

# Northeast Extension Connection

## FAMILY COUNCILS

By Bill Taylor, Northeast Area Community Development Educator

Like it or not, in a family business you may find yourself making powerful decisions right next to your brother, sister, cousin or in-law. Family enterprises are vulnerable to many complex issues and internal, psychologically complex, mixtures of money, love, power and envy can spin a lethal web if uncontrolled.

One valuable tool to maintain communication, foster vision, and plan strategically is the creation of a family council – essentially a forum that allows all family members, in-laws included, a chance to express views and voice concerns. Family councils are an effective technique to give members a greater understanding of the owner's perspective and passion. It also helps teach that the business birthright is not merely an entitlement providing "silver spoon" rewards, it demands responsibility. By allowing each family business member a voice in decision-making, communication is enhanced and, in many cases, improved as family members slice through years of ancient battles.

A family council does not mean a shift in power. Family councils open communication, encourage creative thinking, enhance the family's chances of preserving harmony and set the stage for a strategic family vision. Often the CEO attends, but as a participant, not a captain. Sometimes communication that yields first-hand information to all family members can put an end to future gossip and speculation that in the past may have been an ignition switch for trouble.

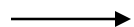
Family council meetings should begin as soon as the children are old enough to enter the family business

with a real job. Though the family members make decisions, a facilitator is often the key to a successful family council meeting. He or she provides guidance and structure and ensures that future council meetings follow an organized format.

The goal of the family council meeting is to open communication by asking questions and discussing ownership issues in a non-threatening and comfortable manner. This freedom of expression can and should lead to policy and decision making that will benefit both family and business.

The facilitator will make sure that the family CEO attends the meeting as a participant, not a boss. This frees family members to "put their cards on the table" and begin addressing underlying problems that have contributed to seething and pent-up resentments. The longer the family keeps at this process of open communication the more comfortable and productive it will become.

In a first generation family business, the council is usually comprised of the founder, his or her spouse and the adult children. The family council should also include spouses of the children. In a second generation business (sibling partnership), the council is usually composed of the sibling partners and their spouses.



The family helps define and decide what they want to do with the family business. Keep it in the family? Sell it outright? Be acquired? Go public in how many years? What would happen if the CEO and majority owner died tomorrow? This is where long discussions can decide such issues as should children not involved in the business still have a say in operations? What are the management standards for the business? How involved shall family members and particularly in-laws be in the business? How compensated? What about ownership of company stock? Management succession? Relationships with each other and how can the family agree about resolving family differences?

The family creed should be written at the family council meeting. It is designed to spell out the family's basic values and policies in relation to the business. In effect, it becomes the family's strategic plan. A family creed should be reviewed annually and revised as needed.

Siblings can prevent rivalry and jealousies from becoming a destructive force by recognizing its destructive capacities and agreeing on a behavior code with help from an independent board of directors or a facilitator. Conflict is inherent in family business. The question is, will the family choose to manage the conflict or will they, by not addressing the hard issues, allow the conflict to tear the family apart?

The owner of one family business put it to his heirs this way: "We have a fine family business that your mother and I have spent years creating. If you take care of it, it will provide you, your children and grandchildren with many of the good things in life. If you spend your time watching and bickering with each other instead of tending to business, you'll destroy the company and in the process, you'll destroy yourselves."

The family council can help establish a spirit of openness, respect and cooperation that can minimize conflict or, if differences are truly major, provide adjudication to help control the conflict. Fairness is in the eye of the beholder. With planning, preparation and counsel, siblings can develop a regenerating system to cover the inevitable bumps and provide for a lifetime of healthy and productive communication. For more information on these issues, log on to eRuralFamilies.org.



Rachel Chadderdon, executive director of ServeWyoming, leads a workshop on "Understanding Change in Your Organization" during the [2009 Snowy Range Nonprofit Institute](#) (SRNI), scheduled for Sunday, **Aug. 2-Tuesday, Aug. 4 at the Hilton Garden Inn in Laramie.**

**Who should attend this institute?** All nonprofit professionals, including staff, board members, and volunteers; consultants and other professionals serving nonprofit organizations and anyone interested in the nonprofit sector in the Rocky Mountain region. For faster service, register online at <http://www/srni.org>. For further information or to register by phone call 1-877-733-3618, extension 2.

