



# 4-H FAMILY NEWS



## UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

JANUARY-FEBRUARY

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Hello 4-H Members, families, and leaders.

I hope everyone had a wonderful holiday season and safe travels! I am very excited to join you all here in Teton County as your new 4-H Educator. I look forward to meeting you all over the next month through either our meet and greet, or at your club meetings. Until then, I would like to tell you a little about myself. I am originally from Bozeman, MT where most of my family still lives. It was in Bozeman that I participated in 4-H for 10 years primarily in the horse program. In addition to being an officer in 4-H, I also competed in High School Rodeo.

I continued on to attend Colorado State University in Fort Collins, Colorado where I continued to rodeo at the college level, and served as Vice President of the Rodeo Team. I graduated from CSU with a Bachelor of Science in Equine Science and a minor in Business Administration. After graduation I spent time interning with Adams County 4-H Extension in Colorado and it was then that I was sure the 4-H Extension is where I wanted my career to be. Which brings me here to your wonderful Teton County, and I am very excited to be involved in 4-H once more!

**Kenzie Krinkee**  
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4-H/Youth Development  
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<http://www.tetonwyo.org/ex4h>

With this new year, I encourage all the members who have been working on their projects all fall to stay motivated and have fun! Refer back to your goals in your record books so you can remember what you are working towards, and what to look forward to. For those of you whose projects are just getting started, good luck, and don't forget to create your goals. It's still not too late to try a new project or invite friends to participate and see why 4-H is so great! We are excited here at the 4-H office to get 2015 started and I hope you are too!

Best Wishes,

*Kenzie Krinkee*

STAFF

County Director—Mary Martin, [mmartin@tetonwyo.org](mailto:mmartin@tetonwyo.org)

Nutrition & Food Safety Educator—Jordan McCoy, [jmccoy@tetonwyo.org](mailto:jmccoy@tetonwyo.org)

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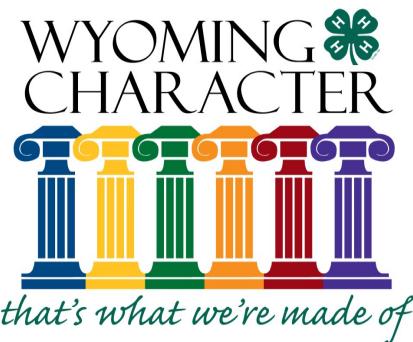
# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day	2	3
4	5 Guitar Club 6:00pm	6	7	8 Sport Fishing Club 6:00pm  Teton Livestock Club 6:30pm	9	10
11	12 Rifle Club 6:00pm  Archery Club 6:00 & 7:00pm	13 4-H Council Mtg 5:30pm  Rifle Club 6:00pm  Citizenship Club 6:45pm	14 First Clogging Club 5:15pm Exhibit Hall  First Baa Maa Lamb & Goat Club 6:00pm	15 <b>New Educators' Meet &amp; Greet 4:00-6:00pm</b>  Rifle Club 6:00pm  Snake River Cattle Kids 6:00pm  Quilting Club 4:30 & 6:30pm	16	17
18	19 <b>Martin Luther King Day Holiday <u>Office Closed</u></b>	20	21 First Wilson Hoofbeats Club 5:30pm  Fashion & Fabric Club 5:45pm	22 Quilting Club 4:30 & 6:30pm  Devine Swine Club 6:30pm	23	24 <b>Beef Weigh- In &amp; Tagging Heritage Arena 9:00am- 11:00am</b>
25	26 First Shotgun Club 5:30pm  First Teton Rangeriders Club 6:00pm	27 First Small Animal Club Mtg. 6:15pm	28	29 Quilting Club 4:30 & 6:30pm	30	31



