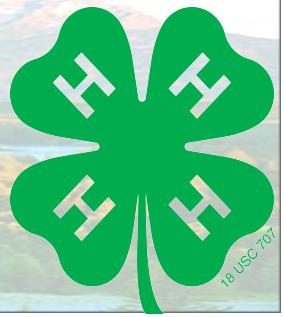


# 4-H FAMILY NEWS

UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

MARCH -APRIL , 2013

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Hello 4-H'ers!

It has been a crazy few months. We are happy to introduce a new member of the 4-H family. Justine Logan is our new Office Manager and we are excited she has joined us! Things have been busy in 4-H and I am excited to see the snow melt. I have enjoyed seeing all the 4-H clubs starting and continuing and I hope you are having a great time! One of the most common questions I get each year is what is a 4-H Record Book? So here is a little information about them and you will see we are hosting help nights and workshops to help you tackle this project.

What is a record book? One of the most important aspects of 4-H is to learn the skills necessary to become a productive citizen. Record keeping becomes an important skill that is used to reinforce growth while teaching members the importance of keeping good records. These records help members to set goals, keep track of activities, and reflect on what they have learned in the year. The Record Book is also what is judged to determine the level of recognition the 4-H Member achieves. It is important to complete and turn in before August 30th.

There are several benefits to keeping good 4-H records through the entire 4-H career. First, as members enter their senior years of 4-H there are several opportunities to travel with 4-H. Many of these trips are based on 4-H records that date back to the beginning of the 4-H career. There are also scholarships available for members that plan to attend a college or university. By keeping good records 4-H members will be able to track their leadership, community service, and other activities that most applications ask for. The C.C. Moseley requires you to complete them for your last five years in 4-H. Record Books can be found online at [www.tetonwyo.org/ex4h](http://www.tetonwyo.org/ex4h) or at the 4-H Office.

This is the time of year to be thinking about your goals for this year. Make them **S.M.A.R.T.** **Specific** -Explain exactly what is going to be done. **Measurable** - What is the result? What will result from the action or what is intended to be done? Sometime numbers are helpful in this step. **Attainable** - Can this goal really be accomplished? **Realistic** - Does the member have control over what happens in the goal? The 4-H member can control their participation in this event and making or doing something. **However, members cannot control awards and recognition, like blue ribbons or grand champions, etc.** **Timely** - When will this goal be done? Set a realistic time to complete the goal. 4-H project goals are recorded in the 4-H Record Book in the project specific pages. They should be set at the beginning of the 4-H year and used as reference throughout the year. Good luck this year and I hope you achieve all your goals!

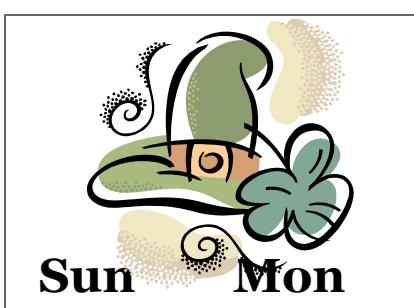
Good Luck!!

A handwritten signature of Amanda Zamudio.

Amanda Zamudio

## SUPPORT STAFF

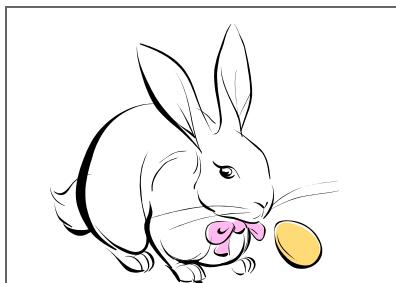
Gwen Hansen—Administrative Assistant & Office Manager- Justine Logan



# March

**Tue**      **Wed**      **Thu**      **Fri**      **Sat**

					1	2
3	4 Small Animal Club 6:00 Sharpshooters 6:15	5 Jr. Leaders 6:00 Razorbacks 6:15	6 Clogging 5:30 Dog - 4-H Pet Partners 6:30	7 <i>New Member Dinner 6:30</i> Quilting 4:00 Sportfishing 6:00	8	9 Wildlife & Habitat 9:00am
10	11 Small Animal Club Record Book Clinic 6:00	12 <i>4-H Council Meeting 5:30</i> Cake Decorating 5:15	13 Clogging 5:30 Citizenship 5:30	14	15 <i>CC Moseley Scholarship Applications Due</i> WYLE in Kemmerer	16 Sportfishing 9:00am  WYLE
17 WYLE	18 <i>Record Book Workshop in Alta 3:30</i> Sharpshooters 6:15	19 Cake Decorating 5:15 Small Animal Rabbit Clinic 6:00 Razorbacks 6:15	20 Clogging 5:30 Wilson Hoofbeats 5:30	21 Quilting 4:00 Sportfishing 6:00 Teton Livestock 6:30	22	23
24	25	26	27 Clogging 5:30 Dog - 4-H Pet Partners 6:30	28 Quilting 4:00 Photography 6:00	29	30
31 EASTER SUNDAY	<b>SPRING BREAK * SPRING BREAK * SPRING BREAK * SPRING BREAK</b>					



