### Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>Mar 01</td>
<td>Kemmerer</td>
<td>Community Barn Applications Due</td>
</tr>
<tr>
<td>Mar 04</td>
<td>Kemmerer</td>
<td>YQA (1A,1B,2A), 3 pm, Events Ctr.</td>
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<tr>
<td>Mar 09</td>
<td>SV</td>
<td>YQA (2A), 4:30 pm, Afton Civic Ctr.</td>
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<tr>
<td>Mar 09</td>
<td>SV</td>
<td>YQA (1A,1B), 5:30 pm, Afton Civic Ctr.</td>
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<tr>
<td>Mar 16</td>
<td>SV</td>
<td>YQA (2B,3A,3B), 5:30 pm, Afton Civic Ctr.</td>
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<tr>
<td>Mar 17</td>
<td>SV</td>
<td>Cloverbuds, 2 pm, Afton Civic Ctr.</td>
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<tr>
<td>Mar 18-20</td>
<td>WYLI, Robertson, WY</td>
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<td>Mar 21</td>
<td>SV</td>
<td>4-H Produce Eval., 4 pm, Afton Civic Ctr.</td>
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<tr>
<td>Mar 22</td>
<td>Kemmerer</td>
<td>YQA (2B,3A,3B), 6 pm, Events Ctr.</td>
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<td>Mar 24</td>
<td>SV</td>
<td>Jr. Leader Mtg., 4 pm Afton Civic Ctr.</td>
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<td>Mar 28</td>
<td>Kemmerer</td>
<td>4-H Produce Eval., 3:30 pm Ext. Office</td>
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<td>Mar 30</td>
<td>Parliamentary Procedure Clinic, 4 pm Afton Civic Ctr.</td>
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<tr>
<td>Mar 30</td>
<td>Kemmerer</td>
<td>Leader Training, 6:30 pm, Ext. Off.</td>
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<tr>
<td>Mar 31</td>
<td>Cokeville</td>
<td>YQA (1A,1B, 2A,2B), Town Hall (SEE NEXT COLUMN FOR TIMES)</td>
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<tr>
<td>Apr 12</td>
<td>SV</td>
<td>4-H Produce Eval., 4 pm, Afton Civic Ctr.</td>
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<td>Apr 14</td>
<td>SV</td>
<td>Cloverbuds, 2 pm, Afton Civic Ctr.</td>
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<td>Kem. Record Bk Clinic, 5:30 pm, Events Ctr.</td>
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<tr>
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<td>Kemmerer</td>
<td>4-H Produce Eval., 3:30 pm Ext. Office</td>
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<td>Apr 19</td>
<td>4-H Secretary Training, 4:30 pm Afton Civic Ctr.</td>
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<td>Apr 27</td>
<td>4-H Portfolio Training, 4 pm Afton Civic Ctr.</td>
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<td>Apr 28</td>
<td>SV</td>
<td>Jr. Leader Mtg., 4 pm Afton Civic Ctr.</td>
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### Youth Quality Assurance (YQA) Classes

**Kemmerer**
- Mar. 7, 3 pm (Levels 1A, 1B, 2A) Training/Events Center
- Mar. 22, 6 pm (Levels 2B, 3A, 3B)
- Anyone who needs 2B, 3A, or 3B, please contact Miriam, 828-4092

**SV Area**
- Mar. 9, 4:30 pm (Level 2A)
- Mar. 9, 5:30 pm (Level 1A, 1B)
- (***1A has a limit of 15 people, first come-first served)
- Mar. 16, 5:30 pm (Levels 2B, 3A, 3B) Afton Civic Center

**Cokeville**
- Mar. 31, 3:30 pm (Level 1A)
- Mar. 31, 4:00 pm (Level 1B & 2A)
- Mar. 31, 5:00 pm (Level 2B)

You must register for the classes. **If there is not enough participants, the class will be cancelled.** Please contact the Afton Extension Office, 885-3132 or Kemmerer Extension Office, 828-4092.
4-H Educator’s Letter...
Hello Everyone!