The mission of the Snowy Range Nonprofit Institute is to provide an educational training partnership with nonprofit organizations and their supporters throughout the state of Wyoming and the Rocky Mountain region. A group of University of Wyoming volunteers who shared an interest in the state's nonprofit sector established SRNI and will be *providing "Creative Approaches to Changing Lives and Transforming Communities,"* during this conference.

Due to the generosity of the Parkman Family Foundation, there is a limited number of sponsorships to support your participation. The \$175 registration fee for the first 20 first-time attendees to sign up will be waived.

# *A Spoonful of Legumes Help The Alkaloids Go Down*

By Gene Gade University Extension Educator — Northeast Area

It's not just the type, quantity and protein/energy quality of forage consumed by animals that matter in animal performance. The order in which different feeds are consumed is also significant. Eating plants in a certain order (forage sequence) seems to enable animals to eat more plants that are high in toxins without suffering ill effects.

## **Mutual Benefits for Grass & Fungus**

Some grass species have a mutually beneficial relationship with a toxic fungus called an "endophyte." The endophyte fungus grows inside the host grass plant's tissues without harming it. In fact, the grass provides the fungus with a place to live and a bunch of nutrients, while the fungus produces toxic substances called alkaloids that provide the grass some protection against insects, nematodes and even large grazing animals. The endophyte-produced alkaloids apparently reduce cattle intake of the grass and adversely affect the animal's temperature regulation, causing heat stress. Horse mares can suffer reduced milk production or even abort their foals if they consume too much of the alkaloid. The fungus-produced alkaloids even seem to help the grass tolerate marginal soil conditions and harsh grazing management.

## **Grass-Animal Chemical Warfare**

A recent study examined how consumption of legumes, either before or after grazing, affected the intake of grass infected with the endophyte fungus. The legumes also contained toxins, but with different chemical properties. The grass was high in nutrients (protein, energy, minerals, etc.), but also contained the alkaloid toxins produced by the fungus.

## **The Importance of Sequence**

In the first study, the legume forage was Birdsfoot Trefoil (BFT), which contains tannins. One group of cattle grazed on the endophyte-infected grass and were fed the BFT afterward while another group ate the forages in reverse order.

The group that ate the infected grass first was erratic. Intake was up one day and down the next. That's typical of animals that are eating nutritious food that also contains significant levels of toxins. The animals that ate the Trefoil first spent more time grazing and did not exhibit the wild swings in consumption.

In a second study, the legume was alfalfa known to contain high levels of saponins, another type of toxin. Cattle grazing the endophyte-infested grass first spent only 28% of their time grazing. Some of these cattle even laid down, refusing to graze until alfalfa was made available.

The animals that were fed alfalfa first spent almost twice as much time grazing (58%). Alfalfa consumption, either before or after, increased the amount of grass ingested by the cattle, compared to animals not receiving alfalfa.

## **So What?**

Apparently the legume moderated the intake-reducing effect of the endophyte alkaloids in the grass, especially if the legume was consumed first. This is consistent with a number of other studies indicating that, while all plants contain toxins, these chemicals can sometimes be diluted or counteracted by nutrients from other species. The order of consumption matters and animals often learn to manage toxins by modifying their grazing behavior.

# LOCOWEEDS, THEIR RELATIVES AND LIVESTOCK POISONING

By Gene Gade University Extension Educator — Northeast Area

“Loco,” as many folks know, is the Spanish word for “crazy” or “insane.” The term “locoweed” is fairly accurately applied to a group of legume plants that cause neurological symptoms in animals that eat them. Among many symptoms, the animals exhibit a slow staggering gait, staring gaze, general lack of muscular coordination and extreme nervousness. In other words, they appear to be intoxicated or...well...crazy! The toxin also results in major reproductive and cardiovascular problems, dull coat, water belly and skeletal deformities. Affected animals gain weight very slowly and may abort fetuses. The damage is progressive. Some of the organ and cellular problems are reversible, but the neurological damage is permanent.