# April

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

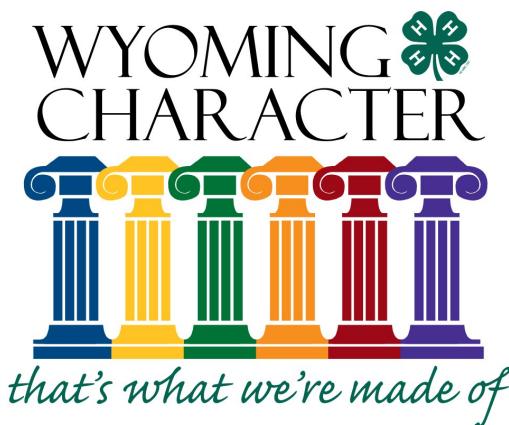
	★ 1 <i>Applications Due American Youth Leadership Program w/ Samoa</i> Small Animal 6:00	2 Jr. Leaders 6:00	3 Clogging 5:30 Dog - 4-H Pet Partners 6:30	4 Quilting 4:00	5	6
<b>SPRING BREAK * SPRING BREAK * SPRING BREAK * SPRING BREAK</b>						
7	8 Sharpshooters 6:15	★ 9 <i>Presentation Day Workshop 6:00</i> Razorbacks 6:15	★ 10 <i>Record Book Help Night 7:00</i> Clogging 5:30 Dog - 4-H Pet Part- ners 6:30 Citizenship 5:30	11 Quilting 4:00 Photography 6:00 Sportfishing 6:00 Devine Swine 6:30	★ 12 <i>Livestock Judging Infor- mation Night and Practice 6:00</i>	13
14	15 Teton Rangeriders & Wilson Hoofbeats 5:30 Small Animal 6:00 Sportfishing-Alta 6:00	16 Razorbacks 6:15	★ 17 <i>Teton County Schol- arship Awards Night 6:30</i> Clogging 5:30 Dog - 4-H Pet Part- ners 6:30	18 Quilting 4:00 Teton Livestock 6:30	★ 19 <i>Livestock Skill-A-Thon Information and Practice Night 6:00</i>	20
21	★ 22 <i>PRESNTATION DAY 4:00</i> Sharpshooters 6:15	23 Razorbacks 6:15	24 Clogging 5:30 Dog - 4-H Pet Partners 6:30	25 Quilting 4:00 Photography 6:00 Sportfishing 6:00	26 <i>Youth Business Ventures Contest Paperwork Due</i> Livestock Judging Infor- mation Night and Practice 6:00	★ 27 <i>4-H Military Day Camp in Riverton 10:00am</i>
28	★ 29 <i>Record Book Help Night 6:00</i> Sportfishing-Alta 6:00	★ 30 <i>Club Officer Training 6:00</i> <i>Applications due for attending National 4- H Shooting Sports Invitational</i> Razorbacks 6:15				



# May

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

			<b>1</b> <i>DOG ID Forms DUE!!</i> Clogging 5:30 Dog - 4-H Pet Partners 6:30	<b>2</b> Livestock Judging Practice 5:30 Quilting 4:00	<b>3</b> <i>Youth Business Ventures Contest 4:30</i>	<b>4</b> Photog-raphy 9:00am
<b>5</b>	<b>6</b> Small Animal 6:00 Sportfishing-Alta 6:00 Sharpshooters 6:15	<b>7</b> Jr. Leaders 6:00 Razorbacks 6:15	<b>8</b> Clogging 5:30 Dog - 4-H Pet Partners 6:30 Citizenship 5:30	<b>9</b> Quilting 4:00 Photography 6:00 Sportfishing 6:00 Devine Swine 6:30	<b>10</b>	<b>11</b> Swine Weigh In 9-11 am Sportfishing-Alta 9:00am
<b>12</b>	<b>13</b> Small Animal 6:00	<b>14</b> <i>4-H Council Meeting 5:30</i> Razorbacks 6:15	<b>15</b> Clogging 5:30 Dog - 4-H Pet Partners 6:30 Baa Maa Lamb & Goat 6:30	<b>16</b> Quilting 4:00 Teton Livestock 6:30	<b>17</b>	<b>18</b>
<b>19</b> Swine Weigh In 4:00	<b>20</b> Sharpshooters 6:15	<b>21</b> <i>Record Book Workshop 5:30</i> <b>★</b>	<b>22</b> Clogging 5:30 Dog - 4-H Pet Partners 6:30	<b>23</b> Quilting 4:00 Wilson Hoofbeats 4:30 Photography 6:00 Sportfishing 6:00	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> MEMORIAL DAY Sportfishing-Alta 6:00	<b>28</b> Razorbacks 6:15 Dog - 4-H Pet Partners 6:15	<b>29</b> Clogging 5:30 <i>Rodeo Queen Clinic 6:00</i>	<b>30</b> Quilting 4:00 Livestock Skill-A-Thon Practice 6:00	<b>★31</b> <i>National 4-H Congress Application Due State 4-H Team Application Due</i>	



