## Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 23-26</td>
<td>Christmas Holiday — Ext. Offices Closed</td>
</tr>
<tr>
<td>Dec 27-29</td>
<td>Winter Closure — Ext. Offices Closed</td>
</tr>
<tr>
<td>Dec 30</td>
<td>New Year’s Holiday — Ext. Offices Closed</td>
</tr>
<tr>
<td>Jan 02, 2017</td>
<td>New Year’s Holiday — Ext. Offices Closed</td>
</tr>
<tr>
<td>Jan 05</td>
<td>4-H Open House, Kem. Training Ctr., 5-7 pm</td>
</tr>
<tr>
<td>Jan 10</td>
<td>Livestock Judging, Afton Civic Ctr., 4 pm</td>
</tr>
<tr>
<td>Jan 11</td>
<td>4-H Open House, Afton Civic Ctr., 5-7 pm</td>
</tr>
<tr>
<td>Jan 12</td>
<td>SV Jr. Leaders, Afton Civic Ctr., 4 pm</td>
</tr>
<tr>
<td>Jan 26</td>
<td>SV Cloverbuds, Afton Civic Ctr., 3 pm</td>
</tr>
<tr>
<td>Jan 27</td>
<td>SV Mkt Beef Tagging, 3-5 pm Scales</td>
</tr>
<tr>
<td>Jan 28</td>
<td>SV Mkt Beef Tagging, By Morning Appt. only</td>
</tr>
<tr>
<td>Jan 28</td>
<td>Cokeville Mkt Beef Tagging, 9 am</td>
</tr>
<tr>
<td>Jan 30</td>
<td>Kemmerer Mkt Beef Tagging, 5 pm, Fox Ranch</td>
</tr>
<tr>
<td>Feb 07</td>
<td>Livestock Judging, Afton Civic Ctr., 4 pm</td>
</tr>
<tr>
<td>Feb 08</td>
<td>SV Cloverbuds, Afton Civic Ctr., 3 pm</td>
</tr>
<tr>
<td>Feb 15</td>
<td>4-H New Member Night, Afton Civic Ctr., 5:30 pm</td>
</tr>
<tr>
<td>Feb 16</td>
<td>SV Jr. Leaders, Afton Civic Ctr., 4 pm</td>
</tr>
<tr>
<td>Mar 17-19</td>
<td>UW Career Exploration Trip, Laramie, WY</td>
</tr>
</tbody>
</table>

## Market Beef Tagging

- **Cokeville**: January 28, 2017, 9 am  
  Location TBD
- **Star Valley**: January 27, 2017, 3-5 pm  
  January 28, 2017, Morning Appointments only, please call 307-885-3132
- **Kemmerer**: January 30, 2017, 5 pm  
  Fox Ranch

## Inside This Issue

<table>
<thead>
<tr>
<th>Page</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Calendar of Events &amp; Notices</td>
</tr>
<tr>
<td>2</td>
<td>4-H Program Information</td>
</tr>
<tr>
<td>2</td>
<td>Club News</td>
</tr>
<tr>
<td>3</td>
<td>State &amp; Regional 4-H Events</td>
</tr>
<tr>
<td>5</td>
<td>Character Counts</td>
</tr>
<tr>
<td>6</td>
<td>Cent$ible Nutrition Program Nutrition &amp; Food Safety Information</td>
</tr>
<tr>
<td>7-8</td>
<td>Extension Calendars</td>
</tr>
</tbody>
</table>
HAPPY NEW YEAR! I hope everyone had a wonderful holiday season and is as excited about 2017 as I am. For me, the new year always means lots of change, hope, and excitement for what is to come. As many people are making New Year’s Resolutions, now is a good time to set some goals for the year. It is always a good idea to work on making positive changes in our lives. Remember, growth doesn’t happen without some kind of change. Whether it is a change in projects, a change in practice, or a change in attitude it can affect your whole 4-H experience for the better. Be sure to explore all that 4-H has to offer and get the most out of the program. Also, if you have any ideas for how we can make this year better, please don’t hesitate to share your ideas! We love hearing from you. Happy 2017 and good luck planning all the great things you are going to accomplish this year.