Nearly all animals can be poisoned by locoweeds but species differ in their sensitivity. Horses are the most sensitive to locoweed poisoning, followed by sheep, cattle, deer and rodents.

## Wyoming’s Local Locoweed

Locoweeds belong to one of two genera, *Astragalus* or *Oxytropis*, in the legume or pea family. These genera occur throughout western North America and there are nearly 300 species. Only a few of these species produce the toxin swainsonine which causes the locoweed symptoms, but many of the others contain either nitrogen or selenium based toxins resulting in other kinds of symptoms in animals.

The locoweed that is most important in Wyoming produces whitish or cream-colored flowers and is sometimes known as “Silky Crazyweed,” (*Oxytropis sericea*). The leaves, stems and pods are all covered with tiny “hairs” giving the foot-tall plant a grayish-white appearance.

One of the legends about locoweeds is that they are addictive...that animals develop a



**Silky Crazyweed**  
***Oxytropis sericea***

craving for more of them once they begin eating them. That does not appear to be literally true, but they may be the most palatable plant available in certain seasons, making it likely that animals will graze them. Some locoweeds green up before grasses in the spring and others grow in late fall after grasses go dormant.

## Management Recommendations

- 1) **Restrict Access** — Simply denying livestock access to locoweeds when they are most palatable is the most effective strategy.
- 2) **Don’t overstock locoweed-infested areas** Ensuring that livestock have adequate other forage available is essential. Grazing pressure can force livestock to eat locoweed.
- 3) **Sort Animals That Graze Locoweed** — Locoweed is not be classically addictive, but some animals seem to acquire a preference for it and can influence others to each locoweed. Some ranchers cull “locoeaters” to reduce this “peer pressure.”
- 4) **Herbicide Control** — Tordon, Grazon PC, Stinger, Curtail and Escort can greatly reduce locoweed abundance.

## Signs of Dehydration

By Vicky Hayman  
UW Extension Educator - Northeast Area - Nutrition and Food Safety



July through September are three of the more dangerous months for people to suffer dehydration due to the heat and dry atmosphere. It is important to know the signs and symptoms of dehydration. Dehydration is serious, and even mild cases should be immediately addressed. Low fluid levels can affect your mind's ability to concentrate, reduces energy levels, and may prevent organs from functioning efficiently. In a dehydrated state, the body is unable to cool itself; this can lead to heat exhaustion and possibly heat stroke. Dehydration also leads to muscle fatigue and a loss of coordination. Therefore, even small amounts of dehydration can hinder your performance, signs are:

- Dry mouth, flushed skin, fatigue and headache.
- Increased body temperature, breathing and pulse rate.
- Dizziness, weakness and impaired breathing with activity.
- Dark colored urine (the color of apple juice).
- Skin that stays in a pinched position.

## Tips for Adding Water to Your Daily routine

- Have a glass of water, tea, milk, or juice with your meals.
- Drink a glass of water at regular times during the day, such as when you take medicine.
- Place a glass of water beside your favorite chair for a "water break," or beside the bed if you wake up thirsty.
- Take a sip of water as you pass a water fountain!
- Choose a cup of yogurt or a piece of fruit for an afternoon snack.
- Drink water before and after being outside on a hot or cold day.
- Add a lime or lemon to a tall glass of ice water for a flavor twist and refreshing flavor!
- Take time out with a friend to share a beverage.

In 2004, the Institute of Medicine (IOM) of the National Academies of Sciences established new water intake recommendations after two years of examining hundreds of scientific studies. They concluded that 81 percent of your hydration should come from drinking water and other beverages (including coffee and tea); this equals approximately nine 8-ounce glasses per day. The remaining 19 percent should come from foods – especially fruits and vegetables. Fruits and vegetables are 80-99 percent water. Diets rich in produce also help maintain a healthy electrolyte balance. However even bread and cheese are more than 20 percent water each.

