# Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 08</td>
<td>SV Cloverbuds, Afton Civic Ctr.</td>
<td>3 pm</td>
</tr>
<tr>
<td>Feb 13</td>
<td>Livestock Judging, Afton Civic Ctr.</td>
<td>4 pm</td>
</tr>
<tr>
<td>Feb 15</td>
<td>4-H New Member Night, Afton Civic Ctr.</td>
<td>5:30 pm</td>
</tr>
<tr>
<td>Feb 16</td>
<td>SV Jr. Leaders, Afton Civic Ctr.</td>
<td>4 pm</td>
</tr>
<tr>
<td>Mar 06</td>
<td>Kemmerer YQA Levels (2B, 3A, 3B)</td>
<td>1:30 pm</td>
</tr>
<tr>
<td>Mar 06</td>
<td>Kemmerer YQA Levels (1A, 1B, 2A)</td>
<td>3 pm</td>
</tr>
<tr>
<td>Mar 27</td>
<td>SV YQA Levels (1A, 1B, 2A)</td>
<td>4 pm</td>
</tr>
<tr>
<td>Mar 27</td>
<td>SV YQA Levels (2B, 3A, 3B)</td>
<td>5:30 pm</td>
</tr>
<tr>
<td>Apr 14</td>
<td>Cokeville YQA Levels (1A, 1B, 2A)</td>
<td>9 am</td>
</tr>
<tr>
<td>Apr 14</td>
<td>Cokeville YQA Levels (2B, 3A, 3B)</td>
<td>10 am</td>
</tr>
</tbody>
</table>

# Youth Quality Assurance (YQA) Classes

**Kemmerer**
- Mar. 6, 1:30 pm (Levels 2B, 3A, 3B)
- Mar. 6, 3 pm (Levels 1A, 1B, 2A)

Training/Events Center
Anyone who needs 3B, please contact Miriam, 828-4092

**SV Area**
- Mar. 27, 4 pm (Level 1A, 1B, 2A)
  - **1A has a limit of 15 people, first come-first served**
- Mar. 27, 5:30 pm (Levels 2B, 3A, 3B)
  - Afton Civic Center

**Cokeville**
- Apr. 14, 9 am (Levels 1A, 1B, 2A)
- Apr. 14, 10 am (Level 2B & 3A, 3B)

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.

---

**Happy Valentine's Day!**

---

# Inside This Issue

<table>
<thead>
<tr>
<th>Page</th>
<th>Content</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>3</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>

2016-2017 Online 4-H Registration
[http://wy.4honline.com/](http://wy.4honline.com/)

**Returning Families**— Follow the instructions on page 4 of this newsletter.

**New Families**— Need to contact either Extension Office for instructions.

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

**NOTE:** Registering on 4HOnline.com does not enter you into the Lincoln County Fair!!!
4-H Educator’s Letter...

I hope that everyone had a wonderful holiday break. As the new 4-H year begins, there are new changes. I am encouraging everyone to take a moment and check out all the new changes. The 4-H program documents can be found on the State 4-H website: [http://www.uwyo.edu/4-h/resources/](http://www.uwyo.edu/4-h/resources/)

The following areas have changes:
2. Chartering of clubs for next year.
3. Club by-Laws have also changed, under the Club By-Law template. The state has also asked that all committees, councils or groups complete the charter application too.
4. Along with this they need to complete the year-end report.
5. The state has also updated the member’s secretary and treasurer’s books. They are not currently posted on the web page, but you can check the website later.

