



4-H FAMILY NEWS



UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

MARCH-APRIL, 2014

Inside this issue:

March- April Calendar	2-3
Character Counts	4-5
4-H News	6-10
4-H Opportunities	11-16
4-H Leader News	17
Extension News	18-19

Hello 4-H'ers!

It has been a crazy few months. Things have been busy in 4-H and I am excited to see the weather get a little warmer. 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 or at the 4-H Office. We have switched this year to the Wyoming 4-H Portfolio so please take some time to check it out. The projects pages are not as large and you build off other parts of the record book from year to year.

Amanda Zamudio

**University Extension
Program Educator
4-H/Youth**

**P.O. Box 1708
255 West Deloney
Jackson, WY 83001**

**307-733-3087
Fax 307-739-0749**

Email:

azamudio@tetonwyo.org

Good luck this year and I hope you achieve all your goals that you are setting for this 4-H year!

I hope to see you around!!

Amanda Zamudio

SUPPORT STAFF

Office Manager- Justine Logan

Administrative Assistant- Kaitlyn Romsa



March

Su	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Teton County Fair Board Scholarship Application Due By 5:00pm to the Fair Office Alta Junior Cooking 3:00pm Alta Community Club Etiquette Dinner 5:30pm Small Animal Club 6:00pm	4 Cake Decorating 5:15pm Guitar Club 6:00pm Rifle Club 6:15pm	5 Citizenship Club 5:00pm, Presbyterian Church for Community Dinner Serving Clogging Club 5:30pm Dog Club 5:30pm Fashion & Fabric Club 5:30pm Quality Assurance Level 3 6:00pm	6 Poultry Clinic 5:30pm Quilting Club 4:30 & 6:30pm Sport Fishing Club 6:00pm	7	1 8
9	10 Photography Club 5:30pm Rabbit & Cavy Clinic 5:30pm Alta Sport Fishing Club 6:00pm	11 4-H Council 5:30pm Rifle Club 6:15pm	12 Clogging Club 5:30pm Dog Club 5:30pm Poultry Clinic 5:30pm Baa Maa Club 6:30pm	13 Quilting Club 4:30 & 6:30 pm Junior Leaders 6:00pm Devine Swine Club 6:30pm	14 CC Moseley Scholarship Applications Due by 5:00pm to 4-H Office Small Animal Record Book Clinic 5:30pm	15 Shooting Sports Certification for Leaders Sport Fishing Ice fishing @ Lower Slide Lake 9:00am Fashion & Fabric Club 10:00am
16	17 Alta Poultry Club 4:30pm Teton Rangeriders 6:00pm	18 Guitar Club 6:00pm Junior Leaders 6:00pm Rifle Club 6:15pm	19 Clogging Club 5:30pm Dog Club 5:30pm Fashion & Fabric Club 5:30pm Rabbit & Cavy Clinic 5:30pm	20 Quilting Club 4:30 & 6:30 pm Sport Fishing Club 6:00pm Teton Livestock 6:30pm	21	22
23	24	25	26 Clogging Club 5:30pm	27	28	29 Western Regional Leaders Forum, Billings, MT, 3/27-30
30	31		TCSD SPRING BREAK			



