



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

November 2017

Kemmerer Office – 307-828-4092

Calendar of Events

Nov 01 **2018 Charter Forms Due to Extension Office**
Nov 09 SV Jr. Leaders Mtg., 4:30 pm, Afton Civic Ctr.
Nov 16 SV Cloverbuds, 3 pm Afton Civic Ctr.
Nov 23-24 *Thanksgiving Holiday, Ext. Offices Closed*
Dec 22-25 *Christmas Holiday, Ext. Offices Closed*
Dec 26-28 *Winter Closure, Ext. Offices Closed*
Dec 29 *New Year's Day Holiday, Ext. Offices Closed*
2018
Jan 01 *New Year's Day, Ext. Offices Closed*

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



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Attention 4-H Members!

Pick Up You Record Books & Livestock Sale 4-H Members need to pick up Sale checks & final add-on lists.

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



4-H Program Information

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

4-H Educator's Letter...

Thanks to all who have handed in their club secretary and treasurer books. As we are starting another new 4-H year, I would like to remind you of a few things: First, please read the new policy manual from the state office. <http://www.uwyo.edu/4-h/resources/policies-2017.pdf>

We need to make sure that all clubs and groups comply with this. Some highlights we need to review are that club checking accounts should not have more than \$1000 and savings accounts should not have more than \$2000. Any excess funds should be housed and invested with the Wyoming State 4-H Foundation.

All approved disbursement of club /group funds should be reflected in the club/group minutes. When reimbursed from the club you must have a UW reimbursement form completed, original receipts and invoices need to be kept. Active signers may not sign a check written to themselves or an immediate family member.

All 4-H accounts need to have a minimum of four (4) active signers, with two being UW Extension employees (signatory authorities) and 2+ active members and/or volunteers of the club/group (preferably the club treasurer, club president, chairperson, and/or club volunteer). If a bank will not allow a 4-H member to be a signer on the account, another screened volunteer in the club should serve as the second signature. All checks need two signatures.

A committee designated by the club and reviewed/audited every three years by an internal 4H committee designated by the UW 4-H educator reviews club accounts annually. The State Office will also be conducting club audits.

This is only a highlight of a few things we need to work on! PLEASE TAKE THE TIME TO READ THE WHOLE POLICY MANUAL! There is more information than just financial. If you have any questions, please contact the office, 885-3132.

Shar

Congratulations!

Wendy Kirk

**State of Wyoming 4-H
Volunteer of the Year
Award Recipient
& the Southwest District's
Winner**

Congratulations! 4-H Members & Leaders Outstanding & Runner Up Record Books

Rebecca A.	McCall M.
Sierra B.	Sterling M.
Kimberly C.	Weston M.
Robert C.	Whytney M.
Madilyn D.	Rick N.
Tyleigh D.	Sydney N.
Kalob H.	Jace P.
Kelli H.	Alisen P.
Tayt L.	Antheny P.
Flint L.	Micah P.
Kaycee L.	Michea P.
Devan M.	Faith S.
Dylan M.	Kabrie W.
Janessa M.	Kaden W.

Wyoming 4-H Honors Club (Accumulated 19 or more points)

Hunter C.	Weston M.
Makia H.	Whytney M.

November Birthdays!!!

Jaxon A.	Janie E.	Chelsea H.	Chloe R.	Raynee V.
Addison B.	Italy E.	Gracie J.	Drake R.	Katie V.
Cole B.	Mason E.	Kash L.	Sierra R.	Landon W.
Sierra B.	Roman E.	Harley M.	Makila S.	Kayley W.
Cash C.	Kayson H.	Brant N.	Tayson S.	Jordan Z.
Madelyn C.	Aadon H.	Colter N.	Ella T.	
Dawson C.	Emma H.	Taylor R.	Clayton V.	

Kenadee J.
Brooke K.
Wesley K.
Eli L.
Janessa M.

Sydney N.
Trey N.
Tristan N.
Antheny P.
Cole T.

Friend of 4-H

Harv Erickson, DVM
Dr. Leonard Wilford, DVM
Veronica Proffit

Outstanding Member

Katie V.
Carson C.
Sterling M.

Outstanding Leader

Melissa C.
Jessica W.
Joe M.

GROW & SHOW (MOO-SKA-STEERS) – Beef Herdsmanship
HAMSFORK HANDS—Sheep Herdsmanship
DIVINE SWINE - Swine Herdsmanship
KRAZI KRITTERZ BOER GOAT GROUP—Meat Goat Herdsmanship

SV Junior Leader Meeting—Nov. 9

The Junior Leaders will have a meeting November 9 at 4:30 pm in the Afton Civic Center. Please let Shar know you are attending.

SV Cloverbud Activity-Nov. 16

The next SV Cloverbud activity will be on November 16 at 3 pm in the Afton Civic Center. Please let Shar (885-3132) know you are coming.

Cookie Wars/Treats for Troops 2017

Welcome to Cookie Wars! We are very excited about taking Treats for Troops state wide and hopefully making it a competition will increase involvement. Ten years ago Sublette County started Treats for Troops. The idea was to thank and bless the troops serving in our military by sending them homemade cookies. Sublette County 4-H has been shipping cookies and thank you cards to the troops around Christmas time ever since. The troops have sent back lots of notes of appreciation and seem to enjoy the encouragement. Now we would love to have your help in trying to serve more of our military. We look forward to working with you. Thank you.

