



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://4h.zsuite.org/>;
or Lincoln Co. Extension: <https://wyoextension.org/lincolncounty/>

Afton Office – 307-885-3132

January 2023

Kemmerer Office – 307-828-4092

Upcoming Events

Jan 09	SV Cloverbuds Activity, 3 pm, Afton Civic Ctr.
Jan 10	Kemmerer 4-H Open House, 6 pm, Events Ctr.
Jan 11	Kemmerer 4-H Position Public Forum, 6 pm, Events Center
Jan 13	No-School Friday Fun 4-H Cooking Activity, 10 am Afton Civic Ctr.
Feb 01	Market Beef Tagging/Ownership Deadline
Feb 15	4-H Foundation Scholarship Application Deadline
Feb 23	SV Area 4-H Expansion & Review Committee Mtg.
Mar 09	Kemmerer YQA, 4 pm, Events Center
Mar 14	SV YQA, 4 pm, Levels 1A, 1B, 2A, Afton Civic Ctr.
Mar 14	SV YQA, 5 pm, Levels 2B, 3A, 3B, Afton Civic Ctr.
Mar 17	Cokeville YQA, 9 am, Location TBD
Jun 01	Market Goat, Sheep & Swine Tagging/Ownership Deadline

Online 4-H Registration

<https://4h.zsuite.org>

Returning Families— Follow the instructions on page 4-5 of this newsletter.

New Families—contact the Ext. Office for help.

Contact Afton (885-3132) Ext. Office for questions

Animal Ownership and Tagging Deadlines

Market Beef—February 1

All Other Youth Livestock —June 1

Inside This Issue

1	Upcoming Events & Notices
2	4-H Program Information
3	Club News
3	State & Regional 4-H Events
6	Character Counts
7	Cent\$ible Nutrition Program Nutrition & Food Safety Information
8-9	Extension Calendars

Market Beef Tagging

This year there will not be a central tagging day in any community, you will need to make arrangements to pick up your tags from the Extension Office. To do so, you will need to do the following:

1. Enroll in 4-H (See info in above text box).
2. Have a Form A (Brand Inspection) in hand to pick up tags. Also, you can contact the Afton Extension Office, 307-885-3132, to get tags.

After picking up tags:

1. Tag animal and take a picture showing the tag in the animal's ear and a picture of the full body.
2. Complete the animal information and upload animal pictures (Tag in ear & full body) to your ZSuite project profile. (Remember to have all 15 numbers on the tag number line) **by FEB 1, 2023.**

Animal Upload Instructions are available on the ZSuite Dashboard.



4-H Program Information

*To Empower Youth to Reach Their Full Potential Working
& Learning in Partnership with Caring Adults*

4-H Educator's Letter...

I hope that everyone had a wonderful holiday break. Bringing in the new year of 4-H is a good time to review 4-H policies and needs. I am encouraging everyone to take a minute and check it out. The first reminder is the **Wyoming 4-H Policies**. I have attached the link directly to this publication. <http://www.uwyo.edu/4-h/resources/policies/wyo-4h-policies.pdf>

Club Operating Guidelines need to be signed in every year by the clubs. You can find this publication at <http://www.uwyo.edu/4-h/current-members/club-resources.html> under the Club Operating Guidelines (formerly by-laws) template.

Another reminder is that each club needs to complete a **club secretary books and treasurer's book**. (If your club does a treasurer book, please make sure to have it audited each year). The books are found on the following website: <http://www.uwyo.edu/4-h/current-members/club-resources.html>.

Here is to a fun Year. If you have any questions, please contact the Extension office (Afton-885-3132).

Shar

SV Cloverbud Activity—January 9

The next SV Cloverbud activity will be on January 9, 3 pm at the Afton Civic Center. Please call 885-3132 to RSVP.

Kem 4-H Open House—January 10

There will be a 4-H open house on January 10, 6 pm at the South Lincoln Training/Events Center.

LINCOLN COUNTY 4-H/YOUTH DEVELOPMENT CANDIDATE PUBLIC FORUM

Please join us to meet the candidates,
hear their aspirations for the program and share your views.

