



# Tanana District 4-H News



Cooperative Extension Service • Tanana District Office • P.O. Box 758155 • Fairbanks, Alaska 99775-8155 • 907-474-1530

**4-H: Your first class at UAF!**



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## April

- 1..... Submissions Due for Junior Jamboree Theme/Classes, winner receives prize!
- 1..... National Clean Your Room Extra Good Day
- 3..... Teen Club meeting, 4:30 p.m.
- 4..... Livestock Committee meeting, 6:30 p.m.
- 8..... Public Presentation/Demonstration Day
- 9..... Happy Easter Eggs!
- 10..... Horse Council meeting, 6:30 p.m.
- 11..... Leaders Council meeting, 6:30 p.m.
- 14-16...State Shooting Sports Leader Training, Palmer.
- 17..... Teen Club meeting, 4:30 p.m.
- 18..... Market Livestock Participant Meeting, 7 p.m.
- 21..... Volunteer Appreciation Burger Lunch/Dinner
- 21..... New Leader Training, 6:30 p.m.
- 21-22..Rabbit & Cavy Exploration
- 22..... Earth Day
- 28-29...State Horse Contest, Kenai.

## May

- 1..... Teen Club meeting, 4:30 p.m.
- 2..... Livestock Committee meeting, 6:30 p.m.
- 5..... Camp Counselor Applications Due (Junior Jamboree)
- 8..... Horse Council meeting, 6:30 p.m.
- 9..... Leaders Council meeting, 6:30 p.m.
- 14..... Happy Mother's Day!
- 15..... Leaders Council Travel Scholarship Applications Due
- 15..... Teen Club meeting, 4:30 p.m.
- 29..... Memorial Day (UAF Campus/4-H office closed)



## Marla's Roundup




The sun is shining through the window in my office currently and it feels so good. I came back from my trip to Texas and was not so thrilled to see the snow and miss the grass. Then shortly after I came down with the flu. For three days I didn't do a lot and still don't feel 100 percent, but am on the uphill mend. So, the sunshine is feeling wonderful and spirit-lifting at this moment. I hope everyone is doing well and enjoying the weather.

As April is upon us and summer is coming soon it can only mean one thing — CAMP. Anyone wanting to be a camp counselor this summer should look inside the newsletter for the application and due dates. They are just around the corner.

Also, please take note of the Volunteer Appreciation Burger Lunch/Dinner to be held April 21; more information is provided within these pages. We hope to see you!

Have a great month and let's hope summer comes quickly but the snow melts slowly so we don't have a lot of flooding. Keep up the good work and enjoy the sun.

Marla Louder 

## HAVE YOU ENROLLED YET? IF NOT YOU NEED TO GET IT DONE

We're already six months into the new 4-H year! Can you believe it? If you haven't done your enrollment online yet, you need to get it done — leaders AND members. If not, and something happens to you, you are not covered by insurance or liability insurance.

You also should not be doing any fundraising using the 4-H name or emblem. Thanks!

*(P.S. — Hey pending leaders, get those trainings done NOW before our busy summer hits! Call Ronda at 907-474-2450 if you need help OR need to know what is due this year.) Thank you!*



### Camp Dates Are Set

Summer is fast approaching and we want everyone to be aware of our camp dates for this year so you can get them on your calendars.

Junior Jamboree is set for June 26-29 and it always promises to be a good time! We are working on a theme and classes for this year now. Don't forget to submit your theme and classes by April 1 for a chance to win a \$25 movie card.

Cloverbud Camp is not far behind July 17-19. We haven't started the planning on this one yet, but soon will. I know it will be a fun and exciting camp as it always is.

So, if you have youth that want to attend one of these camps, watch the upcoming newsletters as plans start to unfold.

## Let's Go Camping!



### Camp Counselors, It's Time

Inside the newsletter you will find the application to be a camp counselor for either Junior Jamboree or Cloverbud Camp.

I would hope that many of you who were counselors last year will return again and also a few new ones

Any questions, please give Marla a call at 907-474-2427. Deadlines for applications are May 5 for Junior Jamboree and June 2 for Cloverbud Camp.



