



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: <https://wyoextension.org/lincolncounty/>

Afton Office – 307-885-3132

October 2018

Kemmerer Office – 307-828-4092

## Calendar of Events

Oct 01-06 National 4-H Week  
Oct 03 SV Area Awards Night, 6 pm  
Oct 05 Cokeville Awards Night, Elementary, 7 pm  
Oct 10 Kemmerer Awards Night, 6 pm  
Oct 20 Haunted Hay Ride, Kemmerer Events Ctr., 6 pm  
Oct 25 Halloween Festival, 4-H Exhibit Bldg., 6 pm  
Nov 22-23 Thanksgiving Holiday, Ext. Offices Closed



## 4-H Awards Nights

**Star Valley: Oct. 3 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: Oct. 10 at 6 pm**

South Events Center

*If you have questions, please contact*

*Afton Office, 885-3132 or*

*Kemmerer, 828-4092*

## Inside This Issue

1	Calendar of Events & Notices
2	4-H Program Information
3	Club News
3	State & Regional 4-H Events
8	Character Counts
9	Cent\$ible Nutrition Program Nutrition & Food Safety Information
10-11	Extension Calendars

## 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 1-6 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 during National 4-H Week to show off your 4-H pride!

*Shar*

## 4-H Livestock Judging Team "307" Hoodies & T-Shirt Fundraiser

The team is getting another order ready to submit. The order sheet at the end of the 4-H section of this newsletter. Please give your order form and payment to the Afton Extension Office by **November 1**. Proceeds benefit the 4-H Livestock Judging Team.

## 4-H Club News—

### Hamsfork Hands 4-H Club

*The Hamsfork Hands 4-H Club* meet on the first Monday of every month at 7 pm in Events Center.

### Lucky Clover 4-H Club

*The Lucky Clover 4-H club* meet the 2nd Monday of each month in the Afton Civic Center Library Room from 7-8 pm.



## October Birthdays!!!

Malia A.  
Avery A.  
Hyrum A.  
Rebecca A.  
Miah A.  
Christopher B.  
Ella C.

Eli E.  
Whitli G.  
Addy G.  
Emma H.  
Makell H.  
Cashlee H.

Oakley H..  
Edynn H.  
Keston J.  
Louie J.  
Ali K.  
Evelynn K.

Trey N.  
Brooklyn P.  
Micah P.  
Madison R.  
Clayton R.  
Madison S.

Jayden S.  
Paisley S.  
Trasen S.  
Johnny S.  
Samuel T.  
Mesa W.

# *Haunted Hayride*

## October 20, 2018

Events Center

6-9 pm

If you have questions or need

Additional information, please contact

Shaily Harshbarger, 828-4092



### Wyoming State/Regional Events & News –

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

**Western Junior Livestock Show**—will be held on Oct. 10-13 in Rapid City, South Dakota The Western Junior Livestock Show is a fun packed event that includes livestock shows, judging contest, livestock skill-a-thon contest and more. It is open to all 4-H members. Please see the following rule book and entry form for upcoming entry dates. Please send completed entries to: Jackie Maude, 15678 Lower Spring Creek, Hermosa, SD 57744.

**National 4-H Congress**—will be held November 23-27, 2018 in Atlanta, Georgia. Applications due: TBD. Interviews held during Showcase Showdown.

**Western National Roundup 2019**—will be held January 10-13, 2019 in Denver, Co. Registration Deadline: TBD.



## 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.
- 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.

Member/Volunteer List						
	Name	Role	Membership ID	Enrollment Status	Last Active Year	Edit
1)	Mrs. Tester	Adult	88693	Inactive	2014-2015	<a href="#">Edit</a>
2)	Boy Tester	Youth	88682	Inactive	2014-2015	<a href="#">Edit</a>
3)	Girl Tester	Youth	88683	Inactive	2014-2015	<a href="#">Edit</a>
4)	Mr. Tester	Adult	88343	Inactive	2014-2015	<a href="#">Edit</a>

LINCOLN COUNTY 4H  
 703

**LINCOLN COUNTY 4H**

**103**



T-shirt: \$15-19

5



## 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*



### 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** - 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)**.



### Making Meals Easy

If you are on a tight budget, buying groceries and cooking dinner can be a stressful experience. Here are a few simple, but effective steps that can make your shopping and meal preparation less difficult and more enjoyable.

1. Start by checking your cupboards, refrigerator, and pantry for ingredients you have on hand. Make a quick list of meals you can make with the foods you already have.
2. Next, make a meal plan. Map out a whole week of meals. Think about simple, easy recipes and make sure to plan fast meals for days when you may not have a lot of time for cooking. Leftovers are great on busy days.
3. Check store advertisements, phone apps, and flyers for any sales and deals. Cut out or save coupons to take with you to the store.
4. Make a complete grocery list before you go to the store. It may be helpful to organize your list by sections of the store. Clip your coupons to your grocery list.
5. At the grocery store, stick to your list. Keep in mind your budget and the importance of buying what you need for just the meals you plan on making.
6. Once you have all your groceries, spend time prepping for busy days. This may include chopping vegetables; precooking some foods, like rice or meat, for use in several meals; baking muffins for breakfast that week; or cooking a large pot of soup that can be served several times or frozen for another week.

