



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

April 2020

Kemmerer Office – 307-828-4092

Upcoming Events

PER UNIVERSITY OF WYOMING COVID-19 RECOMMENDATIONS AND GUIDELINES, THROUGH MAY 15, ALL FACE-TO-FACE EXTENSION MEETINGS AND EVENTS ARE CANCELED. THIS INCLUDES ALL 4-H CLUB MEETINGS.

- May 20 SV Mkt Sheep & Goat Tagging, Scale, 4:30 pm
(or pick up tags at Afton Extension Office)
- May 22 Cokeville Mkt. Sheep & Goat Tagging,
Haderlie Ranch, 9 am (or pick up tags at
Afton Extension Office)
- May 30 *Memorial Day, Extension offices Closed*

New Online Portfolio Record Books

**Wyoming 4-H has launched its online
4-H Record Book through zSuite!**

4-H families can create an account and track all their kids' 4-H record books online, real-time, and saved. Similar content is still there as in previous portfolios, but you'll be able to easily add, track, delete, copy, paste, and, even PRINT them out whenever you want without losing data, saving files to your computer or worrying about where they are in the future.

Go get started at- <https://4h.zsuite.org/>

There is a how to video on the state 4-H's website. The link is below:

<http://www.uwyo.edu/4-h/current-members/portfolios/index.html>

Scroll to the bottom of the page and click the "Portfolio Basics: How-to video"

**ALL FACE-TO-FACE RECORD BOOK
TRAINING IS CANCELLED**

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

Inside This Issue

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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...

4-H families and leaders, I hope that you are all healthy and doing well. I know that this 4-H year is turning out like none we have ever seen before. I would like to encourage all our leaders to think about reaching out to their 4-H clubs through online trainings, if possible. The University of Wyoming is publishing a lot of online programming with a wide range of topics and sharing links of others that may be very helpful at this time for everyone. We will be sharing these on our Facebook pages and profiles. You can also find a list of all online meetings on the UW Extension webpage. We will be keeping our offices open as much as possible. If you cannot reach us at the office, please contact our cell phones. We are here to help you as much as we can while following our guidelines from UW and the Commissioners. As of now, all Extension face-to-face meetings have been postponed through May 15, 2020. We will update you if this information changes.

If members want project manuals to use at home, please contact the Afton Office so we can get an order put together.

I hope you all stay healthy.

Shar

2020 Shooting Sports Certification Training

POSTPONED

Contact Warren at the State 4-H Office for more information about these trainings.

Click the link below for more information.

<http://www.uwyo.edu/4-h/volunteers/additional-trainings.html>

4-H Livestock YQA Classes

Because of the COVID-19 virus, we are not able to provide face-to-face training. Uinta County has allowed us to use their online YQA training. The link is below.

<http://www.uintacounty.com/QA>

Call our offices to find out what level you will need. This is the only online YQA training we will accept.

Please contact the Afton Extension Office, 885-3132 or Kemmerer Extension Office, 828-4092.

307 Livestock Judging Series

Online EWC Livestock Judging Contest

Excited to share the EWC Livestock Judging Contest set for May 2, 2020 has been transitioned to an online contest. This will still count for 307 livestock judging points. Youth will need to pre-register for the contest and be able to participate on the day of the contest on an electronic device that has internet capabilities. Youth can registered at: <https://bit.ly/307judging>. For more information contact Georgia Younglove at 307-799-5419 or e-mail her at Georgia.younglove@ewc.wy.edu.

Big Horn County Livestock Judging Contest

May 23, 2020, 9:30 am at Boardman's Farm, Frannie Wyoming. Pre-register by May 20, 2020. You can register online at the this link: <https://wyoming4h.formstack.com/forms/307livestockjudging>. For questions, contact Gretchen Gasvoda, (307) 272-0576.

Washakie County Livestock Judging Contest

June 4, 2020, 2 pm at Washakie County Fairgrounds, Worland, Wyoming. Pre-register by June 2, 2020. You can register online at the this link: <https://wyoming4h.formstack.com/>

April Birthdays!!!