April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 T C S D S P R I N G B R E A K	2	3	4 NATIONAL 4-H CONFERENCE, Washington D.C., 4/5-10	5
6	7 Alta Junior Cooking 3:00pm Alta Community Club Talk Night 5:30pm Photography Club 5:30pm Small Animal Club 6:00pm Hunter Safety Class 5:30-8:30pm	8 Cake Decorating 4:15pm Rifle Club 6:15pm Record Book Workshop 5:30-6:30pm	9 Clogging Club 5:30pm Dog Club 5:30pm Fashion & Fabric Club 5:30pm Baa Maa Club 6:30pm	10 Quilting Club 4:30 & 6:30 pm Junior Leaders 6:00pm Sport Fishing Club 6:00pm Devine Swine Club 6:30pm	11	12
13	14 Hunter Safety Class 5:30-8:30pm Alta Sport Fishing Club 6:00pm	15 Cake Decorating 4:15pm Guitar Club 6:00pm	16 Clogging Club 5:30pm Dog Club 5:30pm	17 Quilting Club 4:30 & 6:30 pm Teton Livestock 6:30pm	18	19
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27 Big Wy Horse Expo	28 Presentation Day 4:00-8:00pm Hunter Safety Class 5:30-8:30pm	29 Cake Decorating 4:15pm Rifle Club 6:15pm	30 Clogging Club 5:30pm Dog Club 5:30pm	MAY 1st Dog ID's are due by 5:00pm to the 4-H Office		



Respect is a positive feeling of esteem or deference for a person or other entity (such as a nation or a religion), and also specific actions and conduct representative of that esteem.

Respect can be a specific feeling of regard for the actual qualities of the one respected (e.g., "I have

4-H Activity

Can you tell the difference?

Materials:
M&M's candy
napkins

1. Place a napkin in front of each member
2. Place one of each color of M&M's on a tray and ask the members what they see.
3. Ask members to close their eyes. Give each member a piece of candy and ask whether they can tell the color of their piece just by the taste. Note the inability to distinguish color by taste.
4. Give each member another piece of candy. Ask each to bite the candy in half, then examine the inside. "What do you see now?" Note whether their answers differ from step 1.
5. Ask: What did you find out about the candy through this activity? How are people like pieces of candy? How are we different from one another? How are we similar to one another?



Character Counts

Respect

March 2014

great respect for her judgment"). It can also be conduct in accord with a specific ethic of respect.

Rude conduct is usually considered to indicate a lack of respect, *disrespect*, whereas actions that honor somebody or something indicate respect.

- ✓ "Friends" ✓
- ✓ don't have ✓
- ✓ to be just ✓
- ✓ like you. ✓
- ✓ They just ✓
- ✓ have to ✓
- ✓ like you" ✓
- Unknown ✓

Clover Connection

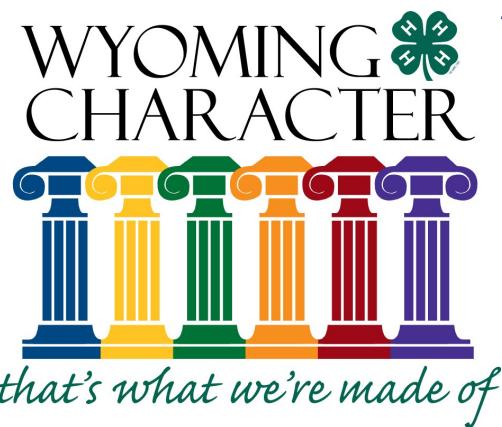
Head - Think about how your actions affect others.

Heart - Even though you may not like someone you should still be respectful.

Hands - A handshake is a great way to show respect when meeting newcomers.

Health - Decreasing angry reactions and increasing respectful reactions is good for your health! It can lower your blood pressure!





Respect can be both given and/or received. Depending on an individual's cultural reference frame, respect can be something that is earned. Respect is often thought of as earned or built over time. Often, continued caring interactions are required to maintain or increase feelings of respect among individuals. Chivalry, by some definitions, contains the outward display of respect.

Respect should not be confused with *tolerance*, since *tolerance* doesn't necessarily imply subordination to one's qualities but means treating as equal.



Role Play Charades of Being Respectful

1. As a group, write ideas on chart paper of respectful and non-respectful behaviors (holding door open, picking up garbage off the floor or not holding the door and throwing garbage on the floor)
2. Have members get into small groups and choose one of the ideas from the chart to act out in front of the group.
3. Have the group guess which scenario they are acting out and debrief by discussing why the behavior was respectful or disrespectful. Ask members why it is important to be respectful. How do they feel when someone disrespects them?