Wednesday, January 11, 2023, 6 pm
South Lincoln Training & Event Center
215 WY State Hwy 233, Kemmerer WY 83101

Introduction and brief presentation from the candidates
Connect with candidates and share your opinion with the hiring committee

Wyoming 4-H
The University of Wyoming is an equal opportunity/affirmative action institution
UW | EXTENSION

Questions: 307-885-3132 or
Email: jhubbar7@uwyo.edu

No-School Friday Activity—January 13

There will be a No-school Friday Cooking event on January 13 at 9 am at the Afton Civic Center. Recipes will be selected from the Wyoming 4-H Fun Cooking Program. **You must register to participate. Please call 885-3132 to RSVP—class size is limited.**

Livestock YQA Classes

Kemmerer Mar. 9, 4:00 pm—Training & Events Ctr.
Sign up by Mar. 6

Star Valley Mar. 14, 4:00 pm— Levels 1A, 1B, 2A
Mar. 14, 5:00 pm— Levels 2B, 3A, 3B
Afton Civic Center, *Sign up by Mar. 10*

Cokeville Mar. 17, 9 am—Location TBD
Sign up by Mar. 13

You must register for the classes.
If there are not enough participants, the class will be cancelled. Please contact the Afton Extension Office, 885-3132.



January Birthdays!!!

Easton A.
Samuel B.
Samantha B
Tydell B.
Blake C.

Madilyn D.
Hadlee F.
Dainah F.
Annelise G.

Raiden H.
Lacie H.
Abby J.
Kayson L.

Lilly L.
Ellie M.
JaiJ R.
Malachi S.

Tyler S.
Gatlin S.
Denna S.
Colt S.



Attention Graduating Seniors!

Each year the Wyoming 4-H Foundation awards thousands of dollars in scholarships to youth that will be attending a college, university, or technical school to further their education.

Applications are due by February 15, 2023, and uses a resume built from your 4-H Portfolio.

As you consider your next steps in your education and career path, 4-H involvement 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>

Click on each scholarship for its specific criteria and then use the universal application to apply.

There are many available scholarships! Up to \$30,000 total for new and first time qualified applicants!

Remember - the best way to be awarded a scholarship is to APPLY!

Please call the State Office if you have any questions - (307) 766-5170.

Do not Delay - Apply Right Away!!



Congratulations!

Evan Corbin

has qualified to attend the National Shooting Sports Championship in June 2023.

Congratulations!

Jessica Witbeck has been awarded the
2022 Wyoming 4-H Volunteer of the Year

Jan Moody has been awarded the
**2022 Southwest Region's
Outstanding Lifetime Volunteer**

Volunteers are the key to the success of our
county's 4-H program. Thank You!

4-H Club News—

Hamsfork Hands 4-H Club

The Hamsfork Hands 4-H Club will be meeting on 1st Monday of every month, 6:30 pm at BOCES building.

Muckin Mavericks 4-H Club

The Muckin Mavericks 4-H Club meet on 2nd Tuesday, each month at 6 pm at Jayne Filibi's home @ 362 Tee Mont Drive, two blocks west of the middle school.

Lucky Clover 4-H Club

The Lucky Clover 4-H Club meet on the 3rd Wednesday, each month at 6 pm at the Afton Civic Center.

Wyoming State/Regional Events & News

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

National 4-H Conference— Will be held April 14–19, 2023, in Arlington, Virginia. It is open to any youth who has a strong government understanding or interested in engagements with their U.S. Senators and Representative. All Wyoming 4-H members age 15 and older are eligible to apply. Participants are chosen using an application and interview process. Registration is open now and will close January 16, 2023.

https://wyoming4h.formstack.com/forms/conference_congress_app

Wool Judging—April 28, 2023.

Meats Judging—April 29, 2023.

Showcase Showdown— June 20–22, 2023, University of Wyoming in Laramie.

