



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

January 2018

Kemmerer Office – 307-828-4092



### Calendar of Events

Jan 01	New Year's Day, Ext. Offices Closed
Jan 11	Cokeville Mkt Beef Tagging, 4:30 pm, Petersen Ranch
Jan 18	SV Cloverbuds, 3 pm, Afton Civic Ctr.
Jan 26	Livestock Skill-a-thon, 9 am Afton Civic Ctr.
Jan 26	SV Mkt Beef Tagging, 3-5 pm, Fairgrounds Scale
Jan 27	SV Mkt Beef Tagging, Morning Appointments Only
Jan 29	SV Jr. Leaders, 6 pm, Afton Civic Ctr.
Feb 26	SV Jr. Leaders, 6 pm, Afton Civic Ctr.
Feb 28	4-H Open House, 5:30 pm, Afton Civic Ctr.

### 2018 4-H Registration

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

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

**New Families**—Need to contact either Extension Office for instructions.

Contact the Afton (885-3132) or the Kemmerer (828-4092) Extension Office for questions

### NOTE:

**Registering on 4HOnline.com  
does not enter you into the  
Lincoln County Fair!!!**

### Inside This Issue

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2	4-H Program Information
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### Market Beef Tagging

Cokeville	January 11, 2017, 4:30 pm Petersen Ranch
Star Valley	January 26, 2018, 3-5 pm January 27, 2018, Morning Appointments only, please call 307-885-3132
Kemmerer	TBD—Contact Shar Perry 885-3132



# 4-H Program Information

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

## 4-H Educator's Letter...

Create S.M.A.R.T. Goals



I hope everyone had a great holiday and a Happy New Year. It is that time of year when make New Year's resolutions. This is also a great time to sit down and work on our 4-H goals. To be successful in our goals we need to make SMART goals (Specific, Measurable, Achievable, Realistic, and Timely). If we follow this with all of our goals, it will help our success rate.

The link for the portfolios can be found at <http://www.uwyo.edu/4-h/portfolio/index.html>. It is never too early to start. If we do not make a goal at the beginning of the year, we have no direction for our current 4-H year, we do not know where we want to end up. Please take the time and write your 4-H goals over the Christmas break.

Source: <http://leanblitzconsulting.com/2012/01/new-years-resolutions-smart-goals/>

If traveling is a goal of yours, you might check out this link and do some traveling with 4-H, <http://www.uwyo.edu/4-h/get-involved/>.

Also, if you are interested in applying for the Wyoming 4-H State Leadership Team, the deadline is March 1, 2018. The link is <http://www.uwyo.edu/4-h/get-involved/leadershipteam/index.html>. Please let me know if you are applying for this opportunity, so I can write an Extension Educator Recommendation letter for you.

Scholarship applications are due to the state office on **January 15, 2018!!!** Don't miss this date. The link is <http://www.wyoming4h.org/4hfoundation/scholarships/>

I am excited to see what the new year brings for 4-H!

*Shar*

## SV Cloverbud Activity-Jan. 18

The next SV Cloverbud activity will be on January 18 at 3 pm in the Afton Civic Center. Please let Shar (885-3132) know you are coming.

## SV Junior Leader Meeting—Jan. 26

The SV Junior Leaders will have a meeting January 26 at 11 am in the Afton Civic Center. Please let Shar know you are attending.

## 4-H Open House

**Wed., February 28, 2018**

**5:30 pm**

**Afton Civic Center**

## UW Scholarship Deadline Changes to January 15

The 2018 Wyoming State 4-H Foundation scholarship application is now open! Applications for 2018 are due by January 15, 2018. Visit the Wyoming State 4-H Foundations *Scholarship* page for more information: <http://www.wyoming4h.org/4hfoundation/scholarships/>

## 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.

## The Wyoming—Finland 4-H Exchange Program Applications Due February 28, 2018

The Wyoming – Finland 4-H Exchange Program is designed to advance mutual understanding between the people of the United States and Finland, prepare youth leaders to become responsible citizens, spark an interest in learning about foreign cultures, and develop a cadre of Americans with cultural understanding who

## January Birthdays!!!

Rylee B.  
McKayla B.  
McKenna B.  
Madilyn D.  
Weston D.  
Ty J.