# February

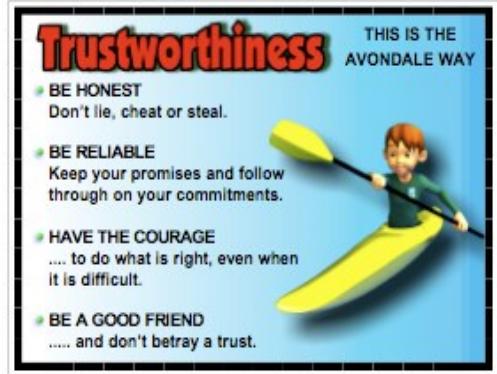
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Guitar Club 6:00pm	3 <b>Quality Assurance Level I 5:30pm</b>	4 Citizenship Club 5:30pm  Fashion & Fabric Club 5:45pm	5 Quilting Club 4:30 & 6:30pm  <b>Quality Assurance Level II 5:30pm</b>	6	7
8	9 <b>Alta Quality Assurance All levels 5:00pm</b>	10 <b>Quality Assurance Level III 5:30pm</b>	11 Baa Maa Lamb & Goat Club 6:00pm	12 Quilting Club 4:30 & 6:30pm  Teton Livestock Club 6:30pm	13 <b>Citizenship Washington Focus Applications due to the 4-H Office</b>	14
15	16 <b>President's Day Holiday Office Closed</b>  Archery Club 6:00 & 7:00pm  Guitar Club 6:00pm  Teton Rangeriders Club 6:00pm	17 First Cake Decorating Club 5:15pm  <b>Quality Assurance Level II 5:30pm</b>	18 Wilson Hoofbeats Club 5:30pm  Fashion & Fabric Club 5:45pm	19 Quilting Club 4:30 & 6:30pm  Snake River Cattle Kids 6:00pm  Devine Swine Club 6:30pm	20	21
22	23 Shotgun Club 5:30pm	24 <b>Quality Assurance Level I 5:30pm</b>	25 <b>Quality Assurance Level III 5:30pm</b>	26 Quilting Club 4:30 & 6:30pm	27	28



# Character Counts

## Trustworthiness

Being trusted is among the highest achievements of individuals and corporations.



### What does it mean to be Trustworthy?

People will trust a person who has a reputation of being honest, reliable and responsible.

Dishonesty can easily tarnish that reputation, such that others consider you untrustworthy. Being considered trustworthy provides benefits from the way people deal with you, as well as your own self-esteem.

Trust in another people has several meanings:

1. Trust means that you feel that the person is honest and will not lie, cheat or steal from you.
2. It also means that you can count on the person to do as he or she promised and that the person is reliable.

Finally, trust in a person means that you feel he or she can be counted on to do something important, will not shirk from duties, and will take personal

**You're trustworthy when:**

- ◆ You tell the truth
- ◆ You are sincere. Say what you mean and mean what you say
- ◆ You keep your word
- ◆ You are reliable
- ◆ You return things you borrow
- ◆ You don't gossip

*"It's better to be hated for what you are than to be loved for something you are not"*  
~ Andrew Gide ~

### Trustworthiness in 4-H

#### 4-H Club Activity

##### The "Gossip" Game

Have the group sit in a circle. Whisper a statement in one person's ear. You cannot repeat it even if they didn't understand it the first time. That person repeats the statement in the next person's ear, and so forth around the room. The last person tells what they heard out loud.



Discuss what happened. Did the statement end up the same as it began? Was it close? Why or why not? How does this relate to "real life"? Why

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office

### Trustworthiness:

involves four major qualities:

1. Integrity: the idea of a moral wholeness, or oneness, demonstrated by a consistency of thoughts, words, deeds, and duties.
2. Honesty: means that a person doesn't do things that are morally wrong. If something you do is breaking the law or you have to hide it because you'll get in trouble, you are probably not being honest.
3. Promise-keeping: A man is only as good as his word
4. Loyalty: standing with and behind someone in need. Loyal friends share both triumphs and trauma, and offer honest, constructive feedback delivered in a kind and tactful manner.



"Your handshake is as good



Gavriel Bar-or	Kade Hatten	Cora Schwabacher
Monte Beard	Devan LaMere	Alexander Shedd
Amber Budge	Lillian Lonneker	J.T. Statter
Heather Budge	A.J. McCool	Jenny Stearns
Lilly Eggett	Camille Nielsen	Trey Wagner
Ansel Givens	Ryan Nowlin	Amelia Wilson
Nevin Gribier	Eddie Owens	Tipton Wilson
Josephine Gwilliam	Tilli Rossetti	
Hailey Hardeman	Trace Schroeder	

Hope you have wonderful  
birthday filled with fun and joy.

Happy Birthday!

