



4-H FAMILY NEWS



UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

JANUARY-FEBRUARY, 2014

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Hello 4-H members, families, and leaders,

I hope everyone had a wonderful holiday season with family and loved ones. I was very fortunate to travel back to Arizona and spend time with my family over the Holidays and it was nice to warm up for a bit. I had a great time cleaning animal pens, doing chores, working on the farm and making tamales with my family. While I was home I had a chance to look back on the times when I was a 4-H member and remember the great memories I shared with other 4-H members and families. We all have to work hard on our projects whether it is caring for an animal or practicing our marksmanship in shooting sports. Each project takes time, energy, and dedication. My 4-H experience was full of responsibility and excitement. I remember the new friends I made at my club meetings, experiences at 4-H camp, and the many cattle shows I attended growing up. Even as an adult I still talk to my 4-H family and friends. Do not be afraid to meet someone new this year and develop a new friendship with someone you may not have before. 2014 is a New Year, do not be afraid to start a new project or continue to work hard. Set S.M.A.R.T. goals that are Specific, Measurable, Achievable, Realistic, and Timely. Setting these goals now for the New Year will help you get started on your Record Book and you will be able to look back and measure your year in September. It is also a good time to think about last year and reflect on what went well or what challenges you had. This is a great time to make a plan and start 2014 with a bang!

Amanda Zamudio

University Extension

Program Educator

4-H/Youth

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See you around,

Amanda Zamudio

SUPPORT STAFF

Office Manager- Justine Logan

Administrative Assistant- Kaitlyn Romsa



JANUARY

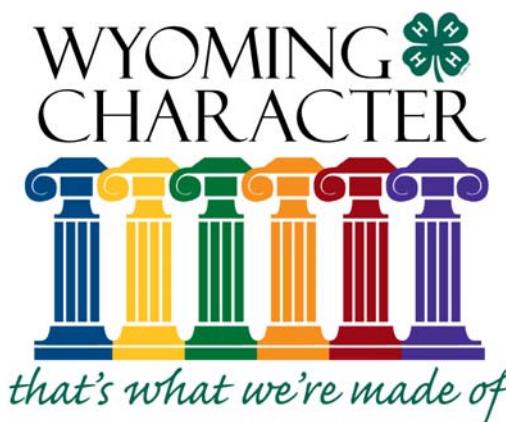
S	MON	TUE	WED	THU	FRI	SAT
			1 NEW YEARS DAY HOLIDAY OFFICE CLOSED	2	3 Fair Board Youth Liaison Applications Due by 4pm to the FAIR OFFICE	4 Fashion & Fabric Meeting 10:00am
5	6	7 Guitar Club Meeting @ 6:00 pm	8 Clogging Club Meeting @ 5:30 pm Baa Maa Club Meeting @ 6:30 pm Citizenship Club Meeting @ 6:30 pm	9 Jr. Leaders Club Meeting 6:00 pm Sport Fishing Club Meeting 6:00 pm Devine Swine Club Meeting @ 6:30 pm Quilting Club Meeting 6:30 pm	10 Citizenship Washington Focus Applications Due by 5pm to the 4-H OFFICE	11
12	13	14 Small Animal Club Meeting @ 6:00 pm Teton Rangeriders Meeting @ 6:00 Rifle Club Meeting @ 6:15 pm, Exhibit Hall	15 4-H Council Meeting @ 5:30 pm Clogging Club Meeting @ 5:30 pm Fashion & Fabric Club Meeting @ 5:30 pm Wilson Hoofbeats Club Meeting @ 5:30 pm	16 Quilting Club Meeting 4:30 & 6:30 pm Teton Livestock Club Meeting 6:30 pm Poultry Clinic 6:30 pm	17	18
19	20	21 Rabbit & Cavy Clinic 6:30 pm Guitar Club Meeting @ 6:00 pm Quality Assurance Level 1 @ 6:00 pm	22 Clogging Club Meeting @ 5:30 pm Poultry Clinic 5:30 pm Club Officer Training @ 6:00pm	23 Quilting Club Meeting 4:30 & 6:30 pm Sport Fishing Club Meeting @ 6:00 pm	24 Sport Fishing Club Meeting TBA	25 Sportfishing Club Ice fishing on Lower Slide Lake 9am-3pm Beef Tagging 8-10 am@ Heritage Arena
26	27	28 Quality Assurance Level 2 @ 6:00 pm	29 Clogging Club Meeting @ 5:30 pm Fashion & Fabric Club Meeting @ 5:30 pm	30 Quilting Club Meeting 4:30 & 6:30 pm Rabbit & Cavy Clinic 6:30 pm	31 Sport Fishing Club Meeting TBA	



