



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

October 2017

Kemmerer Office – 307-828-4092

## Calendar of Events

- Oct 04 SV Area Awards Night, 6 pm
- Oct. 04 SV Jr. Leader Mtg, After Awards Night
- Oct 09 Kemmerer Area Award Night, 6 pm Events Ctr.
- Oct 12 Cokeville Awards Night, 7 pm Elementary
- Oct 19 SV Cloverbuds, 3 pm, Afton Civic Ctr.
- 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



## 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

**Kemmerer: Oct. 9 at 6 pm**

South Events Center

**Cokeville: Oct. 12 at 7 pm**

Cokeville Elementary

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

## Inside This Issue

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## Online 4-H Registration

**Starting October 1**

**<http://wy.4honline.com/>**

Returning Families— Follow the instructions on page 4 of this newsletter.

New Families—Contact either Extension Office for instructions.

Contact Afton (885-3132) or Kemmerer (828-4092)  
Extension Office 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...

The first full week of October 2-8 is National 4-H week! This is a week that we can show our 4-H pride and help share the word about 4-H. One great way to show our 4-H pride is getting involved in our community. I would like to encourage everyone to start on service projects right away. There is not a limit on the service that one can do for 4-H. I would also encourage groups to think outside of the box when it comes to ideas. There are a lot of different opportunities right now for service projects. If you need some ideas, please contact either Extension Office and we will be able to give you some ideas of needs in our communities. By helping others helps us to grow. I would like to thank you for all your hard work and community service. Keep it up! Please wear your 4-H shirts this week to show off your 4-H pride!

*Shar*

## SV Junior Leader Meeting—Oct. 4

The Junior Leaders will have a meeting after SV award night to plan the Halloween Festival's spook alley

## SV Cloverbud Activity-Oct. 19

The next SV Cloverbud activity will be on October 19 at 3 pm in the Afton Civic Center. Please let Shar (885-3132) know you are coming.

## 2017 National 4-H Volunteer eForum

You're invited to the 2017 National 4-H Volunteer e-Forum. Join us and get energized as you network with volunteers, county-based sta, and state specialists from across the country! Sessions include:

### **October 5, 2017 – 5:00-6:30 PM (MT)**

Cultivating an Environment for Growing True Leaders Creating an environment where 4-H members feel safe as they grow and develop leadership skills means having volunteers who understand the basics of positive youth development. This session will feature ideas and activities that help foster life skill development by focusing on strategies for more effective club interactions. Participants will learn about the Essential



Elements of 4-H and the 5 C's of positive youth development, so join us to set the stage for more successful club meetings!

### **November 2, 2017 – 5:00-6:30 PM (MT)**

"STEM"ming into Animal Science, Growing True Leaders Build on the roots of 4-H as we STEM our way into agriculture and animal science for experienced and new 4-H'ers. Gain resources to incorporate Science, Technology, Engineering, and Math (STEM) leaders through traditional animal sciences project areas in communities. Volunteers will gain ideas for planning and organizing fun, educational sessions for youth.

## October Birthdays!!!

Malia A.	Hunter C.	Oakley H.	Otessa O.	Madison S.
Avery A.	Eli E.	Brody H.	Brooklyn P.	Paisley S.
Hyum A.	Libbi E.	Keston J.	Wyatt P.	Kelbe S.
Rebecca A.	Madelyn G.	Louie J.	Anthony P.	Kayson W.
Derek A.	Addy G.	Ali K.	Micah P.	Mesa W.
Miah A.	Emma H.	Gavin L.	Madison R.	
Hayden C.	Makell H.	Dylan M.	Clayton R.	
Ella C.	Cashlee H.	Trey N.	McKaylee S.	