State Shoot—July 6-9, 2023 in Douglas



ZSuite 4-H Enrollment




Returning Member Enrollment

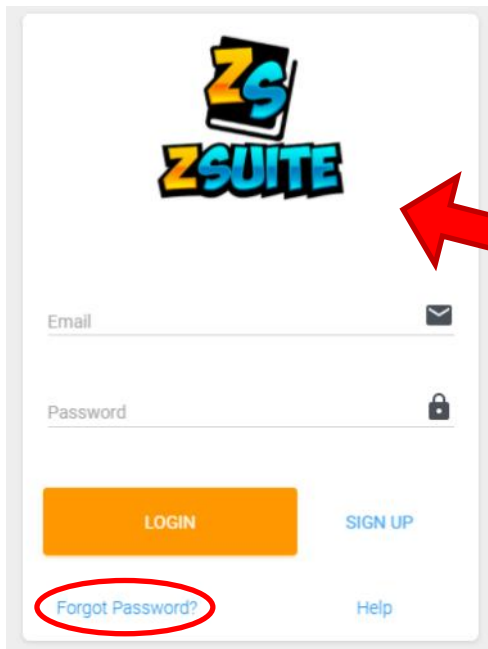
Yearly Re-enrollment of Family Members

Enrollment must be done **annually** to stay active in 4-H.

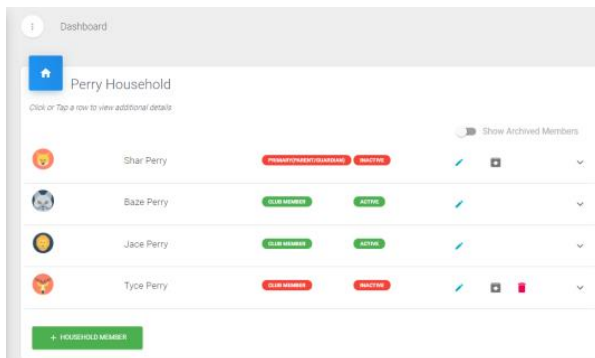
1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer). You will see a screen like this. (if not, press CTRL & F5).
2. Use the same email and password you used to sign up for zsuite.
3. Click  - if you forgot your password, click the **Forgot Password?** And you will be prompted to enter another password.
4. You MUST be signed in as the PRIMARY account to enroll members.
5. Once you log into your PRIMARY account, you will see a list of all the household members and their current enrollment status. - Note the background color—**Red** signifies inactive profiles, while **green** signifies a member is currently enrolled. (NOTE: Each year, all profiles are made inactive.)
6. Click the picture beside the member you want to update. You can easily update inactive profiles by clicking .
7. This will take you to the enrollment wizard form.

Complete all information. (NOTE: Required fields will have an asterisk * behind it. The system will not go to the next section until all required fields are completed.)

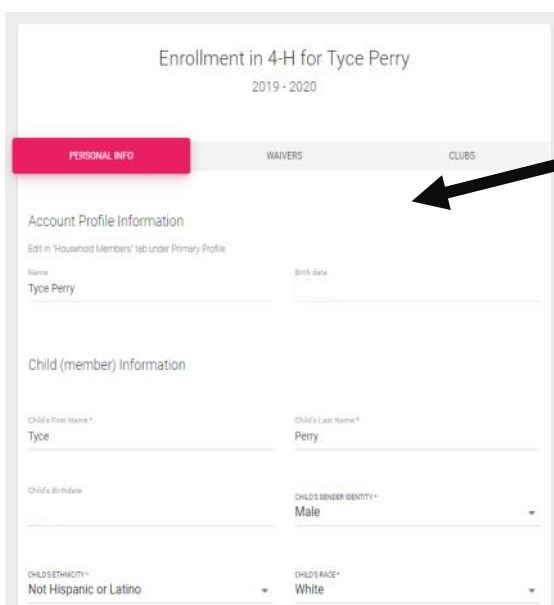
8. If you need to leave, prior to finishing your enrollment, click the 'SAVE FOR LATER' link at the bottom right of the form so you will not have to re-enter the data you've already completed.
9. Click  at the bottom of the **Personal Information** section to go to the **Waivers** section. Click the Next button to go to the **Clubs** section



The login screen features the ZSuite logo at the top. Below it are input fields for 'Email' and 'Password'. A red arrow points to the 'Forgot Password?' link, which is circled in red. There are also 'LOGIN' and 'SIGN UP' buttons, and a 'Help' link.