Logan M.  
Nathan M.  
Sadie M.  
Rylynne M.  
Brad N.

Brodie O.  
Timothy P.  
Lainey R.  
Cole S.  
Sophia S.

Trace S.  
Lexi S.  
Cole T.  
Travis T.  
Stephen Z.

can advance international dialogue and compete effectively in the global economy.

Applications are available online at [www.wyoming4h.org](http://www.wyoming4h.org) under "For Youth" tab and then "International Programs" or by request from Warren Crawford, [crawford@uwyo.edu](mailto:crawford@uwyo.edu), 307-766-5170.

## 2018 Volunteer Training Series

**January – "Creating a Welcoming Environment"** – A new 4-H year brings new members to clubs and project meetings. As a 4-H Volunteer, you can help to create a welcome environment that helps all families feel like they are part of your 4-H club or project area. Join us on *January 22<sup>nd</sup> from 6:30 -7:30 pm* via Zoom, in an online meeting, to learn more about how to welcome new members and families into your club or the 4-H experience in general. Also if you are a new or newer volunteer this might be a great way to learn more about the ins and outs of 4-H and how you can stay up to date on 4-H information and experiences.

**February – "So Many Opportunities"** – You get out of 4-H what you put into it, and the possibilities are endless. As a 4-H volunteer, you can encourage our members to get involved at the club, county, state, national, and even international level. In this training, you will learn more about all of the activities that 4-H has to offer beyond the club level. Join us on *February 19<sup>th</sup> from 6:30 – 7:30 pm* via Zoom, in an online meeting, to learn more about 4-H opportunities. This is a great training for volunteers to help their families know more about 4-H and for newer families to gain a better understanding of what 4-H has to offer.

**March – "Project Meeting Fun"** – Are you hosting project meetings for your 4-H members to develop skills and in turn create items for the fair? As a volunteer your job is to help members increase their skills and knowledge in a project area or interest they have. Join us on *March 26<sup>th</sup> from 6:30 – 7:30 pm* via Zoom, in an online meeting, to find out more about how we can structure 4-H learning experiences. A great 4-H learning experience will help members develop project skills, life skill, and maybe even produce a fair project. This training would also be good for parents and 4-H families to learn more about 4-H projects you can do at home in case you do not have a leader.

**April – "Keeping Records"** – For many volunteers record keeping is not an enjoyable part of the 4-H experience. 4-H volunteers have to keep records and in turn, they should work to help members in keeping records. Join us on *April 23<sup>rd</sup> from 6:30 – 7:30 pm* via Zoom, an online meeting, as we learn more about filling out 4-H paperwork, what kinds of records to keep, and how to encourage and help your 4-H member with their 4-H portfolios.

## Western Regional Leaders Forum

The snow is here and it won't be going away for a while. Start planning now to spend four days in San Diego, California, March 1-4, for the Western Regional Leaders Forum (WRLF). This conference is a great opportunity to connect with leaders throughout the West and gain new ideas to bring back to your county and club. Early bird registration is \$495 and needs to be completed by the 15<sup>th</sup> of January. For a higher cost you can register until February 28<sup>th</sup>. This is just the registration fee and does not include transportation or lodging. This conference is open to any

certified volunteer in Wyoming and throughout the Western Region. The State 4-H Foundation will award any Wyoming leader that attends with a \$100 scholarship. Talk to your county about additional funding sources. To register or find out more about this opportunity please visit the conference website at <http://ucanr.edu/sites/WRLF/2018/>.

## 4-H Club News—

### Krazi Kritterz

**The Krazi Kritterz Dynamite Dogs group** will have their first meeting on Monday, January 15, at 6 pm in the Afton Civic Center. It will be for 4-H members and parents only. No dogs. If you have questions, please contact Wendy Kirk, 307-883-3279 or [wendy@silverstar.com](mailto:wendy@silverstar.com).