## SAVE THE DATES!

### Check out these events, trainings and educational opportunities!

#### Public Presentation/Demonstration Day — April 8

We are gearing up for our Public Presentation/Demonstration Day on April 8. I hope you are all excited — I know I am! It will be in room 108 at the UAF University Park Building. If you are a youth or have a youth who would like to participate, please contact Ronda by **April 4** at 907-474-2450 or [rlboswell@alaska.edu](mailto:rlboswell@alaska.edu) to select a time slot and provide the following information: youth's name; club's name; title of presentation; type of presentation (powerpoint, illustrated talk, public speech, demonstration, other); age as of Aug 15, 2022; years in 4-H; team (no more than 2) or individual presentation. Thank you!



#### State Shooting Sports Leader Training in Palmer — April 14-16

There will be a shooting sports training held in Palmer April 14-16. All shooting sports disciplines will be covered. In order to attend, you need to be an up-to-date leader by **April 1**. Marla will need to know who is attending and what discipline you will be doing. You do not have to do all disciplines; you need only do one. You are responsible for all fees associated with this training. It is looking like a \$50 registration fee per discipline.

#### National Volunteer Week — April 16-22

THANK YOU ALL! You all are my and the 4-H program's rock that keeps it rolling. I hope you all know how much I appreciate you and what you do. You truly do make a difference in the lives of our youth. You're amazing and thank you again for all you do! On April 21 from noon to 2 p.m. and then 4-6 p.m., I will be doing my tail gate hamburgers. I am hoping a few of you will stop by and have a burger with me. I am doing a new leader training that evening at 6:30 p.m., so I will need to be done and cleaned up and ready to do that or I would go longer. I am hoping to see you there and let me say thank you again for all your hard work.



#### Market Livestock Participants Meeting — April 18

If you or your youth are doing a market livestock project, and did not attend the Feb. 18 mandatory meeting, there will be another opportunity April 18 at 7 p.m. So, make sure you get it on your calendar to attend.

#### New Leader Training — DATE CHANGED — NOW APRIL 21

I have been asked to chaperone youth to a national conference over the original scheduled date (April 13), so I need to move the date. Time is so tight that finding a date is difficult. So this training will be offered on April 21 now. Once again, I was asked, and I think it is a good idea, to do this training again. It is not mandatory, but it would be good for new leaders within the past five years or so to attend. Or it could be a great refresher for you. It will be on April 21 at 6:30 p.m. in room 108. We will cover simple things like meeting planning, district requirements, etc. I will have a resource manual for you to take home. I hope to see you there.



#### State Horse Contest in Kenai — April 28-29

The Kenai District will host the state horse contest this year. The dates are going to be April 28 and 29. So, you horse kids save the dates and start studying. There will be horse bowl, horse judging, hippology, demonstrations and public speeches. I am so excited to have another one and to go to Kenai and I hope you are too. So start studying and working as a team — I am really looking forward to seeing you all!

#### Leaders Council Travel Scholarships — Applications Due May 15

Youth and Leader Educational Scholarship applications are DUE **May 15** (for events July 1-Sept. 30). The Tanana District 4-H Leaders Council established the Youth and Leader Educational Scholarship Program to provide funds for youth and leaders to help them attend events that will further their leadership skills and project knowledge. It is not intended to replace other funding sources or to be a full scholarship for the event. Visit [www.alaska4h.org/fairbankstananadistrict](http://www.alaska4h.org/fairbankstananadistrict) for all the details and forms.





# 4-H Rabbit & Cavy Exploration



Where : Tiny Trees Air BnB  
2861 Beverly Lane  
Fairbanks, AK



My name is Timothy Dote and with the help of retired ARBA judge John Soper, I am organizing this exploration event as my 4-H leadership project.

## **Friday April 21, 2023 @ 6pm**

A quiet evening event all about getting to know the American Rabbit Breeders Association (ARBA) standard of perfection and how it applies to Rabbits and Cavies (guinea pigs).

