



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

June 2023

Kemmerer Office – 307-828-4092

## Upcoming Events

May 31	Showcase Showdown Registration Deadline
Jun 01	Market Goat, Sheep & Swine Tagging/Ownership Deadline
Jun 01	<b>Market Sheep/Goat &amp; Swine Info &amp; Pictures Upload Deadline</b>
Jun 01	SV Area Swine Clinic, 10 am, Afton Civic Ctr.
Jun 01	Produce Judging Practice, Afton Civic Ctr., 2 pm
Jun 02	Co. Shoot (.22 Pistol/Rifle, Shotgun & Muzzleloading) Sign-up Due
Jun 05	West Area Mini Showcase Showdown, Afton Civic Ctr. 10 am
Jun 08	4-H Record Book Training, 2 pm, Afton Civic Ctr.
Jun 10	Co. Shoot (.22 Pistol/Rifle & Shotgun), Kemmerer
Jun 14	4-H Fun Cooking, 10 am, Afton Civic Ctr.
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

## Animal Ownership/Tagging Deadlines

Market Beef—February 1

All Other Youth Livestock —June 1

2023

## Market Sheep/Goat/Swine Tagging & Data Upload Due June 1

1. Email or bring a copy of the Form A Brand Inspection (Sheep) or Bill of Sale (Goats/Swine) the Extension Office to get tags by June 1.
2. Upload animal information and required pictures to ZSuite by June 1.

THE INSTRUCTIONS TO UPLOAD ANIMAL INFORMATION AND PICTURES ARE ON PAGE 8 OF THIS NEWSLETTER & ON THE ZSUITE DASHBOARD.

If you have questions, please contact Shar at 307-885-3132 or Deborah at 307-828-4092

## Inside This Issue

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2	4-H Program Information
3	Club News
3	State & Regional 4-H Events
13	Character Counts
14	Cent\$ible Nutrition Program Nutrition & Food Safety Information
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## Record Book Training June 8, 2023 2 pm (Afton Civic Ctr.)

Online Record Book Recorded Training

<https://use.vg/wObPXX>

If you are not able to attend the record book training, click on the link above. If you have questions, please contact Shar (885-3232).



# 4-H Program Information

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

## 4-H Educator's Letter...

June is here and what a busy month it will be! Please make sure you check the calendar and get signed up for all the fun 4-H events! To name a few: Area Mini Showcase Showdown, Showcase Showdown, County Shoot, State Shoot registration deadline and more. Please contact the Extension Offices, if you have any questions on these events.

Members please work on your record books as you go. This makes for a much more enjoyable time doing your record books. Keep an out for upcoming record book trainings.

Leaders also remember that we have resource learning kit that can be checked out of the office for use with your clubs. We also have resource manuals that can be ordered through the office also for the members. If we can do anything to help, please call us.

I would encourage you all to get online and check out the UW 4-H web page. <https://www.uwyo.edu/4-h/index.html> This website is full of information. It also has upcoming events, contests, helpful videos, club resources, volunteer resources and so much more. This site is worth taking a few minutes to become familiar with.

I am excited for a fun summer; remember we are here to help!

*Shar*

## SV Area Swine Clinic—June 1

There will be a swine clinic on June 1, 10 am at the Afton Civic Center. It has been rescheduled from June 6.

## Produce Judging Practice—June 1

There will be a produce judging practice on June 1, 2 pm at the Afton Civic Center.

## 4-H Camp Canceled

4-H Camp is canceled due to the lack of trained chaperones.

