



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

December 2018

Kemmerer Office – 307-828-4092

Calendar of Events

Dec 13 SV Cloverbud Activity, 3 pm, Afton Civic Ctr.
Dec. 24-25 Christmas Eve & Day, Ext. Offices Closed
Dec 26-28 Winter Break, Ext. Offices Closed
Dec 31 New Year's Eve, Ext. Offices Closed
2019
Jan 1 New Year's Day, Ext. Offices Closed
Jan 21 MLK - WY Equality Day, Ext. Offices Closed
Jan 25 SV Mkt Beef Tagging, 9 am, Scales
Jan 25 Kemmerer Mkt Beef Tagging, 6 pm

Market Beef Tagging

Star Valley January 25, 2019, 9 am

Kemmerer January 25, 2019, 6 pm

Cokeville TBD

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

Online 4-H Registration Started 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.

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

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Happy Holidays!

From
Lincoln County
Extension





4-H Program Information

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

4-H Educator's Letter...

Leaders,

The State 4-H Office has asked us to have one leader from each club attend a training a year. This does not include the new leader training. There are different ways that you can accomplish this task. Sarah Torbert hosts online leader trainings throughout the year. These are through a program called Zoom. Please watch the newsletters for these opportunities. You do need to pre-sign up for them. Once you sign up Sarah will send you a link to click on to join the meetings.

Shar and Shaily will hold leader trainings throughout the year that you can sign up for. Please watch the newsletters for these events.

The third option, Sarah has posted her past leader training zoom meetings. The link is: <http://www.uwyo.edu/4-h/volunteers/additional-trainings.html>

Clubs with multiple leaders will need to get together and decide who will complete this year's training. **Once you have completed the training, please email Jill, (jhubbar7@uwyo.edu) two interesting facts that you learned in the trainings and the date you completed the trainings so she can make record of your training.**

If you have any questions, please contact Shaily or I at the offices.

Shar

SV 4-H Cloverbud Activity—Dec. 13

The next SV Cloverbud (ages 5-7) activity will be held on December 13, at 3 pm in Afton Civic Center. Please let Shar know you are planning to attend.

Congratulations!

**Hudson Hill was awarded
the WACAA "Outstanding Educator" award**

**Shar Perry & Hudson Hill was awarded
the "Excellence in Camping" award**

**Shelley Balls was awarded
the "CNP Rookie of the Year" award
at the state 2018 EPIC Conference**

Reminder! 2019 Scholarship Applications Are Due February 15, 2019!

As you consider your next steps in your education and career path, your involvement in 4-H may help you obtain scholarships at the college you choose to attend. The Wyoming State 4-H Foundation has updated our 4-H Scholarship application. Find out details at:

<http://www.wyoming4h.org/4hfoundation/scholarships>

Just click on each scholarship to find out its specific criteria, then use the universal application to apply. There are many available scholarships! Up to \$30,000 total for new and first time qualified applicants!

Applications are due by **February 15, 2019** and use a resume built from your 4-H Portfolio. Remember - the best way to be awarded a scholarship is to APPLY!

Please call the State Office if you have any questions. Our number is (307) 766-5170.

December Birthdays!!!

Ryann A.
Ridgelynn A.
Willow A.
Ammon B.
Brysen B.
Nicholas B.
Delancy B

Bree C.
Holly D.
Jamie E.
Hazen E.
Tucker E.
Sarajayne F.
Wyatt H.

Augustus H.
Arcelia H.
Cassie H.
Mason J.
Tayt L.
Lily L.

Ean M.
Ambrey N.
Clancy O.
Holt O.
Clanci O.
Sorrel P.

Madisyn R.
Morgan S.
Faith S.
Gage S.
Tyler T.
McKenna W.

Lincoln Co. Fair Foundation Trophy Sponsorships

The Lincoln County Fair Foundation has a buckle/trophy sponsorship program in order to defray the cost of buckles and trophies that are awarded to the 4-H kids. This past fair some buckles came with a business card. If your child received one of these, please have them write a thank you to the sponsor. Buckle sponsorships are \$150, so we want to acknowledge the people and businesses that have given. There have been complaints that people have not received a thank you. We really need this program to be able to continue to award our kids belt buckles. Please, be sure your child sends a thank you if they received a sponsored buckle.

