



UNIVERSITY  
OF WYOMING

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

September 2017

Kemmerer Office – 307-828-4092

## Calendar of Events

Sep 04 Labor Day Holiday—Ext. Offices Closed  
Sep 11 Record Book Portfolio Due to Leader/Ext. Office  
Sep 11 Outstanding Member, Leader & Friend  
of 4-H Nominations are Due to Ext. Office  
Sep 13 SV Leader Record Bk Judging Day 4-6 pm  
Sep 13 Leader—Club Completion Lists &  
Record Books Due to Ext. Office  
Oct 04 SV Area Awards Night, 6 pm  
Oct 05 Cokeville Awards Night, 7 pm  
Oct 21 Haunted Hay Ride, Kemmerer Events Ctr., 6 pm  
Oct 30 Halloween Festival, 4-H Exhibit Bldg., 6 pm  
Nov 23-24 Thanksgiving Holiday, Ext. Offices Closed

## Record Book Portfolio Due Monday, September 11 To Your Leader

Portfolio Website:

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

Or add to the one you downloaded to  
your computer last year.

If you have questions or need additional information,  
please contact Shar Perry, Afton Office, 885-3132

## Nominate an Outstanding Member, Leader & Friend of 4-H

The Nomination form can be found at the end  
of the 4-H Section

**Deadline: September 11, 2017**

## Inside This Issue

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## LEADERS

Your club completion list,  
secretary and/or treasurer  
books and all record books  
that were given to you are  
due to

**The Extension Office by  
Wednesday, September 13**



# 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 hope that everyone had a wonderful fair experience. Fall is right around the corner for us! Portfolios are due very soon. With that being said, I thought I would share some helpful hints on completing the portfolios. When completing them make sure they to use complete sentences. N/A is never ok to write down. Please do not leave it blank either, for example, if a member did not receive an award, member would type the year and I did not receive an award this year. Also, remember that Leadership, Community service, and knowledge gained are required. Please make sure that you just add information for this year on the sections that you are to continue information. I hope that everyone has a great start on the portfolio. Here is the link to the portfolios if needed, <http://www.uwyo.edu/4-h/portfolio/index.html>. If you have any questions, when working on the portfolios, please contact our Office, 885-3132.

I know we just finished our fair, but for those who are doing a steer project next year, it is time to start thinking about getting your next steer. Here are some reminders: All market beef must be born after January 1 of the previous year. Also, it is wise to be prepared for the worst. The death clause rule-an animal can be tagged for 4-H kids with the same guardian as long as the animals are being raised together. In the event of a tagged animal's death, the Extension personnel needs to see the deceased animal to qualify for the death clause. A vet may also be able to verify the death of the tagged animal. Members must notify the Extension Office right away when an animal dies. The death clause would apply to families who did not want to/ or could not tag two animals per kid per species. The floater animal tagged needs the name of the family members tied to it at the time of tagging. Floater animals are only eligible for county fair and are not eligible for state fair. If you have any questions, please contact the Extension Office.

*Shar*

## Welcome to Kathy Davison

Kathy will be the interim Extension person in the Kemmerer Office. She has served in many public service positions in

Lincoln County and the State of Wyoming. We want to welcome and thank her for stepping up to help the 4-H program.

## Star Valley Leader Record Book Help September 13, 4-6 pm

Leaders—If you are overwhelmed with judging your club's record books, the Afton Extension Office wants to help. You may bring your club's record books to the Afton Civic Center on September 13 from 4-6 pm for help with judging. Please contact the office, 885-3132, to let us know you are coming.

## State Fair Results

### Dog Show

Ashley Helm was awarded a Reserve Grand Champion in Agility with a 1st place qualifying score, clean run. She received a 1st place in Rally 5th place in showmanship and 6th place in confirmation.

Miah Atwood placed 8th in obedience. She received a Reserve Champion award with a 1st place in the rookie senior with novice dog rally class. Miah placed 5th in agility.

Gracie McNeel was awarded a 2nd place in the Rally intermediate vet with advanced dog & 4th place in the Rally intermediate vet with novice dog. In Agility Level 4 she placed 1st and in Agility Level 5 placed 2nd; 7th place in Obedience A & Reserve Grand Champion in Obedience B. In the Confirmation class she received a Reserve Grand. Gracie placed 10th in Showmanship.

### Horse Show

Gracie McNeel placed 7th in Intermediate Western Pleasure, 6th in Ranch Riding, 7th in Barrels, and 2nd in Poles.

### Livestock Judging

Jace Perry received a Grand Champion in the Junior Division Questions.

### Swine Show

Kaia Barkdull placed 9th in Market Swine.

Ben Barkdull placed 9th in Market Swine.

Kimberly Choma placed 5th in Market Swine.

Robert Choma placed 9th in Market Swine.

## September Birthdays!!!

Cyndi A..  
Brooklyn B.  
Emily C.  
Karlee C.  
Ellie C.  
Adam H.  
Caellie H.  
Drew H.