Remington A.
Triniti D.
Dallas E.
Emree E.

Reagan F.
Keegan H.
Makia H.
Brooke H.

Porter H.
Abby J.
Kamden J.

Payzli N.
Cassidi O.
Grace T.

Emma T.
Jase T.
Blake Y.

forms/307livestockjudging. For questions, contact Amber Ar-majo, 307-347-3431.

Sublette County Livestock Judging Contest

June 13, 2020—9:00 am, Sublette Co. Fairgrounds, Big Piney, Wyoming. Pre-register by June 10, 2020. You can register online at: <https://wyoming4h.formstack.com/forms/307livestockjudging>. If you have questions, contact the Sublette Co. Extension Office, 307-367-4380.

2020 Fair Changes (*so far*)

Date—August 1-8, 2020

Theme — Lincoln County Fair, A Family Tradition

Fair Entry Deadline—June 1-July 29, 2020

Trailer Camping Fees—\$25/night for 4-H participants & \$35/night for public. SPACE IS LIMITED & MUST BE RESERVED WITH BILL JOHNSON BEFORE PAYING ONLINE.

Market Animal Ribbons—This year there will only be blue, red, and white ribbons and premiums for market animals. If your animal receives a white ribbon, it will not be eligible for the livestock sale.

Market Beef—All market beef will compete together according to weight.

Animal Health Certificates—Reminder that all market animals, horses, dogs, etc. need to have a current health certificate, market beef heifers must be verified open by a certified vet, to present at fair.

Sale Checks—Livestock sale checks must be cashed before 60 days after the check issue date. If not, the participant must attend a fair board meeting to ask for the check to be re-issued. A re-issue fee of \$50 will be charged.

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

Market Sheep & Goat Tagging

SV	May 20, 4:30 pm Fairgrounds Scale
Cokeville	May 22, 9 am Haderlie Ranch
Kemmerer	Contact Shaily H., 828-4092

4-H Market Sheep, Goat, or Swine Project Members!

DEADLINE IS JUNE 1 - 5 pm

Make sure you have all your paperwork done.

SWINE

1. Bring a copy of the bill of sale to the Extension Office.
2. Receive tags and tag project animal.
3. Place tag with number on the front of the pigs ear.
4. Upload animal information and required pictures to 4HOnline
Swine: 1. Picture of tag in ear,
2. left side & 3. right side.

SHEEP/GOATS

(Because of COVID-19, you may pick up your tags at the Afton Extension Office)

1. Bring a copy of the Form A Brand Inspection to tagging or Afton Extension Office.
2. If you pick up tags from the Extension office, tag project animal.
3. Upload animal information and required pictures to 4HOnline
Sheep: 1. Picture of tag in ear & 2. Entire animal.
Goat: 1. Picture of tag in ear & 2. Entire animal.

**THE INSTRUCTIONS TO UPLOAD ANIMAL INFORMATION AND PICTURES IS ON
PAGE 6 OF THIS NEWSLETTER**

If you have questions, please contact
Shar at 307-885-3132 or
Shaily at 307-828-4092

2020 Wyoming 4-H Volunteer Training Series

All trainings will be done via Zoom, and online learning classroom. They run from 6:30—7:30 pm.

Record Books and Recognition—April 27, 2020

We are using a new online Record Book for 2019-2020. During this workshop we will take a look at how the new online Record Book works and how to use it.

Retain Your Membership—TBD

The Wyoming 4-H program has been part of multi-state retention study for the past four years. Our highest loss of members are first and second year members. Join us for this workshop to find out what the data from the study says. We will discuss why member leave and what we can do as volunteers to keep members coming back and engaging in the 4-H program.