Mahandas Gandhi, a historical icon of the late 1800's early 1900's is one example of a person that exemplifies the character trait respect. Throughout his life Ghandi peacefully and respectfully stood for his beliefs with an indispensable sense of honor: respect for all human life, which began with self respect.

From Character is Destiny by John McCain and Mark Salter

**"Respect
yourself and
others will
respect
you"**

Confucious



Head - Choose your language carefully when speaking to people, keeping it age appropriate.

Heart - Respect others who have different cultures, religions and ideals than you.

Hands - Demonstrate respect by using your hands to help someone (hold a door open, help unload groceries, etc).

Health - Respect your health by respecting the environment.



Sarah Andrews	Ellory Hare	Harlie Walker
Johnny Berner	Amber Hunger	Zachary Wiley
Bailey Collins	Aspen Jacquet	Sydney Wilmot
Clara Delahaye	Landon Lucas	Eliza Wilson
Abby Devine	Selina Mallatt	Olivia Wilson
Sydnee Dieckmann	Sophie Mattson	Allison Wolf
Madisen Fish	Analeise Mayor	
Maggie Graupner	Macie McCormick	

Hope you have wonderful
birthday filled with fun and joy.
Happy Birthday!

April

William Barlow	Casey Hartranft	Sterling Smith
Carsen Cook	Christian Iobst	Samantha Thoenig
Conner Cook	Ben Janus	Trista Timmons
Kade Cook	Shilah May	Rachel Tucker
Isaiah Cyr	Josh Nethercott	Bailie Welfl
Kate Daigle	Colby Pattberg	Cecilia Williams
Alexa Daugherty	Ainsley Pratt	Seth Wilson
Dylan Grant	Claire Radda	
Sofie Graupner	Justin Rowe	

WELCOME 58 NEW MEMBERS!

Johnny Berner	Sofie Madera	Kalel Schlager
Justin Castagno	Maria Mahood	Landon Shanafelt
Carsen Cook	Thomas May	Alexander Shedd
Isaiah Cyr	Broolyn McCooey	Keaghan Shedd
Jax Dayton	Clancy Meagher	Sadler Smith
Sophie Delahaye	Caroline Monroe	Sterling Smith
Cecilia Dolman	Henry Monroe	Isabella Suske
Annette Donald	Josh Nethercott	Samantha Thoenig
Rodney Eggett	Taylor Noreen	Gracie Tucker
Juan Flores	Natalie Obrien	Harlie Walker
Kayli Genzer	Colby Pattberg	Ella Watkins
Alexandra Gingery	Riley Pearce	Olivia Webb
Sarah Greger	Colin Reese	Chloe Wengerd
Annamarie Gwilliam	Gabe Robertson	Sydney Wilmot
Ellory hare	Thomas Salerno	Gideon Wilson
Christian Iobst	Yael Sangros	Allison Wolf
Laird Jaramillo	Taylor Santos	
Samuel Johnson		
William Johnson		
Katie Kuhns		
Annika Lamppa		
Brayden Levanduski		
Jon Logan		
Robert Logan		
Nova Lopez		





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



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 15-21, 2014:



Kylie Anderson

Morgan Beard

Bekah Bednar

Reegan Castagno

Sydney Dieckmann

Isabella Wilson

Chaperone: Stacey Dieckmann

Congratulations on a job well done!



PRESENTATION DAY

Plan to participate! Think of something you enjoy doing and want to share with others. Your topic should relate to a 4-H project or activity, but it does not have to. You can win a trip to present at Showcase Showdown in Laramie!

Helpful tips to help prepare for presentations:

CHOOSING A TOPIC: a) something you have learned to do in 4-H Club work, b) something you can do well, something you like to do, and something that you can show others how to do in a few minutes, c) something you think others would like to know how to do, d) an interesting title for your presentation. Be sure to dress appropriately for what you are presenting. Be sure to use safe and recommended procedures.