**CHANGES FOR THE 2017 LINCOLN COUNTY FAIR**

- Swine minimum weight will be 225 lbs.
- Lamb minimum weight will be 100 lbs.
- Other species will stay the same. Beef 1000 lbs., mini-beef 500 lbs., and goats 50 lbs.
- All livestock will need to be in place by Tuesday, August 8, 2017 by 3 pm.
- The swine show will be split into two days. Market swine and breeding will be Wednesday, August 9, 2017 at 8am. The Swine showmanship will be Thursday, August 10, 2017 at 8:00am.
- The dairy goat and dairy beef show will be Wednesday at 3:00 pm.
- The beef show will be Thursday, August 10, 2017 at 2:00pm.
- The goat and lamb show will be Friday, August 11, 2017 at 8 am.
- There will be 4-H/FFA showmanship buckles and only open pee wee showmanship buckles.
- There will be buckles for 4-H/FFA grand and reserve market champion for beef, sheep, swine, and goat.

Here’s to a fun 4-H year. If you have any questions, please contact the Extension offices.

Shar

---

**February Birthdays!!!**

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaia B.</td>
<td>Rhett J.</td>
<td>Jace P.</td>
<td></td>
</tr>
<tr>
<td>Bridger B.</td>
<td>Anna K.</td>
<td>WestonS.</td>
<td></td>
</tr>
<tr>
<td>Brigham H.</td>
<td>Ashlyn K.</td>
<td>Grant T.</td>
<td></td>
</tr>
<tr>
<td>Ashley H.</td>
<td>Chet L.</td>
<td>McCroix W.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jaydyn N.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**2017 Lincoln County Dates:**

**August 5-12**

**Fair Theme:**

“Stirrup Some Fun at the Lincoln County Fair”

**FAIR CHANGES**

- Swine minimum weight will be 225 lbs.
- Lamb minimum weight will be 100 lbs.
- Other species will stay the same. Beef 1000 lbs., mini-beef 500 lbs., and goats 50 lbs.
- All livestock will need to be in place by Tuesday August 8, 2017 by 3 pm.
- The swine show will be split into two days. Market swine and breeding will be Wednesday August 9, 2017 at 8am. The Swine showmanship will be Thursday August 10, 2017 at 8:00am.
- The dairy goat and dairy beef show will be Wednesday at 3:00 pm.
- The beef show will be Thursday August 10, 2017 at 2:00pm.
- The goat and lamb show will be Friday August 11, 2017 at 8 am.
- There will be 4-H/FFA showmanship buckles and only open pee wee showmanship buckles.
- There will be buckles for 4-H/FFA grand and reserve market champion for beef, sheep, swine, and goat.

**SV Cloverbud Activity—Feb. 8**

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

**SV Livestock Judging Class—Feb. 13**

There will be a Star Valley area Livestock Judging Class on February 13 at 4 pm in the Afton Civic Center. Please contact Shar, 885-3132, to let her know you will be attending.
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.

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

UW Career Exploration Trip—TBA
Hopefully 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 Club News—

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/wrf-2017/event-summary-cb146943565d494a982a1388c8f86a4.aspx

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

Citizenship Washington Focus—this is 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.
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

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.
Teaching Trustworthiness

Being trustworthy means:
- Telling the truth
- Following the rules
- Not taking things that don’t belong to you
- Doing what you say you’ll do

When you think about teaching trustworthiness to others you must remember that it does not happen overnight. Instead it is something you should model for others everyday—you influence and are a role model for everyone you come in contact with. Take time to discuss with others how trust is earned and why we consider others trustworthy. Provide specific examples and illustrations to express thoughts. For example: How do others earn your trust? How do you know when you can trust people? Which people do you feel are the most trustworthy?

Trustworthiness in 4-H: Six Feelings

**Supplies:** Seven large signs with one name on each of the Seven Dwarfs on each sign (Happy, Sneezy, Dopey, Grumpy, Bashful, Sleepy, and Doc). Post these signs on the wall.

Ask the participants to look at all the signs on the wall. Have club members and guests stand by the sign that best describes how they feel at that moment. Explain that it is okay to be honest about what and how they are feeling. Give each group about 10 minutes to create a 30 second commercial to show their emotion. Have each group act out their commercial.

