone you know are interested in judging county fairs, please contact your local extension office to find out how to register for one of the trainings to be held in your area.

Casper	April 16 ARL
Kemmerer	April 30
Riverton	April 30
Laramie	April 30
Buffalo	June 4

All Trainings will run from 10:00am to 3:00pm. Early bird registration will be \$25.00 , \$35.00 after March 25, 2011. Fee includes lunch and handbook. For a brochure or registration information contact your local extension office.

■ 4-H Leader News**4-H Leaders Council Meeting
March 8, 2011 at 5:30 p.m.
4-H Office**

All 4-H Leaders and Jr. Leaders are members of the 4-H Council. Meetings are on the 2nd Tuesday of every other month.

The purpose of the 4-H Council is to ensure that the essential elements of positive youth development are incorporated into all aspects of the county 4-H program.

March Agenda

- Bylaws and Constitution
- Planning for upcoming events
- Essential Elements of Positive Youth Development
- Report from State Leaders Conference
 - 4-H Projects

4-H Club Finances

The Teton County 4-H Program is making headway with the financial recommendations of the Wyoming State 4-H Program. This effort is focused on teaching youth how money flows into and out of an organization. The 4-H club is a safe environment to learn how to live within a budget, practice managing money and to learn from successes and mistakes.

It is crucial that a youth treasurer be utilized in your 4-H club (you as the 4-H Leaders should not be the club treasurer, but you or another adult can be an advisor to that officer). It is also essential that all monies spent be voted on by the 4-H club and recorded in club minutes. If you have not done so, please read the handout, "Understanding 4-H Club Finances" and the *Wyoming 4-H Club Treasurer's Handbook*, as a higher standard of accountability and integrity is expected when handling public finances.

Most clubs have opened their own checking and savings accounts with funds earned through various fundraisers. The final deadline to do this is **March 15th**. If a club has funds within the 4-H Council treasury and does not withdraw them to open their own account, these funds will



4-H Club financial paperwork will be filed in your club's folder if your statements are being sent to the 4-H Office. Please have your club treasurer pick up this paperwork on a regular basis.

be absorbed into the general fund for the 4-H Program.

Finally, it is not a best practice to have a debit card for your 4-H Club checking account. **PLEASE DO NOT USE THESE!** Refer to the letter that was sent to you in the mail regarding how finances should be dealt with regarding reimbursements and online purchases.

Go to www.wyoming4h.org under "Volunteer Resources" for all the handouts referred to in this article.

■ 4-H Leader News

4-H Leader Spotlight : Pam Romsa

Pam Romsa is the co-leader of the Wilson Hoofbeats 4-H Horse Club. She is also the 4-H Council President. Pam has dedicated her time and energy to the 4-H program for the past 15 years.

Pam is committed to making learning about horses fun for youth. She is continuously searching for new ways to make club meetings exciting. Her club has willingly implemented all of the recent changes to the horse program as well as the 4-H Program. Pam utilizes club officers and lets youth practice leadership roles. She also utilizes older 4-H members in teaching and mentoring the younger youth in her club.

Pam is a contributing member of the 4-H Horse committee. Her club has helped to put on the Pre-Fair Horse show for the past two years and she, her co-leaders and club par-

ents are people that can be counted on to make sure that the Fair 4-H Horse show is a great success.

Pam has been a tremendous asset to the 4-H Program as a whole. In her role as the 4-H Council President, she keeps in mind the true meaning of what 4-H is all about.

She has helped to put on Record Book workshops, she embraces the community aspects of 4-H and is advocate of continuous learning to other 4-H leaders.

Youth working with Pam say that she is kind and determined to help them be successful. She is a good teacher and makes meetings fun.

Thanks Pam for all you do for 4-H!



The following 4-H Clubs have turned in their Club Chartering Paperwork for the beginning of the year:

Teton Livestock
Razor Backs Archery
Devine Swine
Wild Woodworkers
Teton Rangeriders
Teton Mountain Thunder

Baa Maa Lamb and Goat
Sew Many Memories
Silver Spurs
Alta Community Club
Hippity Hop Rabbit Club
Wilson Hoofbeats

If your club is not listed here, please turn in your paperwork as soon as possible.

■ 4-H Project News**Livestock****Please make note of the change to the livestock fitting rule in Teton County 4-H:**

A 4-H member is expected to fit and groom his/her own animal at the Teton county fair. However in the interest of safety a member may be assisted by another currently enrolled bona fide Teton county 4-H member or project leader.

