

4-H FAMILY NEWS

UNIVERSITY OF WYOMING



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TETON COUNTY EXTENSION SERVICE

NOVEMBER-DECEMBER, 2012

Inside this issue:

| | |
|------------------------------|-------|
| November & December Calendar | 2-3 |
| Character Counts | 4 |
| 4-H News | 5-7 |
| 4-H Opportunities | 8-10 |
| 4-H Leader News | 11 |
| Extension News | 12-13 |

As the leaves continue to turn colors and winter begins to settle in I hope you have had the chance to reflect on your past 4-H year. I cannot express my excitement for us to begin another year in 4-H and one that I am sure will be full of excitement, memories, life lessons, and fun. It was great to see everyone at our National 4-H Week festivities and Achievement Night. We are sorry we missed you if you were not able to join us but we hope to see you at future 4-H events. With a new year starting, we have had some new volunteers step in and we are offering a couple new project areas that are helping us expand. We hope you will take advantage of the projects and continue to succeed in the ones you are currently in. I will be the leader for the Junior Leaders and I am looking forward to working with this group of outstanding 4-H youth. I challenge all the members of Teton County 4-H to get SMART goals for the year, work on your record book throughout the year, and become active in your club. I know that we have the best youth in the state in our county and we can show Wyoming and our community what great citizens we are by stepping up and "Joining the Revolution of Responsibility." If you didn't have a chance to see the Teton County 4-H video that was done by Peter Prestrud please check out his outstanding work on the Teton County 4-H website or on Facebook. If you have any new ideas that you would like to see implemented in our program please come talk to me and I look forward to hearing them!

Have a great time with family these next few months,



Amanda Zamudio

Amanda Zamudio

University Extension
Program Associate
4-H/Youth

P.O. Box 1708
255 W. Deloney
Jackson, WY 83001
307-733-3087
Fax - 307-739-0749

Email:
azamudio@tetonwyo.org

SUPPORT STAFF

Stephanie Turner—Office Manager
Gwen Hansen—Administrative Assistant



November

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

| | | | | | | | |
|--------|------------------------------------------|-----------------------------------------|----|----|------------------------------|--------|----|
| | | | | | 1 | 2 | 3 |
| 4 | 5 Cooking Club @ 3:30 | 6 | 7 | 8 | 9 | 10 | |
| 11 | 12 <i>Veteran's Day Office Closed</i> | 13 4-H Council Meeting | 14 | 15 | 16 | 17 | |
| 18 | 19 Cooking Club @ 3:30 | 20 | 21 | | 22 Happy Thanksgiving | 23 | 24 |
| 25 | 26 Cooking Club @ 3:30 | 27 | 28 | 29 | 30 | | |
| | | | | | | | |



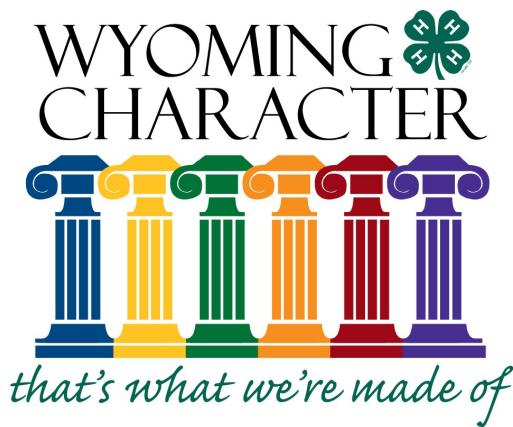
December

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

| | | | | | | | |
|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----|----|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---|
|  | | | | | | | 1 |
| 2  | 3 Cooking Club @ 3:30 | 4 | 5 | 6 | 7 | 8  | |
| 9 | 10 Cooking Club @ 3:30 | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 Cooking Club @ 3:30 | 18 | 19 | 20 | 21 | 22  | |
| 23  | 24 <i>Office Closed</i> <i>at 12:00 p.m.</i> | 25  | 26 | 27 | 28 | 29 | |
| 30 | 31  | | | |  | | |



For up to date Calendar Information- Visit www.tetonwyo.org



Citizenship is:

Demonstrating good citizenship is being a person who is involved in trying to make the community, nation, or world a better place. Good citizens are people who are engaged, in big or small ways, in considering the needs of others in their community. Good citizenship in practice is understanding, appreciating and doing things that make life better for yourself and for others. Citizenship demands participation, involvement and contribution. Good citizens go beyond their own interests, demonstrate a concern for the needs of others and recognize their obligations to make their home, school, neighborhood, country and world the best they can be. Citizenship is a two-way relationship and includes both rights and duties. No one makes a difference without being involved.