A link to participate in the meetings above will be sent to your 4-H online e-mail account one week prior to the meeting. If you are unable to access the link or a computer, please contact your local 4-H Educator to talk about option. Hope to see you there

4-H Club News—

Dynamite Dogs 4-H Club

The Dynamite Dogs 4-H Club meet every Monday at 6 pm in the 4-H Exhibit Building.—**CANCELED Until further notice. Contact your 4-H leader.**

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. —**CANCELED Until further notice. Contact your 4-H leader.**

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. —**CANCELED Until further notice. Contact your 4-H leader.**

Meadow Grazers 4-H Club

The Meadow Grazers 4-H Club meet the first Monday of each month in the Afton Civic Center at 6:30 pm. —**CANCELED Until further notice. Contact your 4-H leader.**

Wyoming State/Regional Events & News

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

National Congress—this trip is for youth ages 14 and older who have a true passion for making change! The cost of this trip is about \$1700. Scholarships are available. Visit this website to apply: <https://www.uwyo.edu/4-h/opportunities/travel.html>. Registration was due January 3, 2020.

Citizen Washington Focus (CWF) - will be held June 20-27, 2020. This is for youth ages 14 & older (high school aged youth). The total trip cost is approximately \$1900. Scholarships are available. Visit this website to apply: <https://www.uwyo.edu/4-h/opportunities/travel.html>. Registration is due by March 15, 2020.

Leadership Washington Focus (LWF)—will be held July 26-31, 2020. (This is for youth in 6th-8th grades). The total cost of the trip is approximately \$1200. Scholarships are available. Visit this website to apply: <https://www.uwyo.edu/4-h/opportunities/travel.html>. Registration is due by March 15, 2020.

Wyoming State Fair—will be held August 11-15 at the State Fairgrounds in Douglas, Wyoming.

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.

UNIVERSITY OF WYOMING EXTENSION Wyoming 4-H Youth Development

Logged in as Bobb (F County) Home My Member List

1 Animals / Livestock Enrollment Member Settings Trainings

2 Add an Animal

Animal Type: Market Swine

Add Animal

Animal List

Species	Type	Animal	Status	Edit / View
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3 Animal Information

Market Swine Identification and Tagging- 2015

The following steps will be taken in order to tag swine. Swine are not to be brought to the Sheep/Goat tagging dates. If you have questions please contact the Extension Office or call in to provide. All photos and/or tags must be submitted no later than 5pm on June 1, 2015. NO EXCEPTIONS.

- Provide Proof of Ownership.
 - You can scan and email a copy of your Bill of Sale or ownership page from to the Extension Office and we will mail you the requested number of tags.
 - You can bring your Bill of Sale to the Extension Office and pick up tags.

Note: You will receive one tag per animal.
- You will be responsible for tagging your animals.
 - Place tags in the ear with the number visible on the outside (back) of the ear and the tag button on the inside of the ear. Work with your club or project leader for assistance or contact the Extension Office.
 - Tags can be checked out from the Extension Office but should not be shared between locations. Tags checked out will be destructive between check-outs.

Tags can also be purchased at most livestock supply stores. Please return tags as soon as possible because we have a limited number.
 - All tags must be accounted for. If you do not use all of your tags, the remaining ones must be returned to the Extension Office prior to June 1st at 5 pm. For example, if you request pick up five tags and you only end up tagging four pigs, the extra tag must be returned.
- Take three (3) pictures per animal.
 - One picture of the left, full side of the animal.
 - One picture of the right, full side of the animal.
 - One picture of the animal with the ear and tag number clearly visible.
- Attach your photos and enter your swine project information below.

Note: - All tagging information must be submitted and/or tags returned to the County Extension Office no later than 5pm on June 1, 2015. NO EXCEPTIONS.

Market Swine

4 Fair Tag Number:

Barren/Heifer or Old/Female?: Male

Breed: Any Other Breed

Additional description?:

Corrected (if any)?

Animal Name:

Owner/Producer Tag Number (if any)?

4-H Project or FFA Code?

Documents / Images

5

Animal Photo - Readable Tag

Animal Photo - Left Side

Animal Photo - Right Side

6

ADDING ANIMAL ENTRIES (MARKET/BREEDING)

1. Once you are logged into <https://wy.4honline.com>, select the family member who will be showing the animal from the "Member List." Select the Animals/Livestock tab at the top of the page.