March 2013

## Character Counts

### Respect

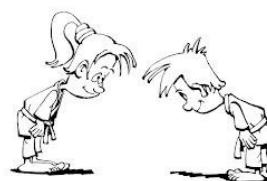
#### A Person of Respect



People who show high respect and are considered a person of character are those who: treat others with respect, follow the Golden Rule, be tolerant and accepting of differences, use good manners, not bad language, be considerate of the feelings of others, don't threaten, hit or hurt anyone, deal peacefully with anger, insults, and disagreements.

"There are more important things in life than good hair—like what kind of person you are inside."

~ Unknown ~



#### GLURP in 4-H

Have members design a "GLURP":

**G** = Something I'm GOOD at

**L** = Something I LIKE

**U** = Something I could do UMPTEEN times

**R** = Something I do to RELAX

**P** = Something I'm PROUD of

They can use art, words, or pictures. Allow the members to share their GLURP with the group. Be sure the members speak loudly and clearly and that the group is quiet and respectful as each person shares his/her GLURP.

#### Clover Connection

**Head** - thinking before acting "will this hurt or upset someone else?"

**Heart** - treating others the way we want to be treated

**Hands** - practicing good manners

**Health** - respecting your body and taking care of yourself

# Character Counts

## RESPECT

### Strengthen Your Character with RESPECT

- Be courteous and polite
- Be kind and appreciative
- Accept individual differences and don't insist that everyone be like you
- Judge people on their merits, not on race, religion, nationality, age, sex, physical or mental condition, or socio-economic status.



April 2013  
WYOMING  
CHARACTER



that's what we're made of

For Character Counts Activities please visit [www.4h.uwyo.edu](http://www.4h.uwyo.edu)

### Lesson In Respect

- Treating others the way you want to be treated as a part of the Golden Rule. Imagine a world in which everyone followed the Golden Rule, treating everyone else the way they themselves wanted to be treated.
- Discuss with your fellow 4-Hers and family members what types of problems might be eliminated in such a world.

### Alphabet Recital

**MATERIALS**—emotion cards, prepared in advance

**OBJECTIVE**—The 4-Hers will understand that they communicate with attitudes and actions.

#### Procedure

1. Create simple cards, each bearing the name of an emotion or feeling: happy, silly, excited, bored, tired, scared, mad, sad, lonely, surprised, etc.
2. Randomly select one child to pick an emotion card; the child should not reveal what emotion was picked.
3. While reciting the alphabet from a to g, the child demonstrates the emotion as stated on the card. For example, the child would recite the letters fast and steadily louder if the emotion was "excited."
4. After the letters are recited, the class decides what emotion their classmate was demonstrating.
5. Ask: What does the emotion we use have to do with respect? What speaks louder, your words or your attitude? How can knowing a person's attitude or emotion help us understand their message?





# HAPPY BIRTHDAY!



Sophie Mattson  
Amber Hunger  
Bailey Collins  
Olivia Wilson  
Abby Devine  
Eliza Wilson  
Aspen Jacquet  
Selina Mallatt  
Katie Stearns  
Sydney Dieckmann

Sarah Andrews  
Clara Delahaye  
Analeise Mayor  
Macie McCormick  
Madisen Fish

Zachary Wiley  
Taw Seeman  
Garrett Spencer  
Landon Lucas



Justin Rowe  
Alexa Daugherty  
Seth Wilson  
Bailie Welfl  
Kate Daigle  
Kade Cook  
Trista Timmons  
Claire Radda  
Sofie Graupner  
Cheyenne Garnick  
Zane Dayton  
Casey Hartranft

Dylan Grant  
Ben Janus  
Cecilia Williams  
Conner Cook

Ainsley Pratt  
Gregory Fisher  
Shilah May  
Rachel Tucker



# BRAGGIN' POST

## Congratulations Citizen Washington Focus Delegates

Six youth were chosen to represent Teton County 4-H on a trip to our Nation's capitol. The following youth will be attending the Citizen Washington Focus Trip on June 8-15, 2013:

**McKenna Brinton**

**Will Wagner**

**Reilly Raube**

**Sophie Mattson**

**Emily Hardeman**

**Bridget Gwilliam**



Congratulations on a job well done!



on their way to becoming Master Volunteers. Several other leaders and youth participated in workshops expanding their

knowledge: Wyatt Dieckmann, Sydnee Dieckmann, McKenna Brinton, Tyler Smith, Will Wagner, Trey Wagner, Cindi Brinton and Josh Dieckmann. Lets put our hands together for a great group!