How to be a good citizen:

- Live Each Day with Courage
- Take Pride in your Work
- Always Finish What you Start
- Do what has to be Done
- Be Tough, But Fair
- When You make a promise, Keep It
- Ride for the Brand
- Talk Less, Say More
- Remember that some things are NOT for Sale
- Know where to Draw the line



Character Counts Citizenship

November 2012



There can be no high civility without a deep morality.
— **Ralph Waldo Emerson (1803-1882),**
American essayist and poet

Talk about Citizenship

- Name someone who is your hero and explain why you think so.
- Talk about how good citizens demonstrate dependability.
- Discuss what each of us can do to promote good citizenship.

Adapted from WVU Extension Service

If you wouldn't say it to my face, don't say it on Facebook.

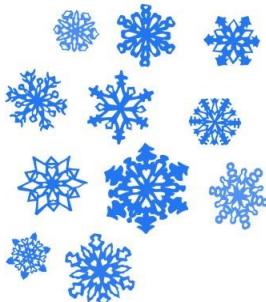


★HAPPY★ BIRTHDAY!

November



December



Ashley Brimeyer
Colten Cook
Henry Horstmann
Emily Mahood
Raegin Ross

Katelyn Coleman
Abigail Daugherty
Emma MacEachern
Taryn Paradis
Abigail Smith

Rachel Ablondi
Kyle Brimeyer
Sydney Clark
Lucy Harger
Mason Horstmann
Markus Krisjansons
Colter Lucas
Shane Lucas
Olivia Rigsby
Anna Sullivan
Brendon Weber

Henry Berezay
Wyatt Christensen
Hayden Collins
Keith Holmes
Mindy Kaufman
Muy Lim
Jamie Lucas
Joshua Morris
Faith Shaw
Ashlynn Weber
Madison Wilkerson

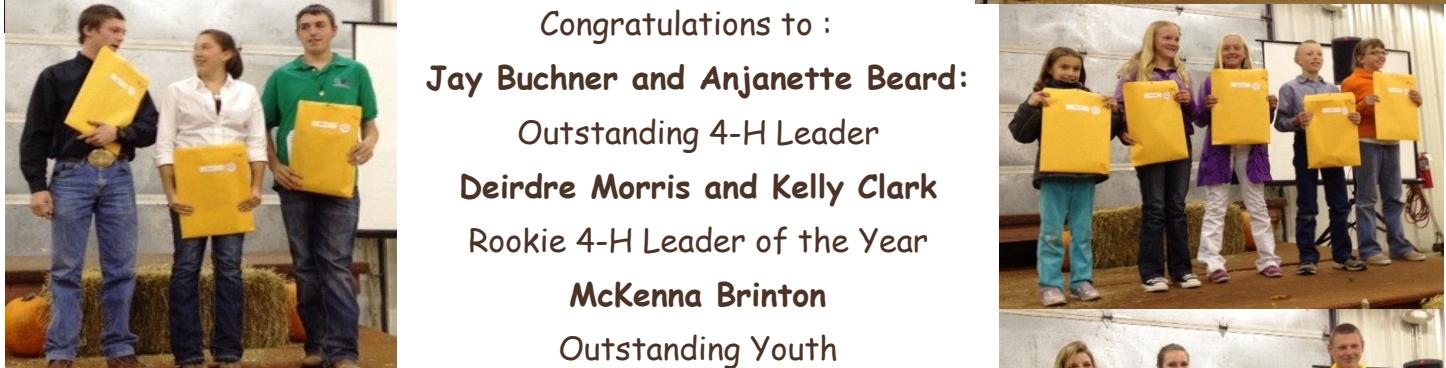


ACHIEVEMENT NIGHT

What a great 4-H community event! Many thanks to the Junior Leaders 4-H Club for setting up and hosting this event. If you were unable to attend please stop by the office to pick up your certificates and record books.