## **Saturday April 22, 2023 (times TBD)**

**Rabbits / Cavy 101** - Everything you need to know about getting started in the wonderful world of Rabbits and Cavies

### **2pm: The Importance of Feeding the Right Feed**

**Showmanship tips and tricks** - Showmanship is a good way to demonstrate your knowledge about your animal, as well as how you present it and yourself to a judge. This is a great way to interact with a judge and learn about Rabbits and Cavies

**Showmanship Contest**- Put yourself and your knowledge to the test

Watch email for **Further Information!!**

For Questions Call or Text

Timothy or Malena Dote (mom) at 920.227.3937



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*This program is a recipient of federal assistance, and is required to notify you of your rights. Please reference this poster for more information: <https://www.usda.gov/sites/default/files/documents/JFAGreen508.pdf>*

# What's Happening...



## In Alaska 4-H Shooting



- **January - April** Mail-In Tournament Series—Online. Shoot the tournament and email your scores.



- **April 14-16, 2023** - Multi-discipline training, Palmer, AK. Open to all approved leaders. Registration closes April 7, 2023



- **July 22-23, 2023** - Alaska State Shooting Sports Contest—Anchorage, AK. Participation in Mail-In Tournament and Invitation required.

**Information on all the upcoming events are available on the Alaska 4-H Shooting Sports webpage: <http://www.alaska4h.org/shooting-sports.html>**



Accommodation requests related to a disability should be made five business days in advance to (office or agent) at (phone number and email). Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request to (email). UAF is an Affirmative Action/Equal Opportunity employer, educational institution and provider and prohibits illegal discrimination against any individual: [www.alaska.edu/nondiscrimination](http://www.alaska.edu/nondiscrimination).



# Alaska 4-H Shooting Sports Master Leader Training April 14-16, 2023



**Friday** - Western Heritage

**Saturday** - Archery  
Pistol  
Hunting Skills

**Sunday** - Muzzleloader  
Shotgun  
Rifle

(attend one day, or all three days - \$50/discipline - Lunches and Saturday dinner provided)

**Locations** - Friday TBD, Saturday UAF Matanuska Experiment Station - Palmer  
Sunday Rabbit Creek - Anchorage

**REGISTER AT 4H.ZUITE.ORG UNDER EVENTS**



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## 2023 Livestock Possession Dates

Don't forget the following dates if you checked on the agreement that you are raising one of these animals for market:

- Feeder Steer — born on or after Dec. 1 and in possession by April 15
- Lamb — born on or after Jan. 1 and in possession by May 1
- Swine — born on or after Jan. 1 and in possession by May 1
- Goat — born on or after Jan. 1 and in possession by May 1
- Turkey — hatched on or after March 15 and in possession by April 15
- Goose — hatched on or after March 15 and in possession by April 15
- Ducks — hatched on or after March 15 and in possession by April 15



\* Be sure to also review the 2023 Market Livestock Update for upcoming important dates/events to remember. Turn/scroll to page 8.

# ALASKA STATE 4-H LIVESTOCK CONTEST 2023



## Register on your Z-Suites page!

Contact Cassy Rankin with questions! 907.398.3588  
crankin4@alaska.edu

**Contest Segments:**

- Livestock Judging
- Skill-a-Thon
- Public Speaking
- Quiz Bowl
- Art Show

**Contest Date:**  
June 2-3, 2023  
Kenai Peninsula

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## Need a Helping Hand with Leader Trainings?

### We are here for YOU!



If you are having trouble getting those trainings done, please let me know so I can help you with them. Also, if there is something that you feel you or the district needs a training on, let me know so I can get things organized and either do the training or find someone to do it.

*I want to help you all be the best leaders you can be and to be successful in leading our future leaders ... our youth.*

~ Marla

# 2023 MARKET LIVESTOCK UPDATE

Guidelines according to the state veterinarian, Dr. Robert Gerlach



## IMPORTANT TO NOTE!

For each vaccine listed, be sure to note whether it is SUGGESTED or REQUIRED for your animal. If the vaccine is required, proof that it was administered must be submitted on entry day.