A 4-H member is expected to care for their own animal; however, in the interest of safety in caring for animals members may receive limited age and skill appropriate assistance.

Important Animal Project Deadlines

Please make note of these deadlines now. Those not turning in proper paperwork will not be able to exhibit their animals at the Teton County Fair. Paperwork should be turned in to the **4-H Office by 5 p.m. on or BEFORE the deadline date.**

**PLAN AHEAD AND GET YOUR
PAPERWORK TURNED IN
BEFORE THE**

**Monday, May 2—Dog ID Papers Due
Wednesday June 1—All other 4-H Animals
Proof of Ownership (sheep, swine, breeding
beef, rabbits, poultry, market goats, and cats)**

Animal	What needs to be turned in?
Dog and Cat	Dog ID or Cat ID form found at www.tetonwyo.org/4H under “FORMS”
Rabbits	Completed Rabbit ID form found at www.tetonwyo.org/4H under “FORMS”
Swine	Bill of Sale listing who animal was sold to and from whom Found at www.tetonwyo.org/4H under “FORMS” or from your producer
Lamb & Goat—purchased from Wyoming	Brand Inspection—blue title copy
Lamb & Goat—purchased from Idaho or state that does not have brand inspection program	Bill of Sale and health inspection on the animal at the time of purchase Found at www.tetonwyo.org/4H under “FORMS” or from your producer

Youth Quality Assurance for All Livestock 4-H Members

Quality Assurance 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.

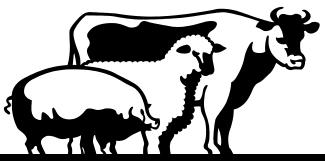
All Livestock members are invited and encouraged to attend this opportunity to learn how to be a responsible producer.

Interactive and fun activities will make up the majority of this program, so come willing to participate.

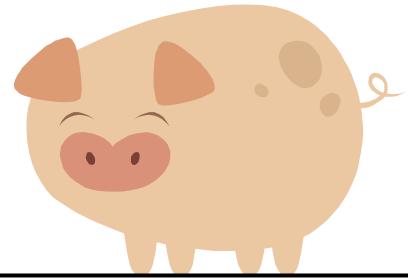
4-Hers completing this program will receive a Certificate of Training and special recognition at the County Fair.

When: Thursday, March 10, 2011 6 p.m.—8 p.m.

Where: 4-H Office



Who: 4-H Members, Leaders, and Parents



U.S. Targhee Sheep Association

950 County Line Road
Fort Shaw, Montana 594430

U.S. Targhee Sheep Association Starter Flock

Free Registered Targhee Sheep to be Awarded to Deserving Youth

As highlighted in the November, 2010, edition of the "Sheep Industry News", the U.S. Targhee Sheep Association is offering for the third year a free registered Targhee Starter flock to be awarded to a deserving youth at the USTSA National Show & Sale in Brookings, South Dakota – July 15-16th. The winner must be present to receive the flock and will be awarded one (1) ewe lamb, one (1) yearling ewe, and one (1) brood ewe donated by members of the USTSA. Each animal will be a USTSA registered animal, and at least QR in Scrapie Codon 171 genotype. The winner will also receive a \$150 credit for use toward purchase of additional animals at the 2010 sale.

Applications, due **April 1st**, are now available to download at www.ustargheesheep.org or by contacting Tracie Roeder at the USTSA office (406-467-2462). Any young person, ages 9-17, as of January 1, 2011, may apply.

Horse**Mark Your Calendars!**

West Area 4-H Horse Day Camp
June 20-21, 2011
Big Piney
Sublette County Fairgrounds

Meet 4-H'ers from Lincoln, Sublette, Uinta, Sweetwater, and Teton Counties and have fun with your horse. Don't miss out on this great opportunity close to home!

**Food & Nutrition**

Check out this new Contest
April 16, 2011
Afton, WY
4-H Cook-Off!



Contestants must compete in the appropriate age divisions (junior, Intermediate, Senior). Eligibility will be determined using 4-H plus.

Only team entries will be allowed. Teams will consist of 3-5 members. Unlimited teams will be taken in each division. Awards will be given to the top three teams in each division.

OBJECTIVES:

- To provide a hands-on competition that incorporates all areas of the foods & nutrition project.
- Help youth to learn the techniques of logical and accurate decision making as well as teach them to recognize the reasons for their decisions.
- To recognize youth for their knowledge of foods and nutrition in regards to the current food industry.

RULES:

One hour will be given to each group, a timer will be set and when time is up every person must stop. This makes it vital to come prepared and have a game plan before coming to the competition.