The dashboard shows a list of household members for 'Perry Household'. Each member has a profile picture, name, and enrollment status. The status is indicated by a colored button: red for inactive and green for enrolled. The members listed are Shar Perry, Baze Perry, Jack Perry, and Tyce Perry.



The enrollment wizard form for Tyce Perry (2019-2020) has three tabs: PERSONAL INFO, WAIVERS, and CLUBS. The PERSONAL INFO tab is active, showing fields for Account Profile Information (Name, Birth date), Child (member) Information (Child's First Name, Child's Last Name, Child's Birthdate, Child's Gender Identity, Child's Ethnicity, Child's Race), and a 'NEXT' button at the bottom.

10. The 'CLUBS' section allows you to choose the clubs you'll be participating in for the year. You can choose more than one club, if desired, by selecting a club from the drop down menu and then clicking the orange **ADD CLUB** button. The clubs appear in their own box. NOTE: Do not click the "X" in the upper right hand of the club box unless you are not participating in that club.

11. You can add projects by clicking the green **ADD PROJECT** button and selecting it from the drop down menu.

12. You can delete projects by clicking the "x" next to the project you want deleted.

13. When done adding clubs and projects, click the **ADD TO CART** button.

14. If your county has an enrollment fee, you will handle this on the 'CHECKOUT' tab. Any payment methods chosen by your state will appear as options on the page. If your state does not have an enrollment fee, simply click the '**SUBMIT**' button to submit your enrollment.

15. Once your enrollment is completed, your county administrators will be contacted regarding your enrollment. Your enrollment will be in a '**Pending Approval**' state until approval from your county staff.

16. Once you're approved, your status will change to '**Active**'.

Please log into your zSuite account weekly to check for announcements from your county and club leaders.

If you have questions, please contact us

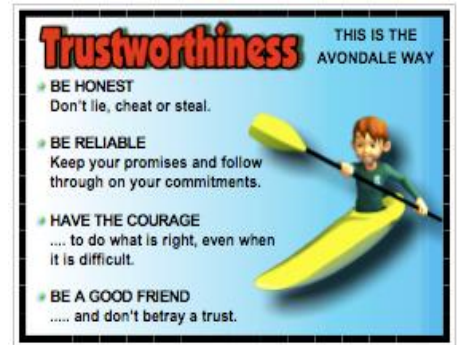
Shar Perry, Afton Extension Office, 307-885-3132



January

Trustworthiness

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



What does it mean to be Trustworthy?

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

"It's better to be hated for what you are than to be loved for something you are not"

~ Andrew Gide ~

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"



"Your handshake is as good as your word"



Cent\$ible Nutrition Program

Helping Families Eat Better for Less



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 **the State Cent\$ible Nutrition program at 307-766-5375**. Each class has hands-on activities and you will make a recipe from the CNP cookbook.



Mindfully Eating Your Way to Your Health Goals

It's no secret that a common New Year's resolution is weight loss. Healthy weight loss requires sustainable lifestyle changes to make it happen. You may have heard of the common healthy lifestyle habits for weight loss and overall health, which are regular physical activity and eating a well-balanced diet. So, is there something else that you could be missing that's preventing you from reaching your goals each year? It could be that you're eating the right foods and working out, but you're not eating mindfully. Mindful eating adopted as a regular practice may help you lose that excess weight and keep it off.

Beyond Chewing Your Food More

Mindful eating is more than just chewing your food more before you swallow. Mindful eating encourages you to appreciate food rather than restrict it, by having a beginner's mind and patiently appreciating each moment with full awareness. It encourages you to trust in your own decisions rather than being restricted by rules about what and when to eat. Mindfulness encourages you to live fully in each moment and appreciate life as it is. When was that last time you ate a meal that you were truly satisfied with? Today more than ever we have so many distractions that make it hard to eat mindfully, such as electronic devices, TVs, busy schedules, etc. that often we're not fully aware of what, or how much we're eating. If you've ever watched a movie with popcorn or chips in front of you, you've probably noticed that you don't realize how much you've eaten until it's gone, let alone appreciated it! This lack of awareness could be contributing to your lack of weight loss or contributing to weight gain.