**WEST AREA**

TETON  
LINCOLN  
SUBLETTE  
SWEETWATER  
UINTA

**MONDAY, JUNE 5TH**

**10 AM**

**FOOD COOKOFF**

**CAKE DECORATING**

**PRESENTATIONS**

**LIVESTOCK SKILLATHON**

**PRODUCE JUDGING**

**REGISTRATION DEADLINE MAY 19th**

Register on the Events tab through **ZSUITE**

## 2023 Mini-Showcase's Food Cook-Off & Cake Decorating Contests—June 5

The area mini-showcase will follow the rules of Showcase Showdown competition with exceptions (see pages 11 and 12 of this newsletter). **Please note, youth must bring their own cake form with white frosted base to the area competition.** ZSuite Event Registration Deadline was May 19 and is now closed.

**Cake Decorating:** <http://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/cake-decorating.html>

**Food Cook-off:** <http://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/food-cook-off.html>

## June Birthdays!!!

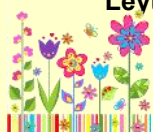
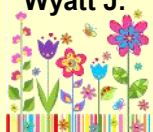
Max B.  
McKayla B.  
Brooklyn B.  
Makinzie B.

Natalie C.  
Myles D.  
Kimber D.  
Mack E.

Kenlee F.  
Madison H.  
Dane H.  
Wyatt J.

Ryann L.  
Halley M.  
Hadlee M.  
Leyton M.

Sheralyne M.  
Braxton P.  
Iris R.  
Greyson W.





## 2nd County Shoot Date

**June 10**

**(.22 Pistol, .22 Rifle & Shotgun,  
Muzzleloading)**

**Kemmerer Gun Club**

**June 2—Sign-up Deadline**

**Shotgun rounds cost \$4/per round of 25  
and are due with pre-registration.**

*Registration form and range rules are in this  
newsletter and on the ZSuite dashboard  
(See discipline deadlines above)*

### **Online 4-H Registration**

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

**Returning Families**— See pages 5-6 of this newsletter.

**New Families**—contact the Ext. Office for help.

Contact Afton (885-3132) Ext. Office or  
Kemmerer (828-4092) Ext. Office for questions

## 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.

**Livestock Fast Pass** —will be available again this  
year. Bring required paperwork to the Extension  
Office and receive a signed card. More info as we  
get closer to fair.

*If you have questions, please contact the Extension  
Office—Afton Office, 885-3132 or  
Kemmerer Office, 828-4092.*

## Grow A Little Extra

UW Extension is partnering with the Wyoming Hunger Initiative (WHI) for their Grow a Little Extra program. We would like to encourage 4-H clubs to use their **Hands to Larger Service** by growing and donating garden produce

to be distributed to local food pantries and anti-hunger agencies. The Cent\$ible Nutrition Program (CNP) is offering \$500 to the club that donates the most produce. The clubs that come in second and third place will receive \$300 and \$200, respectively. Clubs can create their own garden for donations, donate from personal gardens and/or community gardens, or collect donations from neighbors.

Produce donations can be delivered to your local county Extension Office. Donations will be received through September 30, 2023. The donations will be weighed and recorded, and then delivered to a local food pantry or neighbors in need. Make sure to specify the 4H club name when donating. Tracking will be sent to the state CNP office to tally the results. Awards will be given the first part of December.

Make sure your clubs know that to get credit for their donations, they will need to connect with their local county Extension Office to coordinate produce drop off, weighing, and recording.

Please feel free to contact the CNP State Office with any questions or additional information. Cent\$ible Nutrition Program State Office, [cnp-info@uwyo.edu](mailto:cnp-info@uwyo.edu), (307)766-5375

## 4-H Club News—

### **Divine Swine & Bovine 4-H Club**

***The Divine Swine & Bovine 4-H Club*** meet the 2nd Monday of each month. Below are some of the previous meetings' minutes.

### **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, 6:15 pm at Training & Events Ctr..

### **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. Check with your leaders regarding location.

### **Nocked & Loaded 4-H Club**

***The Nocked & Loaded 4-H Club*** will meet the 2nd and 4th Thursdays at 6 pm, location TBD.

## Wyoming State/Regional Events & News

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

**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 has closed.

**Showcase Showdown**— June 20–22, 2023, University of Wyoming in Laramie. Cost is \$40 per participant. Reminder that regis-

tration closes May 31 at midnight. Sign in to your ZSuite profile and register for the State Showcase Showdown. This link has more information about the event. <http://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/registration.html>.

