



College of Agriculture
and Natural Resources

Extension

Lincoln County Chit Chat

State 4-H Website: <http://www.uwyo.edu/4-h/>; 4-H Enrollment: <https://wy.4honline.com/>;
or Lincoln Co. Extension: <http://bit.ly/LCWYExt>

Afton Office – 307-885-3132

April 2017

Kemmerer Office – 307-828-4092

Calendar of Events

Apr 11	SV Cloverbuds, 3 pm, Afton Civic Ctr.
Apr 13	4HOnline Leader Training, 5:30 pm, Afton Civic Center
Apr 14	Cokeville YQA Levels (1A, 1B, 2A), 1 pm
Apr 14	Cokeville YQA Levels (2B, 3A, 3B), 2 pm
Apr 20	SV Jr. Leader Mtg., 4 pm, Afton Civic Ctr.
Apr 23	Temple Grandin Presentation, Evanston
Apr 28-30	UW Career Tour Trip, Laramie WY
May 08	Fairgrounds Clean up, 4 pm, Afton
May 29	Memorial Day, Extension Offices Closed
Jun 09	County Contest Day, Afton Civic Center
Jun 20-22	Showcase Showdown, Laramie WY
Jun 28-30	4-H Camp

4HOnline Leader Training

April 13, 5:30 pm - Afton Civic Center

Leaders, learn more about the 4HOnline.com program and how it can help your club!

Inside This Issue

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4-H Market Swine Project Members!

DEADLINE IS JUNE 1 - 5 pm

Make sure you have all your paperwork done.

1. Follow the regulations below to transport pigs across state lines.
2. Bring a copy of the bill of sale to the Extension Office.
3. Receive tags and tag pigs
4. Upload three pictures to 4HOnline (tag in pig's ear, left side, right side)

THE INSTRUCTIONS TO UPLOAD SWINE PICTURES IS ON PAGE 4 OF THIS NEWSLETTER

WY Livestock Import Regulations For 4-H Swine

The Wyoming Livestock Board has policies in place regarding the importation of animals into the State of Wyoming to comply with federal regulations. They can be found here-

<http://soswy.state.wy.us/Rules/RULES/8634.pdf>.

In consultation with the State Vet's office, here are some requirement for families that do purchase swine from out-of-state:

1. Animals coming into Wyoming need to have an official USDA ear tag in their ear by producer.
2. The inspecting vet calls the Wyoming State Vet's office to get an import permit number that is placed on the health papers (CVI).
3. If a pig arrives in Wyoming from out-of-state without an ear tag, the 4-H member should contact their local veterinarian to inspect the animal and manage any other additional requirements.

Again, these are for swine that are shipped into Wyoming from another state.

Contact Shar, 885-3132 or Miriam, 828-4092 for questions.



4-H Program Information

*To Empower Youth to Reach Their Full Potential Working
& Learning in Partnership with Caring Adults*

4-H Educator's Letter...

I love springtime! This is a great time to start thinking about our 4-H projects. In the 4-H world of small livestock, we are picking our animal projects!

Also, this is a perfect time to grab your portfolio and start working on your 4-H goals, while keeping in mind the 4-H motto, "To Make the Best Better." Try thinking outside the box, challenge yourself this year. Try to come up with some new encouraging goals to help yourself grow and showcase your character. When writing your goal make it a SMART goal: S= Specific, significant, M= measurable, meaningful, motivational, A= attainable, achievable, acceptable, action oriented, and T= time based, timely, tangible and trackable. More information can be found at

<https://www.projectsmaart.co.uk/smart-goals.php>

But most importantly, don't forget that every year members and leaders need to re-enroll!

Shar

Reminder

State 4-H Policy requires that a club have at least 5 members. This enrollment must be met by June 1, or the club will no longer be a club this year.

SV Cloverbud Activity—Apr. 11

The next SV Cloverbud activity will be on April 11 at 3 pm in the Afton Civic Center. Please let Shar, 885-3132, know you are coming.

4-HOnline Leader Training—Apr. 13

Leaders, if you are interested in learning more about the 4HOnline program and how to utilize it for your club and meetings, there will be a training on April 13 in the Afton Civic Center at 5:30 pm. Please let Shar, 885-3132, know you are coming.