Tips to Eating Mindfully

Stock Up and Make Healthy Foods Accessible

An important first step to mindful eating is stocking up on nutrient dense foods your body needs to receive the nourishment it requires to thrive. If we load up our grocery cart with calorie dense foods like chips, sugar sweetened beverages and sweets we aren't going to feel good mentally or physically

afterwards. But if we fill our carts and stomachs up with whole grains, fruits, vegetables, low-fat dairy, and lean protein we will feel good about ourselves and our bodies will thank us, as we will have the nutrients to replenish cells and fuel our bodies.

Embrace All of the Senses

One of my favorite parts of practicing mindful eating is you get to enjoy your food more by bringing all your senses to the meal. This can start with the preparation to cooking, serving, and eating your food. Be mindful to color, texture, aroma, and even the sounds different foods make as you prepare them. As you chew your food, try identifying all the ingredients, especially seasonings. Take time to appreciate the flavors and the food itself.

Take Time to Evaluate Satiety

Eating slowly and taking time to evaluate your satiety can also help you eat mindfully. By eating too quickly, we may not give our intricate hormonal crosstalk system enough time to work letting your brain know you're full. It's likely that we've all overeaten at one time or another and it seems like our bodies should have told us to stop before it got to that point, right? Well, it can take approximately 20 minutes for the crosstalk system to work from our digestive system to our brain, and if we eat too quickly, we probably have overeaten and are cleaning up our meal before that signal gets there.

Start Small

Start off your meal with a smaller portion, and if you're still hungry after you've given it some time, go back for another serving if needed. Sometimes we get the 'clean your plate' mentality where you could put your leftovers back in the fridge to enjoy later or get a to-go container if you're eating out.

Eat When You Feel Hungry

We live by the clock, always hurrying to the next thing on the agenda, but don't let the clock tell you when you should and shouldn't eat. If you're hungry at 10:30 am grab a small snack to hold you over until your next meal. Don't starve yourself, as we tend to overeat when we're ravenous.

And remember, the scale isn't going to reflect major change overnight, so don't get frustrated if it takes time for your healthy lifestyle changes to make a difference, and that could be inches off your waist, more energy, etc. that are not reflected on a scale alone.

Shelley Balls, MDA, RD, LD

Sources:

Nelson J. Mindful Eating: The Art of Presence While You Eat. *Diabetes Spectrum*. 2017;30(3):171-174. doi:10.2337/ds17-0015

January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <i>New Year's Holiday, Ext. Offices Closed</i>	3	4	5	6	7
8	9 SV Cloverbuds, 3 pm, Afton Civic Ctr. Hamsfork Hands 4-H Meeting, 6 pm, BOCES Building	10 Kemmerer Area 4-H Open House, 6 pm, So. Events Ctr. Muckin Mavericks 4- H Meeting, 6 pm, Filibi's home	11 Kemmerer 4-H Posi- tion Public Forum, 6 pm, So. Events Ctr.	12	13 No-School Friday Activity—Cooking, Afton Civic Ctr., 10 am	14
15	16 <i>MLK/WY Equality Day, Ext. Offices Closed</i>	17	18 Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr.	19	20	21
22	23	24	25	26	27	28
29	30	31				



February 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Market Beef Tag- ging/Ownership Deadline	2	3	4
5	6 Hamsfork Hands 4-H Meeting, 6 pm, BOCES Building	7	8	9	10	11
12	13	14 <i>Valentine's Day</i> Muckin Mavericks 4- H Meeting, 6 pm, Filibi's home	15 Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr. 4-H Foundation Scholarship Applica- tion Deadline	16	17	18
19	20	21	22	23 4-H Expansion & Review Committee Mtg., 12 pm, Afton Civic Ctr.	24	25
26	27	28				

LINCOLN COUNTY EXTENSION
PO BOX 309
AFTON WY 83110

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.