**Content Source:**  
[https://issuu.com/cnp\\_newsletters/docs/october-november-2017\\_english\\_news](https://issuu.com/cnp_newsletters/docs/october-november-2017_english_news)

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



### Produce Safety

Sliced melon is no stranger to foodborne illness! It's considered a potentially hazardous food, meaning a food that has the ability for bacteria to grow and thrive. The recent multi-state outbreak of Salmonella infection has shed light on the importance of keeping cut melon safe.

You may know that Salmonella can contaminate poultry and eggs, but it also sneaks its way into many other foods. So why is cut melon a risky food? It starts where we grow the melons. Most melons are grown on the ground. Farmers may be using contaminated water on their crops, or they may be using manure infected with bacteria. The produce could also be poorly handled further down the supply chain.

Salmonella infection usually results from ingestion of the bacteria from contaminated food, water, or hands. Anyone can get a Salmonella infection. Most people infected with Salmonella develop diarrhea, fever, and abdominal cramps 12 to 72 hours after infection. The illness usually lasts 4 to 7 days, and most people recover without treatment. But in some people, the diarrhea may be so severe that they need to be hospitalized.

Fruits and vegetables are often eaten raw, without cooking to destroy pathogens. Thus, they are potential sources of foodborne illness. Contaminated foods usually look and smell normal, which is why it is important to know how to prevent Salmonella infection. How should you keep raw produce safe to eat? Learn what you can do to make your food safer to eat.

- Do not purchase cut produce that is not refrigerated.
- Wash your hands with hot, soapy water before and after preparing food.
- According to the Food and Drug Administration, you should wash raw fruits and vegetables very well in clean cold water before you peel, cut, eat, or cook with them. Washing reduces the bacteria that may be present on fresh produce.
- For produce with thick skin, use a vegetable brush to help wash away hard-to-remove pathogens.
- Produce like cauliflower, broccoli, or lettuce should be soaked for 1 to 2 minutes in cold clean water to reduce the risk of food-borne illness.
- Some fragile produce such as raspberries should not be soaked in water. Put it in a colander and spray it with clean cold water.
- After washing, dry produce with a clean paper towel. This can remove more bacteria. Do not rewash packaged products labeled "ready-to-eat," "washed" or "triple washed."
- Clean your counter top, cutting boards, and utensils after peeling produce and before cutting and chopping. Bacteria from the outside of raw produce can be transferred to the inside when it is cut or peeled. Wash kitchen surfaces and utensils with hot, soapy water after preparing each food item. Sanitizing solution can be prepared by mixing 1 teaspoon unscented chlorine bleach in 1 gallon of warm water.
- Once cut or peeled, refrigerate as soon as possible at 40°F or below.

Let the melon slices sit in the kitchen waiting to be served, and this gives bacteria enough time in the Temperature Danger Zone (41°F to 135°F) for the bacteria to start to reproduce. Be sure to refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours. Chill them within 1 hour if the temperature is 90°F or hotter.

Fresh produce is nutritious; however, if they are handled incorrectly, they can make you very sick! Help prevent foodborne illness from striking you and your family. You should always practice safe food handling and preparation measures. (Sources: [extension.umaine.edu](http://extension.umaine.edu), [www.fda.gov](http://www.fda.gov), [www.foodsafetynews.com](http://www.foodsafetynews.com), [msue.anr.msu.edu](http://msue.anr.msu.edu))

Source: <https://uwyoextension.org/uwnutrition/>

# October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> NEW 4-H YEAR BEGINS—You can now re-enroll	<i>2</i>  National 4-H Week	<i>3</i> SV Awards Night 6 pm, So. Exhibit Bldg. Potluck Salad or Dessert  National 4-H Week	<i>4</i>  National 4-H Week	<i>5</i> Cokeville Awards Night 7 pm, Elementary  National 4-H Week	<i>6</i>  National 4-H Week
<i>7</i>  National 4-H Week	<i>8</i>	<i>9</i>	<i>10</i> Kemmerer Awards Night 6 pm, Training Ctr.	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i> Haunted Hayride, 6 pm, So. Lin- coln TEC.
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i> Halloween Festi- val, 6 pm, 4-H Exhibit Bldg.	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i> Halloween 			



# November 2018

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>Thanksgiving Extension Offices Closed</i>	23 <i>Thanksgiving Holiday Extension Offices Closed</i>	24
25	26	27	28	29	30	

US DEPARTMENT OF AGRICULTURE  
UNIVERSITY OF WYOMING  
LINCOLN COUNTY EXTENSION  
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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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