PLANNING *Introduction—Body—Summary*

INTRODUCTION:

- Greet your audience. Someone else should introduce you.
- Have a catchy title, create interest.
- Tell what you are going to demonstrate and why they should want to learn about your topic.
- Tell how you became interested in your topic.

BODY OF PRESENTATION—In planning the presentation:

- List the steps to be shown in the order in which you will show them and decide how you are going to do each step and use your time efficiently.
- List the supplies that you need for your presentation. Plan an arrangement for their efficient use.
- Decide what you are going to say to your audience as you do each step.
- If you have visuals, use them appropriately. Possibly use a mirror.
- Be sure your audience can clearly see what you are doing.
- Look at your audience and stand straight as you talk to them. Get their attention by being friendly and by being enthusiastic about your topic.
- Speak clearly and be sure everyone can hear you.

SUMMARY:

- Show the results of your presentation to the audience.
- Restate or briefly repeat the main points.
- Give sources of information, if you have not given them in the presentation.
- Give the audience ample opportunity to ask questions, repeat questions before answering them.
- Give out materials you would like the group to have. Possibly directions, recipes, or samples.

Who: All 4-H Members

What: A prepared presentation

When: April 28th, 2014, 4:00-8:00 pm

Where: 4-H Building; 255 West Deloney Ave



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>



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 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:

Share Your 4H Story!

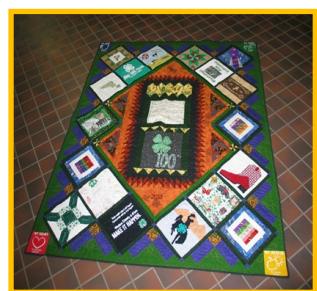
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Wyoming 4h Leader Council Raffle

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.



WYOMING 4-H WANTS YOU TO CELEBRATE...



**Tuesday
April 15, 2014**

APRIL - Month of the Military Child

The University of Wyoming Extension Military 4-H Youth and Family Program invites everyone across the state of Wyoming to wear purple on Monday, April 15th. Purple symbolizes all branches of the military, as it is the combination of Army green; Marine red; and Coast Guard, Navy and Air Force blue. Purple Up! acts as a visible way to show support and thank military youth for their strength and sacrifices.

We hope everyone will take this opportunity to celebrate these young heroes! Be creative....the goal is for military youth to actually see the support of their community! Need some ideas to get you started?

- Ask your local, regional, state, and federal officials to wear purple on Tuesday, April 15th
- Invite news and media outlets to write a story about Purple Up! For Military Kids
- Involve schools, sports teams, youth organizations, clubs, afterschool programs
- Engage fraternal organizations, social clubs, and Rotary groups
- Request local businesses to post a Purple Up! message on their roadside signs
- Ask stores and restaurants to put a Purple Up! flyer in their business window
- Suggest companies and businesses ask their employees to wear purple
- Invite coworkers, as well as members of your spiritual community, exercise class, or golf league to join you in showing support for the military youth in your town by wearing purple on Tuesday, April 15th.

Remember to send us your photos to post on the Wyoming Military Youth and Family Website and Facebook page, where military youth and families from across the state will be able to see them! Send photos to:

eriley3@uwyo.edu.

4-H OPPORTUNITIES

Looking for livestock sales? Do you want to practice showing?
Are you looking to attend a camp?

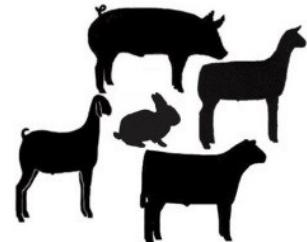
The Wyoming 4-H Office has created a useful link that lists livestock sales available across the state that you can attend.