We had a group travel to the State Leaders Conference to represent Teton County. Three outstanding volunteers Barb Huhn, Kerry Grande, and Jay Buchner were congratulated for their outstanding years of service. Kerry and Jay taught a workshop on fly fishing to the state delegation and the attendees had a blast. Barb Huhn, Kathy Lucas, and Stacey Dieckmann participated in the Master Volunteer Training and are well



# TETON COUNTY 4-H EVENTS AND DEADLINES

Date	Event	Location
January/February	Quality Assurance Classes	4-H Office
February 1	BEEF Brand Inspections DUE!!	4-H Office
February 15-17	State Leaders Conference	Rock Springs, WY
March 7	New Member Dinner at 6:30 p.m.	4-H Office
March 12	Leaders Council Meeting at 5:30 p.m.	4-H Office
March 15	C.C. Moseley Scholarship Applications Due	4-H Office
March 15-17	Southwest Wyoming Youth Leadership Institute	Kemmerer, WY
March 20-24	Western Regional Leaders Forum	Honolulu, HI
March 30	Applications Due for American Youth Leadership Program w/ Samoa	4-H Office
April 9	Presentation Day Workshop at 6:00 p.m.	4-H Office
April 10	Record Book Help Night at 7:00 p.m.	4-H Office
April 12	Livestock Judging Information Night and Practice at 6:00 p.m.	4-H Office
April 17	Teton County Scholarship Awards Night at 6:30 p.m.	Jackson Hole High School
April 19	Livestock Skill-A-Thon Information and Practice Night at 6:00 p.m.	4-H Office
April 22	Presentation Day at 4:00 p.m.	4-H Office
April 26	Youth Business Ventures Paperwork DUE!!!	4-H Office
April 27	4-H Military Day Camp at 10:00 a.m.	Riverton, WY
April 29	Record Book Help Night at 6:00 p.m.	4-H Office
April 28	Applications due for attending National 4-H Shooting Sports Invitational	4-H Office
April 30	Club Officer Training at 6:00 p.m.	4-H Office
May 1	DOG ID Forms DUE!!	4-H Office
May 3	Youth Business Ventures Contest	4-H Office
May 11	Swine Weigh In from 9:00-11:00 am	Heritage Arena

# TETON COUNTY 4-H EVENTS AND DEADLINES

May 14	4-H Leaders Council meeting @5:30 p.m.	4-H Office
May 15	<b>State Horse Camp Registration Due</b>	4-H Office
May 21	Record Book Workshop@5:30 p.m.	4-H Office
May 29	Rodeo Queen Clinic at 6:00 p.m.	4-H Office
May 29	<b>National 4-H Congress Application Due</b>	4-H Office
May 29	<b>State 4-H Team Application Due</b>	4-H Office
June 3	Cat ID, Rabbit ID, Swine Ownership, Lamb & Goat Brand Inspections DUE!	4-H Office
June 3-4	<b>Uinta Horse Camp</b>	Evanston, WY
June 14-16	<b>Wyoming 4-H Horse Camp</b>	Douglas, WY
June 19	Horse and Small Animal Teton County Skill-A-Thon at 5:00 p.m.	4-H Office
June 20	Livestock and Dog Teton County Skill-A-Thon at 5:00 p.m.	4-H Office
June 21	Teton Skill-A-Thon Awards at 5:00 p.m.	4-H Office
June 23-28	<b>National 4-H Shooting Sports Invitational</b>	Grand Island, NE
June 24-25	<b>Wyoming Showcase Showdown</b>	Laramie, WY
<b>July 8**</b>	<b>**Fair Entries Due!!!!</b>	4-H Office
July 9	4-H Leaders Council meeting @5:30 p.m.	4-H Office
July 11-13	<b>Wyoming State Shoot</b>	Douglas, WY
July 16-18	<b>4H Camp</b>	Alpine, WY
July 22-28	<b>Teton County Fair</b>	Fairgrounds
August 1	<b>Mandatory State Fair Meeting at 5:30 p.m.</b>	4-H Office
August 2	<b>State Fair Exhibits Due</b>	4-H Office
August 11-18	<b>Wyoming State Fair</b>	Douglas, WY
<b>August 30**</b>	<b>**RECORD BOOKS DUE!!!!!!</b>	4-H Office
September 7	<b>Old Bill's Fun Run</b>	Town Square