Congratulations to :
Jay Buchner and Anjanette Beard:
Outstanding 4-H Leader
Deirdre Morris and Kelly Clark
Rookie 4-H Leader of the Year
McKenna Brinton
Outstanding Youth



JOIN A CLUB TODAY!

| | | |
|--------------------------|------------------------------|-----------------------------------|
| <u>Aerospace</u> (NEW!!) | GIS/GPS | <u>Pocket Pets</u> |
| <u>Archery</u> | Health | <u>Poultry</u> |
| <u>Breeding Beef</u> | Horse Judging | <u>Quilting</u> |
| <u>Breeding Sheep</u> | <u>Horses</u> | <u>Rabbits</u> |
| <u>Breeding Swine</u> | Horticulture | Range Management |
| <u>Cake Decorating</u> | Hunting | <u>Recreation (Clogging)</u> |
| <u>Cats</u> | Interior Design | <u>Rifle</u> |
| Child Development | Knitting | Robotics |
| <u>Citizenship</u> | <u>Leadership</u> | Rope craft |
| Computers | Leather craft | <u>Self-determined</u> |
| Crocheting | Livestock Judging | <u>Shotgun</u> |
| Dairy Cattle | <u>Market Beef</u> | <u>Sport fishing</u> |
| Dairy Goats | <u>Market Sheep</u> | Vegetable Judging |
| <u>Dogs</u> | <u>Market Swine</u> | <u>Veterinary Science</u> (NEW!!) |
| Electricity | <u>Meat Goats</u> | Visual Arts |
| Entomology | <u>Meats Judging</u> (NEW!!) | Web Pages |
| Fabric and Fashion | Muzzle loading | <u>Wildlife</u> |
| Foods and Nutrition | Nature and Ecology | Woodworking |
| Gardening | <u>Photography</u> | Wool Judging |
| Geology | Pistol | |

The underlined projects currently have a Volunteer 4-H Leader. Projects that are not underlined do not. This is your chance to start a new 4-H Club. Contact the 4-H Office for more information!

JOIN | THE REVOLUTION OF RESPONSIBILITY



STATE 4-H CONTESTS

There is a contest to design a logo to be used for the Wyoming's 4-H 100th Anniversary Celebration. It will be used on:

- T-Shirts
- Banners
- Websites
- Correspondence and many other items

There are three divisions-Junior, Intermediate, and Senior. There will be a winner in each division plus an overall grand prize. The deadline for entries to be submitted has been extended to November 30, 2012. Send entries to the Wyoming State 4-H office at Dept. 3354, 1000 E. University, Ave., Laramie, WY 82071 or email the entry to 4-H@uwyo.edu. Please note that all entries become the property of the Wyoming 4-H. All submissions must include the member's name, age, county, and how they can be contacted.

Clover Christmas

Sponsored by the Wyoming State 4-H Office

CONTEST RULES

- Must be a Clover Bud or 4-H Member 12 years or younger.
- Entries must include the 4-H clover (or word "4-H") and a Holiday scene
- Entries must have child's name, county and age.
- Scanned entries may be submitted to
- 4-H@uwyo.edu
- Entries may also be sent to:

Wyoming State 4-H Office

Dept. 3354

1000 E. University Ave.

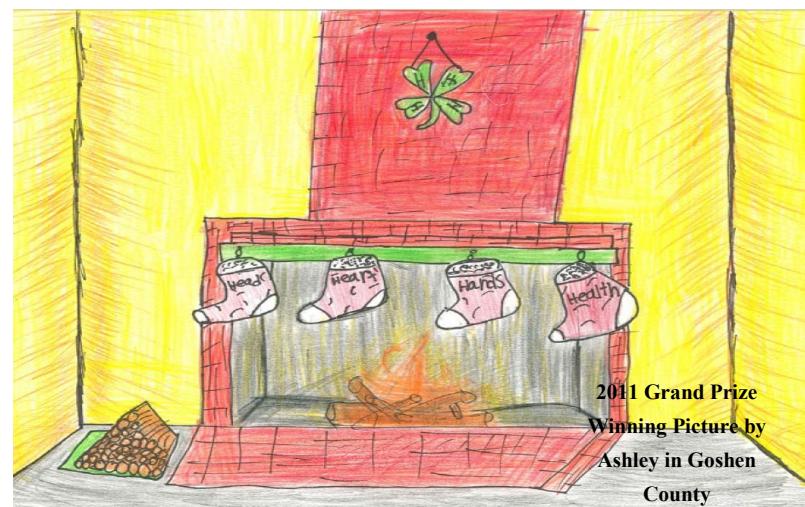
Laramie, WY 82071

The Wyoming State 4-H Office wants your Christmas/Holiday drawings

The winning entry will be our 2012 Holiday Card!