**Discussion Questions:**
Do you think how you feel or act affects whether a person feels they can trust you or not? Why or why not?
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: Be Active Every Day
We all need to be active every day. Being physically active is not just part of a “program” or a “diet.” It is part of a healthy lifestyle. Physical activity helps with mobility, balance, and flexibility throughout life. Being active can also positively affect your mood, brain power, and your body’s ability to burn calories.

Being active and using energy to move your body can be as simple as walking, gardening, biking, playing sports, or dancing. The best way to incorporate physical activity into your day is to choose things you like to do and start by doing what you can. Every little bit adds up and the health benefits increase as you spend more time being active.

Healthy Eating
Enjoy what you are eating, whether it is a crisp apple, a crunchy green salad, or a piece of homemade banana bread. Avoiding food you enjoy can increase your hunger for that food. Cravings like these can make healthy eating more difficult. Instead, follow the MyPlate guidelines with a healthy balance of fruits, vegetables, grains, proteins, and dairy. By following a healthy plate, you can leave room for an occasional treat. Remember, when it comes to healthy eating, variety and balance are key.

Zesty Quinoa Salad

Ingredients:
- 1 cup quinoa
- 2 cups water
- 1/4 cup olive oil
- 1 lime, juiced
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 1/2 tsp. red pepper flakes
- 1-1/2 cups halved cherry tomatoes
- 1 (15 oz.) can black beans, drained and rinsed
- 2 green onions, finely chopped
- 1/4 cup chopped fresh cilantro

Directions:
1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low. Cover and simmer until quinoa is tender and water has been absorbed, about 10-15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, salt and red pepper flakes together in a bowl. Set aside.
3. In a separate bowl, combine quinoa, tomatoes, black beans and green onions. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with black pepper. Serve immediately or chill in refrigerator.

Adapted from Allrecipes.com
Source: http://www.uwyo.edu/foods/recipe-of-the-month/2016.html#FEB

For more ideas, visit the University of Wyoming Extension's Nutrition & Food Safety website: http://www.uwyo.edu/foods/

Content Source: https://issuu.com/cnp_newsletters/docs/february-march2016_newsletter_engli

Cent$ible Nutrition Program Website
For other Cent$ible Nutrition Program newsletters. http://www.uwyo.edu/centsible/newsletters1.html
<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></td>
<td></td>
<td></td>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Krazi Kritterz Dynamite Dogs Group, 7 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
</tr>
<tr>
<td></td>
<td>Hamsfork Hands Club Mtg, 6 pm Events Ctr.</td>
<td></td>
<td>SV Cloverbuds Afton Civic Ctr. 3 pm Kemmerer Shooting Sports Club Mtg, 7 pm, Events Ctr. Krazi Kritterz Dynamite Dogs Group, 7 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
</tr>
<tr>
<td></td>
<td>Livestock Judging Class, Afton Civic Ctr., 4 pm</td>
<td><strong>Valentine's Day</strong></td>
<td>4-H New Member Night, Afton Civic Ctr., 5:30 pm Krazi Kritterz Dynamite Dogs Group, 7 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Krazi Kritterz Dynamite Dogs Group, 7 pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUN</td>
<td>MON</td>
<td>TUE</td>
<td>WED</td>
<td>THU</td>
<td>FRI</td>
<td>SAT</td>
</tr>
<tr>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
</tr>
<tr>
<td><strong>5</strong></td>
<td></td>
<td></td>
<td><strong>6</strong></td>
<td><strong>7</strong></td>
<td><strong>8</strong></td>
<td><strong>9</strong></td>
</tr>
<tr>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td></td>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
</tr>
<tr>
<td><strong>16</strong></td>
<td></td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
<td><strong>25</strong></td>
</tr>
<tr>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Krazi Kritterz**

**Dynamite Dogs**

Group 7 pm

**Kemmerer YQA**

(Levels 2B, 3A, 3B), - 1:30 pm

(Levels 1A, 1B, 2A) - 3 pm

**St. Patrick’s Day**
PLEASE READ EACH PAGE CAREFULLY!
Don’t miss out on any Important announcements