Proof consists of the following:

- Name of vaccine
- Manufacturer
- Lot number
- Expiration date: Vaccine shall not be expired when administered.
- Date vaccine administered
- Who administered vaccine

## Vaccinations — Suggested or Required?

### Cattle, Feeder Beef and Bison

IBR-Bovine rhinotracheitis — *required*  
BVD-Bovine virus diarrhea — *required*  
PI-3-Parainfluenza 3 — *required*  
Wart vaccine — *suggested*

### Reindeer

Clostridial, 7-way — *required*  
Respiratory, 3-way — *required*  
IBR, BVD, PI3 — *required*

### Sheep and Goats

CDT-clostridium perfringens type D & tetanus — *suggested*

### Swine

Erysipelas — *required* (consistent with manufacturer's recommendations)



Things the veterinarian will look for on delivery day: warts, enlarged external lymph nodes (especially on sheep and goats), infectious or contagious diseases (including external parasites), clinical signs of dermatitis (ringworm) and evidence of castration, when applicable.

You should have the animal in the best physical shape prior to going to the fair. This includes providing good nutrition, vaccinations and parasite control. These precautions will enable the animal to have a strong immune system and avoid getting ill when they are exposed to the other animals

and the stress of being away from home and at the fair.

## Important Dates to Remember!

**April 18: Mandatory Market Livestock Participant Meeting**, 7 p.m., at 4-H office. Parent or guardian must attend. Must attend this meeting if you did not attend the other meeting on Feb. 18.

**April 30-May 8: Weigh-in Week, Large Animals.** Beginning weights of all large animal market projects (finished beef, feeder steer, swine, sheep and goat) must be turned in to 4-H office along with full-body, close-up picture of animal, date picture taken and 4-H tag number.

**May 5: Organized Weigh-in, Large Animals**, 4-8 p.m., at Tanana Valley State Fairgrounds, for those who wish to weigh their animals. Tagging and photos also to be available.

**Date TBD: Committee-sponsored Livestock Showmanship Clinic.** Large livestock is Saturday and poultry, rabbits and covies are Sunday.

**July 1: Check on any medicated feeds and all medications** for withdrawal dates for all market animals.

**July 2-10: Weigh-in Week, Small Animals.** Beginning weights of all small animal market projects (turkeys, geese, ducks, chickens, rabbits and covies) must be turned in to 4-H office along with full-body, close-

up picture of animal, date picture taken and 4-H band number (tattoo number for rabbits).

**July 7: Organized Weigh-in, Turkeys, Geese and Ducks**, 6-7 p.m., at Tanana Valley Fairgrounds, for those who wish to weigh their animals. Banding and photos also to be available.

**July 22: Entry Day**, 1-6 p.m. at Largen Barn. Buyer contacts and record books due.

**July 24: Barn Set-up Day**; potluck when work done, 5 p.m.

**July 27: Delivery of Animals to Fair.** Small animals, 2-8 p.m., and large animals, 4-8 p.m. *Remember, there will be a vet check before animals can be brought into the barns.*