Winner will receive 25 cards

Entries due on Friday, November 30, 2012!



START PLANNING FOR THESE 4-H EVENTS!

2013 Wyoming State 4-H Calendar of Events/Activities

More information online at www.Wyoming4H.org

| Event | Date | Location |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------|
| State 4-H Leaders' Conference | February 15-17 | Rock Springs, WY |
| National 4-H Conference <i>Applications due October 15, 2012</i> <i>Interviews: November/December 2012</i> | April 6-11 | Washington, D.C. |
| Wool Judging/Meat Judging | Late April | Laramie, WY |
| Citizenship Washington Focus <i>Paperwork due January 11, 2013</i> | June 8-15 | Washington, D.C. |
| Horse Camp <i>Registration deadline: May 17, 2013</i> | June 14-16 | Douglas, WY |
| Showcase Showdown <i>Registration deadline: June 10, 2013</i> <i>ALL information is due on this date.</i> | June 24-25 | Laramie, WY |
| State Shooting Sports Match <i>Registration deadline: Monday, June 24</i> | July 11-14 | Douglas, WY |
| Wyoming State Fair | August 10-17 | Douglas, WY |
| Shooting Sports Awards Trip <i>12 winners are selected based on scores at State Shoot</i> <i>2 winners are selected based on portfolio submissions</i> | September 11-15 | Raton, New Mexico |
| National 4-H Congress <i>Applications due May 31, 2013</i> <i>Interviews held during Showcase Showdown</i> | November ~ TBD (typically Fri-Tues after Thanksgiving) | Atlanta, Georgia |

Other opportunities:

State 4-H Leadership Team ~ applications due May 31, 2013/interviews at Showcase Showdown

Postal Shoots ~ typically start sometime around April 1

International Exchange to Samoa ~ applications due April 1

National Shooting Sports Invitational ~ Applications due April 30

4-H WORD SEARCH

Y K R W G K Z L H W G O H L G N U L L Q C G F Z E A C C B Z
N T C E X M O I T T O O A D N R U U U T C T H I N K I N G A
R H I E S Y J O L O H V N G I L L F Z G J D V K F W T A T L
O E X N A P H R T B O Y D P R P A X G H D C K W M Z I F H Y
J M S L U C E P U L U K S O A T E T O N Z I V N T F Z R W Q
B Q T P L M T C U N O I T A C U D E S S S H D O Q K E I K H
S Y L U O T M N T F N H U W O T R U S T W O R T H I N E S S
L D B H M N T O S X T G L R L P V T V C V D A E H A S N G A
L B E O E E S S C L A U N Z J G D O Y E W L F I B D H D L A
I E I W E A E I A M S W Z K M A K P T J R G Z N L B I S C Q
V Z H R G N R E B E C I V R E S L S R O Y E J J T V P O H O
P R X C R J H T Y I U O X M B Q I N C R E U B I M T I D X D
K G T I G G N T B R L C U A B J Z R Q P D F K M C C U P D O
E V A R G E Q B V K F T P Z Z L E L F K O Q W W E J F O Y T
E F K N E V V G I R U I Y L L D G W W H Y R B A Z M X R U H

CARING

FRIENDS

LOYALTY

TETON

CITIZENSHIP

FUN

MEMBER

THINKING

CLUB

HANDS

PROJECTS

TRUSTWORTHINESS

COMMUNITY

HEAD

RESPECT

VOLUNTEER

EDUCATION

HEALTH

RESPONSIBILITY

FAIRNESS

HEART

SERVICE

TURN THIS INTO THE 4-H OFFICE FOR A SPECIAL PRIZE!

4-H Leaders
Council Meeting
November 13th
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 at 5:30 pm



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.



For more information visit our website:
www.tetonwyo.org

4-H LEADERS

Why make a plan for your 4-H club this year?

