



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

April 2023

Kemmerer Office – 307-828-4092

Upcoming Events

Apr 3-7	Kemmerer Area Spring Break
Apr 6-7	Cokeville Area Spring Break
Apr 13	SV Cloverbuds, 4:30 pm, Afton Civic Ctr.
Apr 15-16	Shooting Sports Leader Cert., Laramie
Apr 17	Leader Council Zoom Mtg, 5 pm
Apr 28	No School Friday 4-H Cooking, 9 am, Afton Civic Ctr.
May 12	Co. Shoot (Air Pistol, Rifle & Archery) Registration Due
May 20	Co. Shoot (Air Pistol/Rifle & Archery), Fairgrounds, Afton
Jun 01	Market Goat, Sheep & Swine Tagging/Ownership Deadline
Jun 02	Co. Shoot (.22 Pistol/Rifle & Shotgun) Sign-up Due
Jun 10	Co. Shoot (.22 Pistol/Rifle & Shotgun), Kemmerer
Jun 20-22	2023 Showcase Showdown, Laramie WY
Aug 02	2023 Co. Fair Online Entry Deadline
Aug 5-12	Lincoln County Fair
Aug 12-19	Wyoming State Fair

Online 4-H Registration

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

Returning Families— See 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

Inside This Issue

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2	4-H Program Information
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Attention! Market Animal Project Members

NEW for 2023, the Wyoming State Fair will be drug testing Swine, Beef, Goats and Sheep. For these market species, drug testing will be mandatory for the Grand Champion and Reserve Champion award winners and two randomly selected market animals from each species.

The Wyoming State Fair values education, animal welfare, protecting the food chain, and fostering fair competition. Drug testing is a valuable tool to help exhibitors and families to understand the possible implications of using substances on their animal.

More information to follow. WSF Drug Declaration form is at the end of the 4-H section of this newsletter.

If you have questions, please contact Shar at 307-885-3132



4-H Program Information

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

4-H Educator's Letter...

April 16-22 is National Volunteer week. We would like to say **"Thank You"** to all of our volunteers for all their hard work and dedication to the youth of Lincoln County! Our program is what it is and keeps growing because of our amazing volunteers. Thank you! Please make sure you thank your leaders for their hard work!

Even if we still have snow, it is that time of year that we start thinking about our 4-H projects and getting our baby animals! Please remember to follow the USDA laws when transporting your new animals. There are flyers at the Extension offices for families to pick up and take home for your reference. Please remember that when you are traveling into the state you need to stop at the port of entries.

A bill of sale in the 4-H member's name is needed for market goats and swine at the time of 4-H tagging. Sheep and goats must have a USDA Scrapie's tag in their ear also. This is what we need to get their 4-H animal tagged.

A "Form A" (brand inspection) in the 4-H member's name is needed for sheep and beef. This is what we need for the 4-H member to be able to tag their animal. This form is done by a brand inspector. To legally transport livestock show exhibits into the state of Wyoming there are other requirements, along with the ones above. All animals must have a health inspection form, which has been done within the last 30 days.

For swine, the Interstate Certified Vet Inspection (ICVI) will also need a permit number on this form. A vet from the state that you are purchasing the swine from will need to call our state vet and get a permit number that must be on the IVCI. Swine must have an official individual identification ID tag. This number must be on the IVCI. If this is not done at the time of purchasing the swine, you have 7 days once it is in the state to get the Wyoming State Fair tag in its ear and then you send that information back to the Wyoming State Vet Lab. A statement from the veterinarian written on the IVCI "I have examined the swine represented on this ICVI at their premises of origin and attest that there is no risk of exposure to feral swine."

Here is a link to the USDA official ear tag summary for ALL species.

http://www.aphis.usda.gov/traceability/downloads/ADT_eartags_criteria.pdf

.Shar

SV Cloverbuds—April 13

The next SV Cloverbud Activity will be held on April 13, 2023, 4:30 pm at the Afton Civic Center.

No-School Friday Activity—Apr. 28

There will be a No-school Friday Cooking event on April 28, 9 am, in 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.**

County Shoot Dates

May 20

(Air Pistol, Air Rifle & Archery)
4-H Building, Fairgrounds, Afton
May 12—Sign-up Deadline

June 10

(.22 Pistol, .22 Rifle & Shotgun)
Kemmerer Gun Club
June 2—Sign-up Deadline

*Registration form and range rules will be in
May's newsletter and on the ZSuite dashboard
(See discipline deadlines above)*



April Birthdays!!!

Remington A.
Shannon B.
Ryker B.
Hailey B.
Waylon C.
Greyson C.

Evan C.
Dallas E.
Emree E.
Grey F.
Reagan F.

Tanner G.
Keegan H.
Brooke H.
Porter H.
Emry K.

