**Lincoln County Chit Chat**

College of Agriculture and Natural Resources

Extension

State 4-H Website: http://www.uwyo.edu/4-h/; 4-H Enrollment: https://wy.4honline.com/;

Afton Office – 307-885-3132  
January 2016  
Kemmerer Office – 307-828-4092

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**Calendar of Events**

Jan 13  SV Parent Leader Mtg, 6 pm Afton Civic Ctr.
Jan 14  SV Cloverbuds, 3 pm Afton Civic Ctr.
Jan 18  MLK/WY Equality Day, Ext. Offices Closed
Jan 20  SV Jr. Leader Mtg., 4 pm Afton Civic Ctr.
Jan 29  Cokeville Mkt Beef Tagging, 9 am
Jan 29  SV Mkt Beef Tagging, 3-5 pm, Scales
Jan 30  SV Mkt Beef Tagging, AM Appt. Only
Jan 30  Kem Mkt Beef Tagging, 10 am, Fox Ranch
Feb 10  SV Cloverbuds, 3 pm, Afton Civic Ctr.
Feb 17  SV Jr. Leader Mtg, 4 pm Afton Civic Ctr.
Feb 23  4-H Secretary Training 4:30 pm Afton Civic Ctr.
Feb 24  4-H Treasurer Training 4:30 pm Afton Civic Ctr.
Mar 01  Community Barn Applications Due

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**Market Beef Tagging**

**Cokeville**

- January 29, 2016, 9 am
- Location TBD

**Star Valley**

- January 29, 2016, 3-5 pm  
- January 30, 2016,  
- Morning Appointments only, please call 307-885-3132.

**Kemmerer**

- January 30, 2016, 10 am
- Fox Ranch

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**New Online 4-H Registration**

4HOnline

http://wy.4honline.com/

**Returning Families**— Follow the instructions on page 5 of this newsletter. If you know of any new family who wants to join 4-H, have them follow the instructions below.

**New Families**—Follow the instructions on pages 6-7 of this newsletter

Remember to log back into your family profile to check your status, for messages & newsletters

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

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**Inside This Issue**

1. Calendar of Events & Notices
2. 4-H Program Information
3. Club News
4. State & Regional 4-H Events
8. Character Counts
9. Cent$ible Nutrition Program Information
10. Extension Calendar
4-H Educator’s Letter...

I hope that everyone had a great Holiday and a Happy New Year. It is that time of year when we sit down and make New Year’s resolutions. This is a great time to sit down and work on our 4-H goals also. To help be successful in our goals we need to make SMART goals; Specific, Mindful, Action, Realistic, and Timely. If we follow this with all of our goals it will help our success rate. The link for the portfolios can is [http://www.uwyo.edu/4-h/portfolio/index.html](http://www.uwyo.edu/4-h/portfolio/index.html), it is never to early start. If traveling is a goal of yours you might check out this link and do some traveling with 4-H [http://www.uwyo.edu/4-h/youth/]. I am excited for a new 4-H year!

Shar Perry

### SMART Goals

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<th>What do you want to achieve in your area of focus?</th>
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<td>What steps will you take to achieve it?</td>
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<td>Timely</td>
<td>By when do you want to achieve this goal?</td>
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Source: [www.envisionexperience.com](http://www.envisionexperience.com)

**SV Parent Leader Meeting—January 13**
The next SV Parent Leader meeting will be held on January 13 at 6 pm in the Afton Civic Center. Contact Shar to let her know you are attending.

**SV Cloverbuds—January 14**
The SV Cloverbud activity will be on Thursday, January 14 at 3 pm in the Afton Civic Center. The activity for February will be on February 10.

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**SV Junior Leader Meeting—January 20**
The next SV Junior Leader meeting will be held on January 20 at 4 pm in Afton Civic Center.

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**Yearly Motor Vehicle Record Check For Volunteers**

As of October 1, every year each volunteer must complete a motor vehicle record check. The process to complete the MVR check follows:

- Log into: [http://www.uwyo.edu/administration/operations/risk-management/vehicle-use-policy-information.html](http://www.uwyo.edu/administration/operations/risk-management/vehicle-use-policy-information.html)
  - Select form to request driving privileges – click on NOT A UW EMPLOYEE
  - The first time you log on, you will be asked to create a profile
  - Create a username and password, click Register
  - Add your e-mail address
  - Motor vehicle records input form – you will be instructed to enter information exactly as it appears on your driver’s license.
  - In the following fields, enter the information as instructed below:
    - Department/Organization – enter UW Extension
    - Supervisor/Sponsor – enter name of county 4-H educator
    - In the "NOTIFY" field - enter Perry, Shar
    - Click the appropriate boxes for permission
    - Click on the submit button

Thank you for completing the yearly motor vehicle check. Your involvement makes a difference in our Wyoming 4-H program!