#### **December 7, 2017 – 5:00-6:30 PM (MT)**

Helping 4-H'ers Grow in Life & Work In 4-H, all youth can explore their future. Club meetings, events, camps, and after-school programs are places to develop life skills and expand their interests through 4-H. During this session volunteers will share ideas, receive resources, and see a variety of successful programs that help youth focus on life-long learning, workforce readiness, and career exploration. Caring adults can help all young people make decisions and create their own positive future.

More Information: [www.4-h.org/volunteerprofessionals](http://www.4-h.org/volunteerprofessionals)

#### **4-H Club News—**

##### **Krazi Kritterz**

**The Krazi Kritterz Boer Goat Group** met on July 28, 2017 with Josh Frazier as our guest, sheared our goats and discussed their weight. We discussed their feeding plus the upcoming fair. Also we talked about the first time Lilo and Buddy got baths.

**The Krazi Kritterz Boer Goat Group** met on July 25, 2017, the same day Erickson Vet Services wormed all our goats. We also discussed upcoming fair pens and practiced showmanship.

**The Krazi Kritterz Boer Goat Group** met on August 8, 2017 for our last goat group meeting when our goats were

weighed and we got pens all set up. Also how excited we were that fair weeks was finally here. Submitted by Karlee C. Secretary.

##### **Hogs R Us**

**The Hogs R Us 4-H Club** met on September 20, 2017. Bo Simpson lead the Pledge of Allegiance, Quinn Simpson lead the 4-H pledge.

The club officers for next year were elected. Quinn Simpson volunteered to be President. Joseph Warren volunteered to be the Vice President. Kymora Simpson volunteered to be the secretary. Weston Dyer was appointed as the Treasurer. Kaia Barkdull was elected as the recorder. We currently have \$270 in our checking account. We voted on how much should be allotted for next year. Next year we will set aside: \$50 for barn décor, \$75 for breakfast for club members during fair, keep a minimum of \$250 in our account at all times, and we will reimburse club members of stall fees. We decided we will hold 6 meetings during the month. Warrens volunteered to be in charge of January's meeting, Simpsons volunteered to be in charge of March's meeting. Dyers and Schneider/Suter were asked the coordinate the breakfasts during fair week. Barkdulls volunteered to be in charge of the club fundraiser. Simpsons volunteered to be in charge of the club service project. Warrens were appointed to be in charge of barn decorations. We voted no to using funds to do club awards and recognition prizes. Talked about the possibility of charging club dues to supplement our budget until we do our fundraiser. Didn't come to a conclusion but need to come up with ideas. Awards Banquet is October 4th and our club decided to do a booth for the Halloween Fair. We need to come up with ideas of what games to play. In attendance: Kymora, Bo, Quinn Simpson, Weston Dyer, Keeton Stevens, Joseph Warren, Ben and Kaia Barkdull.

#### **Wyoming State and Regional**

##### **Events & News –**

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

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

## 4-H Youth/Volunteer Enrollment Process

### FOR EXISTING MEMBERS

1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As an existing Member/Family that is re-enrolling for the next 4-H year select the first option  I have a profile
  - Enter your email address and password you used to create your Family login and click the **Login** button
  - If you can't remember your password select  I forgot my password enter your email address and click the **Send My Password** button.
  - A new automated password will be sent to the email address you provided along with instructions to login and reset your password.

3. Once you are logged in you can review your Family info and update it if needed by clicking the **Edit Family** button

4. In the **MEMBER LIST** tab, please look at the **Member/Volunteer List** to view the members/adult volunteers associated with your family account.

Please do not add a new individual that is already listed in the member/volunteer list!

- To Re-Enroll for the new 4-H year click on the **Edit** button to the right of each name
- Review the information displayed in the Personal Information screen.
- At the Bottom of the page on the right you will click the **Enroll for 2015-2016** button.