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

1st, 2023 online. More information at <http://www.uwyo.edu/4-h/opportunities/travel.html>

**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

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

**State Fair**—August 12-19, Douglas W. 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. More information to follow. WSF Drug Declaration form is at the end of the 4-H section of this newsletter.

**Got a who, what, when, where, or why question about the Wyoming State Fair? Get your questions answered! Wyoming 4-H is hosting two nights with WSF Director, Courtney Conkle, where you can ask questions and get answers. At 6:00 pm Tuesday, June 6<sup>th</sup>, 4-H members, parents, and volunteers are invited to participate via Zoom. If you've competed at the Wyoming State Fair in the past, or are considering attending, here's a chance to chat about the 2023 Wyoming State Fair and what to expect. Join us online at <https://uwyo.zoom.us/my/jdespain>.**

**National 4-H Congress**—November 24-28, 2023 in Atlanta, Georgia. This is for youth ages 14 (as of January 1) or older. A chance for youth to expand their skills, engage with other 4-H members, and be inspired to make an impact in your club, community, county and world. Apply by September




# ZSuite 4-H Enrollment

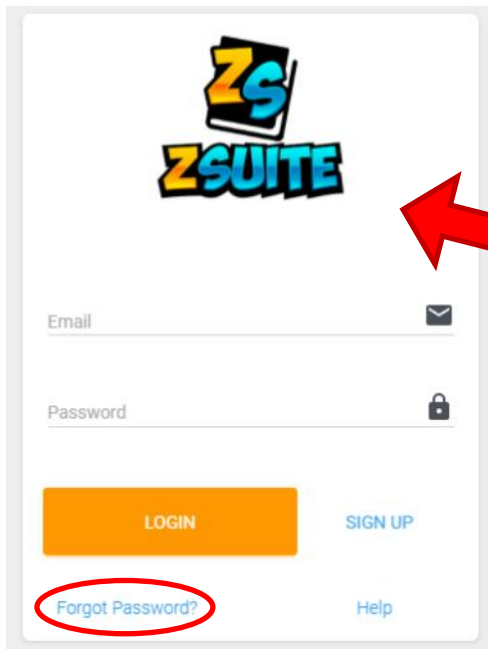


## Returning Member Enrollment

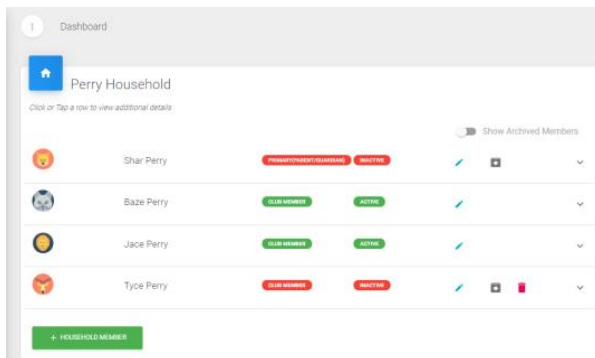
### Yearly Re-enrollment of Family Members