# WELCOME 63 NEW MEMBERS!

Tag Abel	Kade Hatten	Sasha Profatilov
Tanner Babb	Thor Jaramillo	Sophie Robinson
Bennett Blount	Logan Jewell	Wyatt Ross
Brandon Brazil	Candace Keefe	Sapphire Scherrer
Blair Brengle	Cyrena Keefe	Zane Schroeder
Hailee Brinton	Acacia LaPrade	Cora Schwabacher
Kate Budge	Skyler LaRosa	Cole Seaton
Brendan Burke	Magnus Lowham	Kendall Seaton
William Carlson	Landon Lucas	Taw Seeman
Bailey Chamberland	Selina Mallatt	Dori Sinclair
Carolena Couey	Rainey Marcum	Tyler Smith
Morgan Cowan	Shilah May	Jensey Stitt
Grace Curran	Jenna McFarland	Liam Sullivan
Walter Duquette	Riley McFarland	Carter Watsabaugh
Lilly Eggett	Joni Moyer	Shayla Westergard
Emma Fini	Brent Offutt	Zachary Wiley
Marcus Fini	Stephen Owens	Eliza Wilson
Gabriel Fisher	Alise Prestrud	Tucker Wilson
Gregory Fisher		
Jacob Fisher		
Emma Genzer		
SoFie Graupner		
Erik Greger		
Nevin Griber		
Joshua Hansen		
Gracie Hardeman		
Brady Hasenack		



**4-H Leaders  
Council  
Meeting**

**May 14, 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 incorpo-  
rated into all  
aspects of  
the county  
4-H program.**

**For more  
information  
visit our  
website:**

**www.tetonwy-  
o.org**



# 4-H LEADERS

## To the Individuals that Make Teton County a Success:

### Ode To A Volunteer

...Many will be shocked to find  
When the day of judgment nears  
That there's a special place in  
Heaven set aside for volunteers.  
...Furnished with big recliners,  
Satin couches and footstools  
Where there's no committee chair,  
No group leaders or carpools.  
...Telephone lists will be outlawed  
But a finger snap will bring  
Cool drinks and gourmet dinners,  
And rare treats fit for a king.  
...You ask, Who'll serve the privileged few  
And work for all they're worth?  
Why, those who reaped benefits  
And not once volunteered on earth.

- Author Unknown

### Leadership:

Leadership poses the problems of persistently prodding pokey persons to perform prodigious projects, promote personal performance, pacify petulant people, and prevent parasitic practice and passive performance and partisan politics while pursuing perpetual progress in projects, public and physical; plus postponing piscatorial pastimes, picayunish pleasures, and parental pleasantries -- to perpetuate participation in planned programs -- (piddling) procreating productivity and profuse, potentials profound in proportion to participation. Prolific production proposes public permanence and prevents paralysis of personnel -- pertinent perhaps prohibitively to progress. To summarize -- leadership prods pooped people to produce.

### 4-H Leader's Creed

#### I BELIEVE:

The 4-H member is more important than the 4-H project. Learning how to do the project is more important than the project itself. 4-H'ers should be their own best exhibits. No award is worth sacrificing the reputation of a member or a leader. Competition should be given no more emphasis than other fundamentals of 4-H work.

Enthusiasm is caught, not taught. To learn by doing is fundamental in any sound educational program and is characteristic of the 4-H program. Generally speaking, there is more than one good way to do most things. Every 4-H member needs to be noticed, to feel important, to win and be praised (leaders, too). Our job as leader is to teach 4-H members How to think, not What to think.

Source: Anonymous

### Volunteer's 4-H Pledge

...I pledge my head to give children the information I can, to help them see things clearly and to make wise decisions.

...I pledge my heart to encourage and support children no matter whether they have success or disappointments.

...I pledge my hands to help children's groups; if I cannot be a leader, I can help in many equally important ways.

...I pledge my health to keep children strong and well for a better world through 4-H, for children's groups, our community, our country and our world.

### 4-H Leaders

Somewhere between the sternness of a parent and the comradeship of a pal is that mysterious creature we call a 4-H Leader. These leaders come in all shapes and sizes, and may be male or female. But they all have one thing in common - a glorious twinkle in their eyes! 4-H Leaders are found everywhere - at judging contests, fairs, square dances, and talent shows. They always are preparing for, sitting through, participating in, or recuperating from a meeting of some kind. They are tireless consumers of muffins, expert at taking knots out of thread, peerless coaches, and spend hours on the telephone. A 4-H Leader is many things - an artist making a float for the Fourth of July, a doctor prescribing for an underfed calf, a counselor at camp, a lawyer filling out reports, and a shoulder to cry on when that dress just won't fit. Nobody else is so early to rise and so late to get home at night. Nobody else has so much fun with so many boys and girls. We sometimes forget them, but we can't do without them. They receive no salary, but we can never repay them. They are angels in aprons, saints in straw hats. Their only reward is the love of the kids and the respect of the community. But when they look around them at the skills they've taught, and the youth they've built, there's an inner voice from somewhere that says, "Well done."

-Author Unknown

For the complete article, check out: Program Poems by Niki Nestor McNeely, District Specialist, 4-H Youth Development, Ohio State University

# YOUTH BUSINESS VENTURES CONTEST

Have you ever dreamed of starting your own business? Want to be your own boss? Now is your chance! Teton County 4-H received a grant from the Daniels Fund to make it possible for youth to compete for seed money to start a new business or grow an existing business. The Youth Business Ventures Contest provides an opportunity for youth to develop and present a business plan for competition.

