



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

December 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
 Jan 9 4-H Open House, Kemmerer Event Ctr., 6 pm
 Jan 20 MLK, WY Equality Day—Ext. Offices Closed
 Jan 24 SV Mkt Beef Tagging, Fairgrounds Scale, 4 pm
 Jan 25 SV Mkt Beef Tagging, Appt. Only
 Jan 25 Cokeville Mkt Beef Tagging, 9 am

Online 4-H Registration Started October 1

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

Returning Families— Follow the instructions on page 3 of this newsletter.

New Families—Contact either Extension Office for instructions.

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



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Market Beef Tagging

Star Valley January 24, 2020 4-5 pm
 January 25, 2020,
 Morning Appointments only,
 please call 307-885-3132

Cokeville January 25, 2020, 9 am
 Location TBD

Kemmerer TBD—Contact Shaily Harshbarger
 307-828-4092



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,

I am so excited for our new year. Please remember we are here to help with your 4-H needs. Also, remember to call Jill to place your order for your club project manuals. please do this early so they have time to get shipped here before you need them.

Another quick reminder, 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 me at the Afton office or Shaily at the Kemmerer office.

Shar

Ducks for Adoption

If you are interested in giving some ducks a good home, please contact Sue Abrams at 307-413-8007.

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 unless otherwise noted. See calendar for the location.

Hogs R Us 4-H Club

The Hogs R Us 4-H Club met on November 11, 2019. They elected club officers. Joseph W. is the President, Vice-Pres is Ben B. Secretary is Sage E. Treasurer is Kaia B. Photographer is Sam B and Reporter is Zanna E. They discussed good citizenship, goals, fundraising, and service projects.

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/>)

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.

December Birthdays!!!

Ridglyn A.
Willow A.
Brysen B.
Delancy B.
Bree C.
Lukas D.

Holly D.
Logan E.
Tucker E.
Kemen F.
Sarajayne F.
Wyatt H.

Wyatt H.
Augustus H.
Cassie H.
Sagen K.
Tayt L.
Lily L.

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

Levi R.
Morgan S.
Faith S.
Gage S.
McKenna 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.



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 - Next series of classes will be starting in January. 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)

A New Year, A New You

In 2018, CNP's program graduates saved over \$400 a year, improved nutrition, and saved time while reducing stress through cooking at home, planning meals, and using shopping lists. Together, all these changes made a positive difference in their lives.

"I always struggled with having enough money by the end of paying my bills each month to really purchase any good nutritious foods," said one participant. "Cent\$ible Nutrition really helped me in saving money each time I plan my shopping trips, and it also helped me plan so that I was not going to the store so often either. This program is amazing and I wouldn't be able to save \$100 each month on food if it was not for the Cent\$ible Nutrition educators."

Through CNP classes, adult participants gain cooking skills, learn the basics of nutrition, enjoy physical activity, and develop strategies for saving time and money. Participants also receive a free cookbook and cooking utensils.

"Doing meal planning saved me and my family a ton of stress and time," said another participant. "It's easier not to have to argue about what's for dinner. Pre-making the [CNP recipe] mixes also saves time, space, and money. The cookbook makes meal planning much easier."

Along with teaching class series, CNP works with partners on projects for healthier communities. One of CNP's new community projects is working with and growing in community gardens across the state. Through these projects, CNP helped donate over 2,300 pounds of fruits and vegetables to 1,100 people across Wyoming.

CNP educators teach classes and work with partners in every county in Wyoming. This coming year we are looking forward to meeting new participants, working with our local partners, and helping to make our communities as healthy as they can be. Start the New Year out right—contact your CNP educator to find out more!

Source:

https://issuu.com/cnp_newsletters/docs/december2018-january2019_english_ne

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

A Big Welcome! to Shelley Balls, West Area Nutrition and Food Safety Specialist.

As a new Nutrition and Food Safety educator for University of Wyoming Extension Shelley wanted to obtain a better understanding of what nutrition education classes are of interest in the communities she will be working with. Please take a few minutes to fill out this short survey, your feedback is greatly appreciated.

<https://forms.gle/qaEQsusmR8AuLvED6>

Sweet Potato, Black Bean, and Corn Tacos



Ingredients

- 1.50 lbs. sweet potatoes (about 3 large), diced into 1/2 inch cubes
- 4 Tbsp. olive oil, divided
- 1 tsp cumin
- 1 small yellow onion, diced
- 1 clove garlic, minced
- 1 (14.5 oz.) can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1 Tbsp. honey
- 3 Tbsp. lime juice
- 10 whole wheat tortillas

Directions

1. Preheat oven to 425°F.
2. Place sweet potatoes on baking sheet. Drizzle with 3 Tbsp. olive oil, sprinkle with cumin, and toss to evenly coat.
3. Bake in preheated oven 15-20 minutes until tender, removing from oven and tossing once halfway through baking.
4. In a large skillet, heat the remaining 1 Tbsp. olive oil over medium-high heat. Once hot, add onion and sauté until caramelized (golden brown on edges and tender), about 5-6 minutes, adding in garlic during last 30 seconds of sautéing.
5. Reduce heat to medium-low and add in black beans, corn, honey, and lime juice. Heat until warmed through. Toss in roasted sweet potatoes.
6. Serve over tortillas with desired toppings.

Top with romaine lettuce, purple cabbage, feta cheese, avocados, and salsa for a colorful meal!

10 servings

Source: <https://uwyoextension.org/uwnutrition/recipe/sweet-potato-black-bean-and-corn-tacos/>

December 2019

Sun Mon Tue Wed Thu Fri Sat

| | | | | | | |
|----|--|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 <i>Hamsfork Hands 4-H Club Mtg. Contact Shaily for time & loca- tion</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> | | | | |



January 2020

| 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 Kemmerer 4H Open House, 6-7 Events Ctr. Hamsfork Hands 4 -H Club Mtg. 7-8 pm, Events Ctr. | 10 | 11 |
| 12 | 13 Lucky Clovers 4-H Club Mtg. 6:30 pm, Afton Civic Ctr. | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 <i>MLK/WY Equality Day Extension Offices Closed</i> | 21 | 22 | 23 | 24 SV Mkt Beef Tag- ging, Fairgrounds Scale, 4 pm | 25 SV Mkt Beef Tag- ging, By Appt. Only Cokeville Mkt Beef Tagging, 9 am |
| 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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