FEBRUARY

SUN MON TUE WED THU FRI SAT

						1
2	3 Beef Brand Inspections Due to 4-H Office by 5:00pm Small Animal Club Meeting @ 6:00 pm	4 Quality Assurance Level 3 @ 6:00 pm Guitar Club Meeting @ 6:00 pm	5 Clogging Club Meeting @ 5:30 pm	6 Quilting Club Meeting 4:30 & 6:30 pm Sport Fishing Club Meeting 6:00 pm	7	8
9	10 Rifle Club Meeting @ 6:15 pm, Exhibit Hall	11	12 New Member Dinner 6:00pm Clogging Club Meeting @ 5:30 pm Baa Maa Club Meeting @ 6:30 pm	13 Quilting Club Meeting 4:30 & 6:30 pm Jr. Leaders Club Meeting 6:00 pm Devine Swine Club Meeting @ 6:30	14	15 Sportfishing Club Ice fishing on Lower Slide Lake 9am-3pm Fashion & Fabric Club Meeting @ 10:00 am
16	17	18 Guitar Club Meeting @ 6:00 pm	19 Clogging Club Meeting @ 5:30 pm Quality Assurance Level 1 @ 6:00 pm	20 Quilting Club Meeting 4:30 & 6:30 pm Sport Fishing Club Meeting @ 6:00 pm Teton Livestock	21	22 STATE 4-H LEADERS CONFERENCE
23 STATE 4-H LEADERS CONFERENCE	24 Rifle Club Meeting @ 6:15 pm, Exhibit Hall	25	26 Clogging Club Meeting @ 5:30 pm Dog Club Meeting @ 5:30 pm Fashion & Fabric Club Meeting @ 10:00 am Quality Assurance Level 2 @ 6:00 pm	27 Quilting Club Meeting 4:30 & 6:30 pm	28	



 "What we learn only through the ears makes less impression upon our minds than what is presented to the trustworthy eye."

~Horace



Clover Connection

Head - Speak honestly

Heart - Be loyal

Hands - Be reliable

Health - Trust is essential to build healthy relationships with those around us.

Character Counts

Trustworthiness

January, 2014

Why Strive to be Trustworthy?

What does it mean to be a trustworthy person? Most people would answer that honesty and integrity are important characteristics of a person they can trust. That may be true, but how do you really begin to trust people? It takes time. It also takes consistency in words and actions from an individual. People who can be trusted have created trust with others by continually working at it.

Since it takes so much time and work to become trustworthy, why is it so important to do? Most people would agree that positive relationships are important and bring value into their lives. Most positive relationships are built on trust, which would include elements such as honesty and integrity. People look for other people in their lives that they can count on to be consistent.

Where would our world be without trust? Think about all of the things we trust in our daily lives. Everything from stoplights functioning properly to our parents looking out for our best interests. What would happen if these things failed?

Trustworthiness in 4-H

1. Give each participant a sticky note and a pen. Instruct participants to draw or describe the person that they trust the most.
2. Break participants into groups of 5, and give each group a piece of flip chart paper.
3. Each participant will share what they have written or drawn with their group.
4. After everyone in the group has shared, instruct the group to find words, characteristics, and traits that all of the trustworthy people had in common. Have them write these words on the flip chart paper.
5. Once all groups have completed, ask each group to share the words they had in common. Hang all of the flip charts together so that everyone can see them together at the end.
6. Discussion:
 - What do trustworthy people have in common?
 - How can you demonstrate trust?
 - How does it feel to be trusted?