A plan is like a road map—it directs actions toward a goal or destination. A well designed map will help reach goals and make the journey more enjoyable. A well planned program will:

- Provide a significant role for each member.
- Meet needs of all participants.
- Share responsibilities among members.
- Ensure a balanced program.
- Provide for better communication.
- Provide opportunity to learn planning skills.
- Avoid calendar conflicts.

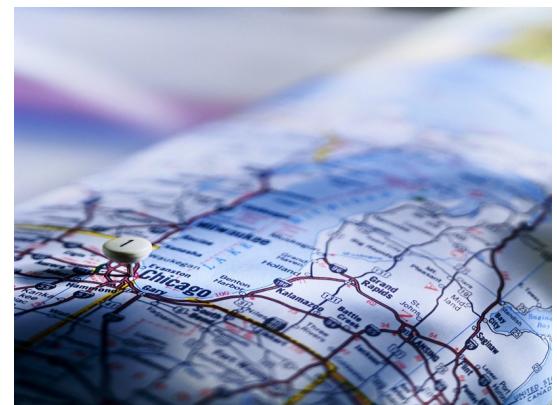
Now is the time to start planning!

How Do We Plan?

This depends on your 4-H club. In some clubs the entire membership may suggest ideas at a general meeting. In some clubs, the newly elected officers and club leaders plan the year's program. A special program planning committee may be formed. The final program should be presented to the club for approval.

Steps in Club Program Planning:

1. Survey club members.
2. Select a program planning committee.



3. Review the previous year.
4. Identify club goals.
5. Make a plan including county and state 4-H events and activities.
6. Club approves plan.
7. Divide up responsibilities among members and/or families.
8. How are we doing? Periodically refer back to plan during the year to make sure the club is on track

Excerpt taken from "4-H Club Program Planning" by Mike Klump, University of Arkansas

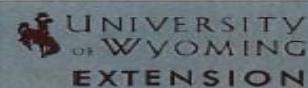
For the complete article, check out your Leader Totes under Club Management or go to this link:

http://4-h.uwyo.edu/Totes/4-H_Club_Program_Planning-Arkansas.pdf

Reminder:

Inform the 4-H Office of your club's first meeting so postcards can be sent to all youth enrolled in your club!

COMMUNITY DEVELOPMENT NEWS



LEADING WITH EXCELLENCE TOOLS FOR EFFECTIVE BOARDS



Join us to become a better board member AND serve on a better board!

Do you serve on a board of directors and feel like you and your board could be more effective? Are you thinking of joining a board, but you're not sure what's involved? This workshop series will give current and prospective board members and key staff of board-governed organizations the knowledge and practical tools you need for leadership excellence.

Time:
6:00-8:00 pm

Location:
Teton County Extension
255 W Delaney
Jackson, Wyoming

Dates:
Monday, January 7

Session Topic:
Overview: Board Responsibilities and Good Governance

Monday, January 14

Tools for Effective Meetings and Board Decision-Making

Monday, January 21

Financial Management and Fundraising

Monday, January 28
*No class February 4

The Board-Building Cycle

Monday, February 11

Strategic Board Communication and Managing Dysfunctional Behaviors

Registration Information:

\$50/person for the 5-session series
Cash/Check Only

To Register:

Call: 307-733-3087

E-mail: stumer@tetonwyo.org

Registration limited to 25 participants!

Registration acknowledged upon receipt of payment

Questions? Please contact:

Mary M. Martin, UW Extension
307-367-4380 OR
307-733-3087
mmartin@tetonwyo.org

The University of Wyoming is an equal opportunity/affirmative action institution.

Mary M. Martin
Area Community
Development
Educator



FINANCIAL LITERACY WEBINAR SERIES

November 1: Consumer Fraud

**Note: this Webinar will be from 12:10-12:40 p.m.*

December 6: Money Smart Holidays

**Note: this Webinar will be from 12:10-12:40 p.m.*

January 3: Selection of your Estate Executor

**Note: this Webinar will be from 7-7:40 p.m.*

There is no charge for the webinars. Please go to <http://uwyo.edu/ces/money> to access the series. These online workshops are ½ hour long.

Issued in furtherance of cooperative extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture.
Gale Whipple, Director, UW Extension, University of Wyoming, Laramie, Wyoming 82071.
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NUTRITION AND FOOD SAFETY NEWS

What's for dinner? Too many home managers look for answers in the supermarket at 5 p.m. Do you struggle with planning meals for your family?