Lane K.
Sydney L.
O'Reilly M.
Payzli N.
Ambrey N.

Cassidi O.
Bridger R.
Tyce R.
Danner T.
Jase T.



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.

2023 Shooting Sports Certification Training

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

Pick up orders the week of April 17

The exact delivery day will be posted on the SV Parent Leader Facebook page or contact the Afton Extension Office, 307-885-3132

2023 Fair Changes (*so far*)

Date—August 5-12, 2023

Theme — Sewit, Growit, Showit

Fair Entry Deadline—July 1—August 2, 2023

Livestock Equipment—Must bring own hoses, they will not be provided.

If you have questions, please contact the Extension Office—Afton Office, 885-3132

4-H Club News—

Dynamite Dogs 4-H Club

The Dynamite Dogs 4-H Club will meet every Monday at 6 pm in the 4-H building.

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 the 2nd and 4th Thursdays at 7 pm, location TBD.

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.

Updated 4-H Policies

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

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 Half Acre Recreation and Wellness Center

QUESTIONS? Contact your local Extension Office for more details!

UNIVERSITY OF WYOMING EXTENSION

4-H

State Shoot—July 6-9, 2023 in Douglas, WY

State Fair—August 12-19, Douglas WY

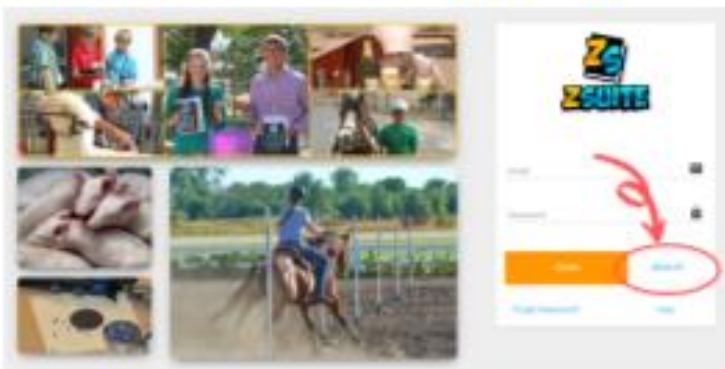
ZSuite 4-H Enrollment!

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).



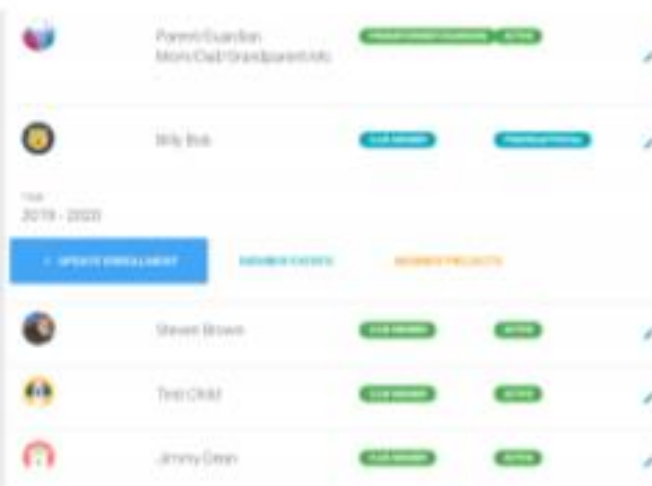
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

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 **FINISH**.



*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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ZSuite Live Chat Support

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.