Gavriel Bar-or
Monte Beard
Lillian Brazil
Amber Budge
Heather Budge
Lilly Eggett
Erik Greger
Sarah Greger

Nevin Gribier
Josephine Gwilliam
Hailey Hardeman
Kade Hatten
Devon LaMere
Lillian Lonneker
AJ McCool
Eddie Owens

Colin Reese
Cora Schwabacher
Alexander Shedd
JT Statter
Jenny Stearns
Trey Wagner
Amelia Wilson
Tipton Wilson

**HOPE YOU HAVE WONDERFUL
BIRTHDAY FILLED WITH FUN AND JOY.
HAPPY BIRTHDAY!**

Bekah Bednar
Hailee Brinton
William Carlson
Brayden Castagno
Grace Curran
Jax Dayton
Maelyn Dolman
Lilly Duquette

Emily Hardeman
Ryley Hasenack
Emily Jennings
Sofia Madera
Riley McFarland
Gabe Robertson
Trenton Ross
Isabella Wilson



4-H SCHOLARSHIPS



C.C. Moseley 4-H Scholarship

You may be eligible to apply for this scholarship. To be eligible, you must be a resident of Teton County, WY and have earned credit for 4-H each year of High School, and have completed a minimum of five (5) years of 4-H club work, enrolled in 4-H at the time of the application, and completed 4-H for as many Senior years as eligible (**earning at least Silver Recognition**). This means you have completed and turned in a Record Book by the deadline, attended 60% of club meetings, and exhibited your project for each of your senior years.

For more information, pick up an application in the 4-H Office.

Due Friday, March 14, 2014 by 5 p.m.

Late applications will not be accepted.

Applications online at:
www.tetonwyo.org/4H



Teton County Fair Board Scholarship

The scholarship will be awarded to a Teton County, Wyoming graduating senior planning to further his/her education. The scholarship will be in the amount of \$1000 - winner to receive \$500 per year for two years. Applications are due **March 3, 2014**.

Applications can be found online at:
<http://www.tetonwyo.org/fair>

2014 Wyoming 4-H Scholarships

There are different places that you can apply for college scholarships if you were actively involved in 4-H. Each has different applications and specific needs.

Please read the Wyoming 4-H Scholarship Application eligibility criteria for each scholarship carefully.

Wyoming 4-H Scholarship is due February 15, 2014.

It is your responsibility to adhere to them for consideration.

More information online at:

<http://www.wyoming4h.org/4hfoundation/scholarships/>

QUALITY ASSURANCE

Every member involved in the livestock project must attend a quality assurance class! Mark your calendars for the classes and get signed up. You must call the 4-H Office and reserve your spot!

January 21st: 6:00-7:30 p.m.. - For first time attendees

January 28th: 6:00-7:30 p.m. - For second time attendees

February 4: 6:00-7:30 p.m. - For third time attendees

February 19th: 6:00-7:30 p.m. - For first time attendees

February 26th: 6:00-7:30 p.m. - For second time attendees

March 5th: 6:00-7:30 p.m. - For third time attendees

CLUB OFFICER TRAINING

Are you a club officer? Would you like to become one?

The 4-H Office is offering a workshop for all youth that are serving as club officers or any that may want to become one. Leaders are invited to join too!

Join us for a fun filled night and expand your knowledge in:

Officer Duties, Parliamentary Procedure, Effective Meetings, and Much More!

"Good leadership consists of showing average people how to do the work of superior people."

John D. Rockefeller



"Leadership is unlocking people's potential to become better." Bill Bradley

Wednesday, January 22, 2014

4-H Office

6:00-7:30 pm

Please RSVP by Tuesday, January, 29 if you plan on attending to Amanda Zamudio at azamudio@tetonwyo.org or call (307) 733-3087.

Still have questions? Call the 4-H Office and we look forward to seeing you.