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**New Changes For The 2016 County Fair**

(As per the Livestock Committee)

- Market Beef minimum weight has been raised to 1000 lbs.
- Market Swine minimum weight has been raised to 215 lbs.
- Mini Market Beef Requirements: 48” or less hip height and 500 lbs. minimum weight. All beef planning to show in a mini class must be declared as mini or low line at tagging.
**WYLI Application Now Available**

The Wyoming Leadership institute is a leadership program that was created in 2006 by the help of a grant from the Daniel’s Foundation to the University of Wyoming’s 4-H Program. The goal of the program is to foster a relationship and promote opportunities for youth to gain leadership skills and experience to serve in a decision-making role. The Southwest Wyoming Program is a collaborative effort between Uinta, Lincoln, Teton, Sweetwater and Sublette Counties.

From the applications that are submitted, a group of youth will be selected from each county to participate in the program. Each youth must make a commitment to attend a training session that will occur March 18-20, 2016. Youth will be staying at the Uinta County Youth Camp in the Uinta Mountains above Robertson, Wyoming. The cost to attend the Institute is $15.00 which will cover your room, meals and registration.

This is a great opportunity to not only make new friends from other counties, learn some new leadership skills, possibly become involved in a decision-making role after completing the program, but this would look good on scholarship or job applications once you have graduated.

Pick up an application in the Afton Extension Office. Please take a moment to share this information with your parents, discuss it, check your calendars and turn in a completed application by **March 4, 2016**. If you need more information or have questions, please contact Shar at the Afton Extension Office, 307-885-3132.

**Babysitting Certification Program**

The program will be held on **Friday, January 29 from 4-7 pm and Saturday, January 30, from 9 am to 5 pm at the Sublette BOCES.** To sign up, call 307-367-4380 or email: rschambe@uwyo.edu. Participants must be 12 years or older. This program is sponsored by the Wyoming 4-H Military Partnership.

**Registration for CWF and LWF is Available on the Wyoming 4-H Website**

**Leadership Washington Focus** is aimed at a younger audience—(grades 7 through 9) that are interested in traveling and getting a taste of a national conference. These youth will participate in workshops, speakers and sightseeing. This trip is July 9-15. More information regarding LWF can be found here: [http://www.uwyo.edu/4-h/youth/travel/lwf/index.html](http://www.uwyo.edu/4-h/youth/travel/lwf/index.html)

**Citizenship Washington Focus (CWF)** is offered to youth ages 14-19. These youth will also sight see in DC and participate in workshops. Additionally, they will have the opportunity to meet with Wyoming Senators and member of Congress. This trip is June 10-18. More information regarding CWF can be found here: [http://www.uwyo.edu/4-h/youth/travel/cwf/index.html](http://www.uwyo.edu/4-h/youth/travel/cwf/index.html)

There is not an application process for these conferences. Youth must register by the deadline to attend the conference.

Please pass this information on to all graduating 4-H members so they can apply. The easiest way, for youth planning to attend college, to receive a Wyoming 4-H Scholarship is ---- complete the application and hit “submit”. The deadline for applications is **February 15, 2016**.

**NILE Scholarship Program Information**

The Northern International Livestock Exposition (NILE) Scholarship Program funded by the NILE Foundation, is now accepting applications for scholarships for the 2016-2017 academic year.

Since 1990, the NILE has awarded scholarships to deserving FFA and 4-H students that have been actively involved in their respective programs and communities, excelled in the classroom, and participated in NILE events.

Similar to previous years, the NILE Scholarship Committee will be awarding three levels of scholarships. The first level will be the one-time scholarship awarded to high school seniors, similar to what the NILE has always done. The second level of scholarships offered will also be a one-time grant, for students already enrolled in College or a Vo-Tech school. Finally, the third level, which will offer the greatest scholarship amount, will be a rolling scholarship. The rolling scholarships will be offered to a select group of High School Seniors who will have the opportunity to renew the scholarship yearly, up to four years of their secondary education. Recipients of rolling scholarships will be chosen from the pool of applicants that are current seniors in High School.

Each year the NILE touches the lives of nearly 10,000 youth through its many programs, events, "live" animal scholarships, and college scholarships. Every year the NILE provides over $55,000 in cash and live animal scholarships.

The NILE Foundation was established in 2009 as a supporting arm of the NILE organization, which is dedicated to the promotion of livestock, agriculture education, and respect for the western culture.