UW | Wyoming 4-H



ZSuite 4-H Enrollment




Returning Member Enrollment

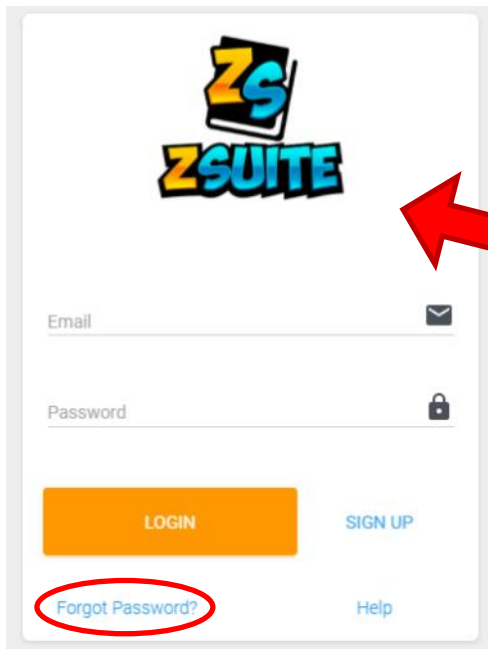
Yearly Re-enrollment of Family Members

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

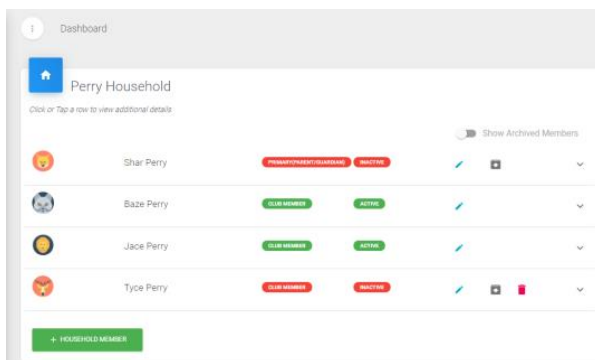
1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer). You will see a screen like this. (if not, press CTRL & F5).
2. Use the same email and password you used to sign up for zsuite.
3. Click  - if you forgot your password, click the **Forgot Password?** And you will be prompted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

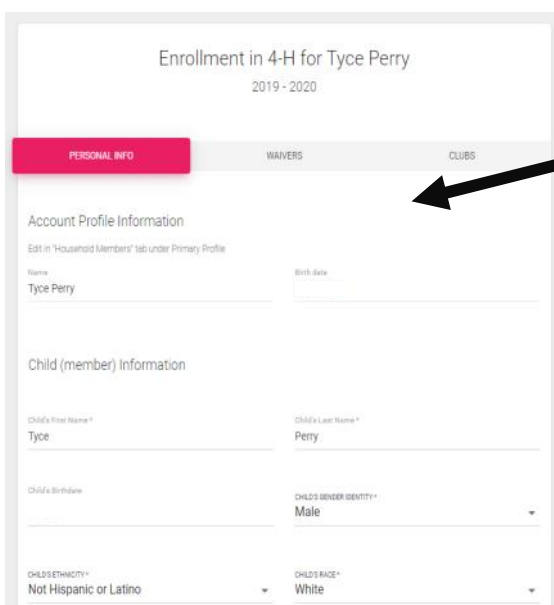
8. If you need to leave, prior to finishing your enrollment, click the 'SAVE FOR LATER' link at the bottom right of the form so you will not have to re-enter the data you've already completed.
9. Click  at the bottom of the **Personal Information** section to go to the **Waivers** section. Click the 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 located below the password field. There are also 'LOGIN' and 'SIGN UP' buttons, and a 'Help' link at the bottom right.



The dashboard shows a list of household members for 'Perry Household'. Each member has a profile picture, name, and enrollment status. Shar Perry is marked as 'INACTIVE' with a red background. Baze Perry, Jake Perry, and Tyce Perry are marked as 'ACTIVE' with green backgrounds. A '+ HOUSEHOLD MEMBER' button is at the bottom left.



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 of the form.

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

WSF DRUG DECLARATION FORM

Exhibitor Name _____

Circle Species: BEEF SHEEP SWINE GOATS

Animal Tag # _____ Animal Name _____

Complete history of ALL approved medication, drug, chemical substance, or feed additive given to animal(s) after the ownership deadlines.

[illegible]**ONE FORM PER MARKET ANIMAL**

PLEASE BRING THIS FORM TO THE EXHIBITOR OFFICE BY NOON ON 8/15/2023

We, the undersigned, further certify that the market animal listed above has not received any non- approved medication, drug, chemical substance, or feed additive and that we have adhered to the withdrawal time required for all approved drugs or medications.

Owner / Exhibitor Signature

Date _____

Print Name Owner/Exhibitor

Parent or Guardian Signature

Date _____

Print Name Parent or Guardian

(If exhibitor is under 18 yrs. of age)



April

RESPECT

What is Respect?

Respect is very important in our relationships with others. When we respect others, we treat them with consideration and courtesy both verbally and physically. Respect for others should always be demonstrated and characterizes how we live our lives. It is a very important quality that will enable you to relate to and work well with others. Follow the Golden Rule; treat others the way that you would want them to treat you. Good manners matter and respect is demonstrated when consideration and kindness is shown to others. Respect is very important to a person of character.

Treat other people the way you want to be treated.

- ◇ Tell the truth
- ◇ Be courteous and polite.
- ◇ Listen to what other people have to say.
- ◇ Don't insult people, or make fun of them, or call them names.



- ◇ Don't bully or pick on others.
- ◇ Don't judge people before you get to know them.



"Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours."

Dave Willis

Check for Respect 4-H

The laughs gained with playing this game with your club can add some fun and give your club members the judgment to understand that the humor can be funny to listen to, but *not* funny if it is acted out. Some examples include:

- ◆ You feel a sneeze coming, so you

- a) look for someone to sneeze on
- b) cover your mouth and nose with your hands
- c) turn your head away from

people and let the sneeze out as loudly as possible.

- ◆ Company is over. And you notice that after the meal, your mom has a big piece of lettuce on her tooth. You

- a) point at it and start laughing as loud as you can,
- b) ask if anyone can tell which of your mom's teeth is not like the other,
- c) quietly whisper in your mom's ear that she

should check her teeth in the bathroom.