NEW MEMBER DINNER

Are you a new member in the Teton County 4-H Program? Are you a current 4-H member but still have questions? Please join us for a New Member Dinner with the Junior Leaders. We will provide a dinner and a chance to mingle with the new members and leaders in the county. A presentation will be given about the different programs and opportunities available in 4-H. There will also be a chance to get your questions answered and receive helpful materials for the 4-H year!



Who: All 4-H Members, 4-H Families, and 4-H Leaders

What: An Informative Presentation and Dinner

When: February 12, 2014 at 6:00 p.m..

Where: 4-H Building; 255 West Deloney Ave

Please RSVP by Friday, February 7, 2014!

Questions? Contact Amanda at (307) 733-3087 or azamudio@tetonwyo.org

4→H ACTIVITY

Can you find all 33 words that are 4-H related? Write them down and turn into the office for a prize.

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

1.	12.	23.
2.	13.	24.
3.	14.	25.
4.	15.	26.
5.	16.	27.
6.	17.	28.
7.	18.	29.
8.	19.	30.
9.	20.	31.
10.	21.	32.
11.	22.	33.

4-H OPPORTUNITIES

NATIONAL 4H FILM FESTIVAL

What is FilmFest 4-H? FilmFest 4-H is a national 4-H film festival, strictly for youth. Like any major film festival, screenings, workshops lead by film industry professionals, and much more!

Where does it take place? FilmFest 4-H takes place in Missouri, right in the middle of the country. The exact location will be revealed in 2014.

Who attends? 4-H Youth who are ages 11-18 and interested in filmmaking. Each group needs a chaperone. FilmFest 4-H is a "commuter event," so transportation, lodging, and some meals are on your own.

Who HAS attended? 4-H groups from Arkansas, Kansas, Kentucky, Maryland, Mississippi, North Carolina, Tennessee, Texas, Wisconsin, Wyoming...and more.

Where do I find out more? Check out the web page at <http://4h.missouri.edu/filmfest>



of the celebration, please contact your local Extension Office or the Wyoming State 4-H Office on the University of Wyoming Campus (4-H@uwyo.edu). It's important those in the photo are identified so we know who they are! An electronic copy will be made so you are able to keep the original. Please check out the link and share your story in an effort to preserve Wyoming 4-H history: <http://www.uwyo.edu/4-h/100/alumni-search.html>

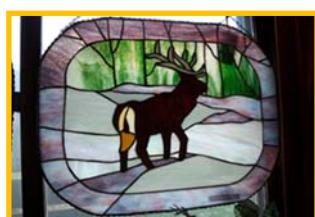
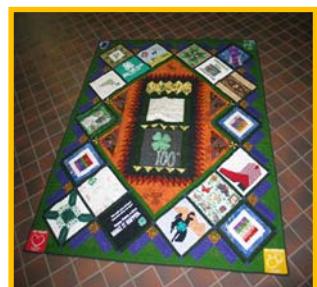
SHARE YOUR 4H STORY!

Wyoming 4-H is celebrating 100 years! We are excited to remember and celebrate its rich history. As part of the celebration, we would like to find as many alumni as possible to answer the questions online at the link below. Also, if you have any photos you are willing to share as part

WYOMING 4H LEADER COUNCIL RAFFLE



The Wyoming 4H Leaders Council is conducting a raffle celebrating 4-H's 100th year anniversary. The raffle tickets are \$5 each or a book of 5 tickets for \$20. The prizes we can confirm at this time include the centennial quilt and a wood



block clock painted with a nature scene. They are in the process of also soliciting a rifle that will have an engraving on the wood stock and outdoor metal art. The drawings will occur at the 2014 Wyoming State Fair. The first name drawn will have first choice of the prizes. The second name, 2nd choice and so on until all prizes have been awarded. Please contact the office at 733-3087 to purchase raffle tickets and help support the Wyoming 4H Leader Council.

START PLANNING FOR THESE 4-H EVENTS!