SV Junior Leader Meeting—Apr. 20

The SV Junior Leaders will be meeting will be on April 20 at 4 pm in the Afton Civic Center. Please contact Shar, 885-3132, to let her know you will be attending.

Temple Grandin Presentation—April 23

An Extraordinary Woman with an Extraordinary Story! Dr. Grandin will give an animal handling presentation at 6 pm in the Evanston Machine Shop. It is a free workshop but there is a limited amount of tickets that must be obtained in advance. The tickets are available at the Uinta County Extension Office, Evanston FFA, Uinta County Conservation District, or Mountain View Town Hall.

UW Career Exploration Trip—April 28-30

This trip is for members age 14 and older. There will be a tour of the University of Wyoming campus in Laramie and more activities. Sunday, April 30 is optional.

State Leadership Team

If you are interested in being part of the team, applications are available on the State 4-H website and they are due on May 31. Interviews will be during Showcase Showdown.

4-H Club News—

Star Shooters

The Star Shooters 4-H Club held a safety meeting on 3/16/17 at the Civic Center in Afton. We discussed safety procedures, meeting dates, times and locations. Those present were William M., Derek and Ryan A., Cody N., Xavier L., Jace P., and Triniti D. Elections were held and Derek A. was named president, William M., Vice President, Triniti D., Secretary, and Cody N., Treasurer. We also discussed County Shoot and State Shoot. Report given by Triniti D.

April Birthdays!!!

Remington A.
Evan C.
Claire C.
Triniti D.
Emree E.
Reagan F.
Jordyn G.

Makia H.
Brooke H.
Teagen H.
Isabel H.
Louisa H.
Lily J.

Kamden J.
Wyatt L.
Sariah M.
Cassidi O.
Grace T.
Emma T.



2017 Lincoln County Dates:

August 5-12, 2017

Fair Theme:

"Stirrup Some Fun at the Lincoln County Fair"

FAIR CHANGES

- If you do not enter by the deadline of August 2 at Midnight, you will need to pay a \$100/person fine to enter the fair. This must be paid to the Show Coordinator or one of two livestock members of the Fair Board.
- Swine minimum weight will be 225 lbs.
- Lamb minimum weight will be 100 lbs.
- Other species will stay the same. Beef 1000 lbs., mini beef 500 lbs., and goats 50 lbs.
- All livestock will need to be in place by Tuesday, August 8, 2017 by 3 pm.
- The swine show will be split into two days. Market swine and breeding will be Wednesday August 9, 2017 at 8am. The Swine showmanship will be Thursday August 10, 2017 at 8:00am.
- The Swine Show Grand classes will be divided in to light weight, mid weight, and heavy weight.
- The dairy goat show will be Wednesday at 3:00 pm.
- The beef show will be Thursday August 10, 2017 at 2:00pm.
- The goat and lamb show will be Friday August 11, 2017 at 8 am.
- There will be 4-H/FFA showmanship buckles and only open pee wee showmanship buckles.
- There will be buckles for 4-H/FFA grand and reserve market champion for beef, sheep, swine, and goat.
- If you exhibit a meat pen of rabbits or a fryer pen of chickens and receive a grand or reserve award, the meat pen or fryer pen will have to be sold at the sale even if you have multiple species.

Wyoming State and Regional

Events & News –

(More information online at:

<http://www.uwyo.edu/4-h/>)

Citizenship Washington Focus—this is for kids ages 15-18 years old. It will be held on June 10-17 in Washington, DC. Registration closes March 1, 2017.

National Shooting Sports Invitational—Applications are due April 30.

State 4-H Leadership Team—Applications are due May 31 and interviews will be during Showcase Showdown in June.

State 4-H Horse Camp—will be held June 15-18 in Douglas, WY. Registration Deadline is May 27, 2017.



Showcase Showdown—will be held June 20-22 in Laramie, WY. More information will be available later.

State Shooting Sports Match—will be July 6-9 in Douglas, WY. Registration deadline will be in June.

Leadership Washington Focus—for Kids in 7-8 grades. It will be held July 16-21 in Washington, DC. Registration closes March 1.

Wyoming State Fair—will be held August 12-19 in Douglas, WY.

Shooting Sports Award Trip—will be held in September 2017 in Raton, NM. There are 12 winners selected on State Shoot scores and 2 winners selected based on portfolio submissions which are due the end of July.