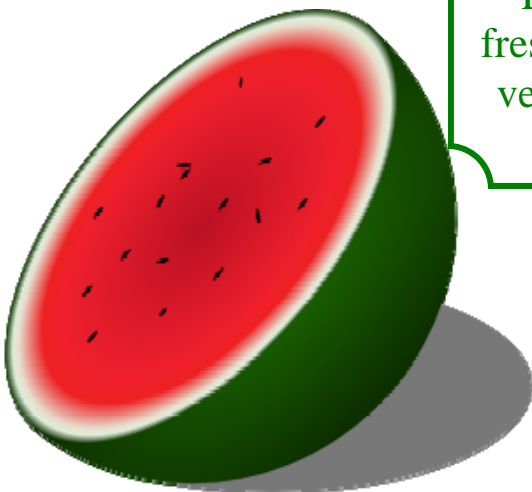
Water helps transport nutrients, oxygen, and wastes throughout your body. It helps medication to work properly and keeps skin, eyes, and mouth moist. Most importantly, it helps prevent constipation and aids in regulating body temperature. Healthy adults of all ages need at least eight 8 ounce glasses of water each day.



## Water in Common Foods and Drinks

Food Item	Estimated Water Content
• Decaffeinated tea or coffee.....	99%
• Cucumber.....	97%
• Tomato.....	95%
• Milk.....	90%
• Soup (broth based).....	90%
• Cantaloupe.....	90%
• Juice (orange).....	88%
• Yogurt.....	87%
• Apple.....	86%

Source: USDA National Nutrient Database for Standard Reference, Release 19



Eat cut-up fresh fruits and vegetables as snacks!



Use fresh fruits and vegetables in salads more often!

## ENJOYING THE FAMILY MEAL

Trish Peña, UW Cent\$ible Nutrition Educator, Weston and Crook Counties

Since eating habits begin at birth and become well established by the time children reach school age, family mealtime is one of the greatest influences in a child's nutritional health. Communicating to children the right messages about nutrition and mealtime is the responsibility of the parents/caregivers. They are responsible for the what, when, and where of feedings. Children are responsible for how much and whether to eat.

Family meals are a perfect time for teaching children the importance of proper nutrition and a time for family bonding. Mealtime is a means of communication for families and should be enjoyable. Family mealtime impacts children in many aspects of their lives.

Here are some basic points to remember for family mealtime:

- Plan and sit down together for regular meals and snacks.
- Allow children to help with preparation.
- Use fresh ingredients as much as possible.
- Offer balance and variety with meals and snacks.
- Offer foods with a variety of colors and textures.
- Offer the same meal to everyone. (Avoid special meals unless a dietary necessity).
- Model appropriate behavior, portion control, and make mealtime pleasant.
- Discuss the menu and allow for input from family members.
- Remember that children should try new foods 10-20 times.
- Expect young children to sit for at least 15-20 minutes at meals.



Family mealtime can also be used to teach children how proper nutrition fuels the body and prevents disease. Children love to learn and will model parents/caregivers, so drink milk with them (about 4 ounces) at meals, and offer juice, milk or water at snacks. The American Academy of Pediatrics recommends juice intake for children ages 1-6 to be no more than 4-6 ounces per day and no more than 12 ounces for children ages 7-18.

In between meals, "grazing" should not be allowed and activity/exercise should be modeled and encouraged instead. Parents/caregivers should also encourage more fruits and vegetables to help reduce large amounts of sugar intake.

As parents/caregivers, we are responsible to teach discipline and balance in life, and nutrition plays a major role in a child's life. Family mealtime helps us develop physically, socially, and emotionally, which are all components of a healthy lifestyle. I also think that eating together as a family is important for single parents as well as everyone else, as in grandparents and other family members.