2014 Wyoming State 4-H Calendar of Events/Activities

More information online at www.Wyoming4H.org

Event	Date	Location
State 4-H Leaders' Conference <i>Registration closes: February 7, 2014</i>	February 21-23	Riverton, WY
National 4-H Conference <i>Applications due October 15, 2013</i> <i>Interviews: November/December 2013</i>	April 5-10	Washington, D.C.
Wool Judging/Meat Judging	Late April	Laramie, WY
Citizenship Washington Focus (15-18 years old) <i>Paperwork due February 1, 2014</i>	June 14-21	Washington, D.C.
Horse Camp <i>Registration deadline: May 24, 2014</i>	June 19-22	Douglas, WY
Showcase Showdown <i>Registration deadline: June 10, 2014</i> <i>ALL information is due on this date.</i>	June 25-27	Laramie, WY
State Shooting Sports Match <i>Registration deadline: TBD</i>	July 10-13	Douglas, WY
Leadership Washington Focus (7 th -9 th grades) <i>Paperwork due December 13, 2013</i>	July 15-19	Washington, D.C.
Wyoming State Fair <i>Fashion Revue & Livestock Judging entries due: Aug. 7</i>	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 (due end of July)</i>	September ~ TBD	Raton, New Mexico
National 4-H Congress <i>Applications due May 31, 2014</i>	November ~ TBD	Atlanta, Georgia

Other opportunities:

State 4-H Leadership Team ~ **applications due May 31, 2014**/interviews at Showcase Showdown

National Shooting Sports Invitational ~ **Applications due April 30**

A GREAT WAY TO LEND A HELPING HAND..

Hero Packs

for Elementary Age Children

YOUR HELP IS NEEDED!

Wyoming Army and Air National Guard, as well as Army and Naval Reserve have, had military members deployed. Their families face challenges while they're deployed and also during the reintegration phase. Currently the estimate is that over 200 youth will be impacted by having a loved one deployed serving our country. Operation: Military Kids has a project that helps these youth during this time – Hero Packs. Hero Packs are a great way for non-military youth and adults to give military youth a tangible expression of thanks and support. Please consider inviting other groups and businesses to join you in filling the backpacks. Here are some examples of items:

Here are some guidelines to outline the basic requirements. These examples are meant only as suggestions...be creative!!

- craft kits/supplies or art supplies
- games to play with siblings/ parents
- children's books
- stickers
- stuffed animals or puppets
- youth hats or bandana

CONNECTION ITEMS

- disposable camera
- photo album
- scrapbook
- journal
- pen
- stationary, envelopes & postage stamps
- pre-paid phone cards
- items such as worry dolls or pillows

HANDWRITTEN APPRECIATION LETTER

The letter to the military youth thanks them for their service and sacrifices to our country.



The contents for each of the Hero Packs need not be exactly the same, as long as each pack has a few items from each category and a handwritten letter. The backpacks have been provided, however the contents must be donated or purchased. Remember that the Hero Packs will be distributed throughout the state and any coupons or free passes may not be redeemable. Please do not include food or clothing items.

All items will need to be turned in to the Laramie County Extension Office before March 1st!

Please contact Ellie for more information.

307.633.4383 or Eloise Riley at eriley3@uwyo.edu



4-H Leaders
Council
Meeting
Jan. 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 incorporated into all aspects of the county 4-H program.

For more information visit our website:

www.tetonwyoming.org



4-H LEADERS

18 Tips to Be a More Successful Leader

1. **Be confident, but be careful to not confuse confidence with arrogance.** To do this, you need to fully know what you are talking about.
2. **"Leadership is about vision.** In order to gain that personal distance and understanding, one should never rely on others knowledge, work or judgment." Felix Winckler, COO and co-founder of Poutsch.
3. **"Inspire others to take action by showing your own action, commitment and good work for a better world. Make it easy for people to step in and join forces if they want to help."** Ralien Bekkers, Dutch UN Youth Representative on Sustainable Development.
4. **"Be ambitious and do not be afraid to take risks."** Jared Costanzo, president and founder of the Student Voice Project. Only by knowing your limit can you fully maximize your potential.
5. **Never let someone tell you that you cannot do something.** If something isn't out there, go create it.
6. **Be organized.** In order to work effectively, you will need to be organized. If you are disorganized, you will tend to forget certain things.
7. **Be able to articulate your thoughts and speech thoroughly and efficiently (a.k.a. communication skills).** This also includes being able to delegate tasks and being clear about your expectations.
8. **Be able to establish your goals and commit to your plan.** "Sometimes structure, deadlines, and plans aren't the best way to lead. At times, it is more effective to go with the flow, take it as it comes and explore each new opportunity."
9. **"Make sure your project, campaign or endeavor solves a problem and that you have clearly defined what the problem is and how you are going to solve it."** Alex Wirth, chair and founder of the Campaign for a Presidential Youth Council.
10. **Know the strengths and weaknesses of yourself and your team.** Being a leader does not always mean that you are the most intelligent or capable person within a group. It just means that you have an ability to organize people and are able to utilize each person's skill set.
11. **Be fair.** To gain the trust and respect of your followers, you need to be fair.
12. **Be clever.** If something does not work out, try an alternative method.
13. **Be optimistic.** After all, optimism is what is needed to change the way this world works. "What you expect tends to happen." Gary Dees, president of Leadership Messenger Academy.
14. **Remember that you are young.** Be energetic!
15. **Connect!** Strive to make a vast and diverse network of friends and colleagues. You will never know when a person will become handy.
16. **Know when to give "the talk," and do give it when it is necessary.**
17. **Have a right-hand man (or woman).** This is a go-to person that you trust.
18. **"Know when to listen to others, and when to listen only to yourself."** Mark & Ismini Svensson, Founders of StayUNITED.

Author: Hung Vo, Huffington Post



WYOMING STATE 4-H LEADER'S CONFERENCE

February 21-23, 2014

Riverton, WY

Riverton High School Career Center

The planning committee is excited to welcome Wyoming 4-H Volunteers to the Northwest area for this year's conference! It's a great way to get new ideas and network. Information regarding the conference can be found online at <http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/index.html> Youth attending will find some workshops and activities geared towards them. **Contact Amanda at the 4-H Office to get registered before January 14th!**

Workshops Include:

- Opportunities at the Wyoming State Fair
- A Project For Me: Determining a Self- Determined Project
- Getting Started with Rabbit Judging
- Public Speaking: Words are Worth a Thousand Pictures
- Silhouette 101- Signs and Such
- Managing Conflict
- Mouth Watering Rolls- Crescent and Cinnamon
- Backyard Beekeeping and Beehive Products
- Observing the BIGM in 4-H
- Welcome to Showcase Showdown
- 4-H Natural Resource Exploration: Forestry & Range Judging Project
- Meeting Facilitation Tips: Getting Results with Groups
- Lessons in Leather
- Spreading the 4-H Charm: Engaging Your Community in 4-H
- Fun in the Club
- Water Resources Activities for 4-H Youth
- The NEXT 100 Years of Wyoming 4-H

For Youth:

- A day camp for ages 5 to 11 will be offered
- Youth Food Science track for ages 12 and older. Youth will have the opportunity to consider a career in science while exploring the science of food. This series of workshops/lessons will help you communicate basic food science concepts through hands-on experiences that are applied in a kitchen "laboratory" setting.

Visit <http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/index.html> for more information!

4-H LEADER OPPORTUNITY



WRLF
March 27-30

BILLINGS . MONTANA

PLAN YOUR TRIP TODAY!

Join Montana 4-H as they welcome the Western Region Leaders' Forum to Billings in March 2014. Agents, staff and volunteers are hard at work planning a conference that will help you to "Discover the Past . Present . Possibilities of 4-H". Participants will enjoy a first class conference facility and hotel accommodations, national speakers, local entertainment and over 60 informational workshops.

WRLF is an exciting time to network with peers from across the region sharing ideas and building relationships to carry 4-H into the future.

REGISTRATION OPENS NOVEMBER 1!