Bekah Bednar	Lilly Duquette	Matt McGrath
Hailee Brinton	Ryley Hasenack	Gabe Robertson
William Carlson	Emily Jennings	Trenton Ross
Brayden	Katie Kuhns	Kalel Schlagel
Castagno	Sofia Madera	Lita Schultz
Mitchell Dalton	Riley	Kyra Waldron
Jax Dayton	McFarland	Isabella Wilson



# ACHIEVEMENT NIGHT



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





## MEMBERS:

# 4-H SCHOLARSHIPS



ATTENTION HIGH SCHOOL SENIORS! DON'T MISS YOUR OPPORTUNITY TO APPLY FOR THESE SCHOLARSHIPS AVAILABLE TO YOU!

### 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 or go online to apply at

<http://www.tetonwyo.org/ex4h/topics/cc-moseley-scholarship-/251956/>

**Due Friday, March 13, 2015  
by 5 p.m.**

**Late applications will not be accepted.**

### 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 2, 2015**.

Applications can be found at the 4-H office or at the Fair office or online at:

<http://www.tetonwyo.org/fair>

### 2015 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 Application is due February 15, 2015.**

It is your responsibility to adhere to them for consideration.

More information online at:

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



## MEMBERS:



## COUNTY EVENTS:



### QUALITY ASSURANCE

Every member involved in a livestock project must attend a quality assurance class every year! Below are dates that this class is available, please call the office to register for a class and mark one down on your calendar. **You cannot sell your market animal in the livestock auction at fair if you do not attend!** If you are 12 years old or over and have attended the class for three years, you may attempt to "test out" of attending future classes. Call Kenzie to find out how.

**Alta—Level I, II, III: Monday, February 9th OR Monday, February 23rd**

**Jackson—Level I: Tuesday, February 3rd OR Tuesday, February 24th**

**Jackson—Level II: Thursday, February 5th OR Tuesday, February 17th**

**Jackson—Level III: Tuesday, February 10th OR Wednesday, February 25th**

**Alta Classes begin at 5pm(Level I), 6pm(Level II), 7pm(Level III)**

**All Jackson Classes begin at 5:30pm**

### NEW MEMBER DINNER

**Are you a new member family needing some clarification and guidance in 4-H, or a current member who still has a few questions?**

Then please join us for our new member dinner at the 4-H office! We will be covering the basics of the 4-H program, why the program is beneficial, and why we do things the way we do. This is a great time to come and get more information and get to meet our office staff and many of the club leaders.

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

**What: Informative Presentation and Dinner**

**Monday, March 9th, 6:00pm to 8:00pm**

**Where: 4-H Building, 255 West Deloney Ave**



# MEMBERS: STATE 4-H

## Important Enrollment Changes!!

The state has implemented new, online 4-H enrollment called 4-HOnline! This program will help members, leaders, and county agents better manage their records, and clubs. It will greatly improve communication throughout the county.

**While most members have already enrolled through the office for the 2014-2015 year, ALL members and leaders need to now register with 4-H online. Enrolling (again) will ensure that you continue to receive all notifications and emails as well as allow you to compete/exhibit in fair.**

To enroll, please visit <http://wy.4honline.com>. Computers will be set up in the conference room during club meetings for enrollment. Instructions to enroll will be sent out in an email and will be posted on the Teton County 4-H website. If you would like further assistance enrolling, please stop by the office during our business hours and we will be more than happy to help!



## Citizenship Washington Focus

Teton County 4-H Council awards a trip to Citizenship Washington Focus Trip to members that qualify. The council is not responsible for meals during travel or souvenirs. Applications will

be available on the Teton County 4-H website or at the 4-H Office. Applicants will also be interviewed by the 4-H Council.

**The application is due by February 13th.** No late applications will be accepted. Youth must be at least 15 years old. Check out the website for CWF <http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/about/>

If you have any questions or concerns please contact Kenzie Krinkee at [kkrinkee@tetonwyo.org](mailto:kkrinkee@tetonwyo.org) or at 733-3087.



# START PLANNING FOR THESE 4-H EVENTS!

## 2015 Wyoming State 4-H Calendar of Events/Activities

More information online at [www.Wyoming4H.org](http://www.Wyoming4H.org)