### Hogs R Us

**The Hogs "R" Us 4-H Club** met on 11/30/17. The following are minutes submitted by Kaia Barkdull. Introduced Zana, clubs newest member. Appointed Ben Barkdull as treasurer. And then we made Christmas ornaments, which was Sammi Schneider's presentation. Member in attendance were Kaia Barkdull, Ben Barkdull, Sammi Schneider, and Zana Engler.

## Wyoming State and Regional Events & News –

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

**Exploring 4-H Around the World: Wyoming – Finland 4-H Exchange Program** Current members of the Wyoming 4-H program (14-19 years of age) are eligible to participate. Contact Warren Crawford, [crawford@uwyo.edu](mailto:crawford@uwyo.edu), for more information. Applications are due February 28, 2018

**Wyoming 4-H State Leadership Team** is a seven-person team that represents Wyoming 4-H at all statewide events and activities. [Wyoming State 4-H Leadership Team Application](#) - Due March 1, 2018.

**National 4-H Conference** is held the week of April 12-18, 2018 in Washington DC. Applications were due Oct. 30.

**Citizen Washington Focus Conference** will be held June 17-23 in Washington DC. This conference is for senior 4-H members. Applications are due March 2.

**Showcase Showdown** will be held June 26-29, 2018 at the UW campus in Laramie.

**Leadership Washington Focus** will be held July 16-20 in Washington DC. This conference is for kids in grades 6-8. Applications are due March 2.

**National 4-H Congress** is held just after Thanksgiving Day each November in Atlanta, GA. Applications will be due by July 1 to the Wyoming State 4-H Office. Interviews will be held online in mid-July over a video conference call.



## 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	886893	Inactive	2014-2015	<a href="#">Edit</a>
2) Boy Tester	Youth	886882	Inactive	2014-2015	<a href="#">Edit</a>
3) Girl Tester	Youth	886883	Inactive	2014-2015	<a href="#">Edit</a>
4) Mr. Tester	Adult	886813	Inactive	2014-2015	<a href="#">Edit</a>

- 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.

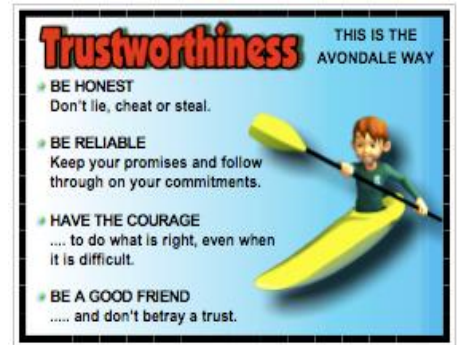
If your enrollment status is Pending, your record is complete and waiting for county level 4-H approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.



January

## Trustworthiness

Being trusted is among the highest achievements of individuals and corporations.



### What does it mean to be Trustworthy?

People will trust a person who has a reputation of being honest, reliable and responsible. Dishonesty can easily tarnish that reputation, such that others consider you untrustworthy. Being considered trustworthy provides benefits from the way people deal with you, as well as your own self-esteem.

Trust in another people has several meanings:

1. Trust means that you feel that the person is honest and will not lie, cheat or steal from you.
2. It also means that you can count on the person to do as he or she promised and that the person is reliable.

Finally, trust in a person means that you feel he or she can be counted on to do something important, will not shirk from duties, and will take personal pride in what he or she does.

**You're trustworthy when:**

- ◆ You tell the truth
- ◆ You are sincere. Say what you mean and mean what you say
- ◆ You keep your word
- ◆ You are reliable
- ◆ You return things you borrow
- ◆ You don't gossip

*"It's better to be hated for what you are than to be loved for something you are not"*  
~ Andrew Gide ~



### Trustworthiness in 4-H

4-H Club Activity

The "Gossip" Game

Have the group sit in a circle. Whisper a statement in one person's ear. You cannot repeat it even if they didn't understand it the first time. That person repeats the statement in the next person's ear, and so forth around the room. The last person tells what they heard out loud.