Come experience all of the treasures Montana has to offer.

EARLY REGISTRATION \$255

November 1—December 31, 2013

REGULAR REGISTRATION \$305

January 1—February 15, 2014

LATE REGISTRATION \$355

February 16—February 28, 2014

Registration will be online at www.wrlf2014.com.

WORKSHOPS

There are over 60 different workshops to choose from. Workshops are hands on and interactive covering a variety of topics for Volunteers, Extension staff and teen leaders. Workshops will be selected on first come first serve basis during event registration. Some workshops may have a small fee. Fees will be applied and paid during the registration process. Find complete workshop descriptions on the website.



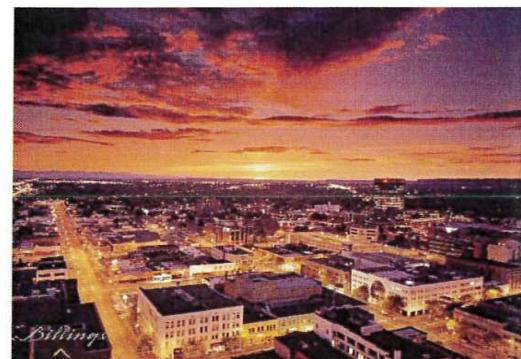
KEYNOTE SPEAKER SATURDAY MARCH 29, 2014

Richard M. Lerner is the Director of the Institute for Applied Research in Youth Development at Tufts University. Lerner and his team have been working for over a decade on the **4-H Study of Positive Youth Development**. He is also well known for his research about the relations between adolescents and their peers, families, schools, and communities.



CAPNOTE SPEAKER SUNDAY MARCH 30, 2014

Dr. Martha Couch followed her calling into 4-H and youth development as Associate Director for 4-H and Youth Development in Texas. Under her leadership, Texas 4-H reached over one million members. She instituted Youth Protection Standards, created a Character Education Program that reached 100,000 youth annually and established county youth boards to gain quality input from youth. *Read Dr. Couch's full bio at www.wrlf2014.com*



LODGING

The conference hotel for the 2014 WRLF event will be the Crowne Plaza located in downtown Billings, MT. 27 North 27th Street . Billings, MT 59101

Rooms will be available for booking **May 1, 2013**
\$83.00 Conference Rate for double room

Call 1-877-270-1393

Reference Code YCE

www.crowneplaza.com/Billings

COMMUNITY DEVELOPMENT NEWS



Mediation Training

Gain valuable mediation skills over this four day training offered by the Wyoming Agriculture & Natural Resource Mediation Program and the University of Wyoming Extension

* February 3-6, 2014

8:00am—5:00pm

UW Extension Office/4-H Bldg

255 W. Deloney, Jackson

Call to register or for more information

307-733-3087

Some of the topics covered include:

- Conflict & Alternative Responses to It
- Communication Theory & Skills Mediators Use
- Integrated Negotiation Techniques
- Mediation Tools – Issue & Problem Framing
- Caucusing and Agreement Writing
- Employment Conflicts
- Public Policy Disputes & Environment/Natural Resource Conflicts
- Ethics in Mediation

Registration \$225.00*

***Registration is free to participants who successfully complete this course and volunteer a minimum of 20 hours as a mediator for the UW Center for Resolution. Registration Fee is refunded upon completion of the volunteer commitment.**

**UNIVERSITY OF WYOMING
EXTENSION**

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, UW Extension, University of Wyoming, Laramie, Wyoming 82071.

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

NUTRITION AND FOOD SAFETY NEWS

Hungry Again? Control Your Winter Appetite

For most of the US, the weather outside is frightful. But the food inside ...delightful! If that's the tune that's been running through your mind these days, you're not alone. As temperatures plummet experts say our appetite increases - and so can our weight. Studies indicate we tend to eat more during the winter months, with the average person gaining at least 1 to 2 pounds. While a heartier appetite for a few months out of the year may not seem like a big deal, it can be, when we end up gaining weight year in and year out.