Gage H.  
Dillon J.  
Wesley K.  
Cooper L.  
Smith M.  
Kylie M.  
Devan M.  
Janessa M.

Sydney N.  
Lisa N.  
Christian P.  
Donny P.  
Keeton S.  
Savannah S.  
Kaden W.  
Madison W.



## Alpine 4-H Camp Community Service

Faith S., Katie V., Karlee C., and Triniti D. helped with cleaning at the Alpine 4-H Camp in May.

## 4-H Awards Nights

**Star Valley: Oct 4 at 6 pm**  
South (4-H) Exhibit Building  
Potluck Dinner:  
Last Name (A-L) Bring Salads  
Last Name (M-Z) Bring Desserts

**Cokeville: Oct 5 at 7 pm**  
Cokeville Elementary

**Kemmerer: To Be Announced**

*If you have questions, please contact  
Afton Office, 885-3132 or Kemmerer, 828-4092*



## 4-H Club News—

### Krazi Kritterz

*The Krazi Kritterz Swine Group* met on May 3, 2017. They talked about good and bad parasites. Braylee Parker did a demonstration on cool facts about pigs. One cool fact learned is pigs are three times smarter than dogs. Also Lexi Stubblefield did a demonstration on what you need for a pig to live and how to take care of your pig.

*The Krazi Kritterz Swine Group* met on May 31, 2017. We talked about pork cuts and explained how to do the record books to the new people in our group. Then Jayden Nield gave us a demonstration on how to walk a pig then Morgan and Lexi gave us a demonstration on parasites. Morgan also talked about respect. This meeting ended at 7:16 pm.

## Wyoming State and Regional Events & News –

(More information online at:  
<http://www.uwyo.edu/4-h/>)

**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.



## Outstanding Member Nomination Form

This award is open to any senior member. There may be an Outstanding Member selected from Cokeville, Kemmerer, and Star Valley. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**.

Your Nominee Is: \_\_\_\_\_

Please mark where the member lives: ☐ Cokeville ☐ Kemmerer ☐ Star Valley

I feel this member is deserving of this award because:

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## Outstanding Leader Nomination Form

This award is open to any leader. There may be an Outstanding Leader selected from Cokeville, Kemmerer, and Star Valley. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**

Your Nominee Is: \_\_\_\_\_

How many years have they been a Leader: \_\_\_\_\_

Please mark where the leader lives: ☐ Cokeville ☐ Kemmerer ☐ Star Valley

I feel this leader is deserving of this award because:

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## Friend of 4-H Nomination Form

This award is open to any person or business that has helped support the 4-H program in your area. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**.

Your Nominee Is: \_\_\_\_\_

Please mark where the person/business resides: ☐ Cokeville ☐ Kemmerer ☐ Star Valley

I feel this person/business is deserving of this award because:

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## Caring

### Caring... Have you done it today?

*"If you can't think of anything nice to say, you're not thinking hard enough!" ~ Kid President*

Have you ever taken a moment to watch a Kid President video? If not, take a few moments to google it, you will be inspired to become AWESOME!

Awesomeness is not just about doing the right thing,

its also about caring for those around you. When you care for someone, you show how much you appreciate the person they are, flaws and all.

One of the easiest ways to show you care is to speak kind words.

Along with kind words, listen to how others are feeling. Pay attention to their words as well as their body language, show compassion for their thoughts.

A great way to teach caring behavior is to model it yourself. Pass around high-fives,

smile at others, compliment your peers, and listen when others are speaking. Praise kind behavior, and never tolerate rudeness.

Caring is not something that comes naturally to



### 4-H Activity: Snowball Fight!



**Materials:** A large pile of paper and pencils.

#### **Procedures:**

1. Have members sit in a circle on the floor.
2. Distribute a sheet of paper and pencil to each member
3. Ask each member to write their name at the top of the paper.
4. Once members have their name on a sheet of paper, ask them to crumble them into a ball.
5. Tell members to throw their paper balls like a snowball fight!
6. Once the fight has died down, ask them to choose a ball, unfold it, and write something nice about the person on the ball.
7. Crumble the papers again and have another snowball fight!
8. Once the fight has died down, repeat step 6. Repeat as many times as compliments you wish to have members write.
9. Ask each member to read the last ball they pick up to the group.

### Clover Connection



**Head** - Remember to try and do something nice for someone everyday..

**Heart** - Listen to others, let them know you care.

**Hands** - Practice small acts of kindness!

**Health** - Be a friend, and



## Cent\$ible Nutrition Program

Helping Families Eat Better for Less



### 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**.



**SV/Cokeville Area** - We are excited to introduce Shelley Balls as our new Cent\$ible Nutrition Program (CNP) Educator for North Lincoln, Sublette and Teton Counties. She recently graduated from Utah State University with a Bachelor's Degree in Nutrition and Dietetics. Shelley grew up in Wyoming, and is excited to give back to the community by sharing the CNP curriculum to low-income individuals. The CNP topics include cooking tips, menu planning ideas, smart shopping hints, ideas for physical activity, and more! This program serves eligible adults aged 15 years old and above, and youth programs for students K-6<sup>th</sup> grade (Happy Healthy Me, Grazing with Marty Moose, Munching Through Wyoming History, and WIN Kids). If you are interested or would like more information about this program please contact her at 307-885-3132 or by email [sheap@uwyo.edu](mailto:sheap@uwyo.edu).