2016 is shaping up to be a great year, isn’t it? I like to think of March as 4-H Pride month – everything is green! I know many clubs have started meeting and planning for the upcoming summer months, so be sure to include recruitment in your plan for the year. Let the people around you know why you love 4-H and why you are proud to bleed green. Encourage someone around you to join or become a leader. The more the merrier, right? Be sure to wear green, for St. Patty’s Day, but also to show your 4-H pride!

Miriam Feeley

March & April SV Cloverbuds Activity
The next SV Cloverbuds activity will be on March 17 at 2 pm in the Afton Civic Center. There will also be an activity on April 14 at 2 pm in the Afton Civic Center.

4-H Produce Evaluation Classes
The Produce Evaluation classes will be held in Afton and Kemmerer. The schedule for March and April is below.

- **Star Valley**
  - March 21, 4-5 pm at the Afton Civic Center
  - April 12, 4-5 pm at the Afton Civic Center
- **Kemmerer**
  - March 28, 3:30 pm at the Kemmerer Ext. Office
  - April 18, 3:30 pm at the Kemmerer Ext. Office

SV Junior Leader Meeting
There will be a SV Jr. Leader meeting on **March 24** at 4 pm in the Afton Civic Center and also on April 28.

Parliamentary Procedure Clinic—March 30
There will be a Parliamentary Procedure clinic on March 30, 4 pm in the Afton Civic Center.

4-H Secretary Training—April 19
There will be a 4-H Club Secretary training on April 19 at 4:30 pm in the Afton Civic Center. This training is designed to help club secretaries learn how to complete the secretary book, etc.

Record Book Clinics
- Kemmerer: April 14, 5:30 pm Events Center
- Star Valley: April 27, 4 pm Afton Civic Center

Biosecurity for Avian Influenza Video Available
This is worth watching for poultry growers to answer questions before fair. [https://vimeo.com/152619276](https://vimeo.com/152619276)

Wyoming 4-H Rabbit Judging Team
We would like to invite all Wyoming 4-H members with an interest in rabbits to join the Wyoming 4-H Rabbit Judging Team. Currently the team is a statewide team that meets virtually on Sunday afternoon for one hour each week. Then 4 or 5 times each spring we all gather together and travel to various Judging Meets in Colorado and one in Wyoming. Those youth that participate in the Judging Team have found they expand their knowledge of rabbits beyond the basic handling, showmanship and raising. We focus on the hows, whys and whats to create high quality, show worthy rabbits in all 49 breeds. We also touch on the same topics with the 13 Cavy breeds (guinea pigs). The Rabbit Judging Team has successfully started kids fresh from no knowledge or experience to County Showmanship Champions in just a few short months; it is for kids of all levels.

If you have a strong interest in digging deep into the world of rabbits, gaining mounds of knowledge and experience with several breeds and networking with top breeders from across the county then check out the Wyoming 4-H Rabbit Judging Team. We are on [facebook](https://www.facebook.com/Wyoming-Rabbit-Judging-Team-451547254887555/) or contact the Coach Jami Salo at jami_salo@yahoo.com. Information for the next meeting scheduled for Sunday Feb. 21st at 4pm is ready for all those interested.

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.

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.

Intermountain Livestock Judges’ Training

The training will be held May 12-14, 2016, at the Spanish Fork Fairgrounds, Spanish Fork, Utah. The brochure is available at the Extension Office. Registration and payment are due April 29, 2016. If you have questions, please call Dawn Sanchez, 307-783-0570.

Flash Fiction Contest

It is a national 4-H writing exhibition in which youth answer the question “What Do You See?” in 1,000 words or less. Once received, entries are added to our national 4-H website (https://4hwhatdoyousee.wordpress.com/) and available for reading during the Wyoming State Fair.

What Do You See? Contest

The non-written creative mediums fall into the “What Do You See” category. From music, dance, sculpture, painting or ANY other creative outlet, kids can submit photos or videos of their original work. These exhibits are also included in our online gallery and at the State Fair.

4-H Club News—

Krazi Kritterz Dynamite Dogs Group

The group meets every Wednesday from 6-7 pm in the 4-H Exhibit Building on the fairgrounds in Afton.