Menu planning doesn't have to be complicated! Planning meals ahead requires a small investment of time, but can reap great rewards: **A menu plan saves money.** Reducing trips to the supermarket, a menu plan reduces impulse spending. Using leftovers efficiently cuts food waste, and planned buying makes it easier to buy food ahead at reduced prices. **A menu plan saves time.** No dash to the neighbor's for a missing ingredient. No frantic searches through the freezer for something to thaw for dinner. **A menu plan improves nutrition.** There's time and food to prepare side dishes and salads to complement the main dish.

Put the power of menu and meal planning to work for you:

Get Ideas: Write down the main dish for meals currently eaten. Involve all the family members of the household.

When the children are involved in the planning process, they'll be more likely to eat what is prepared. Scan food ads for specials and sales. Next add side dishes, salads and desserts served with that main dish. Check that there is something from each food group (protein, fruits, vegetables, grain, and dairy). If not, make adjustments.

Consider theme days:

| | |
|-----------|----------------------------------|
| Sunday | Chicken or New Recipe |
| Monday | Mexican or Meatless Meal |
| Tuesday | Casserole or Crockpot Dinner |
| Wednesday | Chili, Stew or Soup and Sandwich |
| Thursday | Leftovers or Breakfast Night |
| Friday | Grill'n or Fish Friday |
| Saturday | Pasta, Pizza or Dinner Out |

Consider Shortcuts: Ask yourself: Could you combine fresh and convenience foods to make the meal faster? Would using frozen or canned foods make the meal easier to prepare? Do you need a simpler or quicker recipe for enchiladas or lasagna?

Make A List: List ingredients and amounts needed to prepare these meals using a shopping list. Group items according

to the layout of the grocery store to save shopping time. Check grocery ads and specials. Take advantage of sale items *only* if needed.

Last Step: Finally, check the pantry and refrigerator to see what you already have on hand, make adjustments to the list and take the list to the store. Here are some additional tips that can help make your life simpler: Look ahead on your calendar for extra-busy days and plan something quick for those days. During the week, plan simpler meals: one-pot meals, broiled or roasted meats, steamed vegetables, salads, fresh fruit desserts. Save new recipes, sauces, and multi-step meals for weekends. Be flexible. The menu isn't written in stone. Feel free to swap meals around. Recycle the menus. Reuse them later.

Cooking tips:

- Brown extra ground beef for dinner to use in another dish, like tacos, later in the week.
- Cook two more chicken breasts and then cut some up for another meal such as stir-fry with vegetables and brown rice. This can be used this week, or labeled and frozen for next week.
- Cook extra rice, put it into a container, and refrigerate or freeze. On a busy night, microwave it, stirring occasionally, until heated through, and then use as you would fresh.
- Chop a whole onion, even if you only need part of it right now. Store the rest for another meal.
- Grate extra cheese and store it in a zippered plastic bag in the freezer. Label it with the ingredients and the date.

Like any new habit, menu planning gets easier with practice. Take the vow. "I, [state your name], hereby promise not to visit the supermarket again until I've made a menu plan!" Commit yourself to live a healthy lifestyle. Make planning a part of your lifestyle!

For more information on "Living Well in Wyoming", contact **Jennifer Jacobsen** your University of Wyoming Extension Nutrition and Food Safety Educator in Teton County!

Sources: Vicki Hayman, BS, MEd, University of Wyoming Extension, Northeast Wyoming;

www.choosemyplate.org;

www.mealsmatter.org;

www.simplemom.net.





Teton County Office

255 W. Deloney • PO Box 1708
Jackson, WY 83001-1708

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**TETON
COUNTY
4-H**



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

4-H FAMILY NEWSLETTER

**Stay Tuned in to what's happening in
the 4-H program via technology:**

- ◊ Download the 4-H App for your iPhone or smartphone via the App store or android market! Choose "4-H News"
- ◊ Check out our Facebook Page <https://www.facebook.com/pages/Teton-County-Wyoming-4-H/438095165643>
- ◊ Visit our website: <http://www.tetonwyo.org/ex4h/>



In This Issue:

- Achievement Night**
- 4-H Project News**
- Fun Activity**



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

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