### Keep It Safe With Fruits & Vegetables

Extra care should be taken when cleaning fresh fruits and vegetables. Wash produce just before use, not ahead of time. Wash before you peel or cut the fruit or vegetable, even if you do not eat the peel. This will help keep bacteria from contaminating the fruit or vegetable when it is cut or peeled. Water should be cool or room temperature, not cold or hot. Gently rub the outside of the fruit or vegetable to remove dirt. For hard skinned produce, like melons, use a vegetable brush to help clean. It is not recommended to use soap or chemical washes. After washing pat produce dry with a paper towel.



Content Source:  
[https://issuu.com/cnp\\_newsletters/docs/august-september-2016-newsletter-en](https://issuu.com/cnp_newsletters/docs/august-september-2016-newsletter-en)

Cent\$ible Nutrition Program Website & Other CNP newsletters:  
<http://www.uwyo.edu/cnp/newsletters/index.html>

### Enjoy The Bounty Of Summer Now And Later



Gardens with shiny, red tomatoes, bright green cucumbers, and delicious sweet corn ... our gardens, farmers' markets, and local groceries are piled high with fresh produce. Why not save some of this bounty to enjoy all through the year? Why not make those special homemade gifts that mean so much to friends?

Preserving fresh foods of the summer to enjoy later in the year is a cooking technique as old as cooking itself. Our ancestors dried, canned, and preserved the bounty of their garden to sustain their needs in the cold of winter. When preserving food, first you need to decide what you are preserving, which will help you decide what method will be used to best suit your needs. Each process can help you store good-quality food for later use. So let's talk about methods of food preservation.

Freezing is a safe method to preserve any food. Many foods can be frozen, which slows growth of enzymes but does not eliminate them. Freezing fruits and vegetables while they are fresh and in-season is one of the easiest ways to preserve.

Canning follows straightforward guidelines. It requires more effort and equipment, but the results are almost foolproof if you follow the instructions carefully. An advantage to canning produce is the ability to store the jars without taking up freezer space. Choose a cool dry place to store them. Water bath canning is used when putting your high acid foods, such as fruits and tomatoes, in a jar. Pressure canning is another preservation process that requires putting the product in a jar. However, these items are considered low acid and need to be processed using a pressure canner.

Dehydrating is one of the first forms of food preservation. This method removes moisture from food. Removing moisture from the product reduces the ability of bacterial growth by taking away the element it needs to grow. Dehydrating can be done in a dehydrator or in an oven.

Pickling is a method of preservation that has a high concentration of acid. Heat treating these products is also important to kill any remaining bacteria in the jar.

Fermentation is a method of preservation. It is an old way of food preservation that adds flavor after the fermenting process is done.

Food safety is, and should be, a primary concern when preserving any type of food, from pickles to meat. Two basic rules to follow are to use good quality produce (preserving won't improve the taste, texture, or looks), and always practice cleanliness. Extension sets itself apart in providing research-based information. The University of Wyoming Extension recommends using only science based methods to preserve foods. For more information on methods of food preservation refer to USDA national food preservation website: <http://nchfp.uga.edu/>, or the *All New Ball Blue Book of Canning and Preserving* or the website: [www.freshpreserving.com](http://www.freshpreserving.com) or UW Extension website for food preservation: [www.uwyo.edu/foods/educational-resources/food-preservation.html](http://www.uwyo.edu/foods/educational-resources/food-preservation.html).

(Blog Sources: *All New Ball Blue Book of Canning and Preserving*, United States Department of Agriculture, University of Wyoming Extension)

Source for complete article:  
<http://uwyoextension.org/uwnutrition/2017/08/10/enjoy-the-bounty-of-summer-now-and-later/#more-1699>

For more ideas, visit the University of Wyoming Extension's Nutrition & Food Safety website:  
<http://www.uwyo.edu/foods/>

# September 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 <i>Labor Day—Ext. Offices Closed</i>	5	6	7	8	9
10	11 <b>RECORD BOOKS DUE TO LEADER</b>  <b>Outstanding Mem- ber, Leader, &amp; Friend of 4-H Nom- inations Due to Ext. Office</b>	12	13 <b>ALL SECRETARY &amp; TREASURER BOOKS &amp; ALL RECORD BOOKS DUE TO EXTEN- SION OFFICE</b>	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 SV Area Awards Night, 4-H Exhibit Bldg., 6 pm	5 Cokeville Area Awards Night, Elementary, 7 pm	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Haunted Hay Ride., Events Ctr. 6-9 pm
22	23	24	25	26	27	28
29	30 Halloween Festival 4-H Exhibit Bldg., 6-8:30 pm	31				



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Important announcements

# **IMPORTANT**

## **Lincoln County Extension**

### **NEWSLETTER**

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