**July 28: Mandatory Barn Meeting**, 11 a.m.

**July 28: Official Fair Weigh-in**, noon-2 p.m.

**Aug. 4: Mandatory Barn Meeting**, 11 a.m.

**Aug. 6: Animal Pick-up Day and Barn Clean-up**, 7 a.m.

**Aug. 20: Small animals delivered to buyer** unless other arrangements with buyer are made.

**Sept. 10: Record books turned in to 4-H leader/FFA advisor** in order to be eligible for a market project next year.

**Questions? Contact Marla Lowder at 474-2450 or [mklowder@alaska.edu](mailto:mklowder@alaska.edu).**



Revised November 2022





## **Cloverbud Club 2022-23**

**Meeting time 4:30 p.m.**

**UAF University Park Bldg., 1000 University Ave**

**All meetings will begin with  
the Pledge of Allegiance and the 4-H Pledge**

**(Dates or activities subject to change.)**

### **March 7 – Room 108 – St. Patrick's Day Theme**

**Learning Lab - Maple, the Alaskan Husky Sled Dog**

**Craft - Bird seed treats**

**Snack - Rice Krispie treat nests**

### **April 4 – Room 108 – Easter Theme**

**Learning Lab - Rabbits**

**Craft/Activity - *RSVP via text 907-378-1757 if your Cloverbud is attending to ensure enough supplies.***

### **May 2 – Room 108 – Mother's Day**

**Learning Lab - Poultry**

**Craft - Faux glass stained glass flower cards**

### **June 6 – Room 108 – Father's Day**

**Learning Lab - Snakes**

**Craft - Straw-blown painting card**

### **July 12 – Room 154 – Independence Day**

**Learning Lab - Pledge of Allegiance/Lego Stem**

**Craft/Activity - Tie dye shirts (prep for August)**

***RSVP via text 907-378-1757 if your Cloverbud is attending to ensure enough dying supplies. Please bring a white T-shirt for your Cloverbud.***

### **Aug 3 – Fairgrounds – Barn Show Arena**

**Learning Lab - Fair time surprise fun while learning!**



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## Great Volunteer Training Coming! 2024 NATIONAL 4-H SUMMIT Feb. 28-March 1, 2024



Exciting news! In February of 2024, the Tanana District will host a professional development leaders forum for 4-H volunteers, teens and staff/faculty! This will be similar in form to the Western Region Leaders' Forum (WRLF) that used to happen for those of you who know as a reference point.

The National 4-H Summit is set for Feb. 28, 29 and March 1, 2024, at the Westmark Fairbanks Hotel and Conference Center in Fairbanks. We only have a capacity of 400 people due to the size of the dining room. It will be open to any of the above mentioned people from across the nation and was advertised at this year's 4-H Volunteer Conference of Southern States held in Georgia.

There will be 11 concurrent sessions between the Westmark Hotel and the Tanana Valley State Fairgrounds. There will be a specific teen track that

we are partnering with Utah State Ambassadors to run. We will host preconference tours and have fun optional activities in the evenings for participants to enjoy.

We have five working groups that are underway: financial, educational, logistics, meals and registration. If anyone would like to help, please reach out to me, Jan Hanscom, Patsy Perkins, Priscilla Rice or Nancy Graff. Each committee will have lots of subcommittees under them in order to make sure things happen. There will be varying amounts of registration scholarships for our district individuals to attend and will be based on volunteer hours worked. So, it would be good to get involved in a committee ahead of time to get those hours under way and maybe over with.

We look forward to hosting this fun event again and hope you will consider at least attending if not being a part of the hosting team.



**What can 4-H do for me?**

**Who do I contact?**



If you have any questions about 4-H, please contact your local 4-H Office at 907-474-2427 or any of the 2022-23 Leaders Council officers:

**President — Priscilla Rice**  
plmrice.ak@gmail.com

**Vice President — Dani Markham**  
rosacreekranch@gmail.com

**Secretary — Lisa Harlow**  
lisaharlow06@gmail.com

**Treasurer — Marissa McGrath**  
marissa.a.mcgrath@gmail.com



**GOT A GOOD IDEA?**

The leaders council is looking for the next **FUN** activity to sponsor.

Submit your **AWESOME** suggestions to one of the officers or to Marla.

We need your **CREATIVITY!**

# Let's Meet Up!

## COUNCIL MEETINGS

Leaders, don't forget you are invited to attend any of the following monthly meetings. Most meetings have gone face-to-face now, but the Zoom option is still available, if preferred. If you need the Zoom link, contact the Extension office or one of the council members.

**Leaders Council meetings** — Second Tuesday of the month at 6:30 p.m.

**Livestock Committee meetings** — First Tuesday of the month at 6:30 p.m. in February, April, May, September, October and November and then as needed.

**Horse Council meetings** — Second Monday of the month at 6:30 p.m. September through May.

## CLUB MEETINGS

Most clubs are returning to face-to-face meetings, but remember that we still have a Zoom account set up that you can use for club meetings, if it is available. Please contact Ronda or Marla through email to sign up for it. We will share the link with you to share with your club members.

We ask that you only use it for the date and time you sign up for as others may be using it before or after you. Thank you for your cooperation with this.