Please check it out at:

<http://www.uwyo.edu/4-h/youth/other/livestock-sales/index.html>

You can also find educational camps and livestock shows at:

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



UW Department of Theatre & Dance and Wyoming 4-H present...

4-H Theatre Camp

April 25-27

4-H Members 14-18 will...

Costume Design *Creative Movement* *Make-Up*
Set Design *TOUR UW THEATRES* *Readers Theatre*

See the musical **“Working”**

Cost is \$50

Registration available online at:

<https://adobeformscentral.com/?f=WvzpfCR4z8KnvGhivrIQfw>

For more information contact Megan Brittingham 532-2436 or
Brittany Johnson 633-4383
Registrations due Friday, April 11

4-H OPPORTUNITIES

Wyoming 4H Judges Certification Workshop

Become a Certified 4H Judge for Static Exhibits

Registration

Fee: Free if registered by April 17, 2014

\$5.00 after April 17, 2014

A minimum of 10 is needed in order for a training to be held.

Name: _____

Address _____

Town/Zip: _____

Phone: _____

Email: _____

*Refunds will be given for cancellations up to one week prior to the training.

Please send registration with fee to:

Uinta County Extension, 228 9th St.

Evanston, WY 82930

307-783-0570 or dasanchez@uintacounty.com

*Make checks payable to: Uinta County 4-H

If you would like further information, contact Afton or Kemmerer Extension Offices.

Interested in becoming a static/interview judge for 4-H? Need to know more about 4-H to become a better judge? Interested in judging more? Attend a certification workshop in your area and become a certified judge for 4-H Static Exhibits.

Leaders are invited to learn more about how projects are judged. Projects are the useful tasks that challenge youth and the process through which growth occurs. Helping a member evaluate their project work provides incentive and points the way to personal growth. Judges should remember that the primary goal in 4-H is always youth development.

Attend a certification workshop near you and become part of a list for quality judges who recognize the goal in 4-H is youth development. Training will be topic-specific training related to youth development, awards and experiential learning. Also, participants will have the opportunity to practice what they've learned through mock-interview judging with youth.

The training is scheduled for: April 26, 2014

1 - 5 pm. : Afton Civic Center, 150 S. Washington



SAVE THE DATE!! The Wyoming 4-H Showcase Showdown will be held in Laramie on June 25-27, 2014! Youth will have the opportunity to participate in contests, workshops, tours, and many other fun activities during the event. Contests to be held at this year's Showcase Showdown include:

- * Prepared & Impromptu Presentations
- * Dog Skill-A-Thon
- * Horse Judging
- * Hippology
- * Produce Judging
- * Rocket Launch
- * Livestock Skill-A-Thon
- * Robotics

2014 Showcase Showdown

June 25-27, 2014

www.Wyoming4H.org

- * Food Cook-Off
- * Table Setting
- * Cake Decorating

Interviews will be conducted for those who apply to be on the Wyoming State 4-H Leadership Team as well as youth interested in being delegates to represent Wyoming at the National 4-H Congress. Applications can be found online and are due May 30, 2014.

And don't forget about the FUN stuff!! There will be a dance, fashion show, and film fest again this year so check the web site for information on how to participate!

A tentative schedule of events can be found online at www.Wyoming4H.org.

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
National 4-H Conference <i>Applications due October 15, 2013 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 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 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!

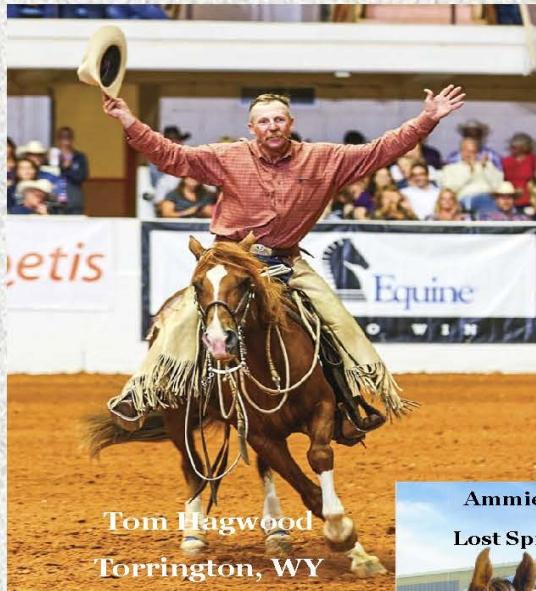
Please contact Ellie for more information.

