



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

March 2023

Kemmerer Office – 307-828-4092

Upcoming Events

Mar 4-5	Shooting Sports Leader Cert., Rock Springs
Mar 09	Kemmerer YQA, 4 pm, Events Center
Mar 10	No School Friday Cooking, 10 am, Afton Civic Ctr.
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 16	SV Cloverbuds, 4:30 pm, Afton Civic Ctr.
Mar 17	Cokeville YQA, 9 am, Location TBD
Mar 21	Washakie Co. Virtual Career Night, 6 pm
Mar 24	Little Caesars Pizza Order Deadline
Jun 01	Market Goat, Sheep & Swine Tagging/Ownership Deadline
Jun 20-22	2023 Showcase Showdown, Laramie WY

Online 4-H Registration

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

Returning Families— Follow the instructions on
pages 6-7 of this newsletter.

New Families—contact the Ext. Office for help or
instructions are on page 5 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

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WELCOME!
Deborah Peavler



**She is the new 4-H & Youth Educator
In the Kemmerer Extension Office.
Her office phone number is
307-828-4092**



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 am excited that 4-H clubs are meeting and life is moving forward! Please remember if your club is in need of project manuals for this year, please contact Jill at the office as soon as possible with your order request. We will wait for a nice size order to help with multiple shipping fees. We also have educational kits in the office that can be checked out to help with your 4-H projects.

We are excited to welcome Deborah Peavler to the UW Extension 4-H Program. She will be housed in the Kemmerer office. If you get a chance, stop in and welcome her.

Please also remember to get signed up by the deadlines for the Youth Quality Assurance Programs. We may cancel certain classes if no one has signed up for them.

Here is to a great start with our 4-H projects.

Shar

SV Cloverbuds—Mar. 16

The next SV Cloverbud Activity will be held on March 16, 2023, 4:30 pm at the Afton Civic Center.

No-School Friday Activity—Mar. 10

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

Be Respectful!

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

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.**

March Birthdays!!!

Tawny A.
Shay A.
Brooklyn A.
Joslynn B.
Gunner B.
Bronco C.
Wyatt C.

Bella C.
Annabelle C.
Levi C.
Liam C.
Kenna D.
TyLeigh D.
Sage E.

Kyle F.
Catherine G.
Paisley H.
Harlie H.
Hyrum H.
Riley H.

Raegan J.
Jentry K.
Mason L.
Grace M.
Carter M.
Taylar N.

Carlie O.
Nora O.
Rossi S.
Bo S.
Briggs S.
Tazlyn W.
Stone W

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/>

Updated 4-H Policies

The updated policies are on the State 4-H website.

2023 Shooting Sports Certification Training

Sweetwater Co., Rock Springs - March 4-5
Hot Springs Co., Thermopolis - March 11-12
Campbell Co., Gillette - March 25-26
Albany Co., Laramie - April 15-16

Click the link below for registration links.

Deadlines are fast approaching. Register today.

<http://www.uwyo.edu/4-h/volunteers/additional-trainings.html>

SV Parent Leader Fundraiser Little Caesars Pizza Last day to order is March 24.

Pick up orders the week of April 17.

More information will be available soon on the SV Parent Leader Facebook page. Order forms will be available at the Afton Extension office

4-H Club News—

Dynamite Dogs 4-H Club

The Dynamite Dogs 4-H Club will meet every Monday at 6 pm 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. Because of Spring Break, the club will meet on April 10.

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.

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.

Nocked & Loaded 4-H Club

The Nocked & Loaded 4-H Club will meet March 9 at 7 pm at 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. See information below in the Meats Judging section for registration, cost and deadlines.

Meats Judging—April 29, 2023. Rules and information are posted to the 4-H webpage. Registration is open and will close April 17, the fee is still \$15 per youth, coach and also anyone else (parents, siblings guests) who would like to eat lunch before the Awards on Saturday. The registration form is in ZSuite under Events (2023 Wyoming 4-H Meats and Wool Judging Contest)

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.

- Updated Food Cook Off Rules and guidelines....there are some new twists so PLEASE read the rules with your members



WHY ATTEND
Showcase Showdown

THE 4-H SIGNATURE EVENT
JUNE 20-22, 2023

4-H Experiences

- Meet new friends and reconnect with 4-H'ers from across Wyoming
- Have fun at the 4-H Dance

Workshops and Contests

- Try something new, fun and exciting - you may discover a new SPARK
- Compete in one of the many contests

UW Campus Experience

- Explore all that campus has to offer
- Stay in the dorms
- Eat in the cafeteria
- Take advantage of the State of the Art Hall Acre Recreation and Wellness Center

QUESTIONS? Contact your local Extension Office for more details!