Scholarship applications and guidelines can be found on the NILE’s website, or by contacting the NILE Office at 406-256-2495. Applications must be in the NILE Office by Friday - March 11, 2016. Applications incomplete or late will not be considered. Scholarships will be awarded and announced in mid-April.

**4-H Club News**
Wyoming State and Regional
Events & News –

Citizenship Washington Focus—will be held June 10-18 in Washington DC. This is for 4-H members who are 15-18 years old. Registration closes on Feb. 1, 2016.

2016 Western Regional 4-H Leaders Forum—On behalf of the WRLF 2016 Planning Committee, you are cordially invited to join us in Fairbanks, Alaska, March 2-4, at the Northern Delights Western Regional 4-H Leaders Forum. Celebrate the wonders of 4-H under eight stars of gold on a field of blue and revisit what 4-H and Youth Development mean to you.

National 4-H Conference—April 9-14, 2016, Washington DC. Applications are due November 2, 2015

State Horse Camp—will be held June 16-19 in Douglas, WY. Registration deadline is: May 27, 2016.

Showcase Showdown—will be held June 21-23 in Laramie, WY. Individual registration deadline is June 10.

State Shooting Sports Match—will be July 7-10 in Douglas, WY. Registration deadline is June 27.

Leadership Washington Focus—will be held July 9-15 in Washington, DC. This opportunity is for 4-H members who are in 7th to 9th grades. Registration closed February 1, 2016.

WY State Fair—will be August 13-21 in Douglas, WY.

National 4-H Congress—will be held November 25-29, 2016 in Atlanta, Georgia. Applications due: TBD. Interviews will be held during Showcase Showdown.
4-H Youth/Volunteer Enrollment Process

FOR EXISTING MEMBERS

1. Go to [http://wy4honline.com](http://wy4honline.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

   - 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 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 1 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.
4-H Youth/Volunteer Enrollment Process

FOR NEW MEMBERS
1. Go to http://wy.4honline.com You will see a screen like this.
2. As a Member/Family Enrolling for the FIRST time select the second option
   • Select your county and fill in the fields
   • Save your password so you are able to log back in to your profile!

WRITE DOWN YOUR USER AND PASSWORD HERE
User Email:________________________
Password:________________________

3. Click the Create Login Button.
4. The next screen is the FAMILY INFO Screen
   • Fill in all the fields
   • The red asterisk * indicates required fields
   • If you would like to update the Family Information for all members records with the same address click this box

5. The next screen is the MEMBER LIST
   • The Family Information is displayed on the left.
   • Click the “Add a New Family Member” drop down menu and select Adult or Youth.
6. Click the Add Member Button.

7. The next screen is the YOUTH PERSONAL INFORMATION
   • Fill in all the fields
   • Years in 4-H: For returning members, this number will automatically increase
   • The red asterisk * indicates required fields
   • If you have two email addresses you would like to have information sent to, please enter it in the Second Household email field
   • Split families can also be set up for each member
7. When finished click the Continue >> Button at the bottom.
8. The next screen is the ADDITIONAL INFORMATION screen.
   Here you will review the Code of Conduct, General Authorization and Release, and Statement of Assumed Risk
   • Please Read this information!
   • You must click this box in each section before you are able to continue to the next screen
9. When finished click the Continue >> Button at the bottom.
11. The next screen is the HEALTH FORM
   • Here you will first verify if you have any of the following health conditions: diabetes, asthma, heart trouble, high blood pressure, seizures, or fainting spells. Select Yes or No
   • In the Following fields you will note the following information:
     • Explanation of the conditions listed above, if any
     • Allergies/reactions to Drugs/Medicine
     • Allergies/Reactions to Foods
     • Allergies/Reactions to Things in Nature
     • List medications
     • Specify additional Health information

NOW THE FUN PART.

12. The PARTICIPATION screen.
   • Here you will add Clubs and Projects for each member/leader
13. First select your CLUB(s) from the drop down menu.
14. Click the Add Club Button. You will see your club selection added to the Club list.
   • You can add additional clubs by repeating the steps above.
15. When finished adding clubs click the Continue >> Button at the bottom.
16. Next you will ADD A PROJECT(S)
17. Select the club from the drop down menu.
18. Pick a project from the list
19. Selects Year in Project
   • For returning Members the years in project will automatically increase

20. Click the Add Project Button. You will see your project selection added to the Project List.
   • You can add additional projects by repeating the steps above.
21. When you are finished adding clubs and projects Click the Submit Enrollment Button.