307.633.4383 or Eloise Riley at eriley3@uwyo.edu



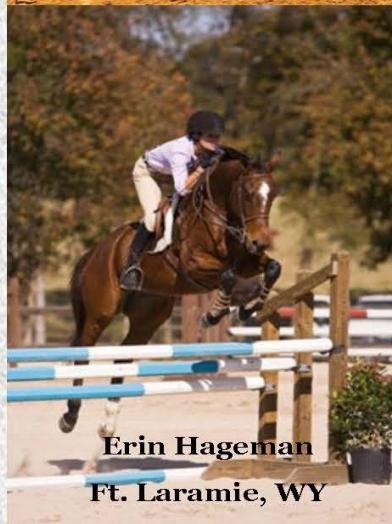
HORSE MEMBERS CHECK THIS OUT!

5th Big Wyoming Horse Expo



April 25th,
26th & 27th,
2014

**Pepsi Equine
Center in
Douglas, WY**



4-H Judging Kids Games Parade of Horse Breeds

For More Information Contact— 307-358-3862 or 307-358-3675

cftaylor@hughes.net or tannarodeman@yahoo.com

Advertisement Funded by The Converse County Tourism Board with the optional lodging tax.

4-H Leaders
Council
Meeting
March 11,
5: 30 p.m.
4-H Office

All 4-H Lead-
ers 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 web-
site:

www.tetonwyo.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.

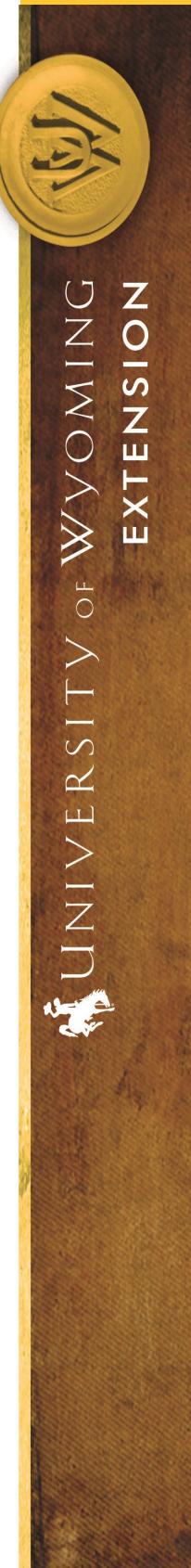
4-H Leaders

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

RANGELAND AND NATURAL RESOURCES NEWS



RANGE WALK

WESTERN WHEATGRASS

COMMON NAME: Western wheatgrass

SCIENTIFIC NAME: *Pascopyrum smithii*

GENERAL DESCRIPTION: Perennial native cool season rhizomatous grass

SOIL TYPE: Fine soils; requires moderate to high soil moisture

GRAZING FORAGE VALUE: Western wheatgrass is palatable to all classes of livestock and wildlife. The palatability will vary by time of year and livestock/wildlife species. For example, western wheatgrass is palatable to deer only in the spring, but is palatable to cattle and elk year round (varying among seasons). The protein levels can be fairly high in the spring and decreases as the plant matures and cures.