National 4-H Congress—will be held November 24-28, 2017 in Atlanta, Georgia. Applications due: TBD. Interviews will be held during Showcase Showdown.



INTERMOUNTAIN
Livestock Judges' Training

SAVE THE DATE

Date: May 11-13, 2017
Where: Spanish Fork, Utah

This is a great training for individuals wanting to judge livestock shows, 4-H volunteers working with youth and youth interested in livestock judging! Please help us share the message by passing the information along.

One of this year's featured speakers:
Chip Kemp

The Intermountain Judges Training Committee would like to invite you to join them at this year's training. This 3 day workshop will include an adult track with livestock evaluation, judging showmanship, ring management, carcass evaluation and current industry trends. The youth will break off into their own track and intensely focus on evaluating livestock and giving oral reasons. Again this year -- youth will experience an actual judging contest.

Additional Information to come!

- Like us on facebook at: www.facebook.com/pages/Intermountain-Livestock-Judges-Training/314909911919853
- Visit our web-site at: <http://www.intermountainjudges.com/>

Dawn Sanchez
Phone: 307-783-0570
E-mail: dsanchez@intermountainjudges.com

Scott Nash
Phone: 208-317-4375
E-mail: nash@uafyo.com

Swine Tag and Picture Instructions for 4HOnline

The screenshot shows the 4HOnline interface for adding a new animal. It includes a navigation bar with 'Animals / Livestock' highlighted, a section for 'Add an Animal' with a dropdown menu set to 'Market Swine', and an 'Animal List' table. Below this is the 'Animal Information' section for 'Market Swine Identification and Tagging- 2015', which contains detailed instructions and a form for entering animal details. The form includes fields for 'Fair Tag Number?', 'Barrow/Male or Gilt/Female?', 'Breed', 'Additional color/description?', 'Ear notch (if any)?', 'Animal Name', 'Breeder/Producer Tag Number (if any)?', and '4-H Project or FFA CDE?'. At the bottom, there are three image upload boxes labeled 'Animal Photo- Readable Tag', 'Animal Photo- Left Side', and 'Animal Photo- Right Side', each with a 'Select' button. The interface also features a 'Logout' button and a 'Home | My Member List' link.

1. Logged in as Bear: Baby [County] Home | My Member List

Animals / Livestock Enrollment Member Settings Trainings

2. Add an Animal

Animal Type: Market Swine

Add Animal

Animal List

Species	Type	Animal	Status	Edit / View
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3. Animal Information

Market Swine Identification and Tagging- 2015

The following steps will be taken in order to tag swine. Swine are not to be brought to the Sheep/Goat tagging dates. If you have questions please contact the Extension Office as soon as possible. **All photos and/or tags must be submitted no later than 5pm on June 1, 2015. NO EXCEPTIONS!!**

1. Provide Proof of Ownership.

a. You can scan and email a copy of your Bill of Sale or ownership paperwork to the Extension Office and we will mail you the requested number of tags.

b. You can bring your Bill of Sale to the Extension Office and pick up tags.

Note: You will receive one tag per animal.

2. You will be responsible for tagging your animals.

a. Place tags in the ear with the number visible on the outside (back) of the ear and the tag button on the inside of the ear. Visit with your club or project leader for assistance or contact the Extension Office.

b. Taggers can be checked out from the Extension Office but should not be shared between locations. Taggers checked out will be disinfected between check-outs.

Taggers can also be purchased at most livestock supply stores. Please return taggers as soon as possible because we have a limited number.

c. All tags must be accounted for. If you do not use all of your tags, the remaining ones must be returned to the Extension Office prior to June 1st at 5 pm. For example,

if you request/pick up five tags and you only end up tagging four pigs, the extra tag must be returned.

3. Take three (3) pictures per animal.

Market Swine

4. Fair Tag Number?:

Barrow/Male or Gilt/Female?: Male

Breed: Any Other Breed

Additional color/description ?:

Ear notch (if any)?:

Animal Name: ***

Breeder/Producer Tag Number (if any)?:

4-H Project or FFA CDE?:

Documents / Images

Animal Photo- Readable Tag

Animal Photo- Left Side

Animal Photo- Right Side

5. Select

Cancel Save 6.