Event	Date	Location
State 4-H Leaders' Conference <i>Registration closes: February 7, 2015</i>	February 13-15	Torrington, WY
National 4-H Conference <i>Applications due November 1, 2014 Interviews: November/December 2014</i>	April 11-16	Washington, D.C.
Wool Judging/Meat Judging	Late April	Laramie, WY
Citizenship Washington Focus (15-18 years old) <i>Applications due February 13, 2015 Registration closes March 1, 2015</i>	June 13-20	Washington, D.C.
Horse Camp <i>Registration deadline: TBD</i>	June 18-21	Douglas, WY
Showcase Showdown <i>Registration deadline: TBD ALL information is due on this date.</i>	TBD	TBD
State Shooting Sports Match <i>Registration deadline: June 25, 2015</i>	July 9-12	Douglas, WY
Leadership Washington Focus <i>(7<sup>th</sup>-9<sup>th</sup> grades) Registration closes March 1, 2015</i>	July 6-10	Washington, D.C.
Wyoming State Fair <i>Fashion Revue &amp; Livestock Judging entries due: Aug. 6</i>	August 9-15	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: TBD Interviews held during Showcase Showdown</i>	November ~ TBD (typically Fri-Tues after Thanksgiving)	Atlanta, Georgia

### Other opportunities:

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

National Shooting Sports Invitational ~ Applications due April 30

4-H Leaders  
Council  
Meeting  
Jan. 13,  
5: 30 p.m.  
4-H Office



## 4-H LEADERS: EVENTS:



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:

<http://www.tetonwyo.org/ex4h>



## SEARCHING FOR LEADERS



WE ARE SEEKING LEADERS FOR BOTH THE DOG AND GARDEN PROJECT CLUBS!

If you or anyone you know is interested in becoming a leader of one of these clubs please contact Kenzie at the 4-H office.

Help these kids continue the projects they have worked so hard on!



## NEW EDUCATOR MEET AND GREET

UNIVERSITY OF WYOMING EXTENSION

You are invited to an **OPEN HOUSE** to welcome our new educators. Please join us!

### Kenzie Krinkee, 4-H Youth Educator

Kenzie received a B.S. in Equine Science with a minor in Business Administration from Colorado State University May 2014. She recently completed a 4-H internship during the summer of 2014 with the Adams County Colorado Extension Service. A 10 year 4-H alumni, Kenzie first became involved with 4-H in Bozeman, Montana when she was eight years old taking Western Horse and Family and Consumer Science projects. She was active in the CSU Rodeo team, and managed volunteers to run the CSU Skyline Stampede Rodeo.



### Jordan McCoy, Nutrition & Food Safety Educator

Jordan grew up in northern Wyoming and received a BS degree in Exercise and Sports Science from University of Wyoming in 2002. She received a M.S. degree in Kinesiology with emphasis in Coaching in 2004 from Georgia Southern University in Statesboro Georgia. She graduated with a second B.S. degree in Dietetics from Kansas State University in 2010. Jordan completed a Dietetic Internship at Idaho State University in 2012. She is a registered and licensed dietitian. She has been working as a Pediatric Dietitian at the Cystic Fibrosis Center in Albuquerque, New Mexico and also serves as an Adjunct Professor in Nutrition for the University of New Mexico.



Thursday,  
January 15th,  
4:00-6:00pm  
at the  
4-H Building  
255 W.  
Deloney



# 4-H LEADERS: EVENTS:



## WYOMING STATE LEADERS CONFERENCE



### STATE LEADERS' CONFERENCE

FEBRUARY 13-15, 2015

EASTERN WYOMING COLLEGE  
TORRINGTON, WY

LEADERS: THE HEART OF 4-H

#### YOU'RE INVITED TO THE 2015 STATE LEADERS' CONFERENCE!

##### Registration Fees

PLEASE REGISTER BY JANUARY 10, 2015!

<http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/index.html>

Early Bird Registration - \$65 (ends January 10, 2015)

Regular Registration - \$75 (January 11-14, 2015)

Late Registration - \$85 (January 25-30, 2015)

Saturday Only with Banquet - \$45

Saturday Only without Banquet - \$25

Banquet Only - \$20

Full-Time Day Camp for Youth - \$30

Saturday Only Day Camp for Youth - \$15

##### Lodging:

America's Best Value Inn

\$77.68 per night plus tax (continental breakfast included)

Reservations must be made by January 10th to guarantee this rate. Group name: Goshen County 4-H

##### Conference Events:

- ♥ Various Workshops
- ♥ Vendors
- ♥ Keynote Speaker—Tara Kuipers  
The Heart of Leadership:  
Credibility, Communication, & Climate
- ♥ Networking
- ♥ Master 4-H Volunteer Training will be offered
- ♥ Judges Certification Training will be offered
- ♥ Youth Track and Teen Track will be offered



##### What Will You Learn – Workshops

Two types of workshops will be offered this year. Participants will be able to select from 18 one hour workshops OR participate in a 4 hour Super Tracks focusing on one topic. The Super Tracks include: Horse Safety Certification, County Fair Judge's Certification, Sportfishing, and a Dog Project Smorgasbord. Two educational tours will also be offered.