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

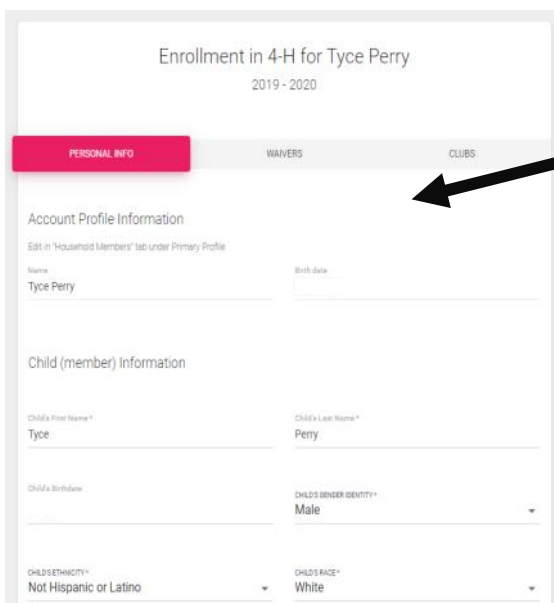
1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer). You will see a screen like this. (if not, press CTRL & F5).
2. Use the same email and password you used to sign up for zsuite.
3. Click  - if you forgot your password, click the **Forgot Password?** And you will be prompted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

# 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

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Parent or Guardian Signature

Date \_\_\_\_\_

---

Print Name Parent or Guardian

(If exhibitor is under 18 yrs. of age)



# ZSuite Animal Information Upload Instructions

Jace Perry

2020 - 2021

Club	Role
Star Shooters 4-H Club	Member
Star Valley Horse Club 4-H Club	Member
Meadow Grazers 4-H Club	Member
Beef N' Bits 4-H Club	Member
Lucky Clover 4-H Club	Member

1. UPDATE ENROLLMENT

Enrollment in 4-H for Jace Perry  
2020 - 2021

2. CLUBS

Beef N' Bits 4-H Club

County: Lincoln County

Primary

Projects:

- Animal Science - Horse
- Animal Science - Beef/Market

3. ADD PROJECT

Select Project

Choose Project Type

Animal Science - Beef/Market

4. Animal ID\*  
94900011230751, 94900011230752

5. Animal Description\*  
Black with white legs, Black with white spot on forehead

6. Animal Name\*  
Charley, Smokey

7. Animal Sex\*  
Market Steer, Market Steer

8. Animal Breed\*  
Angus X, Angus X

9. Animal Picture 1  
Choose File | No file chosen

10. Animal Picture 2  
Choose File | No file chosen

11. Animal Picture 3  
Choose File | No file chosen

12. Animal Picture 4  
Choose File | No file chosen

13. SAVE PROJECT

- Once you are logged into ZSuite primary profile at: <https://4h.zsuite.org>, select the family member who has the project and click the **UPDATE ENROLLMENT** button.
- Select **CLUBS** at the top right of the page.
- To enter the animal information, select the gray pencil to the right of the Breeding/Market project listed in the club box. **NOTE: If you have two animals, please put a comma between their information on each of the lines**
- Enter the 15 digit number in the **Animal Id** line.
- Enter the animal's description on the **Animal Identifier** line.
- Enter the animal's name (IF you don't have a name, put N/ A. Also for the Floater animal, put FLOATER in the name field.
- On the **Animal Type** line enter whether they are market or breeding and then the gender.
- Enter animal's breed on the **Animal Breed** line.
- Animal Picture 1**—upload the picture of the tag in the animal's ear.
- Animal Picture 2**—upload the picture of the full body of the animal.
- Animal Picture 3**—upload the second animal's ear tag picture (if there is only one animal, you can upload the same picture as you did in Animal 1).
- Animal Picture 4**—upload the second animal's full body picture (if there is only one animal, you can upload the same picture as you did in Animal 2). **NOTE: All 4 picture areas must contain a picture.**
- Select the blue **SAVE PROJECT** button
- Press the SUBMIT button at the bottom of the Clubs page to save it to your profile. Then click OK.**

\*\*\*\* **For Family Floater Animal**—animals purchased as an extra in case someone in the family has one that dies—these can be transferred to another family member later ONLY if they are designated as a floater at the time of tagging. Please write the word FLOATER in the Animal Name field. The floater must be assigned to the family member whose name is on the bill of sale and/or Form A.