- Once you are logged onto 4honline.com, select the family member who will be showing the animal. Select the Animals/Livestock tab at the top of the page.
- Use the drop-down menu to select Market Swine and click Add Animal. A new animal will need to be added for each individual pig.
*Note – only the market swine option is populated to receive information.
- Please be sure to read and understand the information page that will appear after you select Add Animal.

*Note – you will be issued tags AFTER the Extension Office has received a copy of your bill of sale.

*Note – all information must be in the 4honline system by 5pm on June 1st. The program will automatically turn this option off after this time.
- Fill in the information requested. Only the first three questions and the pictures are required.
- Upload a picture of the READABLE tag, left side, and right side.
- Don't forget to SAVE!!!!

***For Family Floater pigs – pigs purchased as an extra in case someone in the family has one that dies – these can be transferred to another family member later in the summer ONLY if they are designated as the floater ahead of time. Please write the word FLOATER in Animal Name field. For the initial information, include the floater pig under the 4-H member whose name is on the bill of sale for that animal. For questions on this, please contact the extension office.

WYOMING CHARACTER



that's what we're made of

April

RESPECT

What is Respect?

Respect is very important in our relationships with others. When we respect others, we treat them with consideration and courtesy both verbally and physically. Respect for others should always be demonstrated and characterizes how we live our lives. It is a very important quality that will enable you to relate to and work well with others. Follow the Golden Rule; treat others the way that you would want them to treat you. Good manners matter and respect is demonstrated when consideration and kindness is shown to others. Respect is very important to a person of character.

Treat other people the way you want to be treated.

- ◇ Tell the truth
- ◇ Be courteous and polite.
- ◇ Listen to what other people have to say.
- ◇ Don't insult people, or make fun of them, or call them names.



- ◇ Don't bully or pick on others.
- ◇ Don't judge people before you get to know them.



"Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours."

Dave Willis

Check for Respect 4-H

The laughs gained with playing this game with your club can add some fun and give your club members the judgment to understand that the humor can be funny to listen to, but *not* funny if it is acted out. Some examples include:

- ◆ You feel a sneeze coming, so you
 - a) look for someone to sneeze on
 - b) cover your mouth and nose with your hands
 - c) turn your head away from people and let the sneeze out

as loudly as possible.

- ◆ Company is over. And you notice that after the meal, your mom has a big piece of lettuce on her tooth. You
 - a) point at it and start laughing as loud as you can,
 - b) ask if anyone can tell which of your mom's teeth is not like the other,
 - c) quietly whisper in your mom's ear that she should check her teeth in the bathroom.

Once your 4-Hers understand the idea behind making up scenarios for the game, they will want to make up some of their own, too.

Now, when club members treat each other or possessions with respect, remember to say,
"Check for respect."

Clover Connection

Head - think before you say something or before you act.

Heart - treat others the way you would want to be treated.

Hands - manners matter...use them.

Health - be respectful of your body and take care of yourself.



Cent\$ible Nutrition Program

Helping Families Eat Better for Less

Nutrition and Food Safety™

Cent\$ible Nutrition Program -

Kemmerer Area - Classes are ongoing. The classes will be fun hands-on classes about food and nutrition, food safety, the new MyPlate guide, and other food topics. The class is hands-on cooking with a great cookbook. The class is free to those who qualify. If you are interested in participating in a class or have any questions, please contact **Beth Barker at the Uinta Co. Extension Office at 307-783-0570.**

Cost Cutter: What's on the Back of the Shelf?

You can save money on your grocery bill by checking the back of the shelf at the grocery store for fresher products. For example, look at the jugs of milk in the back of the cooler to find one with a later sell-by date. This way your milk won't go bad as quickly. Choose bread from the back of the shelf where there may be recently added fresher loaves. The freshest meat and produce items may also be found nearer the back of the shelf or bin.



Fruit Safety Tips

Buying:

- Purchase produce that is not bruised or damaged and separate it from meat, poultry, and seafood products.

Storage:

- Store perishable fresh fruits (like berries and grapes), and pre-cut or peeled fruit in the refrigerator.

Preparation:

- Wash hands before and after preparing fresh fruit.
- Wash fruits under running water before eating, cutting, or cooking, even if you plan to peel it. Washing fruit with soap or produce washes is not recommended.
- Cut away damaged or bruised areas.

