



College of Agriculture
and Natural Resources

Extension
Lincoln County

Lincoln County Chit Chat

State 4-H Website: <http://www.uwo.edu/4-h/>; 4-H Enrollment: <https://4h.zsuite.org/>;
or Lincoln Co. Extension: <https://wyoextension.org/lincolncounty/>

Afton Office – 307-885-3132

February 2023

Kemmerer Office – 307-828-4092

Upcoming Events

Feb 01	Market Beef Tagging/Ownership Deadline
Feb 13	SV Parent Leader Meeting, Afton Civic Ctr., 6 pm
Feb 15	4-H Foundation Scholarship Application Deadline
Feb 24	4-H Fun Cooking Activity, Afton Civic Ctr., 10 am
Feb 27	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 pages 5-6 of this newsletter.

New Families—contact the Ext. Office for help or instructions are on page 4 of this newsletter.

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

Animal Ownership and Tagging Deadlines

Market Beef—February 1

All Other Youth Livestock —June 1

ATTENTION All Market Beef Project Members

You need to pick up tags, tag your steer,
and upload your animal information and
pictures to ZSuite by

FEB. 1, 2022

Animal Upload Instructions
are available on the
ZSuite dashboard.

Call the Extension Offices
if you have questions
Afton—885-3132

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4-H Program Information

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

4-H Educator's Letter...

4-H is off and some of our club are starting to meet. If you want to get involved or know someone that does, now is the time!

It is also time to be thinking about livestock animals! If your interested in raising a pig, goat, or sheep now is a great time to be looking into where you want to purchase them at.

Please make sure you enroll in ZSuite before you come to 4-H meetings. It is very important you sign up for 4-H before you can participate.

Volunteers, please make sure you are also enrolled and if you are a new volunteer, make sure to complete a background check, fill out your MVR, and do your State online 4-H Orientation training. You cannot host meetings until you do these things! I hope you all are excited and ready for a year full of fun!!

If you have any questions, please contact the Extension office (Afton-885-3132).

Shar

Be Respectful!

4-H is a fun family program
But during 4-H meetings &
events in the Afton Civic Center,
South Training Center or
leaders' homes, please be
respectful and do not allow any
kids to run around the
buildings/homes.

SV Parent Leader Meeting—Feb. 13

The next SV Parent Leader Meeting will be held on February 13, 2023, 6 pm at the Afton Civic Center. All leaders and parents are invited. Please RSVP—885-3132. Important decisions need to be made, please attend!

No-School Friday Activity—Feb. 24

There will be a No-school Friday Cooking event in February. The date is February 24, 10 am, 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.**

February Birthdays!!!

Boston A.
Kyndal A.
Kaitlyn B
Kaia B.
Bridger B.
Treyson C.

Kimberly C.
McKaty D.
Presley F.
Abigail H.
Baylee H.

Torrie H.
Taylor H.
Adrie K.
Samuel L.
Jayden N.

Daniel N.
Jake N.
Wyatt P.
Malachi P.
Jace P.

Brightyn R.
Clara R.
Drew R.
Aaron S.
Juliana 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!!



Washakie Co. Virtual Career Night—

Mar. 21

Washakie County is excited to announce they will be hosting a Virtual Career Night again this year! This is a great opportunity for young people to explore their future and grow a career.

We will have two featured speakers to visit the youth about following their dreams and building a career, a recent college graduate answering some great questions about what they should be doing now to prepare and time to visit with professionals in a variety of careers.

The event is scheduled for March 21 at 6 pm, is FREE and open to anyone! We do ask that youth register and you can find the link on the website below.

For more information and to register for this free event go to: <https://wyoming4h.org/virtual-career-night/>

4-H Club News—

Dynamite Dogs 4-H Club

The Dynamite Dogs 4-H Club will start Feb 27. First meeting will be held in the 4-H building. This meeting is for parents and kids only (no dogs) starting at 6pm.

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.

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 closed January 16, 2023.

Wool Judging—April 28, 2023.

Meats Judging—April 29, 2023.

Citizen Washington Focus—will be held June 10-16, 2023. Experience Washington D.C and connect with other young leaders while getting hands on experience to become representatives of change. Estimated cost is \$2250 per person, with scholarships available. Open to youth 14 and Older. Visit the Opportunities section on the state 4-H website for more detail or contact your County Educator with any questions. Registration is open, <https://wyoming4h.formstack.com/forms/cwf> and will close March 17, 2023 at midnight.

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



State Shoot—July 6-9, 2023 in Douglas

State Fair—August 12-19, Douglas WY

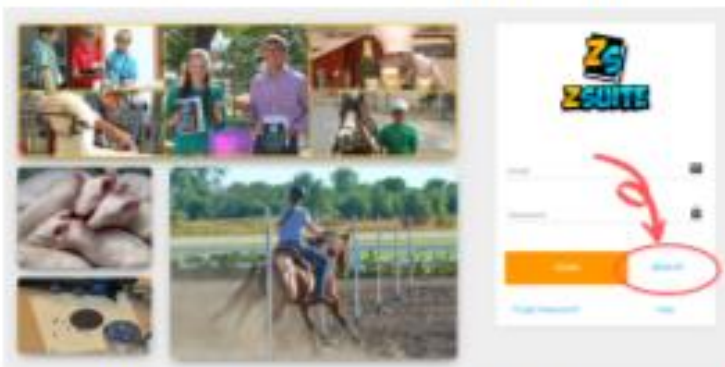
ZSuite 4-H Enrollment!