It's cold. Days are shorter, and nights longer. So what is it about falling temperatures that urges us to eat more? When outdoor temperatures drop, your body temperature drops, and feeling cold triggers a self-preservation mode that sends the body a message to heat up fast! Our appetite goes up for high-calorie, high-carbohydrate foods — stews, soups, mashed potatoes, mac and cheese — the dishes that make us feel warm and cozy. Any food will boost your metabolism and help your body temperature rise, but we don't think of salads or fruits and vegetables as winter eating because we associate winter with richer, heavier meals.

If your cold-weather cravings come in the form of pasta, cookies, pastries, and other carbs, you might be suffering from Seasonal Affective Disorder or SAD. It's normal to want to cope with long, cold nights by filling up on high-calorie, high-fat foods. People who are affected with SAD have lower blood levels of serotonin. carbohydrate-rich foods give us a serotonin rush, so food cravings are a way of self-medicating - as the days get shorter the need for these 'carbo-rich comfort foods' increases.

To keep your diet in check while still warding off seasonal depression, fill up with lean protein rich in omega-3 fatty acids, such as salmon. Omega-3s have been shown to have mood-boosting power while protein will help keep you full and satisfied. Learn to adjust your cravings. If you yearn for a big bowl of pasta and cheese, switch out regular enriched pasta for whole grain and add lean protein to the mix, and a few vegetables for vitamins and fiber. If it's dessert you want, try a steaming mug of hot dark chocolate, which has been shown to reduce risk of heart disease, raise levels of healthy cholesterol, and be a mood booster. Physically warm things, such as a hot shower or a warm drink, can help people feel happier and less lonely.

Winter provides lots of excuses for moving less. Not only do shorter days and colder weather cut our outdoor time by several hours - the temperatures, and related factors like snow and ice, make our chosen fitness activities like walking or running difficult. If we're not exercising, our appetite increases, and ultimately that means we're eating more and moving less — and that can produce weight gain.

With a little bit of planning, you can keep your life and your appetite in perfect harmony all year. Some ways to gain winter comfort without the extra pounds are: 1. **Eat Healthy Snacks:** Eat a high-protein, high-fiber snack between meals — try peanut butter on a whole wheat cracker, or low-fat cheese on a slice of wheat bread. Healthy snacking will fuel your body's heat mechanism, helping keep you warmer. The warmer we remain in cold weather, the less we crave carbs. 2. **Be Active:** If you can't go outside to workout - or to the gym - put more activity into your daily living. Take the stairs, march in place while you're sorting the laundry or doing the dishes, or clean out the closet/basement/garage. Physical activity burns calories, and affects brain chemicals linked to appetite, so it can help control how much you eat. The more you move the warmer you will feel and the less hungry you will be. 3. **Create Low-Calorie Comfort Foods:** If you know that nothing will take the chill off your bones like comfort food, look for ways to cut the calories and still feel warm. Enjoy a pizza loaded with veggies on a whole wheat crust, a bowl of vegetable soup, or cocoa with non-fat milk — be creative in finding ways to make feel-good food less fattening. 4. **Get a Daily Dose of Light:** If you think your food cravings may be related to shorter days, spend more time outdoors in sunlight every day. 5. **Keep a Lid on Goodies:** Keep rich treats out of direct eye view. 6. **Give Out a Lot of Hugs:** If it's comfort you're seeking, hugging is a great way to fill you up without filling you out. Instead of turning to comfort foods, hug your kids, your spouse, your pet — or visit a senior center, where hugging is at a premium! You'll feel warm and fuzzy all over- and you'll eat a lot less!

Including holidays, Super Bowl Sunday, and Valentine's Day, winter is packed with opportunities to overload on traditional, fatty foods. This coupled with a decrease in physical activity, it's only natural that we gain a pound or two during winter and (hopefully) lose it come spring. Remember - Splurge on the foods you really love with moderation, and stick to a balanced diet of whole grains, lean protein, and fresh fruits and vegetables. (Sources: American Heart Association, Mayo Clinic, WebMD)



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