Miriam

4-H Open Houses—Jan. 5 & 11
Kemmerer— it will be held on Jan. 5 from 5 –7 pm in the Training Center.
SV— it will be held on Jan. 11 from 5-7 pm in the Afton Civic Center.

SV Livestock Judging Class—Jan. 10
There will be a Star Valley area Livestock Judging Class on January 10 at 4 pm in the Afton Civic Center. Please contact Shar, 885-3132, to let her know you will be attending. The next class will be on February 7.

SV Junior Leader Meeting—Jan. 12
The next SV Junior Leader meeting will be on January 12 at 4 pm in the Afton Civic Center. Please contact Shar, 885-3132, to let her know you will be attending. The next meeting will be on February 16.

SV Cloverbud Activity—Jan. 26
The next SV Cloverbud activity will be on January 24 at 3 pm in the Afton Civic Center. Please let Shar, 885-3132, know you are coming. The next activity will be on February 8.

4-H New Member Night—Feb. 15
There will be a new member night on February 15 in the Afton Civic Center 5:30 pm. Please let Shar, 885-3132, know you are coming.

UW Career Exploration Trip—Mar. 17-19
There will be more information later about the trip in next month’s newsletter.

State Leadership Team
If you are interested in being part of the team, applications are available on the State 4-H website and they are due on May 31. Interviews will be during Showcase Showdown.

4-H Scholarship Deadline Change
As you consider your next steps in your education and career path, your involvement in 4-H may help you obtain scholarships at the college you choose to attend. The Wyoming State 4-H Foundation has updated our 4-H Scholarship application. Find out details at: http://www.wyoming4h.org/4hfoundation/scholarships

Just click on each scholarship to find out its specific criteria, then use the universal application to apply. There are many available scholarships! Up to $30,000 total for new and first time qualified applicants!

NEW THIS YEAR- Applications are due by JANUARY 20, 2017 and uses a resume built from your 4-H Portfolio. Remember - the best way to be awarded a scholarship is to APPLY!

Please call the State Office if you have any questions. Our number is (307) 766-5170.
Don't Delay - Apply Right Away!!

4-H Club News—

January Birthdays!!!

Tyler B.
Camilla B.
McKayla B.
McKenna B.
Dakota C.
Carter H.

Ty J.
Rylynne M.
Brad N.
Brodie O.
Krista S.
Alexis S.

Gatlin S.
Sophia S.
Trace S.
Cole T.
Travis T.
WYOMING STATE AND REGIONAL EVENTS & NEWS –
(More information online at www.Wyoming4H.org)

WRLF—This will be the first time Western Regional Leaders’ Forum (WRLF) will be held outside the United States, and 4-H Alberta intends to show all attendees what Canadian hospitality is all about!

From across Canada and the western United States, adult 4-H leaders, volunteers, and staff, along with 4-H teen members (15+ years of age) will gather at the Shaw Conference Centre in Edmonton from March 16-18, 2017. Together, these leaders will participate in a conference highlighting community, opportunity, and, of course, friendship. Don’t miss your chance to support the future of 4-H, and be part of the conversation that will help strengthen thousands of rural communities across North America.

Registration Deadlines:
Early Bird: December 31, 2016
Regular: January 20, 2017
Late: February 15, 2017

Register today to secure your spot: http://www.cvent.com/events/wrlf-2017/event-summary-cb146943565d491a982a1388cbf89a4.aspx

National 4-H Conference—will be held on March 24-30 in Washington, DC.

Citizenship Washington Focus—for kids ages 15-18 years old. It will be held on June 10-17 in Washington, DC. Registration closes March 1, 2017.

National Shooting Sports Invitational—Applications are due April 30.

State 4-H Leadership Team—Applications are due May 31 and interviews will be during Showcase Showdown in June.

State 4-H Horse Camp—will be held June 15-18 in Douglas, WY. Registration Deadline is May 27, 2017.

Showcase Showdown—will be held June 20-22 in Laramie, WY. More information will be available later.

State Shooting Sports Match—will be July 6-9 in Douglas, WY. Registration deadline will be in June.

Leadership Washington Focus—for Kids in 7-8 grades. It will be held July 16-21 in Washington, DC. Registration closes March 1.

Wyoming State Fair—will be held August 12-19 in Douglas, WY.