Member/Volunteer List						
	Name	Role	Membership ID	Enrollment Status	Last Active Year	Edit
1)	Mrs. Tester	Adult	888993	Inactive	2014-2015	<b>Edit</b>
2)	Boy Tester	Youth	888882	Inactive	2014-2015	<b>Edit</b>
3)	Girl Tester	Youth	888883	Inactive	2014-2015	<b>Edit</b>
4)	Mr. Tester	Adult	888413	Inactive	2014-2015	<b>Edit</b>

- On the next page you can review/update the personal information page.
  - The red asterisk \* indicates required fields
- You will now continue through several tabs verifying/updating information. To advance to the next screen click the **Continue >>** button.

**NOTE: In an effort to reduce our mailing costs, please consider selecting the EMAIL option in the Correspondence Preference field.**

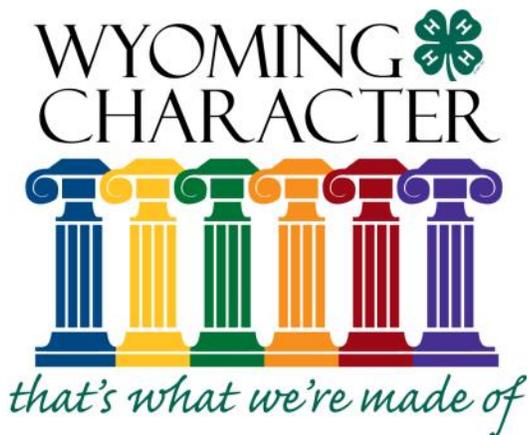
In the **ADDITIONAL INFORMATION** screen you will review the Publicity Release, Statement of Assumed Risk Transportation Release, Code of Conduct, and for Leaders Training and Screening Understanding.

- Please Read this information! You must click this box in each section in order to continue

- The next screen is the **HEALTH FORM** - If any of the individuals Health information has changed, please update it!

In the **PARTICIPATION** screen you will add or delete Clubs and Projects for each individual.

- If you are unsure of which Club to choose, please select I Club Placement and we will help choose a club.
- If you select a new club remember to click the **Add Club** Button to add it to your Club list.
- When finished with club selections click the **Continue >>** Button at the bottom.
  - You will be taken to the project tab where you can add or delete projects.
    - For returning members the years in project should automatically increase for projects you are continuing
    - Remember to click the **Add Project** button to add a project to the Project List.
    - You can delete a project by clicking the **Edit** button and then clicking the **Delete** button.
- When you are finished with club and project selections click the **Submit Enrollment** Button.
  - If your enrollment status is Pending, your record is complete and waiting for county level 4-H approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.



## What Is Character?

### RESPECT

- Is friendly and cooperative when asked to take on responsibilities.
- Listens to and acknowledges the viewpoints of others.
- Treats everyone with respect and dignity to maintain a positive working environment.
- Models listening and maintains an open mind.
- Works to establish a respectful and working relationship with mentor.
- Accepts constructive criticism and modifies behavior when necessary.
- Is courteous and polite to others.
- Doesn't use, manipulate, exploit or take advantage of others. Works well as a team member.

### CITIZENSHIP

- Maintains an active role in school and community activities.
- Follows company policies, regulations, and procedures.
- Shows initiative by becoming helpful and resourceful. Indicates a positive and enthusiastic work attitude.
- Ensures compliance with legal and reporting procedures and regulations.
- Accurately reports hours worked according to required procedures.
- Takes care of equipment and resources.
- Demonstrates a knowledge and interest in ethical, political, economical, and environmental issues that impact the career and the country.

### RESPONSIBILITY

- Accepts responsibility and is accountable for quality of work.
- Perseveres and gets the job done.
- Recognizes what needs to be done.
- Pays attention to detail.
- Dependable in fulfilling commitments.
- Takes pride in work. Takes responsibility and is accountable for his or her own actions and mistakes.
- Strives to improve abilities, learns new skills and takes on broader responsibilities.
- Asserts own views in a reasonable manner.