## CALLING ALL CLOVERBUDS!

All youth ages 5-7 are invited to join the fun! The Cloverbud Connection offers a variety of things to do and learn based on participants' interests. Meeting time is 4:30 p.m. at the UAF University Park Building, 1000 University Ave., in either Room 108 or 154. All meetings begin with the Pledge of Allegiance and 4-H Pledge.

If you know someone who has youth ages 5-7 who would like to participate, please contact Marla Lowder at 907-474-2427 or [mklowder@alaska.edu](mailto:mklowder@alaska.edu).



**HEY, 4-H'ERS!**  
Be sure to "LIKE" Tanana District 4-H and Alaska 4-H on Facebook. You'll find some **AWESOME** information on these pages!



**LEADERS COUNCIL MONTHLY MEETINGS!**

All leaders are invited to the Leaders Council meetings held the second Tuesday of each month at 6:30 p.m.

**We hope to see your smiling face soon!**



## 4-H Camp Counselor JOB DESCRIPTION

### DUTIES:

1. Be responsible for health, welfare and safety of campers.
2. Supervise cabin group during nonscheduled time.
3. Supervise all duties of cabin group, such as KP, cleaning showers, bathrooms, cabin, etc.
4. Carry out duties as assigned by director or other adult staff.
5. Assist with and participate in the discovery group learning phase of the program.
6. Take part in planning evening recreation activities, campfires, etc.
7. Be in your cabin each night at "quiet time."

### RESPONSIBILITIES:

1. Be enthusiastically involved in camp.
2. Be familiar with the objectives of camp.
3. Establish and maintain a rapport with your cabin group.
4. Get to know each camper.
5. Encourage camper participation in activities and educational programs.
6. Promote respect for Twin Bears camp facility and natural surroundings.
7. Keep camper morale high.
8. Lead by being a good example.
9. Deal with discipline and report serious problems to director.
10. Show NO favoritism.
11. Contact the director or nurse at first signs of injury, illness or irregularities with campers or self.
12. Maintain good sense of humor; do not lose temper.
13. See that both you and your cabin group get enough sleep.
14. Maintain communications with staff.
15. Be responsible for keeping cabin clean and orderly.



# 4-H Camp Counselor APPLICATION

There is required counselor training: Dates and times will be identified prior to each camp session.

- Qualifications:
1. Must be willing to follow all rules and behavioral recommendations.
  2. Must have completed 8th grade and above for Junior Jamboree Camp.\*
  3. Must have completed 6th grade and above for Cloverbud Camp.\*
  4. Must enjoy working with younger kids
  5. It is preferred, but not mandatory, that counselors are enrolled 4-H members.
  6. Must be able to attend all training sessions and camp.\*\*

*\*Exceptions are determined on a case-by-case interview.*

*\*\*If you cannot attend the training sessions, you must schedule an appointment with Marla Lowder to cover the material.*

Name \_\_\_\_\_ Grade just completed \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State/ZIP \_\_\_\_\_ Phone \_\_\_\_\_

List any camps and the years you attended as a camper: \_\_\_\_\_

List all prior experience(s) you have been a counselor, year(s) or experience, name of camp(s), special duties, etc.: \_\_\_\_\_

**List Expiration Dates**

Do you have an up-to-date Red Cross First Aid Card? \_\_\_\_\_ CPR Card? \_\_\_\_\_

Have you passed Red Cross Lifesaving? \_\_\_\_\_ Jr. \_\_\_\_\_ Sr. \_\_\_\_\_ WSI \_\_\_\_\_

List your hobbies and interests: \_\_\_\_\_

List two people as references:

1. \_\_\_\_\_ Phone \_\_\_\_\_

2. \_\_\_\_\_ Phone \_\_\_\_\_

***(Application continues on next page!)***

### 4-H Camp Counselor (APPLICATION CONT'D)

Check all areas you have experience in:

- |  |                                       |                                    |
|--|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Group games     | <input type="checkbox"/> Hikes        | <input type="checkbox"/> Canoeing  |
| <input type="checkbox"/> Crafts          | <input type="checkbox"/> Skits        | <input type="checkbox"/> Drama     |
| <input type="checkbox"/> Singing         | <input type="checkbox"/> Sports       | <input type="checkbox"/> Archery   |
| <input type="checkbox"/> Outdoor cooking | <input type="checkbox"/> Nature study | <input type="checkbox"/> Campfires |