Shooting Sports Award Trip—will be held in September 2017 in Raton, NM. There are 12 winner selected on State Shoot scores and 2 winners selected based on portfolio submissions which are due the end of July.

National 4-H Congress—will be held November 24-28, 2017 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://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 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

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.
     - Remember to click 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.
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 people 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.

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 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?

“Your handshake is as good as your word”

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

**Trustworthiness**

Being trusted is among the highest achievements of individuals and corporations.

What does it mean to be Trustworthy?

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.

“It’s better to be hated for what you are than to be loved for something you are not”
~ Andrew Gide ~

**Trustworthiness in 4-H**
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.

Physical Activity: Focus on Fun
Get creative! Instead of sitting down to unwrap presents, think about having your children search for clue to find their present. With the excitement of finding clues and searching around your home or yard it may become a new family tradition.

If it isn't already a tradition, try taking a family walk after a big holiday meal. Other great outdoor activities include building snowmen or snow sculptures, making snow angels, or even playing a game of catch in the snow. Enjoying the outdoors is a great way to stay active over the holidays.

Peanut Butter Popcorn Balls
5 cups popped popcorn
1/4 cup honey or corn syrup
1/4 cup creamy peanut butter

1. Wash hands in warm, soapy water.
2. Put popped popcorn in a large, shallow baking pan.
3. Keep popcorn warm in 250 degrees Fahrenheit oven.
4. Heat and boil honey for 1 to 2 minutes.
5. Reduce heat and stir in peanut butter.
6. Drizzle peanut butter mixture over popcorn and stir.
7. Tear off 9 sheets of waxed paper, each about 10x10 inches.
8. Put about 1/2 cup popcorn in the center of each waxed paper. Fold corners around popcorn and twist the top. Press popcorn to make a ball.

Makes 9 services.

(Note: popcorn can cause choking in children under 3. Children under 1 should no eat honey.)

Content Source:

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

Homemade Granola Cereal

Dry Ingredients:
8 cups rolled oats
2 cups flaked coconut
2 cups wheat bran
2 cups ground flax
1 1/3 cups chopped/sliced nuts and seeds
(cashews, pecans, sunflower seeds, almonds, pumpkin seeds, pistachios, chia seeds, etc.)

Wet Ingredients:
1/2 cup canola oil
1 cup honey
1 Tablespoon vanilla

Directions
Mix dry ingredients in large bowl, set aside. Heat oil and honey saucepan (medium heat) and whisk to combine, then whisk in vanilla. Pour honey / oil mixture over granola and stir with a spoon, then work in with hands until evenly distributed. Place into large roasting pans and bake at 225° to desired crispness, about 2-3 hours. Cool completely, then add dried fruit if desired. Store in sealed container.

Serving Size: 1/2 Cup
Serves 34

For more ideas, visit the University of Wyoming Extension’s Nutrition & Food Safety website:
http://www.uwyo.edu/foods/
<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>New Years Day!</td>
<td>New Years Holiday, Ext. Offices Closed</td>
<td></td>
<td></td>
<td>4-H Open House, So. Lincoln Training Ctr., 5-7 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hamsfork Hands Club Mtg, 6 pm Events Ctr.</td>
<td>Livestock Judging Class, Afton Civic Ctr., 4 pm</td>
<td>4-H Open House, Afton Civic Ctr., 5-7 pm</td>
<td>SV Jr. Leaders, Afton Civic Ctr. 4 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>MLK, WY Equality Day, Ext. Offices Closed</td>
<td></td>
<td>Krazi Kritterz Dynamite Dogs Group Mtg, 6 pm Afton Civic Ctr. (NO Dogs)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Krazi Kritterz Dynamite Dogs Group New Kids 5:45 pm Other 7 pm</td>
<td>SV Cloverbuds Afton Civic Ctr. 3 pm</td>
<td>SV Mkt Beef Tagging, 3-5 pm, fair-grounds scales</td>
<td>SV Mkt Beef Tagging, morning appointments only</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>29</th>
<th>30</th>
<th>31</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kemmerer Mkt Beef Tagging, 5 pm, Fox Ranch</td>
<td></td>
</tr>
<tr>
<td>Sun</td>
<td>Mon</td>
<td>Tue</td>
</tr>
<tr>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
</tbody>
</table>
IMPORTANT

Lincoln County Extension
NEWSLETTER