Once you have Submitted an Enrollment you will then be taken back to the MEMBER LIST screen
You can then enroll new 4-H Members or Volunteers using the same steps.
Your enrollment will be sent to the County Extension Office where they will review and approve/activate your profile, or return your enrollment to you for changes/additional information.
People will trust a person who has a reputation of being honest, reliable and responsible. Dishonesty can easily tarnish that reputation, such that others consider you untrustworthy. Being considered trustworthy provides benefits from the way people deal with you, as well as your own self-esteem.

Trust in another person has several meanings:
1. Trust means that you feel that the person is honest and will not lie, cheat or steal from you.
2. It also means that you can count on the person to do as he or she promised and that the person is reliable.

Finally, trust in a person means that you feel he or she can be counted on to do something important, will not shirk from duties, and will take personal pride in what he or she does.

What does it mean to be Trustworthy?

You're trustworthy when:
- You tell the truth
- You are sincere. Say what you mean and mean what you say
- You keep your word
- You are reliable
- You return things you borrow
- You don't gossip

Trustworthiness involves four major qualities:
1. Integrity: the idea of a moral wholeness, or oneness, demonstrated by a consistency of thoughts, words, deeds, and duties.
2. Honesty: means that a person doesn't do things that are morally wrong. If something you do is breaking the law or you have to hide it because you'll get in trouble, you are probably not being honest.
3. Promise-keeping: A man is only as good as his word
4. Loyalty: standing with and behind someone in need. Loyal friends share both triumphs and trauma, and offer honest, constructive feedback delivered in a kind and tactful manner.

Trustworthiness in 4-H

4-H Club Activity
The "Gossip" Game
Have the group sit in a circle. Whisper a statement in one person's ear. You cannot repeat it even if they didn't understand it the first time. That person repeats the statement in the next person's ear, and so forth around the room. The last person tells what they heard out loud.

Discuss what happened. Did the statement end up the same as it began? Was it close? Why or why not? How does this relate to "real life"? Why can gossip become so harmful?

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office

Trustworthiness: It's better to be hated for what you are than to be loved for something you are not
~ Andrew Gide ~

Your handshake is as good as your word
Cent$ible Nutrition Program - 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 Danniel at the Extension Office at 307-828-4093.

Storing Whole-Wheat Flours
All whole-wheat flours are milled with the entire grain seed. Whole-wheat white flour is made from white wheat and has all the nutritional advantage of traditional whole-wheat flour, but with a lighter color and milder taste. White wheat has no major genes for bran color; therefore it is like an albino white.

Because the germ contains a small amount of fat, B-vitamins, minerals, and protein, all whole-wheat flours should be stored in the refrigerator or freezer. When baking, allow it to return to room temperature before using.

Physical Activity—Improving Performance at Work
Taking a physical activity break in the middle of the day can provide many benefits. Being active at work can increase energy, productivity and creativity, and decrease stress.

Ask co-workers to join you in a 15-30 minute walk during your break or at lunchtime. If time is not available during the work day, add some physical activity to your day. You can park further from work, take the stairs, or walk during a conference call. Small activities can make a big difference in maintaining health.

Sitting for long periods of time without moving is not helpful for our brains. Moving wakes our brains up and helps make us more alert, imaginative, attentive and focused. Get moving!

Beef and Barley Soup

Ingredients:
- 1 1/2 pounds beef round steak, cut into 1/2-inch cubes
- 1 Tablespoon olive oil
- 3 cans (14.5 ounces each) beef broth
- 3 cups water
- 1/2 cup barley
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups carrots, chopped
- 1 1/2 cup celery, chopped
- 1 1/2 cup onion, chopped
- 2 teaspoons parsley flakes
- 1 cup frozen peas

Directions:
1. Wash hands with warm, soapy water.
2. In a Dutch oven or large stock pot, brown beef in oil; drain. Stir in the broth, water, barley, salt, and pepper.
3. Bring to a boil. Reduce heat; cover and simmer for 1 hour.
4. Add the vegetables and parsley; cover and simmer for 45 minutes or until meat and vegetables are tender.
5. Stir in peas; heat through.

Serves 12.

Content Source:
http://issuu.com/cnp_newsletters/docs/cnp-news-dec14-jan15

Cent$ible Nutrition Program Website
Visit the website below for other Cent$ible Nutrition Program newsletters. http://www.uwyo.edu/centsible/newsletters1.html
# January 2016

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1. **New Year’s Day**—Ext. Offices Closed

# February 2016

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PLEASE READ EACH PAGE CAREFULLY!

Don’t miss out on any Important announcements