Enrolling in Wyoming 4-H

1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer)

2. Click **Sign Up**

- Fill in the required fields (you can use your same email and password from 4HOnline).



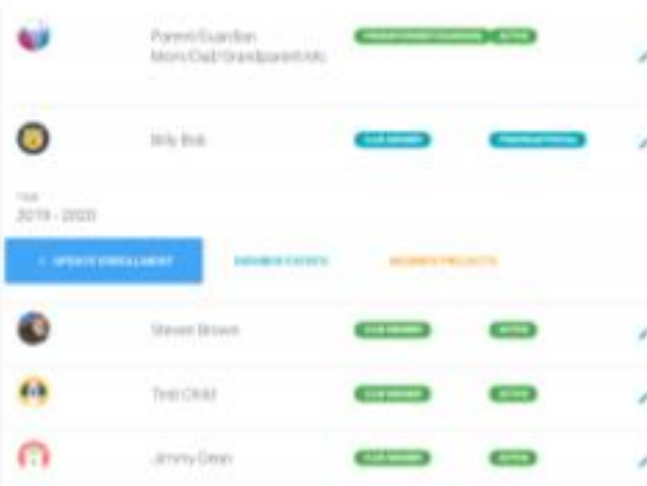
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

3. Click **Let's Go**

Add members of family.

You should now be directed to the **Dashboard** screen.

1. To add members, in the black drop down menu, select household members.
2. On the next screen, select **HOUSEHOLD MEMBERS**.
3. Fill in the required fields for one of your members.
4. Don't forget to add a club! Click **ADD CLUB**.
5. You will also need to select projects for each club by clicking **ADD PROJECT** then selecting a project from the drop down menu
5. Finish by clicking **SAVE**.



You will return to the **Household Members** screen. The member you added should appear in the list along with yourself. Repeat this process for the other members of your household.

*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.

LIVE CHAT

© 2019 ZSuite - the gateway of the 4-H

Click for Live Chat Support

UW | Wyoming 4-H




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 besides 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

ZSUITE

Email 

Password 

LOGIN **SIGN UP**









Forgot Password? **Help**

Dashboard

Perry Household

Click or Tap a row to view additional details

Show Archived Members

Member Name	Enrollment Status	Profile Status	Actions
Shar Perry	INACTIVE	INACTIVE	 
Saze Perry	ACTIVE	ACTIVE	 
Jack Perry	ACTIVE	ACTIVE	 
Tyce Perry	INACTIVE	INACTIVE	 

+ HOUSEHOLD MEMBER

Enrollment in 4-H for Tyce Perry

2019 - 2020

PERSONAL INFO **WIVERS** **CLUBS**

Account Profile Information

Edit in 'Household Members' tab under Primary Profile

Name
Tyce Perry

Birth date

Child (member) Information

Child's First Name *
Tyce

Child's Last Name *
Perry

Child's Birthdate

CHILD'S GENDER IDENTITY *
Male

CHILD'S ETHNICITY *
Not Hispanic or Latino

CHILD'S RACE *
White

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



Character Counts Trustworthiness



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?



"Watch your thoughts; they lead to attitudes. Watch your attitudes; they lead to words. Watch your words; they lead to actions. Watch your actions; they lead to habits. Watch your habits; they form your character. Watch your character; it determines your destiny."

~Unknown~

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 ok 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?

Roll Call Suggestions

- Tell a time when you were honest and no one was watching
- Share an example of someone showing loyalty to a friend
- Name one person who you trust and tell why



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.



Do Your Part, Care for Your Heart

Every 36 seconds one person dies from cardiovascular disease in the United States, which is approximately 655,000 Americans dying from heart disease each year.^{1,2} Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. Heart disease describes a range of conditions that affect your heart such as coronary artery disease, arrhythmias, congenital heart defects, heart valve disease, disease of the heart muscle, and heart infections. Many forms of heart disease can be prevented or treated with healthy lifestyle choices. Additionally, in 2014-2015 heart disease costed the United States about \$219 billion each year, which includes the cost of health care services, medicines, and lost productivity due to death.

Risk Factors

Research shows that heart disease is a very common disease that Americans are living with and dying from, so what are the risk factors? There are a few risk factors that we can't control such as being male, being a woman who is past menopause, being older, and having a family history of heart attack or coronary artery disease. While we can't change the risk factors listed above there are some risk factors that we can change/manage, which include smoking, high cholesterol, high blood pressure, lack of exercise, obesity, diabetes, unhealthy diet and stress. By improving our habits, we can cut our risk of heart attack and/or chest pain.