UNIVERSITY of WYOMING
EXTENSION




State Shoot—July 6-9, 2023 in Douglas

State Fair—August 12-19, Douglas WY

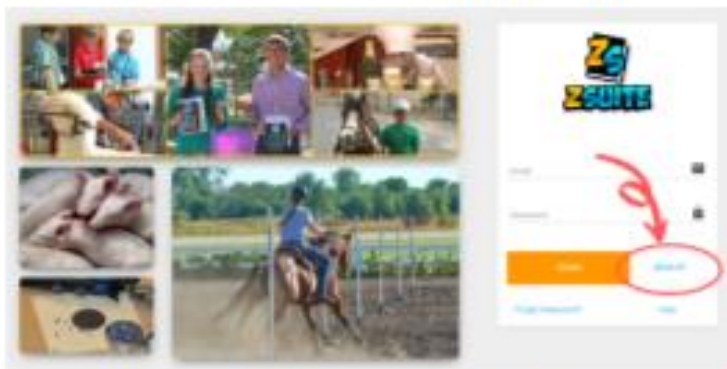
ZSuite 4-H Enrollment!

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).



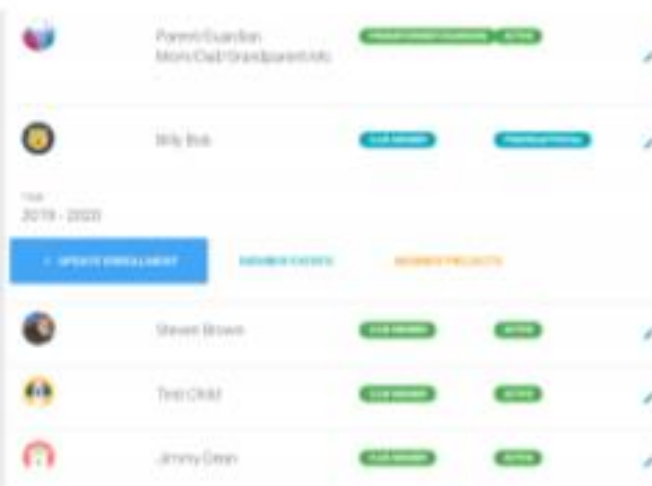
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

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

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Chat with Chat Support

UW | Wyoming 4-H



ZSuite 4-H Enrollment




Returning Member Enrollment

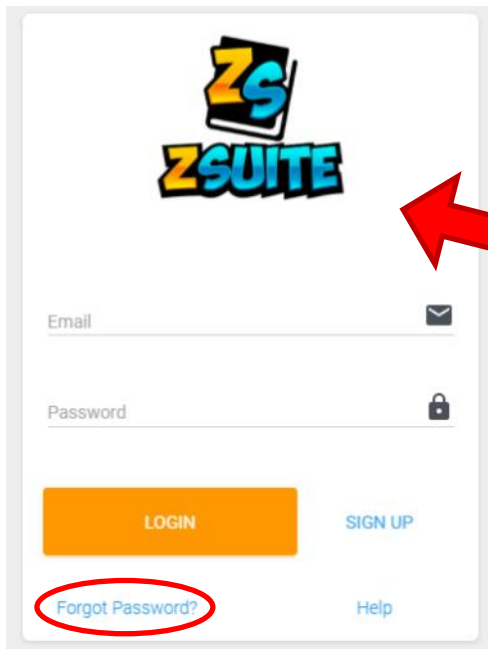
Yearly Re-enrollment of Family Members

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

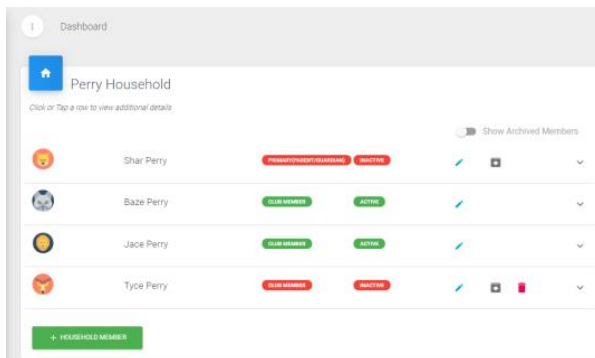
1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer). You will see a screen like this. (if not, press CTRL & F5).
2. Use the same email and password you used to sign up for zsuite.
3. Click  - if you forgot your password, click the **Forgot Password?** And you will be prompted 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 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.)

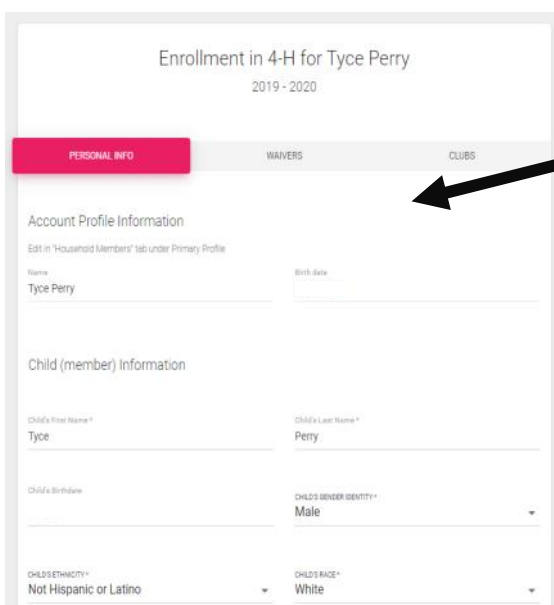
8. If you need to leave, prior to finishing your enrollment, click the 'SAVE FOR LATER' link at the bottom right of the form so you will not have to re-enter the data you've already completed.
9. Click  at the bottom of the **Personal Information** section to go to the **Waivers** section. Click the 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. Shar Perry is inactive (red background), Baze Perry is enrolled (green background), Jack Perry is enrolled (green background), and Tyce Perry is inactive (red background). A '+ HOUSEHOLD MEMBER' button is at the bottom.