### *Cent\$ible Nutrition Classes*

Weston County, Newcastle: USDA Service Center Conference Room - **September 15, 22, 29** 11:00 am - 12 Noon

Crook County, Sundance: Public Health - **September 16, 23, 30** 12 Noon-1:00 pm

Crook County, Moorcroft: Library - **September 17, 24** 11:00 am - 12 Noon

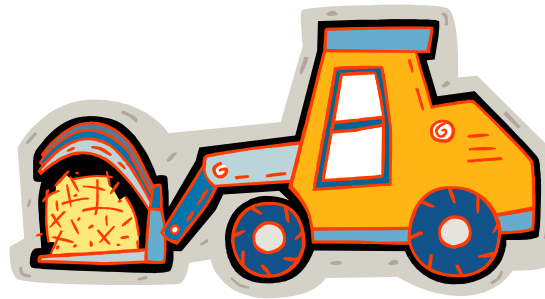
**Other classes may be scheduled individually, or for groups, at your convenience, please call**

**Trish Peña at 746-3531 or 283-1192.**

## Hay it, Graze it, Buy it, Sell it, Store it, Feed it...

*Lindsay Taylor, UW Extension Educator, Livestock Systems*

Thousands of acres of hay are put up in North-eastern Wyoming every year. Many of you are probably in the midst of haying or just wrapping up right now. Putting up hay for storage is usually a great way to supplement your winter feed needs or to insure against long winters or loss of grass to insects such as grasshoppers. But how much does it truly cost to put up a ton of hay? There are many things that will affect the cost of hay. For many people there is a chance it could be just as cost effective to graze those hay meadows and buy supplemental hay, or develop a schedule of haying vs. grazing to maximize your production and minimize your costs.



payment costs and possibly fuel costs as it may be higher in horse power than an older or less efficient machine. Replacing filters, greasing tractors often, and providing appropriate maintenance can make machinery last longer and help avoid costly repairs, but it can carry a hefty price tag itself as well as being time intensive. Re-establishing hay meadows can drastically increase productivity for a few years, but is very costly. All of these are trade-offs that should be examined when estimating the cost of putting up hay.

### Costs of Hay Production –

Diesel, machinery, labor, establishing hay meadows, twine/net wrap, and lube/oil are all costs associated with putting up hay. Many of these factors will vary depending on the age and size of equipment. Better equipment will decrease the need for labor and maintenance, but will increase your depreciation/annual

Table one is an estimate of the cost of hay production at 1.00 tons/acre. This is not including the cost of establishing the hay ground.

Table One

<b>Days in field</b>	45	<b>Acres</b>	1000	<b>bales</b>	1500	
<b>tons</b>	1000.00	<b>tons/ac</b>	1.00	<b>bales/ton</b>	1.5	
	<b>Amount</b>	<b>unit</b>	<b>Price</b>	<b>per</b>	<b>Total</b>	<b>Per ton</b>
<b>*forage value* **</b>	1890	<b>AUMS</b>	\$ 18.00	<b>AUM</b>	\$ 34,020.00	\$ 34.02
<b>Diesel **</b>	150	<b>gal/day</b>	\$ 2.50	<b>gal</b>	\$ 16,875.00	\$ 16.88
<b>Twine/Wrap **</b>			\$ 1.50	<b>bale</b>	\$ 2,250.00	\$ 2.25
<b>Grease/Oil **</b>			\$ 10.00	<b>day</b>	\$ 450.00	\$ 0.45
<b>Labor **</b>	500	<b>hrs</b>	\$ 12.00	<b>hr</b>	\$ 6,000.00	\$ 6.00
<b>Depreciation **</b>	All old equipment		\$ -	<b>yr</b>		\$ -
<b>Maintenance **</b>			\$ 8,000.00	<b>yr</b>		\$ 8.00
<b>TOTAL</b>						<b>\$ 67.60 ton</b>

**\*This amount is devalued by 30%. This number is not based on any quantitative figures and is only an estimate. It is designed to represent decreased forage value since cows have a decreased harvest efficiency and quality will decrease in standing forage. Also, some forage will be lost to other grazing animals and pests if not harvested in a timely manner.**