You will need to complete the following:

1. Business Plan
2. Request for Funds
3. Cover Page
4. Business Presentation at the 4-H Office

These forms and helpful resources can be found at:

<http://www.uwyo.edu/4-h/youth/contests/businessventures/index.html>



For complete rules and guidelines and contest information call the 4-H Office at (307) 733-3087 or email Amanda Zamudio at [azamudio@tetonwyo.org](mailto:azamudio@tetonwyo.org)

## The Contest

Business Plans and Entry Form due **Friday, April 26th by 5 p.m.**

Use forms found at:

<http://www.uwyo.edu/4-h/youth/contests/businessventures/index.html>

Schedule a time for you to do a presentation on your business on **Friday, May 3rd** between 4:30-6:30 p.m. at the 4-H Office.

(15 min maximum time limit on presentations)

Presentations must be scheduled by **April 26th**



Both components of the contest must be completed for members to be considered for awards.

## My Business Plan

# SOME COOL THINGS TO DO...

## International Exchange Opportunity - American Youth Leadership Program (AYLP) with Samoa

We are excited to offer an opportunity for 18 youth and 2 adults to spend three weeks experiencing the unique history and culture of Samoa. The program will include a pre-trip orientation on the campus of the University of Wyoming (July or August, 2013), three week cultural trip to Samoa (December 13, 2013 - January 4, 2014), and a follow-on project that will be carried out in each participant's local community following the exchange trip. The educational theme for AYLP with Samoa will focus on nutrition and food security issues that are common to the western U.S. and Samoa. Youth participants must be between the ages of 15-17 and have at least one semester of high school remaining after returning from the trip. For a complete list of the requirements and instructions on how to apply please visit our website at: <http://www.uwyo.edu/4-h/youth/travel/samoa/index.html>. Applications are due April 1, 2013.



## Horse Camp JUNE 3-4, 2013

At the Uinta County Fairgrounds in Evanston, Wyoming. 9:00 a.m.-5:00 p.m. each day. Pre-register by May 28, 2013. This years horse camp classes are open to both 4-H members and volunteer leaders. Registration will be available on Sublette County 4-H website, stay tuned.



## 2013 4-H Day Camps

### Celebrating the Month of the Military Child

Open to 4-H youth and military youth (ages 8-18) interested in experiencing 4-H. • Lunch & snacks will be provided.

Date	City	Location	Registration Due
March 28	Guernsey	TBD	March 15
April 6	Rock Springs	Sweetwater Complex • Small Hall	March 30
April 13	Cody	National Guard Armory • 2926 Duggleby Dr.	April 1
April 20	Gillette	Fire Training Center • 701 Larch St.	April 8
April 27	Riverton	National Guard Armory • 705 Fairgrounds Rd.	April 15

Open to 4-H youth and military youth (ages 8-18) interested in experiencing 4-H. Lunch & snacks will be provided. For more information and to register, contact Brittany Johnson 4-H Military Educator 307.633.4383 or [bjohns92@uwyo.edu](mailto:bjohns92@uwyo.edu)

# SOME COOL THINGS TO DO...

## Teton County Skill-A-Thon Contests

June 19-21, 2013

4-H Office



## Skillathon Information

It is time to show what you have learned about your project! The skill-a-thon contests give ALL youth to come out and test their knowledge on their projects. You can also participate in these events on the state level at Showcase Showdown and represent Teton County 4-H. We have separate nights for projects and we will come together on the 21st for an awards event. Please talk to your leader now about getting involved in this event! We look forward to seeing everyone participate!

June 19th:

Horse and Small Animals

June 20th:

Livestock and Dogs

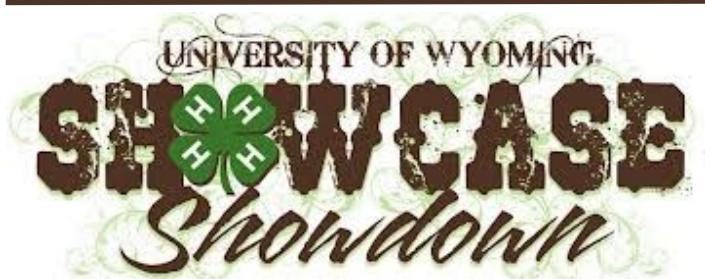
June 21st:

Awards



## Teton and Lincoln County 4-H Camp

Have you heard the rumor? If you have you have heard right! 4-H Camp is going to be awesome and a ton of fun! Join us for 4-H Camp in Alpine, WY for a fun filled three days! We are going to be having a great time July 16-18th and YOU can attend as 4-H members. All you need is a great attitude and \$5.00! So tell your parents to save the date and join us for a great time. More information will be coming in the next newsletter!