Along with buckles, you can also participate in a plaque or ribbon sponsorship. Plaque sponsorships are \$50 and ribbons \$20. If you or someone you know would like to help with this program, please contact Wendy at 307-699-1917. All donations are tax deductible.

Applications are open for the State Leadership Team 2019-2020!

Want to show off your mad leadership skills? Join the Wyoming State 4-H Leadership Team. All current Wyoming 4-H members between 15-18 are eligible to apply. **Applications are due by March 1, 2019.**

AmazonSmile donates to Wyoming State 4-H Foundation

Did you know your purchases can make a difference? AmazonSmile donates to Wyoming State 4 H Foundation when you do your holiday shopping at smile.amazon.com/ch/83-6004106.

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 second Monday of each month in the Afton Civic Center Library Room from 7-8 pm.

Wyoming State/Regional Events & News —

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

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

National 4-H Conference—Youth ages 14 and older are encouraged to apply for National 4-H Conference. This event will be held in Washington, D.C. on April 6-11. The Wyoming delegation usually goes out one or two days early in order to see some sights. The trip focuses on change projects and change implementation. Youth will huddle around issues and create change projects they will then present to high ranking government officials and other interested parties. Scholarship are available for those who apply. Applications are due by **January 5**. The link is below:

https://wyoming4h.formstack.com/forms/conference_congress_app

Meats & Wool Judging Contests—tentatively scheduled for April 26-27. Registration date is TBD.

Wyoming-Ghana 4-H Exchange—is tentatively scheduled for June 9/10/11-24/25/26. Registration is due by January 1, 2019.

4-H Foundation Boulder Big Draw—will be held June 14-15.

Citizenship Washington Focus—will be held June 15-22. Registration date is TBD.

Wyoming-Mongolia 4-H Exchange—is tentatively scheduled for June 23/24/25/26-July 7/8/9/10. Applications are due January 1, 2019.

Showcase Showdown—will be held June 25-27. Registration date is TBD.

State Shooting Sports Match—will be held July 11-14. Registration date is TBD.

Leadership Washington Focus—will be held July 14-19. Registration date is TBD.

Wyoming-Finland 4-H Exchange—is tentatively scheduled for July 17-31. Registration is due January 1, 2019.

4-H Foundation Platte River Shootout—will be held July 19-20.

4-H Foundation Apache Clear Creek-Ucross Shootout—will be held July 28-29.

Wyoming State Fair—will be held August 12-17 in Douglas, Wyoming. Registration date is TBD.

Raton Shooting Sports Award Trip—will be held September 4-8, 2019. The portfolio date is TBD.

Wyoming 4-H Deer Hunt—will be held November 1-3, 2019. The application due date is TBD.

National 4-H Congress—will be held November 29-December 3, 2019. The application due date is TBD.



Happy Holidays!

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	Edit
2)	Boy Tester	Youth	88682	Inactive	2014-2015	Edit
3)	Girl Tester	Youth	88683	Inactive	2014-2015	Edit
4)	Mr. Tester	Adult	88343	Inactive	2014-2015	Edit



December

Character Counts Citizenship



What is Citizenship:

Do your share to make your school and community better:

- Cooperate
- Get involved in community affairs
- Stay informed; vote
- Be a good neighbor
- Obey laws and rules
- Respect authority
- Protect the environment
- Volunteer

Members need to learn the importance of contributing to their school and community.

They should have compassion and show kindness towards others. They should also show humility and consider the needs of others. Serving and helping others is also of great importance. Building citizenship skills helps members feel that they can be contributors to others and can do work that benefits their community. This shows them that their lives are important now and sets a foundation for becoming active citizens in adulthood.

We may never know all the good a simple smile can do. May no one ever come to you without going away better and happier. May everyone see kindness in your face, in your eyes, and in your smile. Love is a fruit in season at all times.

-Mother Theresa

Citizenship in 4-H:

Rules to encourage citizenship:

Divide the club into small groups of four or five members.

Assign each group one of the following areas in school: classroom, library, lunchroom, playground, and bathrooms.