2. Use the dropdown menu to select your animal (market/breeding) species and click "Add Animal." This will take you to the corresponding entry screen for your animal. Each species has different information that is needed.

3. Please be sure to read and understand the information page.
NOTE: All information must be in the 4honline system by 5 pm of the ownership date. The program will automatically turn the option off after this time:

Beef—February 1

Sheep—June 1

Goats—June 1

Swine—June 1

4. Fill in the information requested. ALL 15 numbers needed for the tag number.

5. Select the view of the picture you are uploading (make sure the picture of the tag is READABLE).

6. Don't forget to SAVE!!!!

**** For Family Floater Animal—animals purchased as an extra incase someone in the family has one that dies—these can be transferred to another family member later ONLY if they are designated as a floater at the time of tagging. Please write the word FLOATER in the Animal Name field. The floater must be assigned to the family member whose name is on the bill of sale and/or Form A.

For questions on this, please contact the Extension Office at 307-885-3132 or 307-828-4092.

WYOMING CHARACTER



that's what we're made of

April

RESPECT

What is Respect?

Respect is very important in our relationships with others. When we respect others, we treat them with consideration and courtesy both verbally and physically. Respect for others should always be demonstrated and characterizes how we live our lives. It is a very important quality that will enable you to relate to and work well with others. Follow the Golden Rule; treat others the way that you would want them to treat you. Good manners matter and respect is demonstrated when consideration and kindness is shown to others. Respect is very important to a person of character.

Treat other people the way you want to be treated.

- ◇ Tell the truth
- ◇ Be courteous and polite.
- ◇ Listen to what other people have to say.
- ◇ Don't insult people, or make fun of them, or call them names.



- ◇ Don't bully or pick on others.
- ◇ Don't judge people before you get to know them.



"Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours."

Dave Willis

Check for Respect 4-H

The laughs gained with playing this game with your club can add some fun and give your club members the judgment to understand that the humor can be funny to listen to, but *not* funny if it is acted out. Some examples include:

- ◆ You feel a sneeze coming, so you
 - a) look for someone to sneeze on
 - b) cover your mouth and nose with your hands
 - c) turn your head away from

people and let the sneeze out as loudly as possible.

- ◆ Company is over. And you notice that after the meal, your mom has a big piece of lettuce on her tooth. You
 - a) point at it and start laughing as loud as you can,
 - b) ask if anyone can tell which of your mom's teeth is not like the other,
 - c) quietly whisper in your mom's ear that she

should check her teeth in the bathroom.

Once your 4-Her's understand the idea behind making up scenarios for the game, they will want to make up some of their own, too.

Now, when club members treat each other or possessions with respect, remember to say, "Check for respect."



Clover Connection

Head - think before you say something or before you act.

Heart - treat others the way you would want to be treated.

Hands - manners matter...use them.

Health - be respectful of your body and take care of yourself.



Cent\$ible Nutrition Program

Helping Families Eat Better for Less

Nutrition and Food Safety™

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: Wednesdays or Fridays 10 am, Afton Civic Center starting in March. Call Shelley at the number above to sign up for either class. Classes taught through Zoom.

Cooking Under Pressure

General Principles—Electric pressure cookers have become quite popular over the last few years. The ability to cook foods fast, while using less energy than other cooking methods are only a few of the many benefits. Other benefits include quick home cooked meals, improved nutrient retention of foods, and versatility in what foods you can cook. Simply put, pressure cookers work by cooking food in a tightly sealed pot, which raises the boiling point and speeds up cooking time.



There are two types of pressure cookers, range-top and electric. The range-top pressure cookers are able to use a variety of different heat sources such as gas, electric, halogen, induction ceramic and glass cooktops. The electric pressure cookers on the other hand are plugged into a regular outlet, and have an electric coil that produces the heat.

You may have heard horror stories of old-fashioned pressure cookers, but don't let that scare you. Today, pressure cookers are equipped with safety features that provide you with the confidence to safely use them at home. I won't lie, I too was hesitant in using my electric pressure cooker at first, but now I use it on a weekly basis! Pressure cookers today are equipped with a locking system that prevents it from being opened while under pressure. There is also a primary over-pressure release valve and a backup release valve should the primary fail. Additionally, if the temperature gets too hot the power to the cooker will disconnect.