You will be issued a list of foods, at the time your registration is confirmed, to use as main ingredients. The contest will try to promote:

commodity foods that can be found commonly in food banks to prove that simple, inexpensive ingredients can make excellent foods.

Unusual foods that youth will find challenging to learn about
A knowledge of food nutrition, food pyramids, and food groups

You must provide your own food to cook at the competition.

Every team needs to make enough for the audience to taste test a very small amount, so take that into consideration when preparing your foods list.

The kitchen and cookware items will be supplied for you. Note that these are common items, if you need anything a-typical you must bring it yourself.

The recipe your team chooses needs to be turned in one week prior to the completion. All recipes in the competition will be put in a cook book.

A panel of judges will taste test the food after the hour is up. They will be looking for flavor, creativity, and best plate presentation.

Awards will also be given to the recipe with the:

- Fewest number of ingredients
- The least expensive
- Creativity and uniqueness
- Overall best in each age division

A form of expenses has to be filled out and turned in prior to the competition. This form will be used to help us figure out which team has the cheapest recipe. This does not need to be exact, if you are unsure how much an item cost because it was purchased previously just give your best estimate.

Teams are encouraged to work together

Audiences may watch the competition, but not interact with the teams

JUDGING:

Judging will be based on team work, method of preparation, plate presentation, creativity, flavor, ability to sell on a professional level, and use of ingredient list.

Register at the 4-H Office by March 23rd to be

eligible for this contest!



2011 4-H Dates to Remember

Date	Event	Location
March 3	Junior Leaders meet @ 6 p.m.	4-H Office
March 8	4-H Leaders Council Meeting@ 5:30 p.m.	4-H Office
March 10	Youth Livestock Quality Assurance Workshop—all livestock members	4-H Office
March 15	C.C. Moseley Scholarship Applications Due	4-H Office
April 14	Junior Leaders meet @ 6 p.m.	4-H Office
April 16	4-H Food Cook Off	Afton
April 19	Record Book Workshop	4-H Office
April 30	4-H Judge's Training	Kemmerer
May 1	Dog ownership papers due	4-H Office
May 5	Junior leaders meet @ 6 p.m.	4-H Office
May 7-14	Western Regional Leaders Forum	Alaskan Cruise
May 14	4-H Community Service—Adopt a Highway project	Meeting spot TBD
May 18	Presentation Workshop	4-H Office
May 24	Presentation & Youth Business Ventures Contests starting at 3:30 p.m.	4-H Office

June 1	Swine, goat, lamb, cat, rabbit Ownership Papers due	4-H Office
June 2	Junior Leaders meet @6 p.m.	4-H Office
June 7	Interview Judging workshop	4-H Office
June 13-14	Livestock & Horse Judging Day Camp	Uinta County (Evanston)
June 20-21	Horse Day Camp	Big Piney, Sublette Co.
June 28-29	4-H Showcase Showdown	Laramie
July 7	Junior Leaders meet @ 6 p.m.	4-H Office
July 8	Fair Entry Forms due	4-H Office
July 12	4-H Leaders Council meeting @5:30 p.m.	4-H Office
July 25-31	Teton County Fair	Teton County Fairgrounds
August 8	State Fair Exhibits due	4-H Office
August 9	State Fair Delegates Meeting—Mandatory! @ 5:30 p.m.	4-H Office
August 13-21	Wyoming State Fair	Douglas
August 31	Record Books due	4-H Office
September 10	Old Bills Fun Run	Town Square
September 12-16	Record Book Judging	Teton County
September 13	4-H Leaders Council @ 5:30 p.m.	4-H Office
September 15	Record Book Judging	Alta
October 3-9	National 4-H Week	Nationwide
October 8	4-H Community Service—Adopt a Highway project	Meeting spot—TBD
October 13	Achievement Night	Fair Building
November 8	4-H Leaders Council Meeting @ 5:30 p.m.	4-H Office
November 10	4-H Leader Appreciation Dinner	TBD

4-H Calendars were mailed to all 4-H Members and Leaders. Use these to keep track of all 4-H events for you Record Books!

Teton County 4-H

P.O. Box 1708
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Jackson, WY 83001

PRESORT STANDARD
US POSTAGE PAID
Jackson, WY
Permit # 5



4-H is a **community** of **young people**
across America who are learning
leadership, citizenship and **life skills**.

4-H FAMILY NEWSLETTER



Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071.

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The University of Wyoming, United States Department of Agriculture, and Teton County Office cooperate.