Discuss what happened. Did the statement end up the same as it began? Was it close? Why or why not? How does this relate to "real life"? Why can gossip become so harmful?

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office

### Trustworthiness:

involves four major qualities:

1. Integrity: the idea of a moral wholeness, or oneness, demonstrated by a consistency of thoughts, words, deeds, and duties.
2. Honesty: means that a person doesn't do things that are morally wrong. If something you do is breaking the law or you have to hide it because you'll get in trouble, you are probably not being honest.
3. Promise-keeping: A man is only as good as his word
4. Loyalty: standing with and behind someone in need. Loyal friends share both triumphs and trauma, and offer honest, constructive feedback delivered in a kind and tactful manner.



"Your handshake is as good as your word"





## 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 Area** - New classes will be starting in January. 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](mailto:sheap@uwyo.edu).



### Healthy Veggie Dip

#### Ingredients:

- 1 12-ounce carton low-fat cottage cheese
- 1 teaspoon ranch dressing mix
- 2 teaspoons milk, as needed
- Raw vegetables: bell peppers, broccoli, carrots, celery, cauliflower, radishes, tomatoes, etc.

#### Directions:

1. Wash hands in warm, soapy water
2. Combine cottage cheese and ranch dressing mix. Beat or blend until smooth.
3. Chill
4. Wash, peel, and slice vegetables while dip is chilling.

**Makes 6 servings.**



### Smokey Chicken Tortilla Soup

#### Ingredients:

- 1 tablespoon canola oil
- 1 cup chopped onion
- 1 teaspoon ground cumin
- 1 carton (32 ounce) reduced-sodium chicken broth
- 2 14 1/2-ounce cans fire-roasted diced tomatoes, undrained
- 1 1/2 cups coarsely shredded cooked chicken breast
- 1 1/2 cups frozen whole kernel corn
- 2 4-ounce cans diced green chile peppers, undrained
- 2 cups coarsely crushed tortilla chips
- 1/2 cup snipped fresh cilantro
- 1/2 cup shredded Monterey Jack cheese (optional)
- Lime wedges (optional)

#### Directions:

1. In a 4-quart Dutch oven heat oil over medium heat. Add onion and cumin; cook about 5 minutes or until onion is tender, stirring frequently. Add broth, tomatoes, chicken, corn, and chile peppers. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.
2. To serve, divide crushed tortilla chips among soup bowls. Ladle soup into bowls over chips. Top with cilantro. If desired, sprinkle with cheese and serve with lime wedges.

Source: <http://www.uwyo.edu/foods/recipe-of-the-month/index.html#DEC>

Content Source:

[https://issuu.com/cnp\\_newsletters/docs/cnp-newsletter-english-december-201](https://issuu.com/cnp_newsletters/docs/cnp-newsletter-english-december-201)

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

# January 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>New Year's Day Extension Offices Closed</i>	2	3	4	5	6
7	8	9	10	11 Cokeville Market Beef Tagging, 4:30 p m, Petersen Ranch	12	13
14	15 Krazi Kritterz Dog Group Meeting, 6 pm, Afton Civic Ctr.	16	17	18 SV Cloverbuds, 3 pm, Afton Civic Ctr.	19	20
21	22	23	24	25	26 Livestock Skill-a- thon, 9 am, Afton Civic Ctr.  SV Market Beef Tagging, 3-5 pm Fairgrounds Scale	27 SV Market Beef Tagging, (Morning Appointments On- ly)
28	29 SV Jr. Leaders, 6 pm, Afton Civic Ctr.	30	31			

# February 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 <i>Valentine's Day</i>	15	16	17
18	19	20	21	22	23	24
25	26 SV Jr. Leaders, 6 pm, Afton Civic Ctr.	27	28 4-H Open House, 5:30 pm, Afton Civic Ctr.			



US DEPARTMENT OF AGRICULTURE  
UNIVERSITY OF WYOMING  
LINCOLN COUNTY EXTENSION  
PO BOX 309  
AFTON WY 83110

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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