BLUEBUNCH WHEATGRASS

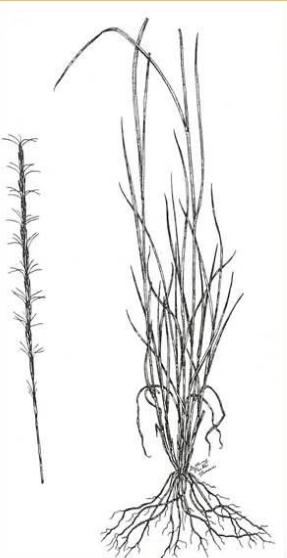
COMMON NAME: Bluebunch wheatgrass

SCIENTIFIC NAME: *Pseudoroegneria spicata*

GENERAL DESCRIPTION: Perennial native cool season bunch grass

SOIL TYPE: Coarse to fine textured soils; on plains and dry slopes

GRAZING FORAGE VALUE: Bluebunch wheatgrass is palatable to all classes of livestock and wildlife. The palatability will vary by time of year and livestock/wildlife species. For example, bluebunch wheatgrass is preferred forage for sheep and deer in the spring compared to elk that generally prefer it year round. The protein levels can reach up to 20% in the spring and decreases to about 4% as the plant matures and cures. Digestive carbohydrates are about 45% throughout active growth.



ATTENTION LIVESTOCK CLUB LEADERS: Are you looking for club activities? Have youth research and present about one or two rangeland plants. You can establish the criteria as you wish, for example, native plants only, or native and non-native invasive plants. Youth can either select their plant by drawing it out of a 'hat' or each youth can select their own plant, but more than one youth should not present about the same plant. Want help building this activity? Contact Windy

Do you want to learn more about the above plants or other plants?
Visit the USDA Plants Database at: <http://plants.usda.gov/java/>

Have questions or need help navigating the USDA Plant's Database?
Contact Windy Kelley at wkelley1@uwyo.edu or 307.367.4380

DID YOU KNOW?

Wyoming has a state grass?

Western wheatgrass was adopted as the state grass in 2007.

MARK YOUR CALENDAR

SAGE-GROUSE UPDATE WORKSHOP

When: Thursday, March 20

10 am – 5 pm

Where: Sublette County Public Library in Pinedale

Who: Ranchers and Agency Professionals

Note: Individuals are welcome to join us for all or part of the day. Please RSVP, so we order a sufficient number of lunches
FREE Event

PLANT IDENTIFICATION BROWN BAG WORKSHOP

(part 3 of 3)

When: Thursday, March 20 from Noon – 1 pm

Where: Pinedale BLM Field Office

Who: Anyone interested in learning about Wyoming's plant families and plant identification

Note: Free and open to the public. No RSVP necessary. Bring your own lunch to enjoy during the hour.

ECOLOGICAL SITE DESCRIPTION WORKSHOP

When: Tuesday, May 20

9 am – 4 pm

Where: Farson, WY

Who: Agency Professionals and interested Ranchers

Note: RSVP required. Lunch will be provided

RANGELAND MANAGEMENT SCHOOL

When: Tuesday, June 24 through Friday, June 27

Where: Kemmerer, WY

Who: Ranchers and Agency Professionals

Note: Registration required.

CONTACT INFORMATION

UW Extension Rangeland and Natural Resources Educator Windy Kelley at 307.367.4380 or wkelley1@uwyo.edu

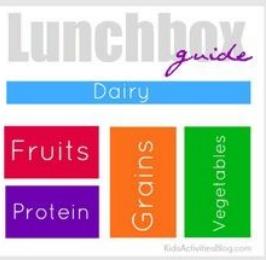
VISIT OUR WEBSITE AT

www.wyomingextension.org/sublettecounty/
for the most up to date information.