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



Character Counts

Respect

March

You can easily judge the character of a man by how he treats those who can do nothing for him.
— Johann Wolfgang von Goethe, German poet, novelist, playwright, scientist and philosopher (1749-1832)

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



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.

Why Put Off Feeling Better?



March is National Nutrition Month and according to the Centers for Disease Control and Prevention (CDC) only 1 in 4 United States adults meet the recommended physical activity guidelines. Why do we care about physical activity so much? A lack of, or low levels of physical activity can increase the risk for heart disease, obesity, type 2 diabetes, and some kinds of cancer. It has been found that the

more you sit, the greater your risk for disease. Not only are these diseases cumbersome for those living with it, but it is also associated with an estimated yearly health care cost of \$117 billion.

What Counts

Any body movement that works your muscles and requires more energy than resting can be counted towards your physical activity for the day. Some examples of physical activity include dancing, walking, gardening, swimming, horseback riding, cleaning, etc. How active should we be every week? According to the Physical Activity Guidelines for Americans we should aim to obtain at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week. Older adults should aim to get 150 minutes of activity each week, but if you can't do this, be as physically active as your abilities and condition allows. The difference between physical activity and exercise is that exercise is a planned or structured type of physical activity such as lifting weights, taking a spinning class, or playing sports.

Benefits

- ◆ Regular physical activity:
- ◆ Improves sleep
- ◆ Increases ability to perform everyday activities
- ◆ Improved cognitive ability and a reduced risk of dementia
- ◆ Improved health of bones and muscles
- ◆ Helps you reach and/or maintain a healthy weight
- ◆ Improves lung function
- ◆ Strengthens heart
- ◆ Reduces heart disease risk
- ◆ Can lower blood pressure and triglycerides
- ◆ Can raise HDL cholesterol (good cholesterol)
- ◆ Helps the body manage blood sugar and insulin levels
- ◆ Reduced levels of c-reactive protein (CRP)

Types

There are four types of physical activity, which include aerobic, muscle strengthening, bone-strengthening and stretching. It's important to include a variety of different physical activity types in order to obtain the many benefits from each. For example, aerobic activity is going to benefit your heart and lungs the most, whereas bone-strengthening activities will make your bones strong. The recommendation is to include at least 2 days a week of muscle strengthening activities, such as free weights, body weight exercises or stationary weights.

Tips to Add Activity

- Take a walk after lunch
- Limit screen time
- Stand during phone calls
- Play with kids, or play lawn games, instead of watching TV
- Take the stairs instead of the elevator
- Get off the bus a stop early
- Park farther away from buildings

Small Steps, Big Wins

Physical activity is not a 'one size fits all', choose activities that you enjoy doing, so you can look forward to it every day. If you're not active now, start slow and add minutes or weight over time. Even a few minutes at a time adds up by the end of the day. Physical activity is only one part of living a healthy lifestyle, don't forget to aim to consume a well-balanced diet, and get adequate rest as well!

Written by: Shelley Balls, MDA, RD, LD

Sources:

Academy of Nutrition and Dietetics, [AND](#)
 United States Department of Health and Human Services, [HHS](#)
 Centers for Disease Control and Prevention, [CDC](#)
 National Heart, Lung, and Blood Institute, [NIH](#)

March 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 Shooting Sports Leader Cert. Rock Springs
5 Shooting Sports Leader Cert. Rock Springs	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 Nocked & Loaded 4-H Club Mtg., 7 pm, Afton Civic Center	10 No School Friday Cooking, 10 am, Afton Civic Center	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 SV Cloverbuds, 4:30 pm Afton Civic Ctr.	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 Little Caesars Pizza Order Deadline	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>	



April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <i>Kem Spring Break</i> Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	4 <i>Kem Spring Break</i>	5 <i>Kem Spring Break</i>	6 <i>Kem Spring Break</i> Cokeville Spring Break	7 <i>Kem Spring Break</i> Cokeville Spring Break	8
9	10 Hamsfork Hands 4-H Meeting, 6 pm, BOCES Building Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	11 Muckin Mavericks 4-H Meeting, 6 pm, Filibi's home	12	13	14	15
16	17 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	18	19 Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr.	20	21	22
23	24 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	25	26	27	28	29
30						

LINCOLN COUNTY EXTENSION
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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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