Krazi Kritterz Pig Group

The group meets 1st and 3rd Wednesdays each month. The next meeting will be March 16. There will be no meeting during Spring Break. The Krazi Kritterz 4-H Club pig group met on Wednesday, February 24, 2015 for a potluck dinner/organizational meeting. Members who attended were: Gage H.; Brooke, Wyatt, & Teagan H.; Dawson & Aadon H.; Morgan, Savannah, & Lexi S.; Kaydence S; Taylee S.; Amber M; and Katie V.

Hamsfork Hands

The club meeting the first Monday of every month. The Hamsfork Hands 4-H Club met on January 4, 2016 at the Event Center and there we discussed our budget and played a team building game. We took in ideas for community service projects and club pro-
jects. We talked about our February meeting of an Open house which will be made up of project leaders and 4-H members to set up tables at Lincoln County Library at 6pm downstairs. They will have tables for each animal project and non-animal projects to answer questions for people in the public that are not members of Hamsfork Hands 4-H, who are looking into becoming members. We also discussed buying new shirts and picking out our design.

Wyoming State and Regional
Events & News –

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 4-H Theatre Camp will be held April 29-May 1 at UW in partnership with Dept. of Theatre & Dance. This year we’re seeing an original musical called “Angry Psycho Princesses” which is the story of a family who is accidentally locked overnight in a second-rate, Disneyesque theme park explores the artificial expectations fairy tales put on young girls. Registration information will be available soon.

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 closed Feb. 1, 2016.

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.
FOR EXISTING MEMBERS

1. Go to 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 I have a profile.
   • Enter your email address and password you used to create your Family login and click the 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 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 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 button.

   On the next page you can review/update the personal information page.
   The red asterisk * indicates required fields.

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 Button to add it to your Club list.
   • When finished with club selections click the 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
8. When finished click the Continue >> Button at the bottom.
9. 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

10. When finished reading 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 you profile, or return your enrollment to you for changes/additional information.
Respect means admiration, deference, esteem, reverence, high opinion. In 4-H, it includes treating the traditions of the program, other members, volunteers, parents and judges like you would like to be treated. Don’t engage in disrespectful conduct including verbal abuse of other competitors and judges. Win with grace and lose with dignity!

As Respectful Exhibitors we:
- Accept and tolerate exhibitors with projects different than ours
- Value and honor the decisions of judges and show officials
- Regard the property of other exhibitors, facilities and equipment
- Take pride in our projects and keep our areas clean
- Are courteous and polite to fellow exhibitors, volunteers, and the community

4-H Activity

Simon Says, “Who Are You?”

- Explain to members that they will play a version of Simon Says in which only some members will respond to each command. Tell them that they must watch carefully as they play the game because at the end, each member must tell one new thing they learned about a classmate.
- Have junior leaders start a game of Simon Says providing such directions as
  - Simon says "Everyone with brown eyes, stand up."
  - Simon says "Everyone who has a dog as a pet, put your right hand on your head."
  - Simon says "Everyone who speaks more than one language, jump up and down."

At the end of the game, have all members sit in a circle. Ask each member to name one way in which he or she and another member are alike. The trait they share must be something they didn’t know before playing the game. Members might say, for example, "I didn’t know that Katie spoke Spanish" or "I didn’t know that Jose was left-handed."

Like this activity? Find more like it in the “Good Ideas Book” at your local Extension Office
Cent$ible Nutrition Program -
Star Valley, Kemmerer, and Cokeville Areas - 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.

Cost Cutter: Double Up in the Freezer
If you find yourself making your favorite lasagna, with ground beef, cottage cheese, and tasty sauce, consider doubling or even tripling the recipe. Since you are going to the trouble of creating this yummy dinner, it only makes sense to make two or three and put the extras in the freezer.

Money can be saved by creating your own frozen food items. Frozen meals are a healthier option than visiting a restaurant when you don’t have time to cook from scratch.