Explain briefly your experience (include place, time period, year, etc.) as a learner and teacher in areas checked and any other areas that might be helpful in a camp or learning setting:

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Write a short essay on why you want to be a counselor (include leadership experience, cooperative learning experiences, teaching experiences, etc.):

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**Return application to:**

**UAF Cooperative Extension Service  
 Tanana District 4-H Program  
 P.O. Box 758155  
 Fairbanks, AK 99775-8155**

**Fax: 474-6885  
 Phone: 474-2427**

## 4-H Camp Counselor SELF-EVALUATION (GOOD AT – OK – LOUSY)

*“What you DO speaks so loudly that I cannot hear what you say.”  
~ Ralph Waldo Emerson*

NAME: \_\_\_\_\_

	GOOD AT	OK	LOUSY
<b>1. <u>GOOD HEALTH AND VITALITY</u></b>			
A. Energy to last a whole day with 10-12 campers.			
B. Good eating habits.			
C. Will make sure campers/counselors get enough sleep.			
<b>2. <u>ACCEPTABLE TO OTHERS</u></b>			
A. Dress to look nice yet practical.			
B. Clean in body and mind.			
C. Courteous, mannerly and friendly.			
D. Sense of humor, justice and fun.			
E. Cooperation (with directors, campers, counselors).			
<b>3. <u>ADAPTABLE TO CAMP LIFE</u></b>			
A. Love children – all types.			
B. Capacity to accept responsibility and to work as a member of the group.			
C. Ability to be at home in the out-of-doors.			
D. Ability to teach skills.			
E. Understand the needs of campers; places their needs ahead of personal desires during camp.			

***(Self-Evaluation continues on next page!)***

# 4-H Camp Counselor (SELF-EVALUATION CONT'D)

## 4. EMOTIONAL MATURITY

- A. Good moral character and integrity.
- B. Accept suggestions and carry them out.
- C. Do not have emotional outbursts (anger, tears, etc.).
- D. Do not get homesick.
- E. Follow through and don't have to be reminded.
- F. Stand by convictions — not misguided by others.
- G. Ability to be "father/mother" for a week and "deal" with a cabin-full of campers.
- H. Know when I am "beyond my depth" and consult with adult staff.
- I. Have high standards in regard to coeducational activities and maintains them.

## 5. RESOURCES

- A. Conversation — use and encourage clean language and show high respect for all in words and deeds.
- B. Games — can teach several for camp age group.
- C. Crafts — interested in learning skills and helping campers achieve.
- D. Nature lore — knowledge of and interest in nature.
- E. Athletics — skill in at least one camp sport.
- F. Music — can lead group singing, sing while others are leading and encourage campers to sing.

GOOD AT	OK	LOUSY



Oh, snap!



# WANTED!

## YOUR 4-H CLUB PHOTOS!

We want to see all the **AWESOME** things your club is doing!

A picture is worth a thousand words!  
Each month in the Tanana District 4-H News, we would like to **HIGHLIGHT** a club activity.

To submit a photo for consideration, please verify the following information **BEFORE** sharing it with us:

- ✿ Each youth featured in photo must be in active status in the ZSuite 4-H enrollment program.
- ✿ Each youth must have an approved Media and Information Release Statement in the ZSuite 4-H enrollment program.
- ✿ Non-4-H members may not be in the photo, unless written permission is received by a parent or guardian.
- ✿ Each youth must be identified by both first and last name.
- ✿ If we choose to identify youth in a cutline or story, only first names are used.
- ✿ Be sure to include the photographer's first and last name, too, for credit!
- ✿ HINT: We like action shots — showing your club members doing things!

Email your photo to both [rlboswell@alaska.edu](mailto:rlboswell@alaska.edu) and [mklowder@alaska.edu](mailto:mklowder@alaska.edu) along with the above information. We cannot guarantee publishing all photos, but we will do our best!  
Thank you for sharing!

**LOOKING FORWARD TO SEEING YOU!**

# Help the bunny find the eggs