Instruct each group to come up with a list of rules designed to protect the rights of school citizens who use that area. Have students write their rules on a sheet of flip chart paper. Ask them to phrase their rules as positive statements whenever possible. Have groups present their lists, discuss similarities and differences and be prepared to defend the rules which were created.

Think about your 4-H club, what areas do you share as a group? Now repeat the activity and come up with rules that will help protect the rights of 4-H members who use the areas. Remember to share!

Clover Connection

Head - Make sound decisions.

Heart - Be loyal and care about your community.

Hands - Do something productive.

Health - Take care of those that may be in need.



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.**



Veggies for Healthy Holidays

The holiday season is in full swing and with all the festivities, it is easy to fill up on cookies, cake, and other sugary treats. Enjoying sweets is part of the season, yet, it is still important to make sure that you and your family get the right nutrients every day. One of the best ways to do that is by eating a variety of vegetables.

For holiday gatherings this year, slice up colorful vegetables for a healthy snack tray to keep you and your guests feeling your best.

During meals this season, think about using a different colored vegetable in dishes every day of the week. Here are some ideas to add more vegetables into every meal:

- Make zucchini or pumpkin bread for breakfast
- Toss chopped peppers, onion, and mushrooms into an omelet or scrambled eggs
- Add spinach or kale to a smoothie
- Slice bell peppers, celery, and carrot sticks for a snack
- Shred or grate vegetables and add to pasta sauce, lasagna, soup, casseroles, and meatloaf
- Enjoy a green salad with lunch or dinner
- Add veggies like onions, mushrooms, peppers, spinach, and/or black olives to pizza
- Mix together a rainbow of vegetables in a stir-fry

Wishing you a healthy holiday and winter season!

Content Source:

https://issuu.com/cnp_newsletters/docs/december-2017-january-2018_english_

Cent\$ible Nutrition Program Website & Other CNP newsletters:

<http://www.uwyo.edu/cnp/newsletters/index.html>



Low-Fat Eggnog

Ingredients:

- 2 cups nonfat milk
- 2 large strips orange and/or lemon zest
- 1 vanilla bean
- 2 large eggs plus 1 egg yolk
- 1/3 cup sugar
- 1 teaspoon cornstarch
- rum extract (optional)
- Freshly grated nutmeg, for garnish

Directions:

Combine 1½ cups milk and the citrus zest in a medium saucepan. Split the vanilla bean lengthwise and scrape out the seeds; add the seeds and pod to the saucepan and bring to a simmer over medium heat. Meanwhile, whisk the eggs, egg yolk, sugar, and cornstarch in a medium bowl until light yellow.

Gradually pour the hot milk mixture into the egg mixture, whisking constantly, then pour back into the pan. Place over medium heat and stir constantly with a wooden spoon in a figure-eight motion until the eggnog begins to thicken, about 8 minutes. Remove from the heat and immediately stir in the remaining ½ cup milk to stop the cooking. Transfer the eggnog to a bowl and place over a larger bowl of ice to cool. Chill until ready to serve.

Remove the zest and vanilla pod. Add rum extract, if desired, and garnish with nutmeg.

Per serving (1/2 cup): Calories 90; Fat 2 g (Saturated 1 g); Cholesterol 96 mg; Sodium 59 mg; Carbohydrate 13 g; Fiber 0 g; Protein 5 g

(recipe courtesy of Food Network Kitchen)

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



December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Hamsfork Hands Club Mtg. 7 pm Events Ctr.	4	5	6	7	8
9	10 Lucky Clover Club Mtg. 7 pm, Afton Civic Ctr. Library	11	12	13 SV Cloverbuds, 3 pm, Afton Civic Ctr.	14	15
16	17	18	19	20	21	22
23	24 Christmas Eve Ext. Offices Closed	25 Christmas Ext. Offices Closed	26 Winter Break Ext. Offices Closed	27 Winter Break Ext. Offices Closed	28 Winter Break Ext. Offices Closed	29
30	31 New Year's Eve Ext. Offices Closed					

January 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 <i>New Year's Day Ext. Offices Closed</i>	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 <i>MLK-WY Equality Day Ext. Offices Closed</i>	22	23	24	25 <i>SV Mkt Beef Tag- ging, 9 am, Scales Kem Mkt Beef Tagging, 6 pm</i>	26
27	28	29	30	31		

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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