**For questions on this, please contact the Extension Office at 307-885-3132 or 307-828-4092.**



## 4-H COUNTY SHOOT Registration Form

*Complete and return to your local County Extension Office for entry into the event*

### FORM DUE BY:

**May 12, 2023 (Air Pistol, Air Rifle & Archery)**  
**June 2, 2023 (.22 Pistol, .22 Rifle, Shotgun & Muzzleloading)**

Name: \_\_\_\_\_ County: \_\_\_\_\_

Age (As of Jan. 1) \_\_\_\_\_ ☐ Jr. (8-10) ☐ Int. (11-13) ☐ Sr. (14/up)

**Seniors:** Do you wish to be considered for the Raton Trip? ☐ Yes ☐ No

**NOTE:** Leaders will have to certify that you are safe to compete in the disciplines you select below. If your leader does not certify you, you will not compete in that discipline.

### DISCIPLINES

Select all that apply

**.22 Pistol**

☐

**Air Pistol**

☐

**Shotgun**

☐

**Muzzleloader** (*check only one*)

☐ Traditional

☐ Non-Traditional

**.22 Rifle:** (*check only one*)

☐ Sporter

☐ Light Target

☐ Precision

**Air Rifle** (*check only one*)

☐ Sporter

☐ Light Target

☐ Precision

**Archery** (*check only one*)

☐ Class A: Long Bow & Recurve

☐ Class B: Bare Bow

☐ Class C: Freestyle Limited

☐ Class D: Freestyle Unlimited

***Bring your own lunch.***

**Read and sign the range rules on the next page. Bring registration, range rules, and associated County Shoot fees to either Extension Office.**

### **DO YOU PLAN TO PARTICIPATE IN THE STATE SHOOT? \***

*If so, please read your newsletter and complete state shoot registration form. There will be fees associated with some of the classes, lodging, and apparel. You are not registered for State Shoot until your registration form and payment has been received by the Extension Office.*

**NOTE:** All costs will be the responsibility of the 4-H member and parents. Please make your checks payable to: **Lincoln County 4-H.**

### **STATE SHOOT DEADLINE: County Shoot Day**

*\* If you want to participate on a team at the State Shoot, you must qualify at the County Shoot.*

## County Shoot Range Rules

1. Safety is a primary concern. Any violation of safe shooting will be grounds for participant disqualification. Shooter will follow the rules below:
  - a. Muzzle must be in a safe direction at all times
  - b. Action always open
  - c. Finger off trigger until ready to shoot
  - d. All firearms are considered loaded at all times.
2. Everyone in attendance will abide by the 3 R's - Respect, Restraint, Responsibility
3. Only certified leaders on the firing line
4. Absolutely no one on berms/areas between ranges. Non-participating children must be attended by an adult AT ALL TIMES.
5. Parents and spectators must remain a safe distance from youth participants while competing.
6. Coaching youth who are on the firing line is not allowed.
7. Anyone can call a cease-fire at any time, for any unsafe condition.
8. Contestants are responsible for providing their own eye and hearing protection when required.
9. Shooters are responsible to provide their own ammunition/arrows for each discipline.
10. Each discipline has unique requirements and procedures. Parents and shooters are responsible for knowing the range rules and safety conditions for the discipline they participate in. Shooters will be familiar with the firearm they are using.
11. No food or drinks are allowed on the firing line.