Table 2

<b>Days in field</b>	45	<b>Acres</b>	1000		<b>bales</b>	700
<b>tons</b>	466.67	<b>tons/ac</b>	0.47		<b>bales/ton</b>	1.5
	<b>Amount</b>	<b>unit</b>	<b>Price</b>	<b>per</b>	<b>Total</b>	<b>Per ton</b>
<b>*forage value* ~</b>	882	<b>AUMS</b>	\$ 18.00	<b>AUM</b>	\$ 15,876.00	\$ 34.02
<b>Diesel ~</b>	150	<b>gal/day</b>	\$ 2.50	<b>gal</b>	\$ 16,875.00	\$ 36.16
<b>Twines/Wrap ~</b>			\$ 1.50	<b>bale</b>	\$ 1,050.00	\$ 2.25
<b>Grease/Oil ~</b>			\$ 10.00	<b>day</b>	\$ 450.00	\$ 0.96
<b>Labor ~</b>	500	<b>hrs</b>	\$ 12.00	<b>hr</b>	\$ 6,000.00	\$ 12.86
<b>Depreciation ~</b>	All old equipment		\$ -	<b>yr</b>		\$ -
<b>Maintenance ~</b>			\$ 8,000.00	<b>yr</b>		\$ 17.14
<b>TOTAL</b>						<b>\$ 103.40 ton</b>
<p><b>*This amount is devalued by 30%. This number is not based on any quantitative figures and is only an estimate. It is designed to represent decreased forage value since cows have a decreased harvest it efficiency and quality will decrease in standing forage. Also, some forage will be lost to other grazing animals and pests if not harvested in a timely manner.</b></p>						

Table two shows this cost goes up considerably just by decreasing the production level to 0.5 tons/acre, not an unreasonable estimate in many years.

The main cost reflected in this table is the forage value if you were to graze it, rather than use it as hay. This cost should be considered because you have that much less hay to feed then you would if you were to graze it off with cattle. They can harvest it much more cheaply, but often less efficiently then it can be done with machinery.

#### Other Options for Hay Ground –

The downside to allowing cattle to harvest the forage where it grows is clear. The quality of the feed is decreased if it is not harvested at certain times in the growing season and other forage animals and insect pests are able to get their share of the crop as well. The worst downside to grazing hay ground is that you have no stored feed.

One possibility is to consider haying ground only in the years it will yield enough to make the costs reasonable and store extra hay for the years there is a hard winter, severe drought or grasshoppers eat as much as your cows get. While not all people will be able to store enough hay in good years to get through all of the bad ones the long term economics may still make it a reasonable option. Another consideration in this scenario is to buy additional hay in good years to increase your stockpile. This also opens up the options to cattlemen facing a tough year financially or environmentally.

For a hard copy or electronic version of this or other hay cost spreadsheets please contact Lindsay Taylor at (307) 682-7281 or by email at [LRT10@ccgov.net](mailto:LRT10@ccgov.net).



# Wyoming 4-H: Character – That’s What We’re Made Of

By Janet Lake, 4-H/Youth Educator, Crook County

Good character is not hereditary or automatic. It’s developed by example and practice. One way or another, young people pick up the values that form their character – it might be through watching T.V., it might be through examples they see at home, it might be a result of watching YOU! Everyone who interacts with youth plays an important role in how youth grow into individuals with good character. Being a role model is not a volunteer position. If you work with young people, you are a role model and only you can decide what kind of role model you will be.