Stay Updated:  
Follow us on Facebook at  
2015 Leader's Conference  
<https://www.facebook.com/wyosl2015>



#### SEE YOU THERE!

Go to the following  
links:

##### For Registration and More Information

<http://www.uwyo.edu/4-h/volunteers/state-leaders-conference/index.html>

##### For Lodging Accommodations

<http://www.americasbestvalueinn.com/bestv.cfm?idp=746>

##### Entertainment:

Friday Night - Feb. 13th 7pm

Greg Peterson of the Peterson Farm Brothers

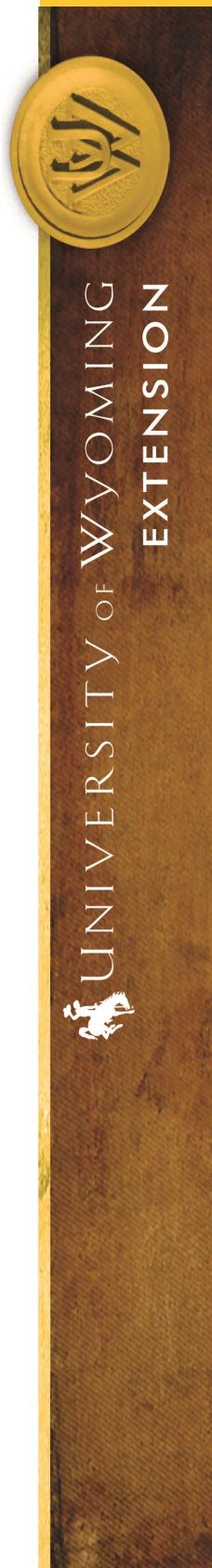
Saturday Night - Feb. 14th 7pm  
Barbershop Quartet

Registered SLC  
attendees are  
FREE!



**Registration Closes: January 30, 2015 - Sign up TODAY!**

# COMMUNITY DEVELOPMENT NEWS



## Towards a Healthier and Wealthier New Year

By Mary M. Martin, Community Development Educator

There are no "magic bullets" that guarantee health and wealth. But daily progress will build upon itself, just like compound interest. If you do something consistently, at least 5 times a week, you will make steady progress. Each little step adds to the ones before it and, what you think about, you bring about! Happy New Year!!

### Daily Health Behaviors:

- Avoid drinking sugar-sweetened beverages (e.g., regular soda and sweetened waters and iced teas) Water is what our body needs to quench thirst.
- Eat 7 to 9 servings of fruits and vegetables daily
- Get at least 7 hours of sleep per night
- Eat an adequate amount of fiber
- Consume less than 1,500 mg of sodium per day
- Eat foods low in fat, saturated fat, and cholesterol
- Get at least 30 minutes of physical activity at least 5 days per week.

### Daily Financial Behaviors:

- Follow a written spending plan (budget) for spending and saving money
- Save at least \$1 per day and/or loose change in a savings account and/or a can or jar
- Avoid using payday loans, car title loans, pawn shop loans, cash advances, and other high-cost debt
- Eat at least two meals a day prepared at home instead of at a deli or restaurant
- Use advertisements, apps, coupons, promo codes, sales, and/or discounts to save money on purchases
- Do something proactive every day to save money or reduce expense

### Financial Literacy... Monthly Action steps

Many dates are predictable in the world of personal finance. For example "tax season" always occurs during the first quarter of each year and December 31 is the last day of each calendar year to make charitable donations for itemized deductions. Sometimes we are so busy that it is easy to forget financial milestone dates or the best times to take certain actions. Below is a list of recommended action steps for each month of the year:

**January:** Start the year off right by reviewing your financial situation with an updated net worth statement. Determine the value of what you own (assets) and what do you owe (debts) as well as how much income you earn and where it goes. Also pay the IRS your final estimated tax payment for the previous year, if applicable.

**February:** Organize tax documents to prepare your federal and state income tax returns. Make an appointment with a tax preparer or buy tax preparation software, if needed. If you haven't already done so, fund your last year's IRA this month or next so you're not rushing to do this right before the April tax filing deadline.

**March:**.....coming next time



## Teton County Office

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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/>



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- **4H Leader News**



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