



College of Agriculture
and Natural Resources
Extension
Lincoln County

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 2019

Kemmerer Office – 307-828-4092

Upcoming Events

Oct 01 Online 4-H Registration Begins
Oct 02 Kemmerer Award Night, 6 pm, Events Ctr.
Oct 06-12 National 4-H Week
Oct 07 SV Area Award Night, 6 pm, 4-H Bldg.
Oct 14 Cokeville Award Night, 7 pm
Oct 21 4-H Halloween Festival, 6 pm 4-H Exhibit Bldg.
Oct 26 Haunted Hayride, 6 pm, Kem. Events Ctr.
Nov 28-29 Thanksgiving—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

4-H Awards Nights

Kemmerer: Oct. 2 at 6 pm

South Events Center

Star Valley: Oct. 7 at 6 pm

South (4-H) Exhibit Building

Potluck Dinner:

Last Name (A-L) Bring Salads

Last Name (M-Z) Bring Desserts

Cokeville: Oct. 14 at 7 pm

Cokeville Elementary

If you have questions, please contact

Afton Office, 885-3132 or

Kemmerer, 828-4092

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Happy Halloween





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 6-12 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. 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 Club News—

Hamsfork Hands 4-H Club

The Hamsfork Hands 4-H Club meet on the first Thursday of every month at 6:30 pm. See calendar for the location.

We are staying busy with fundraisers and other 4-H events. At our last meeting we went over the budget and voted on some changes. We have been getting orders for our potato fundraiser. Our awards banquet is October 2 at 6:00 at the Events Center. The club voted to have a float in the homecoming parade. Please get signed up to help with Haunted Hayride, which will be on October 26 at 5:30. Holly had a fun activity for us. We put seeds in a bag with a wet napkin to see if they would sprout in a couple of weeks. Our next club meeting is October 3 at 6:30 pm.

Lucky Clover 4-H Club

The Lucky Clover 4-H Club meet the second Monday of each month in the Afton Civic Center Library from 6:30 pm.



October Birthdays!!!

Hyrum A.
Rebecca A.
Taylor C.
Ella C.
John C.
Eli E.

Rileyanne F.
Josh F.
Whitli G.
Addy G.
Emma H.
Makell H.

Cashlee H.
Oakley H.
Keston J.
Louie J.
Ali K.
Colter K.

Lachelle L.
Trey N.
Daisy O.
Jennifer O.
Micah P.
McKaylee S.

Madison S.
Jayden S.
Paisley S.
Johnny S.
Mesa W.



Hog Squad 4-H Club

The Hog Squad 4-H Club meet the third Thursday of each month in the Afton Civic Center Library Room from 6 pm.

Wyoming State/Regional Events & News –

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

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.

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	058993	Inactive	2014-2015	Edit
2)	Boy Tester	Youth	056882	Inactive	2014-2015	Edit
3)	Girl Tester	Youth	056883	Inactive	2014-2015	Edit
4)	Mr. Tester	Adult	003413	Inactive	2014-2015	Edit

- 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 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. Classes take place in Room 119/120 at the Afton Civic Center and around the valley.

Eat Better, Eat Together

October is Eat Better, Eat Together month and is a great time to start or re-start family mealtimes. Eating together is one of the best things a family can do to stay healthy, connected, and happy. Families that eat together are more likely to eat fruits, vegetables, and grains. Children who regularly eat meals with their families are less likely to be overweight or obese. Eating together is a great way to model healthy habits and encourage children to try new foods.

Family mealtimes are also a good way to bond. Research shows that children who eat with their families are more likely to do well in school and have stronger social skills. They are less likely to smoke, use drugs, or abuse alcohol when they get older. Mealtimes can be a great time to learn, share, and explore.