Showcase Showdown! If you are interested in any of the following project areas, please call Amanda at the 4-H office as soon as possible so she can plan learning activities. Did you know you can have fun competing in table setting competitions? There will be interviews for the State Leadership Team and National 4-H Congress. Or, you may want to have fun in an exciting rocket launching contest or robotic building. Here is a complete list of possible activities:

Cake Decorating Contest  
Hippology  
Robotics  
Table Setting

Dog Skill-A-Thon  
Horse Judging  
Presentation Contest  
Film Festival

Food Cook-Off  
Rocket Launch  
Produce Evaluation

The state is excited about this year's Showcase Showdown, and plans are underway for fun activities, tours, and competitions. Be sure to let Amanda know right away if you're interested. Showcase Showdown will be held in Laramie. Mark your calendars now for June 24-25!

There are many opportunities offered for youth at the Showcase Showdown! If you are interested in any of the following project areas, please call Amanda at the 4-H office as soon as possible so she can plan learning activities. Did you know you can have fun competing in table setting competitions? There will be interviews for the State Leadership Team and National 4-H Congress. Or, you may want to have fun in an exciting rocket launching contest or robotic building. Here is a complete list of possible activities:

# SOME COOL THINGS TO DO...



## 4-H FilmFest August 4-7

### What is Filmfest 4-H?

FilmFest 4-H is a national 4-H film festival, strictly for youth. Like any major

film festival, those who attend connect with actual filmmaking professionals and learn advanced techniques, celebrating the cinematic work of themselves and others. There are film screenings, workshops lead by film industry professionals, and much more!

**Where does it take place?** Branson, Missouri at the beautiful Raddison Hotel.

**Who attends, and how much?** Youth ages 11-18 on January 1, 2013 may attend, and must have a chaperone. Once you are there, you'll need an "All Access Pass". This \$99 All Access Pass is your ticket to all workshops and events you choose to attend at FilmFest.

**Learn more at** <http://4h.missouri.edu/filmfest>

## BIG WYO HORSE EXPO

April 19-21

State Fairgrounds Douglas, WY

Youth Horse Judging Contest April 20 will be held it will include at least one halter and one performance and more. For more information contact the 4-H Office!



## Purple Up Day

**April 15, 2013**

April is "Month of the Military Child"  
Honor our young "HEROES"  
by wearing purple on April 15.



## TRIPLE CROWN 3D SHOOT 4-H MEMBERS ONLY

1) WRIGHT, WY - APRIL 13TH  
HAYCREEK GOLF COURSE

2) GILLETTE, WY - APRIL 27TH  
PRONGHORN ARCHERY COURSE

3) CASPER, WY - MAY 4TH  
HAT SIX EXIT, I-25  
EACH SHOOT WILL HAVE PRIZES!

CATEGORIES:  
JR, INT, SR



AGE GROUPS: A,B,C,D DIVISIONS

OVER-ALL WINNERS WILL GET TROPHIES!

\$10.00 FEE

\$1.00 DONATED TO BREAST CANCER

no dogs allowed and concessions provided



# SOME COOL THINGS TO DO...



Wyoming Rabbit Judging Team Hosts:

## *Rabbit Camp and Judging Meet*

April 20 & 21, 2013  
10 am Saturday - 12 noon Sunday

A huge celebration of your crazy hobby; rabbits. We will be sharing information that is relevant to all levels of youth breeders beginning with the first year of ownership through the advanced breeder. Competitive activities will include a judging competition, breed id, written test, and some fun including Primetime Live!. We are offering a series of workshops on topics of interest to today's youth to include; Meat Pens, Running Breeds, and Convention Preparation.

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### Highlights

- Judging Meet— both individual and team categories
- Great during your 1st year or 10th year of rabbits
- Mini Workshops on topics that matter to you
- FUN! FUN! FUN!

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### COST:

Judging Meet only= \$10 per youth

Rabbit Camp= \$45 per youth

\* Provided meals will cost extra for non-registered attendees

Who is Eligible: All 4-H Rabbit Project members in Wyoming and all Rabbit Judging Teams in Wyoming and Colorado (priority placement) then to Rabbit Project members in Colorado and Nebraska.

We have arranged for FREE and low cost accommodations in Laramie for the night of the 20th. For more information please contact Jami Salo (see below).

For more information contact:  
Jami Salo at:  
[Jami\\_salo@yahoo.com](mailto:Jami_salo@yahoo.com) or 307.760.2063

# COMMUNITY DEVELOPMENT NEWS

## Putting Your Affairs in Order

Series Presented by

Mary Martin

University Extension Educator, Community Development

**Tuesday, March 12**

### Who Gets My Good Stuff?

Looking at the non-titled property transfer in your estate & more important tools to have conversations

**Tuesday, April 16**

### So, Now You are an Executor

Someone's got to do it & this job usually falls on a family member who is unfamiliar with the task at hand. Having the end in mind as you begin the

**Tuesday, May 14**

### Organizing Important Papers in Your Life

Organizing important papers in your life & exploring systems for you to use as a survivor's roadmap.