CHARACTER COUNTS! Is a framework built around 6 pillars of character that teaches young people to make sound moral judgments. The 6 pillars are: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. CHARACTER COUNTS! also encourages all adults to become more involved in helping youth develop positive character traits. Use the TEAM (Teach, Enforce, Advocate and Model) approach to guide the young people in your life to become a person of good character. Here are some examples of what YOU can do:

- **Teach** children that character counts – that their success and happiness will depend on who they are inside, and not what they have or how they look. Tell them that people of character know the difference between right and wrong because they guide their thoughts and actions by some basic rules of living.
- **Enforce** the importance of rules and policies - Praise good behavior and discourage bad behavior by imposing fair, consistent consequences that prove you are serious about character. Show courage and firmness by enforcing the core values when it is difficult or costly to do so.
- **Advocate** for character - Don’t be neutral about the importance of character or casual about improper conduct.
- **Model** good character - Hold yourself to the highest standards but recognize everyone makes mistakes. The important part is how you behave when you slip – be accountable, apologize sincerely and resolve to do better.

The 4-H program has a wonderful history of helping youth develop characteristics that are described in the 6 pillars of CHARACTER COUNTS! We hope that this intentional focus on developing character will enhance the experience youth and adults have in our 4-H program. Using the 4-H Pledge\*, keep the following points in mind:

## ***I pledge my head to clearer thinking***

- √ Be open minded
- √ Do what is right even if no one else is doing so
- √ Pursue excellence in everything
- √ Take responsibility for my own actions

## ***My heart to greater loyalty***

- √ Be a person of high integrity
- √ Tell the truth at all times and in all places
- √ Be the kind of friend I would like to have

## ***My hands to larger service***

- √ Volunteer in the community
- √ Protect my neighbor, the environment and our natural resources
- √ Promote good citizenship

## ***My health to better living***

- √ Show concern to others
- √ Be kind, considerate and compassionate
- √ Treat people fairly
- √ Respect myself and those in authority

## ***For my club, my community, my country and my world.***

- √ I will use my abilities to “Make the Best Better” for everyone

We talked about what you can do as an individual to nurture the development of positive character. Here are some examples of ways to use CHARACTER COUNTS! in YOUR 4-H CLUB:

- ▶ Use the pillar of the month as roll call
- ▶ Use pillars to come up with rules for the club
- ▶ Talk about pillars when an issue relating to one comes up
- ▶ Do character building activities that can be used in the fair (ex: citizenship workbooks)
- ▶ Help members, parents and leaders recognize how the activities they already do in 4-H develops positive character traits (ex: voicing your opinion in club meetings or supporting your club officers demonstrates citizenship)

As we begin to infuse CHARACTER COUNTS! into our 4-H program we hope that what we learn and how we behave will spill over into our schools, other youth organizations, and into the broader communities in which we live.

Have fun with CHARACTER COUNTS! and be proud of the character traits we are helping 4-H members develop. Imagine what our society could be like if decisions were made with the 6 pillars of character in mind.

\*\*4-H Pledge with CHARACTER COUNTS! was prepared by Carol A Gehrs, Show Me Character for the Club, University of Missouri, 4-H Center for Youth Development

CHARACTER COUNTS! is a service mark used by the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics.

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## HAPPY NEW YEAR!

By Crystal Olson, 4-H/Youth Educator, Weston County

Happy New Year? You may be thinking, I'm a little ahead of myself, but October 1st marks the start of a new 4-H Year. It's time to begin thinking about getting youth enrolled/re-enrolled for 4-H for the 2009-2010 year! It's also time to start thinking about the new year's 4-H projects. 4-H is about helping youth to become the very best version of themselves! Don't be afraid to let them try something new when selecting their projects! You never know what they can do until they try! Youth may just find that special project to which they want to devote a lot of their time!

Don't say, "They don't have enough time." They have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo DaVinci, Thomas Jefferson and Albert Einstein.

We are all given an equal amount of time each day, it is what we choose to do with that time that is important. Help them decide what their priorities are and help them spend time focusing on these areas in which they are most dedicated. By focusing on the things that are most important, they will begin to have more time for the other things as well.

With the new 4-H year just around the corner, it's a good time to evaluate what is important in their lives. Let's help them make the most of each day that has been given to us!



***Northeast Extension Connection***  
***A quarterly report from Campbell, Crook and Weston County***  
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University of Wyoming, Laramie, Wyoming 82071*

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