If you are looking to start or re-start a family mealtime habit, here are some tips:

- Start with just one or two meals a week. Try dinner once a week when no other activities are planned or breakfast on a weekend morning.
- Plan family mealtimes when everyone can be together without rushing to school, work, or another activity. Set a regular time and day.
- Eat at home. Home-cooked meals help save money, are usually healthier, and can help teach children how to cook.
- Involve children in picking the menu by having them decide on the main dish or a side dish, such as a fruit or vegetable.
- Make the meal together. Everyone can help make the meal possible in some way, whether it is preparing ingredients, cooking, or setting the table.
- Keep meals simple and try to include all the food groups.
- Disconnect from phones, television, and other devices. Focus on each other.
- Make family mealtime fun. Avoid stressful topics and focus instead on positive experiences.

Family mealtimes can help connect families, provide a sense of security for children, improve health, and are a great time to make lasting memories. Visit www.uwyo.edu/cnp/_files/documents/handouts/english-conversation-cards.pdf for family mealtime conversation cards and contact your local CNP educator for more resources!

Source: https://issuu.com/cnp_newsletters/docs/october-november-2018_english_news

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



Carbohydrates—Friend or Foe?

(Edited for length)

Of all the nutrients, carbohydrates seem to be among the most misunderstood. Are carbohydrates good for you or bad for you? The answer lies in knowing there are different forms of carbohydrates. Quantity is also an important factor in the impact of carbohydrates on the diet. Carbohydrate is an umbrella term for three subgroups: sugars, starches, and fiber. Sugars and starches provide glucose, the main energy source for the brain, central nervous system and red blood cells. Dietary fiber is the non-digestible form of carbohydrates and lignin, which is natural to plants. Fiber helps provide satiety and is important in promoting healthy bowel habits. In addition, diets high in fiber have been linked to a reduced risk of diabetes, colon cancer, obesity and other chronic diseases. Sugars, starches and fibers are chemically bonded differently which affects how they are used in the diet and how they function in the body. Sugars are naturally found in fruits, fluid milk and milk products. They are often added to food during processing, preparation, or at the table.


Starches are made of many glucose units linked together. Glucose is the basic sugar unit. Starches are found in a wide variety of foods, including vegetables, cooked dry beans and peas, and grains. Digestive enzymes in the body break starch down to sugars the body can use; however, some carbohydrates found in cooked dry beans and peas, fruits, vegetables and whole grains, are resistant to digestive enzymes. Fiber, like starch, is made up of sugar units bonded together. However, the fiber bonds cannot be broken by digestive enzymes and thus pass through the digestive system relatively intact. Dietary fiber found in whole foods has been recognized as playing important roles in protecting against chronic diseases as coronary heart disease, obesity, and type 2 Diabetes and is essential for optimal digestive health.

Carbohydrates are very important in a healthy diet, providing energy to the brain, central nervous system and red blood cells, and protection against chronic disease. Carbohydrates in the form of “added sugars” should be limited due to the high calorie, low nutrient contribution to the day’s total calorie intake. Look for carbohydrates from whole food sources such as fresh vegetables, fruits, whole grains, and fat-free and low-fat milk and milk products, which contribute a minimal amount of calories and a maximum amount of vitamins, minerals and other micronutrients. For more information on “Living Well in Wyoming” Dietary Guidelines for Americans, contact your University of Wyoming Extension Nutrition and Food Safety Educator!

Source: Patti Griffith, University of Wyoming Extension Educator, Nutrition and Food Safety, Northwest Area. To read the entire article, please visit the webpage below.

Source: http://www.uwyo.edu/foods/psa/carbohydrates_friend_or_foe_6-11.pdf

October 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Kemmerer Award Night, 6 pm, Events Ctr.	3	4	5
6 National 4-H Week	7 SV Area Award Night, 6 pm, 4-H Exhibit Bldg. National 4-H Week	8 National 4-H Week	9 National 4-H Week	10 National 4-H Week	11 National 4-H Week	12 National 4-H Week
13	14 Cokeville Area Award Night, 7 pm, Cokeville Elementary	15	16	17	18	19
20	21 4-H Halloween Festival, 6-8:30 pm, South Exhibit Building, Fair- grounds	22	23	24	25	26 Haunted Hayride, 6-9 pm, Events Ctr.
27	28	29	30	31 <i>Halloween</i>		



November 2019

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



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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