Cost per class is \$5.00

Light Dinner Available @ 6 pm

Talks begin at 6:30pm

Each class includes a light dinner. All ages are encouraged to attend.

All classes will be held at the Senior Center

located at 830 E. Hansen Ave.

Please call the Senior Center to make your reservation

(307)733-7300



## FINANCIAL LITERACY WEBINAR SERIES

### March 7: Who Gets My Personal Stuff

<https://meet.uwyo.edu/weston/TYRVWBQV> Conference ID: 284451

### April 4: Taking Care of Your Important Papers

<https://meet.uwyo.edu/mmmartin/2S39M242> Conference ID: 364905

### May 2: Estate Planning and Parenthood

<https://meet.uwyo.edu/cehmke/0341PPMO> Conference ID: 694016

There is no charge for the webinars: They are being offered via LYNC

Sessions begin at 7:00 and last 40 minutes

Allow 15 minutes to download LYNC if first time user

Call 307-766-1200 if unable to hear presentation through your computer speakers

Series information: <http://uwyo.edu/ces/money>

# NUTRITION AND FOOD SAFETY NEWS

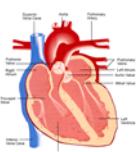


Physical activity can help teens and anyone stay fit and active. Proper pacing during exercise ensures teens get a challenging workout without burning themselves out.

Monitoring heart rate provides one measure of how hard bodies are working. It can also provide an idea of your teen's overall health – a high heart rate when active is normal, but one high during periods of inactivity can indicate an overconsumption of caffeine or even illicit drug use.

Adolescents should engage in at least 60 minutes of moderate activity most days of the week. This recommendation includes the three variables of activity: intensity, duration and frequency. **Intensity** is the amount of effort used during an activity. The length of time the activity is performed is the **duration**. **Frequency** is how often the activity is performed.

When muscles are used for activity, food is needed to fuel the muscles. The bodies needs oxygen to burn food and create energy. The more activity, the more oxygen required, the faster the breathing and the faster the heart pumps to deliver blood, oxygen and calories to muscle cells. By measuring heart rate and breathing, how many calories are being burned can be estimated. An elevated heart rate is a sign that more calories than usual are being used.



Heart rate is the speed at which the heart beats measured in beats per minute (bpm). The harder the activity, the faster the heart beats. The *pulse is taken at the wrist, neck, groin or upper arm lightly using the first two fingers* for a slight beat under the skin. What is your heart rate? To calculate it, *count the number of beats in 6 seconds and multiply by 10*. This is the number of times the heart is beating in one minute.

**Resting heart rate:** For 13- to 19-year-olds, a normal resting heart rate is between 50 and 90 bpm. Because of differences in teens' bodies and physiologies, the range for an acceptable resting heart rate is much greater than for other age groups. People who experience a lot of anxiety tend to have higher heart rates than others; use of nicotine or caffeine also increases the resting heart rate.

**Maximum heart rate:** Maximum heart rate refers to the upper limit of times your heart can beat in a minute. For teenagers, the maximum heart rate is about 200 to 205, on average. This maximum heart rate is based on the maximum output of a healthy individual; the maximum rate drops by about 10 beats per minute every decade. A lifetime of cardiovascular exercise can keep a healthy heart beat. To calculate your maximum heart rate in beats per minute, *subtract your current age from 220*.

**Target heart rate:** Target heart rate is the range of heart rate (in bpm) that maximizes cardiovascular exercise or fat loss. For fat loss, work at 50 to 70 percent of your maximum heart rate; for a 16-year-old, that is 102 to 143 beats per minute. With cardiovascular training, aim for 70 to 85 percent of your maximum heart rate; the same 16-year-old would want to keep his heart rate at 143 to 173 beats per minute.

Tracking the heart rate when exercising is one of the best ways to ensure progress toward fitness goals. This can be done *manually with two fingers and a watch*, but a heart rate monitor accurately tracks your pulse at all times during a workout. The more difficult an activity, the higher the heart rate and the more calories the body burns.

Food is to the body what gas is to a car. The food you eat is fuel used to move. Without it, you don't run; and the better the fuel, the better you will run!

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

*Source:*

Vicki Hayman, BS, MS, University of Wyoming Extension Educator, Nutrition and Food Safety, Northeast Area;  
*EatFit*, University of California Cooperative Extension, 2009.

Heart picture courtesy of the National Institutes of Health.

For more information contact **Jennifer Jacobsen** your University of Wyoming Extension Nutrition and Food Safety Educator in Teton County! [jjacobsen@tetonwyo.org](mailto:jjacobsen@tetonwyo.org)





## Teton County Office

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Permit # 5

**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:**

- Record Book Info**
- Dates and Deadlines**
- New Contests**
- 4-H Opportunities**



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