### TRUSTWORTHINESS

- Gives proper notice of absences. arrives on time.
- Works scheduled hours.
- Provides honest feedback on progress and problems.
- Works well with little supervision.
- Keeps confidences and honors a person's right to privacy.
- Develops honest, open and ethical in relationships with others.
- Stands by his or her commitments.
- Earns trust and confidence through honesty and hard work.
- Does not steal, misuse or abuse company property or equipment.

### FAIRNESS

- Uses tact and fairness in dealing With others.
- Is Flexible in coping with different expectations, situations, and diverse leadership styles.
- Completes tasks in a timely manner.
- Contributes knowledge, ideas, and skills to others.
- Contributes to the team or organization in seeking solutions to improvements.
- Gives people a reasonable benefit of the doubt.
- Concentrates on the positive.
- Demonstrates sound communication skills in conflict situations by using openness, flexibility, and a win-win attitude.

### CARING

- Builds positive relationships with others.
- Shows kindness and is sensitive to the feelings of others.
- Takes time to help others.
- Attends to details.
- Does quality work.
- Gives accurate self-evaluation of work performance.
- Works harmoniously with others on a daily basis.
- Respects the property of others.
- Takes the time to talk with people face-to-face about issues.



**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.**

SV/Cokeville Area - If you are interested or would like more information about the CNP program please contact her at 307-885-3132 or by email [sheap@uwyo.edu](mailto:sheap@uwyo.edu).

## Be a Smart Shopper

This time of year, grocery stores have a lot of extra items in the aisles and on the ends. These items tend to be convenience foods, like candy, pre-packaged snacks, and boxed mixes, that are unneeded. Stores place these items in easy to reach spots to get shoppers to make additional purchases. These purchases may seem small, but they can add up quickly. Don't be drawn in by displays and aisle advertisements. Instead, take a few minutes to make a plan to save money using the following shopping tips:

- Before shopping, make a menu plan for the week.
- Check store circulars for coupons and sales.
- Make a shopping list and stick to the list.
- Know your way around the store and only go to the aisles as needed.
- Compare prices between brands and sizes using the unit price.
- Buy in season.
- Compare canned, frozen, and fresh fruits and vegetables for the best option.
- Cook from scratch rather than using convenience items.
- Don't shop hungry.
- Try to shop alone.

Content Source:  
[https://issuu.com/cnp\\_newsletters/docs/october-november\\_2016](https://issuu.com/cnp_newsletters/docs/october-november_2016)

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

# Apple Pecan Bake

## Ingredients:

- ¾ cup granulated sugar
- 3 Tbsp. whole wheat flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 2 eggs
- 1 tsp. vanilla
- 1 cup pecans
- 2 cup diced apples (peeled if desired)

## Directions

1. Combine dry ingredients.
2. Beat eggs with the vanilla and add to dry ingredients.
3. Stir in apples and pecans.
4. Stir to combine well.
5. Lightly oil or butter a 9x9" square glass pan.
6. Bake 375 degrees Fahrenheit for 35 minutes or until golden brown.
7. Serve warm or cool.
8. Refrigerate leftovers.

Source for complete article:  
<http://www.uwyo.edu/foods/recipe-of-the-month/2016.html#AUG>

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



# October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 SV Area Awards Night, 4-H Exhibit Bldg., 6 pm  SV Jr. Leader Mtg. After Awards Night	5	6	7
8	9 Kemmerer Area Awards Night, So. Events Center, 6 pm	10	11	12 Cokeville Area Awards Night, Elementary, 7 pm	13	14
15	16	17	18	19 SV Cloverbuds 3 pm, Afton Civic Ctr.	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				

# November 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 <i>Thanksgiving Holiday, Extension Offices Closed</i>	24 <i>Thanksgiving Holiday, Extension Offices Closed</i>	25
26	27	28	29	30		

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Don't miss out on any  
Important announcements

# **IMPORTANT**

## **Lincoln County Extension**

### **NEWSLETTER**

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