You can depressurize your cooker in two ways, you can use either the quick release or natural release. Quick release takes approximately 1-2 minutes to depressurize, while the natural release can take 10-30 minutes depending on what you're cooking. For example, soups with a higher water content take longer to depressurize, while rice takes less time. Typically your recipe will say which release method to use. It's important to follow the instructions as the recipe may take into consideration the continued cooking time that happens when the cooker is naturally depressurized. The quick release option is great for adding additional ingredients or for foods that might overcook.

Cleaning—So you have used your electric pressure cooker and now you are wondering how to clean it. Be sure to read your owner's manual, but most electric pressure cookers are dishwasher safe except the cooker base. The inside and outside of the cooker base can be wiped clean with a damp cloth if needed. Use a small foam brush or a designated toothbrush to clean the area around the lip of the cooker. Typically you can wash the inner pot, the lid, sealing ring and steam rack in the dishwasher. To wash the lid, remove the sealing ring and the anti-block shield to thoroughly clean it. If your sealing ring ever gets cracked or damaged, replace immediately to ensure proper sealing. You can also store the lid upside down until completely dried to prevent odors.

Food Safety—Recipes will need to be adjusted for higher altitudes as we live in Wyoming. For every 1,000 feet above 2,000 feet, cooking time will need to be increased by 5 percent. For example, if we were at an elevation of 7,000 feet, we would need to increase our cooking time by 25 percent. So if the recipe called for 12 minutes at sea level, it would take 15 minutes at 7,000 feet. To be sure that you're cooking foods to a safe internal temperature, use a food thermometer once the pressure is fully released.

Food should not be placed into your pressure cooker, and programmed to be cooked at a later time. For example, by placing chicken in a pressure cooker this food is sitting at room temperature which increases bacterial growth, creating potentially dangerous levels of bacteria that can cause a food borne illness.

The *National Center for Home Food Preservation* states that canning is not recommended for pressure cookers: "food may end up under processed. Under processed foods are unsafe and can result in foodborne illness, including botulism poisoning, if consumed." So leave canning to the *pressure canner*, which has been researched and tested unlike canning in a pressure cooker.

Instant Pot Brown Rice

Ingredients:

- 2 cups brown rice, dry
- 2 ½ cups water
- 1 Tbsp. extra-virgin olive oil
- 1 tsp. salt



Instructions:

1. Use the sauté setting to heat olive oil for 2-3 minutes. Add rice and stir for 30 seconds.
2. Add water and salt. Use the manual setting to cook for 24 minutes, then allow the pressure to naturally release- don't use the quick release valve.
3. Fluff with a fork. Leftovers freeze great for later use!

Recipe Source: Our Best Bites, <https://ourbestbites.com/make-instant-pot-brown-rice/>

By: Shelley Balls, MDA, RD, LD
University of Wyoming Extension- Nutrition and Food Safety Educator

May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All face-to-face meetings or events have been canceled through May 15. This includes 4-H clubs.</p>					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20 <i>SV Mkt Sheep/ Goat Tagging, Fairgrounds Scale, 4:30 pm</i>	21	22 <i>Cokeville Mkt Sheep/Goat Tag- ging, Haderlie Ranch, 9:00 am</i>	23
24	25 <i>MEMORIAL DAY—Extension Offices Closed</i>	26	27	28	29	30
31	JUNE 1 <i>MARKET GOAT, SHEEP, & SWINE OWNERSHIP & TAGGING DEAD- LINE</i>					

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

Issued in furtherance of Cooperative Extension work, acts of May 8 and Jun 30, 1914, in cooperation with the U.S. Department of Agriculture. Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, national origin, sex, age, religion, political belief, disability, veteran status, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW Extension Office. To file a complaint, write the UW Employment Practices/Affirmative Action office, University of Wyoming, Laramie, WY 82071. The University of Wyoming, United States Department of Agriculture, and Lincoln County cooperate.