NUTRITION AND FOOD SAFETY NEWS



UNIVERSITY OF WYOMING
EXTENSION



Packing Your School Lunchbox

As parents or students packing school lunches, you might be tempted to take the easy method and grab an assortment of pre-packaged all-in-one lunches, or assemble a collection of the many other "kid-friendly" packaged foods. Many convenience lunches include sugar in breads, dressings, and drinks, as well as the dessert. Sugar is becoming an increasingly common ingredient in foods targeted at kids, and it's in places you might not suspect. Researchers at the University of Texas found that more than half of parents scored an F when packing a lunch by failing to include foods loaded with enough energy, vitamins, calcium, iron, and zinc. How do you score? First of all, it is important the child eats the lunch! Pack foods you know are liked. Parents and children should talk about what is going in the lunch and the importance of nutritious food! An important goal is to make a lunch that adds nutritional value. Use the [MyPlatenutrition](#) guide, which is a graphic that looks like a place setting with the recommended servings of different food groups to help visualize the child's meal. Half of it should be fruits and vegetables; about one-quarter should be grains and the other one-quarter a high-quality protein. Look for foods that are high on nutrients and low on sugar and ingredients that add only calories.

Fruits and vegetables: Fruits and vegetables provide antioxidants and fiber. Children need at least five servings of fruits and vegetables per day, so include one of each of them at lunchtime. Furthermore, remember that whole fruits are a better choice than juice (even 100% fruit juice) because they contain less sugar and more fiber. **Protein:** Protein is vital for proper growth and function of the human body. There are lots of ways to go beyond peanut butter and lunch meat. Check this list of protein suggestions for choices that your kids might like: lean deli meats, beef, poultry, fish, Greek yogurt, cheese, low-fat cottage cheese, hard-boiled eggs, nuts, seeds, and legumes like lentils, black beans, garbanzo beans or hummus dip.

Whole grains: Complex carbohydrates help kids feel full. For breads, wraps, pasta, and other starches, choose whole-grain varieties whenever possible. Gradually make the switch if need be. Mix brown and white rice, combine wheat and regular pasta, or make a sandwich with one slice of white bread and one slice of whole wheat. Pack an A+ school lunch by using these tips for healthier options: 1. Skip all-in-one lunch products. They are full of sugar, sodium and preservatives. 2. Include sides with substance. Only one in four children consumes the recommended five servings of fresh fruits and vegetables daily. Rethink that bag of chips. Each chip eaten is a ruined chance at a healthy option. 3. Avoid "kids" yogurt, yogurt tubes, and yogurt drinks. These may contain sugar or sweeteners but no real fruit. Purchase regular or Greek yogurt. Read the labels, and get the lowest amount of added sugar possible. 4. Pass on fruit bites/chews and fruit leather. They are more like candy than fruit so pack fresh, dried, or canned (in juice) fruit instead. 5. Check the label on the granola bars. Choose one with whole grains, fewer ingredients and less sugar, at least 5 grams of protein and 3 grams of fiber. 6. Avoid soda and fruit "drinks." Many drinks are a huge source of sugar. Many people do not realize that they are essentially buying sugar water when they think they are buying "juice boxes." Even 100 percent fruit juice contains about six teaspoons of sugar from natural sources. Choose unflavored milk or lightly sweetened non-dairy milk to add some protein power, or pack water. Don't assume products with "low-sugar" or "sugar-free" claims are a good choice because they may contain artificial sweeteners. Think about the portion size to the child's age and activity level. Don't forget to keep food safe to eat. Wash all fruits and vegetables before cutting up. Do not reuse perishable foods such as meat, poultry, or milk products that have come home uneaten from a previous lunch. Use a frozen juice box or water bottle to keep food cool, or a thermos to keep food hot. Note: some foods such as raw carrots or nuts may not be suitable for small children as they could pose a choking hazard. A balanced, nutrient-dense lunch can help students stay focused, pay attention, and provide energy throughout the day, which leads to good grades and improved performance. *Provided by Jennifer Jacobsen, Nutrition & Food Safety Educator, author Vicki Hayman via NFS Blog <http://uwyoextension.org/uwnutrition/>*



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 you 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:

- 4-H News**
- 4H Opportunities**
- 4H Leader News**



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