Content Source:

https://issuu.com/cnp_newsletters/docs/february-march2016_newsletter_engli

Cent\$ible Nutrition Program Website

For other Cent\$ible Nutrition Program newsletters.

https://issuu.com/cnp_newsletters/docs/april-may-2016-newsletter-english-f



Baked Chicken Nuggets

Ingredients:

- 3 skinless, boneless chicken breasts (approx. 1 lb.)
- 1 cup Italian seasoned breadcrumbs (or homemade Italian breadcrumbs*)
- ½ cup grated Parmesan cheese
- 1 tsp. salt
- 1 tsp. dried thyme
- 1 Tbsp. dried basil
- 1 egg

Directions:

1. Preheat oven to 400°F.
2. Cut chicken breasts into 1½-inch pieces. In a medium bowl, mix together the breadcrumbs, cheese, salt, thyme, and basil.
3. Lightly beat egg in a shallow bowl.
4. Dip chicken pieces into the beaten egg, then coat with the breadcrumb mixture. Place the well-coated chicken pieces on a lightly greased cookie sheet in a single layer.
5. Bake in the preheated oven for 20 minutes, or until internal temperature of chicken reaches 165°F.

*Homemade Bread Crumbs

Ingredients:

- 4 slices whole-wheat bread
- ½ tsp. salt
- ½ tsp. dried parsley flakes
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. dried oregano
- ¼ tsp. dried basil

Directions:

1. Preheat oven to 250°F.
2. Place bread slices on baking sheet and put into oven.
3. Bake until hard and golden brown, about 30 minutes. Remove and cool on wire rack.
4. Crumble slices into a large bowl until reduced to fine crumbs, or place in food processor and process until fine.
5. Add seasonings and toss to blend thoroughly.
6. Store in an airtight container.

Source:

<http://www.uwyo.edu/foods/recipe-of-the-month/#MAR>

For more ideas, visit the University of Wyoming Extension's Nutrition & Food Safety website:

<http://www.uwyo.edu/foods/>

April 2017

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 SV Area Schools Spring Break Kemmerer Area Schools Spring Break	4 SV Area Schools Spring Break Kemmerer Area Schools Spring Break	5 SV Area Schools Spring Break Krazi Kritterz Dynamite Dogs Group 7 pm	6 SV Area Schools Spring Break Kemmerer Area Schools Spring Break	7 SV Area Schools Spring Break Kemmerer Area Schools Spring Break	8
9	10 Hamsfork Hands Mtg, 7 pm Events Ctr.	11	12 Krazi Kritterz Dynamite Dogs Group 7 pm	13	14 Cokeville YQA (Levels 1A, 1B, 2A) - 9 am Levels 2B, 3A, 3B) - 10 am	15
16	17	18	19 Krazi Kritterz Swine Group 6 pm Afton Civic Ctr Krazi Kritterz Dynamite Dogs Group 7 pm	20	21	22
23 Temple Grandin Presentation, Evanston	24 Hog Squad Mtg, 6:15 pm Afton Civic Ctr.	25	26 Krazi Kritterz Dynamite Dogs Group 7 pm	27	28 UW Career Tour & Trip, Laramie	29 UW Career Tour & Trip, Laramie
30 UW Career Tour & Trip, Laramie THIS DAY IS OPTIONAL						

May 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Krazi Kritterz Swine Group 6 pm Afton Civic Ctr Krazi Kritterz Dynamite Dogs Group 7 pm	4	5	6
7	8 Fairgrounds Clean- up, 4 pm, Afton	9	10 Krazi Kritterz Dynamite Dogs Group 7 pm	11	12	13
14	15	16	17 Krazi Kritterz Dynamite Dogs Group 7 pm	18	19	20
21	22	23	24 Krazi Kritterz Dynamite Dogs Group 7 pm	25	26	27
28	29 <i>Memorial Day Extension Offices Closed</i>	30	31 Krazi Kritterz Dynamite Dogs Group 7 pm			

US DEPARTMENT OF AGRICULTURE
UNIVERSITY OF WYOMING
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CHANGE SERVICE REQUESTED

PLEASE READ EACH PAGE
CAREFULLY!

Don't miss out on any
Important announcements

IMPORTANT

Lincoln County Extension

NEWSLETTER

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