### Required Equipment/Procedures

- Shotgun
  - ◊ Hearing and Eye protection is required
  - ◊ Shell pouch or vest
  - ◊ At the beginning of each relay, squad leaders will ask if the squad is ready, then call for a clay to begin.
  - ◊ **Clays will cost \$4.00 per round of 25 - and due with pre-registration.** Clays used during practice are not included in this cost. Practice rounds will need to be paid for the day of county shoot. *This cost is subject to change year to year based on current prices.*
  - ◊ Firearms will be cased when brought to the firing line.
- Archery
  - ◊ Eye/Hearing protection is not required
  - ◊ Each contestant must have a quiver. Arm guards are recommended. All equipment is the responsibility of the shooter to provide.
  - ◊ Firearms will be cased when brought to the firing line.
- Muzzleloader
  - ◊ Eye and Hearing protection is required
  - ◊ Shooters will swab bore before reloading each shot
  - ◊ Powder measurer must be used – no loading directly from powder horn or flask.
  - ◊ Firearms will be cased when brought to the firing line.
- .22 Rifle and Pistol
  - ◊ Hearing and Eye protection is required
  - ◊ Rifles must be loaded one shot at a time.
  - ◊ Firearms will be cased when brought to the firing line.
- Air Rifle and Pistol
  - ◊ Eye protection is required
  - ◊ Rifles and Pistols must be loaded one pellet at a time
  - ◊ Firearms will be cased when brought to the firing line.

4-H Member Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

## Southwest Area Cook-off Contest Rules

The area will follow the state rules located on the state 4-H website - <http://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/rules-and-information/food-cookoff-rules.pdf>

### **EXCEPT:**

- To register: log-in to your ZSuite Dashboard, Event Section and register each 4-H member who would like to participate. Pre-registration is required in order to ensure adequate space is available.
- **Entry deadline is May 19, 2023.**
- **Jr./Int. Teams** – may pick one of the three recipes on the website after recipes are drawn on June 1. Dessert or salad plate size is recommended for presenting.
- **Sr. Teams** – make an entree recipe using peaches (any form). Dessert or salad plate size is recommended for presenting.
- **No microwave or oven allowed.**
- **All participant teams need to bring all their own food supplies and all cooking equipment.**
- **Supply lists are available on the state cook-off contest site listed above.**

Call your Extension Office (Afton - 885-3132 or Kemmerer – 828-4092) if you have questions.

**NOTE:** Running water will NOT be readily available in the room. Contestants must make provisions for cleaning their own equipment. **DO NOT** clean anything in the bathrooms.



# Southwest Area Cake Decorating Contest Rules

Event Date: June 5, 2023, Afton Civic Center, Afton WY

Entry Deadline: May 19, 2023

## Eligibility/Rules:

- Open to all 4-H youth (excludes Cloverbuds). Age calculated as of January 1 of the current year.
- Entries are open to individuals or teams, but a youth must select one or the other.
- Teams may consist of up to three (3) youth and all must be in the same age category:
  - ◊ Junior Individuals – 8-10 years old
  - ◊ Intermediate Individuals – 11-13 years old
  - ◊ Senior Individuals – 14-18 years old
  - ◊ Junior Teams – 8-13 years old
  - ◊ Senior Teams – 14-18 years old
- [To register: log-in to your ZSuite Dashboard, Event Section and register each 4-H member who would like to participate. Pre-registration is required in order to ensure adequate space is available.](#)
- **Entry deadline is May 19, 2023.**
- Call your Extension Office if you have questions.

## Materials:

- ♦ Contestants must bring their own cake (dummy form or cake) and have it base coated in white butter cream frosting. NO base frosting will be provided by the contest.
- ♦ **All Teams & Senior Individuals – must have rectangle cake forms base coated in white butter cream frosting.**
- ♦ **Junior & Intermediate Individuals – must have round cake forms base coated in white butter cream frosting.**
- ♦ Contestants must provide ALL their own equipment necessary to complete their creation – i.e., tools, tips, bags, stamps, coloring, specialty icing, fondant, utensils, etc. This includes bowls for mixing, spoons, paper towel, and other cleaning supplies, aprons, gloves, everything else that may be needed.
- ♦ **Running water will NOT be readily available in the room. Contestants will have limited access to a sink for clean up after the contest is over. However, contestants must make provisions for cleaning their own equipment. DO NOT clean anything in the bathrooms.**

## Proceedings:

- \* Each team/individual will use a table as workspace.
- \* Contestants have up to one (1) hour to complete their creation. During the first 5 minutes, coaches can help with the planning. After that allotted time the coaches may not have contact or help contestants. If coaches do not abide by this rule, they may be asked to leave the area and teams/individuals may be disqualified.
- \* This is a themed event. Youth will be informed of the topic/theme/subject for their creation upon the start of the event.
- \* Judges will be roaming during the event evaluating teamwork, technique, theme representation, food safety practices and cleanliness, organization, etc.
- \* Proper food safety practices will be encouraged and included in evaluations by judges.

