



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

November 2019

Kemmerer Office – 307-828-4092

Upcoming Events

Nov 28-29 Thanksgiving—Ext. Offices Closed
Dec 24-25 Christmas Holiday—Ext. Offices Closed
Dec 26-30 Winter Break—Ext. Offices Closed
Dec 31 New Year's Eve—Ext. Offices Closed
2020
Jan 1 New Year's Day—Ext. Offices Closed

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.

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

REMINDER!!

Livestock checks need to be cashed before
60 days from the date of the check.

Honor Club Buckles are available for
pick up at the Afton Extension Office

Please pick up your record books too.

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4-H Program Information

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

4-H Educator's Letter...

As we all know, November is Thanksgiving month, but November isn't the only month we should be thankful, we should always be thankful no matter what month it is. Not only is Thanksgiving about giving thanks, but it's also about being a part of a family and enjoying the time you have with them. When you join 4-H you become apart of a family that supports, encourages, and believes in you. I'm very thankful that I get to be apart of the 4-H family. I encourage you if you are interested in being a part of the 4-H family, to sign up on 4honline.com. If you need help enrolling or have any questions about the projects within 4-H, give us a call. We are happy to help. Have a great Thanksgiving!

Shaily

Congratulations! 4-H Members & Leaders

Outstanding & Honorable Mention Record Books

Payton A.	Kelli H.	Weston M.
Rebecca A.	Taylor H.	Whytney M.
Cyndi A.	Benjamin H.	Baze P.
Madilyn D.	Abbie J.	Jace P.
Myles D.	Eli L.	Micah P.
Treyson D.	Flint L.	Dominic P.
TyLeigh D.	Hailey M.	Colt S.
Triniti D.	Harley M.	Kabrie W.
Bryli G.	Wyatt M.	Kaden W.
Whitli G.	Janessa M.	McKenna W.
Kalob H.	McCall M.	

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

Cyndi A.	Kayson H.	Chet L.
Emma B.	Caellie H.	Hailey M.
Kimberly C.	Dillon J.	Faith S.
Treyson D.	Kamden J.	Makila S.

Outstanding Member

Katie V.	Victoria P.
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Outstanding Leader

Marilyn D.	Jessica W.	Heidi L.
Cody L.		

Friend of 4-H

Steve Wight	Holli Murdock	Fox Ranch
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Herdsmanship

MOO-SKA-STEERS – Beef Herdsmanship
KRAZI KRITTERZ SHEEP GROUP—Sheep Herdsmanship
DIVINE SWINE - Swine Herdsmanship
KRAZI KRITTERZ BOER GOAT GROUP—Meat Goat Herdsmanship

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.

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.

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 Foundation scholarship application deadline has been changed to align with the UW scholarship application deadline. All applications will be due on February 15, 2020 by 11:59 pm.

Citizen Washington Focus (CWF) - will be held June 20-27, 2020. This is for youth ages 14 & older (high school aged youth). Registration is due by March 1, 2020.

Leadership Washington Focus (LWF)—will be held July 26-31, 2020. This is for youth in 6th-8th grades). Registration is due by March 1, 2020.

November Birthdays!!!

Mataya A.
Isabell A.
Addison B.
Trevan B.
Sampsn B.
Beckham B.
Cole B.

Sierra B.
Cash C.
Madelyn C.
Janie E.
Mason E.
Roman E.
Italy E.

Kayson H.
Kennington H.
Sophee H.
Aadon H.
Serratelli H.
William H.
Chelsea H.

Gracie J.
Jillian J.
Kash L.
Parker M.
Harley M.
Colter N.
Taylor R.

Chloe R.
Makila S.
Finley S.
Tayson S.
Clayton V.
Katie V.
Kayley W.

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.



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 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.

"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**

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 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.



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 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. Each class has hands-on activities and you will make a recipe from the CNP cookbook

New classes starting:
Wednesdays, 10 am, Afton Civic Center (Oct. 23-Dec.18)
Fridays, 10 am, Thayne Branch Library (Oct. 25-Dec. 20)

Peanut Butter Balls

Ingredients

1/2 cup peanut butter
1/2 cup nonfat dry milk
2 Tablespoons honey**
1/2 cup rice cereal

**Children under 1 year of age should not eat honey.

Directions

Mix ingredients and form into balls.

Makes 16 servings.

Cent\$ible Nutrition Program Cookbook, page 438

References:

<https://www.eatright.org/food/nutrition/eating-as-a-family/family-meals—small-investments—big-payoff>

<https://food.unl.edu/documents/The%20Importance%20of%20Family%20Meal-time.02.01.10.pdf>

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>



Let's Talk Turkey

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.*

Turkey Breast—Allow 1/2 pound per person for boneless breast of turkey. Allow 3/4 pound per person for breast of turkey.

*Note: The USDA only recommends frozen, prestuffed turkeys that display the USDA or a state mark of inspection on package. These turkeys have been processed under controlled conditions.

Thawing the Turkey

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

Pounds	Days
4-12 lbs.	1-3 days
12-16 lbs.	3-4 days
16-20 lbs.	4-5 days
20-24 lbs.	5-6 days

Approximately 24 hours per 4 pounds of a whole turkey. After thawing, keep turkey refrigerated for only 1-2 days. A turkey properly thawed in the refrigerator may be refrozen.

Thawing Time in Cold Water

Pounds	Hours
4-12 lbs.	2-6 hours
12-16 lbs.	6-8 hours
16-20 lbs.	8-10 hours
20-24 lbs.	10-12 hours

Approximately 30 minutes per pound of a whole turkey. Submerge the wrapped turkey in cold tap water. Change water every 30 minutes to maintain cold temperature. Cook immediately after thawing. Do not refreeze the turkey.

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

Source: <http://www.uwyo.edu/foods/educational-resources/index.html>



November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 <i>Hamsfork Hands 4-H Club Mtg. 6:30 pm, Events Ctr.</i>	8	9
10	11 <i>Lucky Clovers 4- H Club Mtg. 6:30 pm, Afton Civic Ctr.</i>	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



December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 <i>Hamsfork Hands 4-H Club Mtg. 6:30 pm, Events Ctr.</i>	6	7
8	9 <i>Lucky Clovers 4- H Club Mtg. 6:30 pm, Afton Civic Ctr.</i>	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 <i>Christmas Eve, Extension Offices Closed</i>	25 <i>Christmas Day Extension Offices Closed</i>	26 <i>Winter Break, Extension Offices Closed</i>	27 <i>Winter Break, Extension Offices Closed</i>	28
29	30 <i>Winter Break, Extension Offices Closed</i>	31 <i>New Year's Eve, Extension Offices Closed</i>	Jan 1 <i>New Year's Day, Extension Offices Closed</i>			



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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