Prevention is Key

So, what should you do if you have one or more risk factors for heart disease? The great news is there are several things we can do to reduce our chances of heart disease. And, if your arteries are already clogged, you can work to slow the damage with a healthier diet, regular exercise, smoke cessation, and reducing stress. By following healthy lifestyle behaviors, you can stop or even reverse the narrowing of arteries. While this is important for those with risk factors for the disease, it is even more important if you have had a heart attack or procedure to restore blood flow to your heart or other areas of your body. You're nev-

er too young or old to start practicing a heart healthy lifestyle, to ensure your heart will last you a lifetime.

Healthy Changes in Your Eating Habits

So, what dietary changes can you make to reduce your heart disease risk? A well-balanced diet is very heart healthy, as is a Mediterranean diet. You'll want to start eating more vegetables, fruits, whole grains, and legumes, which are rich in dietary fiber and other valuable nutrients that are heart healthy. Carbohydrates as a food group get a bad reputation from fad diets and weight loss programs but complex carbohydrates such as whole-grain bread, brown rice, and whole grain pasta can be heart healthy. Simple carbohydrates such as sugar sweetened beverages, and sweets on the other hand are not heart healthy. Sodium is found in many prepared and processed food sources and can add up quickly in your diet. Excess sodium intake on a regular basis can increase your risk for heart disease.

Dietary fats can be heart healthy when they are from unsaturated sources such as avocados, fatty fish such as salmon, nuts and seeds, olive oil, etc. so try to consume more healthy fats and cut back on your saturated and trans fat consumption. Saturated fats are found in whole fat dairy products, and other animal products such as bacon, sausage, fatty beef and others. You can help decrease your saturated fat intake by eating lean sources of protein, such as chicken, fish, wild game, and legumes. Limit red meat, as this tends to be high in fat and cholesterol.

Other Lifestyle Changes

You probably seen this one coming, regular physical activity is very heart healthy and can help reduce your risk of heart disease. The physical activity recommendations are to obtain at least 150 minutes each week, and it may seem like a lot, but that could be 30 minutes a day, 5 days a week. Of those 150 minutes, be sure to include the two types of physical activity each week to improve their health, which are aerobic activity and muscle strengthening. Pick something you enjoy doing so it's more sustainable long term, and don't be afraid to get the whole family involved as moving our bodies is great for everyone's health, whether they have two legs or four! Take care of your heart now so you can be there for your loved ones in the future.

Shelley Balls, MDA, RD, LD

Sources:

Centers for Disease Control and Prevention. Underlying Cause of Death, 1999–2018. CDC WONDER Online Database. Atlanta, GA: Centers for Disease Control and Prevention; 2018. Accessed March 12, 2020.

Virani SS, Alonso A, Benjamin EJ, Bittencourt MS, Callaway CW, Carson AP, et al. Heart disease and stroke statistics—2020 update: a report from the American Heart Association external icon. *Circulation*. 2020;141(9):e139–e596.

Fryar CD, Chen T-C, Li X. Prevalence of uncontrolled risk factors for cardiovascular disease: United States, 1999–2010 pdf icon [PDF-494K]. NCHS data brief, no. 103. Hyattsville, MD: National Center for Health Statistics; 2012. Accessed May 9, 2019. Academy of Nutrition and Dietetics, [AND](#)

February 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Market Beef Tagging/Ownership Deadline	2	3	4
5	6 Hamsfork Hands 4-H Meeting, 6 pm, BOCES Building	7	8	9	10	11
12	13 SV Parent Leader Mtg., 6 pm, Afton Civic Ctr.	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 Application Deadline	16	17	18
19	20 <i>Presidents Day</i>	21	22	23	24 No-School Friday Activity—4-H Fun Cooking, Afton Civic Ctr., 10 am	25
26	27 4-H Expansion & Review Committee Mtg., 12 pm, Afton Civic Ctr. Dynamite 4-H Dogs Club 1st Meeting, 4-H Bldg, 6 pm (NO DOGS)	28				



March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Hamsfork Hands 4-H Meeting, 6 pm, BOCES Building Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	7	8	9 Kemmerer Area YQA 4 pm, Training/ Events Center	10	11
12	13 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	14 SV Area YQA 4 pm, Levels 1A,1B, 2A SV Area YQA, 5 pm, Levels 2B,3A, 3B Afton Civic Ctr. Muckin Mavericks 4-H Meeting, 6 pm, Filibi's home	15 Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr.	16	17 Cokeville Area YQA 9 am, TBD	18
19	20 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	21 Washakie Co. Virtual Career Night, 6 pm	22	23	24	25
26	27 <i>SV Spring Break</i>	28 <i>SV Spring Break</i>	29 <i>SV Spring Break</i>	30 <i>SV Spring Break</i>	31 <i>SV Spring Break</i>	NOTE: Kem Spring Break Apr 3-7 CV Spring Break Apr 6-7

LINCOLN COUNTY EXTENSION
PO BOX 309
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CHANGE SERVICE REQUESTED

PLEASE READ EACH PAGE
CAREFULLY!

Don't miss out on any
Important announcements

IMPORTANT Lincoln County Extension NEWSLETTER

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