The state rules located on the state 4-H website - <http://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/rules-and-information/cake-decorating-rules.pdf>





June

# RESPONSIBILITY

## Responsibility

*Responsibility is doing your best to take care of the things around you that need to be done.*

Responsibility involves a few things:

- Accountability
- Using Self Control
- Having Goals
- Choosing a positive attitude
- Doing your duty
- Being proactive
- Setting a good example
- After looking at these things, do you think you are responsible?

How do we learn to be responsible? When we practice being responsible, we learn how to be more responsible. We also learn responsibility from good role models.

A big part of being responsible is making good choices. The two fundamental principles of good decisions are: 1—We all have the power to decide what we do and what we say.

2—We are all morally responsible for the consequences of our choices.

Remember, being responsible isn't always easy. If we work hard, and take responsibility for ourselves, it will be worth it in the end. Being responsible helps us achieve great things, and helps us feel good about ourselves and our accomplishments.



## 4-H Activity

### The Six Letter Solution

Prep: Have the following group of letters written on a flip chart or white board before club members arrive. Be sure to keep this exact order: RSIESXPLOETNTSIBELRISTY.

Directions: Hidden in this jumble of letters is a specific word in the English language that can only be found if you remove six letters. If you find it, write it down so everyone has a chance to discover

it. What questions do you have?

(The trick to the activity is to eliminate the letters "s-i-x-l-e-t-t-e-r-s" to reveal the hidden word of responsibility.)

After the youth have figured out the activity or you show them the trick, discuss the different aspects of responsibility. Possible discussion starters are:

What does responsibility mean to you?

How have you seen others act responsibly?

Do you think responsibility is important? Why?

How can we be responsible 4-H members?

Why be responsible?

### Clover Connection

**Head** - Think things through thoroughly and set goals

**Heart** - Be a good friend and take care of those around you.

**Hands** - Do what needs to be done without being asked.

**Health** - Take care of your body by exercising and being aware of the foods you eat



## 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.

### Dandelion: Completely Edible!

Although pesky in your lawn, dandelions can actually be a really tasty treat when it comes to eating! Dandelions have been known to have a similar flavor profile as honey, making them a great addition to recipes. Dandelions are completely edible, that's right, the flowers, leaves, and roots can all be eaten! With that in mind, you may look at a field of dandelions differently!

#### Harvesting

When making dishes with dandelions be sure to harvest unsprayed dandelions and check with local regulations before foraging for dandelions somewhere other than your own property. Although I'd say yes to anyone wanting to pick dandelions out of my lawn, always check with the owner before doing so. So, you've harvested your dandelions, what are you going to do with them now? Be sure to wash your dandelions before using them to prevent unwanted insects and other contaminants. After they are all washed up there are many ways to use dandelions!

#### Enjoy Many Ways

There are countless ways to use dandelions such as in a salad using the dandelion greens, or maybe just as a topping to salads, pizza, casseroles, and more! Dandelion tea is also a favorite of those that enjoy tea. You can also make sauces with dandelion greens, such as pesto, syrups, and freezer jelly! The Fresh Dandelion Jelly recipe below is a great spread and can be used like honey, spread over toast, peanut butter sandwiches, and more!