If your club is interested in participating, contact the Afton Extension Office, 885-3132, for rules and instructions.

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:

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.

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

4-H Club News—

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.

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

I have read, understand, and agree to the the terms and conditions stipulated and is done freely and without inducement.

- 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.



November

Character Counts

Citizenship



Definition of Citizenship?

Citizenship includes civic duties that outline how we ought to behave as part of a community. The good citizen knows the laws and obeys them, yes, but that's not all.

Good citizens stay informed about current issues that affect the community. That helps them understand the issue and to make better decisions to help solve problems. A democratic society relies on citizens

Citizenship in 4-H

Develop a 4-H Community Calendar

In small groups of mixed ages, create a list of different types of communities (i.e. church, neighborhood, school, 4-H club, etc.) Talk about what it means to be a good community member? What are the do's and don'ts of being a good community member? Ask each group to come

up with 10 things that their 4-H club could do to be a good community member? Share the ideas with the whole group.

As a club (the whole group), think about the things shared by each small group. Use those items to create a calendar focusing on good citizenship, being a good community member. As the club plans

who are well informed. Citizens who will consider what is in the best interest of the community, even if it might not benefit them as an individual.

Good citizens do more than their "fair" share to make society work. They are concerned about today but they are also concerned about the effect of what they do today, might have on tomorrow and future generations. They are committed to the public good and make efforts to conserve resources, recycle, and clean up litter.

Good citizens are concerned about everyone in their community.

ways to demonstrate their good citizenship remember to consider the time it will take so that you can plan it in the best month for your schedule, the budget it might require, and the amount of adult support it might need.

Have fun showing the community your 4-H Citizenship Pride.

Adapted from a lesson in the Character Counts! *Good Ideas* book.

"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in".

*Theodore Roosevelt,
American adventurer and
26th president*



Clover Connection

Head - be an informed citizen; get involved in community affairs; vote; respect authority; obey laws and rules.

Heart - cooperate; be a good neighbor.

Hands - do your share to make your community better; volunteer.

Health - create healthy lifestyles; protect the environment.



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 **Shelley Balls at 307-885-3132 or by email sheap@uwyo.edu.**

Orange-Honey Acorn Squash

Ingredients

- 1 small acorn squash
- 2 teaspoons orange juice frozen concentrate
- 1 tablespoon plus 1 teaspoon honey
- Dash of salt
- 2 teaspoons soft-tub margarine
- Dash of nutmeg (optional)

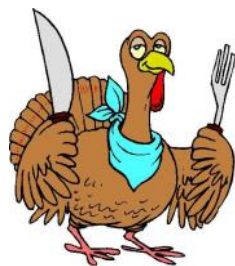
Directions

1. Wash hands in warm, soapy water.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice, honey, and salt. Mix well. Put some of the orange-honey mixture in each squash cavity.
4. Add 1 teaspoon of the margarine to each squash half. Sprinkle with nutmeg.
5. Cover pan with aluminum foil to keep steam in and speed cooking.
6. Bake at 400 degrees Fahrenheit for 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Content Source:

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>



Buying the Turkey

Frozen Whole Turkey—Allow 1 pound per person or 1¼ pounds for frozen, pre-stuffed turkey. Buy anytime, but keep turkey frozen until ready to thaw and cook.

Fresh Whole Turkey—Allow 1 pound per person. Buy 1-2 days before cooking.

We do not recommend purchasing a fresh pre-stuffed turkey.

Thawing the Turkey

Thawing time in the refrigerator (40°F or below)

Approximately 24 hours per 5 pounds of a whole turkey. After thawing, keep turkey refrigerated for only 1-2 days.

Pounds	Days
4-12 lbs.	1-3 days
12-16 lbs.	3-4 days
16-20 lbs.	4-5 days

Thawing Time in Cold Water

Approximately 30 minutes per pound of a whole turkey. Change water every 30 minutes to maintain cold temperature. Cook immediately.

Pounds	Hours
8-12 lbs.	4-6 hours
12-16 lbs.	6-8 hours
16-20 lbs.	8-10 hours
20-24 lbs.	10-12 hours

Roasting the Turkey

For roasting times and instructions, please visit the website listed below.

http://www.uwyo.edu/foods/_files/food-safety/turkey-talk.pdf

November 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9 SV Jr. Leaders Mtg., 4:30 pm, Afton Civic Ctr.	10	11
12	13	14	15	16 SV Cloverbuds, 3 pm, Afton Civic Ctr.	17	18
19	20	21	22	23 <i>Thanksgiving Holi- day, Extension Offices Closed</i> 	24 <i>Thanksgiving Holi- day, Extension Offices Closed</i>	25
26	27	28	29	30		

December 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 <i>Christmas Holiday, Extension Offices Closed</i>	23
24	25 <i>Christmas Holiday, Extension Offices Closed</i>	26 <i>Winter Closure, Extension Offices Closed</i>	27 <i>Winter Closure, Extension Offices Closed</i>	28 <i>Winter Closure, Extension Offices Closed</i>	29 <i>New Year's Holi- day, Extension Offices Closed</i>	30
31 <i>New Year's Eve, Extension Offices Closed</i>	Jan 1 <i>New Year's Day Extension Offices Closed</i>					

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CAREFULLY!

Don't miss out on any
Important announcements

IMPORTANT

Lincoln County Extension

NEWSLETTER

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