Dilly Cottage Bread

Ingredients:
- 1 package yeast
- 1/4 cup warm water
- 1 cup creamed cottage cheese
- 2 teaspoons sugar
- 1 Tablespoon instant minced onion
- 1 Tablespoon butter
- 2 teaspoons dill weed
- 1 teaspoon salt
- 1/4 teaspoon soda
- 1 egg
- 1 1/4 cup whole wheat flour
- 1 1/4 cup all purpose flour

Directions:
1. Wash hands with warm, soapy water.
2. Soften yeast in water
3. Microwave cottage cheese for about 1 minute, so it is lukewarm.
4. Combine all ingredients, except flours.
5. Add flour to form stiff dough, may not use all of the flour.
6. Cover and let rise until doubled in bulk for about 50 minutes. Stir dough down.
7. Place in greased 8 inch round casserole
8. Let rise again for about 40 minutes.
9. Bake at 350 degrees F. for about 45 minutes or until golden brown.

Serves 12

Content Source:

Cent$ible Nutrition Program Website
For other Cent$ible Nutrition Program newsletters. http://www.uwyo.edu/centsible/newsletters1.html

Estimating Serving Sizes—
It’s all in the Hands
Most of us know restaurant servings are much larger than needed. We may have heard half a cup of pasta is a serving or two tablespoons of salad dressing is a serving, but how do we know how much that is? One option is to carry measuring cups and spoons with us. That may be unreasonable; particularly when purses and pockets are already full. What’s one to do?

One measuring tool is our HANDS! Our hands are the easiest way to estimate serving sizes when we do not have the proper tools. Learn how to use your hands to estimate serving sizes.

* A one cup serving is about the size of a large fist.
* One ounce of cheese is about the size of your thumb
* A 1 ounce serving of nuts or candy is about one handful
* A serving of meat is about the size of a woman’s palm
* One teaspoon is about the same size as your thumb knuckle to the tip.
* One tablespoon is about the same size as two thumbs together

Recommended Serving Sizes
Fruits—1/2 cup or one piece (size of a tennis ball)
Vegetables—1/2 cup cooked; or 1 cup raw (size of a baseball)
Grains—1/2 cup cooked cereal, rice or pasta (size of a small computer mouse); 1 slice bread; 1/2 4-inch bagel; 1 cup cold cereal. Choose whole-grains
Milk—1 cup milk or soy milk (with calcium); 1 cup yogurt; 1 ounce cheese (size of a C-battery). Choose low-fat or fat-free varieties
Meat & Beans—3 ounces cooked meat, fish, and poultry (size of a deck of cards); 1/2 cup cooked beans; 2 tablespoons peanut butter (size of a golf ball). Choose lean meats

Remember the most accurate measurements are made using appropriate tools (measuring cups, food scales, and measuring spoons). If you have questions or need information on nutrition please feel free to contact your Nutrition and Food Safety Educator, Jordan McCoy MS, RD, LD, CSP at 307-733-3087 or jmc-coy@tetonwyo.org.

Sources:
http://www.wyomingextension.org/agpubs/pubs/Mp121_1.pdf
# March 2016

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<th>SUN</th>
<th>MON</th>
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<td>Parliamentary Procedure Clinic 4 pm, Afton Civic Ctr. Kem Leader Training 6:30 pm, Ext. Office Krazi Kitterz 4-H Dog Club Mtg 6 pm Exhibit Bldg.</td>
<td>Cokeville YQA (1A) 3:30 pm, (1B, 2A) 4 pm, (2B) 5:00 pm Town Hall</td>
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# April 2016

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<tr>
<th>SUN</th>
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<td>Hamsfork Hands Club Mtg.</td>
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<td>SV 4-H Produce Evaluation 4 pm, Afton Civic Ctr.</td>
<td>Krazi Kitterz 4-H Dog Club Mtg 6 pm Exhibit Bldg.</td>
<td>SV Cloverbuds 2 pm, Afton Civic Ctr. Kem. Record Bk Clinic, 5:30 pm Events Ctr.</td>
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<td>Kem 4-H Produce Evaluation 3:30 pm, Ext. Office</td>
<td>4-H Secretary Training, 4:30 pm, Afton Civic Ctr.</td>
<td>Krazi Kitterz 4-H Dog Club Mtg 6 pm Exhibit Bldg. Krazi Kitterz Pig Group, 6 pm</td>
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<td>Portfolio Training, 4 pm Afton Civic Ctr. Krazi Kitterz 4-H Dog Mtg</td>
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IMPORTANT
Lincoln County Extension NEWSLETTER

PLEASE READ EACH PAGE CAREFULLY!
Don’t miss out on any Important announcements.