Once your 4-Her's understand the idea behind making up scenarios for the game, they will want to make up some of their own, too.

Now, when club members treat each other or possessions with respect, remember to say, "Check for respect."

Clover Connection

Head - think before you say something or before you act.

Heart - treat others the way you would want to be treated.

Hands - manners matter...use them.

Health - be respectful of your body and take care of yourself.



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.

Taro: A Staple Crop in the Tropics

While visiting Kauai Hawaii years ago we saw fields full of tropical plants with large green leaves. After visiting with some locals, we found out that they were fields of taro. During the rest of our trip, we found taro burgers on restaurant menus, taro-flavored ice cream, and more! Before visiting Hawaii, I had no idea that there was a root vegetable called taro and come to find out it's one of Hawaii's staple crops. Taro doesn't just grow in Hawaii though; you can find it growing in other tropical and semitropical climates all over the world.

Nutrient Dense

Taro is a starchy vegetable like a potato but with almost twice the dietary fiber. One cup of taro provides 10% or more of your daily recommendation of potassium, magnesium, and vitamin C. Taro also contains other B vitamins, such as thiamin, pyridoxine, riboflavin, niacin, pantothenic acid, and folate, all of which are important for metabolism, energy, and red blood cell production. Taro also has important minerals such as zinc and manganese.

Cooking with Taro

Taro leaves are similar in taste to spinach but have a thicker leaf, which requires a longer cooking time. Taro root is slightly sweet and nutty in flavor. It's recommended that Taro root be cooked before eating as it may cause irritation and itchiness if eaten raw. So, what can you make with taro root? You can make baked goods with taro as well as fries, chips, ice cream, or frozen yogurt. You can also add taro to dishes such as curry, soups, and more! Next time you are at the grocery store keep your eye out for taro and try out the options below for cooking!

Taro Chips

Recipe Source: [Immaculate Bites](#)

Ingredients:

1 large taro, about 2-3 pounds
Spices of your choice
Oil

Instructions:

1. Wash hands with warm water and soap for at least 20 seconds.
2. Cut taro into 2-4 or larger chunks for easy peeling and cutting.
3. Peel the taro. Look for any spoiled spots, such as bruising and discoloration, in the taro as you peel. Remove the spots if present.

4. Wash taro immediately to prevent discoloration and leave them in cool water until ready to use or refrigerate for up to 24 hours.
5. Slice the taro thinly with the help of a slicer/ mandolin for consistent results or even use a peeler. Season with garlic powder, Cajun spice, or salt.

Baked Taro:

1. Preheat the oven to 350°F. Line baking sheets with foil and coat with cooking spray.
2. Place seasoned taro on baking sheets in a single layer, spray lightly over the taro. Bake for about 20 minutes turning over slices after 10 minutes or till golden brown and crunchy.
3. Serve warm or cool. Store in a sealed container.

Fried Taro:

1. Heat up a large skillet or cast iron with oil up to ½ inch- medium-high heat until hot but not smoking. If using a deep fryer fry at 350°F.
2. Fry the taro slices in batches, turning once, until golden brown, about 5 minutes. Do not overcrowd the pan (it will make the taro to be soggy and absorb excess oil).
3. Use a slotted spoon; transfer the taro chips - drain on paper towels.
4. Store in a sealed container or serve with guacamole or eat on its own.

Written by: Shelley Balls, MDA, RD, LD





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,	12	13 SV Cloverbuds Activity, 4:30 pm, Afton Civic Center Nocked & Loaded 4-H Meeting, 7 pm, Afton Civic Center	14	15 Shooting Sports Leader Cert. Laramie
16 Shooting Sports Leader Cert. Laramie	17 Leader Council Zoom Meeting, 5 pm 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 Nocked & Loaded 4-H Meeting, 7 pm, Afton Civic Center	28 No School Friday Cooking, 9 am, Afton Civic Center	29
30						

May 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Hamsfork Hands 4-H Meeting, 6 pm, BOCES Building Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	2	3	4	5	6
7	8 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	9 Muckin Mavericks 4-H Meeting, 6 pm	10	11 SV Cloverbuds Activity, 4:30 pm, Afton Civic Center	12 Co. Shoot Sign-up Deadline for Air Pistol, Air Rifle & Archery	13
14	15 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	16	17 Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr.	18	19	20 Co. Shoot for Air Pistol, Air Rifle & Archer, 4-H Bldg., Afton Fairgrounds
21	22 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	23	24	25	26	27
28	29 <i>Memorial Day Holiday, Extension Offices Closed</i>	30	31	June 1	June 2 Co. Shoot Sign-up Deadline for .22 Pistol, .22 Rifle & Shotgun	

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

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