#### Fresh Dandelion Jelly

Recipe Source: [Food & Nutrition](#)

Yield: 5 cups

#### Ingredients:

3 cups packed fresh dandelion blossoms  
4 cups water  
4 ½ cups sugar  
1 box powdered pectin  
2 tablespoons bottled lemon juice  
1 drop yellow food coloring (optional)

#### Instructions:

1. Using your thumbnail, cut and pluck the yellow blossom away from the tiny green leaves holding it (your thumb will get sticky, and the flower will separate into petals.) Remove as much of the green as possible because this part is bitter and turns the jelly green.
2. In a medium saucepan, bring water to a boil. Add half the blossoms, stir and cover. Turn off the heat and steep for 20 minutes. Using a fine-mesh strainer, strain and gently push on blossoms to remove some of the water. Add the same dandelion water back to the saucepan and bring to a boil. Add remaining blossoms and cover. Steep for 15 minutes, then repeat the straining process.
3. Bring 3 cups steeping liquid to a boil along with sugar, pectin, lemon juice, and (optional) food coloring, stirring until sugar dissolves. Boil for 1 minute, then skim off foam with a wooden or plastic spoon.
4. Pour into freezer containers leaving ½-inch space at the top and store in the refrigerator, or freezer for longer storage.

Written by: Shelley Balls, MDA, RD, LD





SUN	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> <i>Sheep, Goat, Swine Ownership &amp; Tagging Deadline</i> <i>Animal Information &amp; Pictures Upload Deadline</i> SV Swine Clinic, 10 am, Afton Civic Ctr. Produce Judging Practice, Afton Civic	<b>2</b> <i>Co. Shoot Sign-up Deadline for .22 Pistol, .22 Rifle, Shotgun &amp; Muzzle-loading</i>	<b>3</b>
<b>4</b>	<b>5</b> <b>West Area Mini Showcase Showdown, Afton Civic Ctr. 10 am</b> Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	<b>6</b>	<b>7</b>	<b>8</b> Record Book Training, 2 pm, Afton Civic Ctr. Nocked & Loaded 4-H Meeting, 6 pm,	<b>9</b>	<b>10</b> <b>Co. Shoot</b> for .22 Pistol, .22 Rifle, Shotgun & Muzzle-loading, Kemmerer Gun Club, Kemmerer WY, 8 am
<b>11</b>	<b>12</b> Hamsfork Hands 4-H Highway Cleanup 7 BBQ, 4 pm Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	<b>13</b> Hamsfork Hands Fab & Fashion mtg., 2 pm, SLTC Muckin Mavericks 4-H Meeting, 6 pm	<b>14</b> 4-H Fun Cooking Activity, 10 am, Afton Civic Ctr. Hamsfork Hands Quilting mtg., Time TBD, SLTC	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> Hamsfork Hands 4-H Visual Arts, 2 pm, SLTC Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	<b>20</b> WY State Showcase Showdown, Laramie	<b>21</b> WY State Showcase Showdown, Laramie Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr.	<b>22</b> WY State Showcase Showdown, Laramie Nocked & Loaded 4-H Meeting, 6 pm,	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b> Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	<b>27</b> Hamsfork Hands Woodworking Mtg., Time 10 am, Witbeck's House	<b>28</b>	<b>29</b>	<b>30</b>	

# July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	4 <b>Independence Day Holiday, Extension Offices Closed</b>	5	6 Hamsfork Hands 4- H Leathercraft, 2 pm, SLTC Building	7 State Shoot, Doug- las, WY	8 State Shoot, Doug- las, WY
9 State Shoot, Doug- las, WY	10 Hamsfork Hands 4- H Meeting, 6:15 pm, SLTC Building  Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	11 Hamsfork Hands 4- H Ropecraft, 2 pm, SLTC Building  Muckin Mavericks 4 -H Meeting, 6 pm	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	31 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm					



LINCOLN COUNTY EXTENSION  
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AFTON WY 83110

CHANGE SERVICE REQUESTED

PLEASE READ EACH PAGE  
CAREFULLY!

Don't miss out on any  
Important announcements

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