



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

September 2023

Kemmerer Office – 307-828-4092

Upcoming Events

Sep 04	<i>Labor Day Holiday—Ext. Offices Closed</i>
Sep 04	Potato Fundraiser Orders & Money Due
Sep 11	Nomination Forms Due to Extension Office
Sep 11	Record Books Due to Leader or Extension Office
Sep 13	Club Books & Record Books given to leaders are Due To Extension office
Oct 01	New 4-H Year Starts
Oct 01-07	National 4-H Week
Oct 02	SV 4-H Awards Night, 6 pm, 4-H Exhibit Bldg.
Oct 17	Kemmerer 4-H Awards Night, 6 pm
Oct 23	Halloween Festival, 4-H Exhibit Bldg., 5:30 pm

Nominate an Outstanding Member, Leader & Friend of 4-H

The Nomination form can be found at the end
of the 4-H Section

Deadline: September 11, 2023

Inside This Issue

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RECORD BOOKS DUE

Sept. 11, 2023 To Your Leader

Instructions are on the State 4-H Web-
site: [http://www.uwyo.edu/4-h/
current-members/portfolios/
index.html](http://www.uwyo.edu/4-h/current-members/portfolios/index.html)

BUT, please print your record book
and give it to your leader or the Extension Office this year.

DO NOT SUBMIT IT ONLINE!

If you have questions, please contact
Shar (885-3232) or Deborah (828-4092).

Online Record Book Training Video

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...

I hope that everyone had a wonderful fair experience and learned a lot. Fall is right around the corner for us! Portfolios are due September 11 to club leaders or the Extension Office. Please do not submit them online. Please print them. With that being said, I thought I would share some helpful hints on completing the portfolios. When completing them make sure they to use complete sentences. "N/A" is never okay to write down. Please do not leave it blank either, for example, if a member did not receive an award, member would type the year and I did not receive an award this year. Also, remember that Leadership, Community Service, and Knowledge Gained are required. Please make sure that you just add information for this year on the sections that you are to continue information. I hope that everyone has a great start on the portfolio. Here is the link to the portfolios if needed, 4h.zsuite.org We will also have a record book judging help day for leaders on Wednesday September 13, 2023, 4:00-6:00pm.

Please make sure to have all your club books, secretary and treasurer books to the Extension Office by September 13, 2023.

If you have any questions when working on the portfolios, please contact our office, 885-3132. Remember you can re-enroll in ZSuite for next year starting October 1.

Shar

LEADERS

Your club completion list, secretary and/or treasurer books and all record books that were given to you are due to:

**The Extension Office by
Wed, Sept. 13**

SV Leader Record Book Judging Help—September 13, 4-6 pm

Leaders—If you are overwhelmed with judging your club's record books, the Afton Extension Office wants to help. You may bring your club's record books to the Afton Civic Center on September 13 from 4-6 pm for help with judging. Please contact the office, 885-3132, to let us know you are coming.

Kemmerer Area Potato Fundraiser Forms due September 4

\$25 for 50 lb. Bag

**(Russets, Reds, Yellow, Shepody,
or Variety (10 lbs. ea.)**

**Text 307-677-5228 to order. Money due at
time of order. All proceeds benefit the
Hamsfork Hands 4-H Club**

Congratulations! To the 2023 County Fair 4-H Sportsmanship Award Win- ners

This year there was an award for 4-H members who were observed "Doing Good" during the week of county fair. Prizes were donated by local businesses. There were many prizes given. 4-H members, *Thank You* for doing good for others and being great examples.

September Birthdays!!!

Savannah B.
Adylee B.
Brooklyn B.
Kyla C.
Weston C.

Khloe D.
Brexton D.
Zanna E.
Susie H.
Tucker J.

Tallon K.
Teagon K.
Ellie M.
Allison M.
Joleah M.

Christian P.
Bridget S.
Kinley S.
Bodie S.
Saige T.

Canon T.
Scarlett W.
David W.
Kaden W.
Brooke W.



Please thank the following businesses for being willing to donate prizes.

Broulins
 Swift Creek Trading
 Red Baron Drive In
 Bomgaars—Afton
 Tractor Supply
 Skyview Lanes & Salt River Cinemas
 Johnson Grain
 Advantage Plus
 Pop Shop
 Pizza Hut
 Swirl
 Wyoming Fossils/Sawayas
 Ace Hardware—Kemmerer
 Bomgaars—Diamondville
 Riddleys Family Marketplace

Wyoming State Fair Participants

Lincoln County was well represented at the 2023 Wyoming State Fair. There were five Lincoln County youth who participated. Kyle F., Clara F., Ivan C., Colter N., Amber C., Jacob C., and Kimberly C. participated in the youth livestock shows.

Results were not available at the time of compiling this newsletter. But Lincoln County was well represented and the participants gained more knowledge and experience.

There were 81 static exhibits which earned purple ribbons at county fair that went to state fair to be judged. Four of them received special rosettes. Joleah M. received a Junior Division 2nd Red Rosette for her fondant cake decorating. Payton L received an Intermediate Division 2nd Red Rosette for his blue jacket. Makinzie B. received an Intermediate Division 1st Blue Rosette for her rifle poster. Colton M. received a Senior Division 2nd Red Rosette for his sportsfishing tied flies. Yes, Lincoln County was well represented at the Wyoming State Fair!

4-H Club News—

Divine Swine & Bovine 4-H Club

The Divine Swine & Bovine 4-H Club meet the 2nd Monday of each month.

Dynamite Dogs 4-H Club

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

Freedom 4-H Club

The Freedom 4-H Club met on July 19 at the Afton Food Pantry to help serve the community. Members in attendance: Kinley & Quinn S., Maddox, Addy, and Gunner B., Delancy B., Abi C., David C, and Charlie L. See picture in the next column.



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/>)

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

Outstanding Member Nomination Form

This award is open to any **senior** member. There may be an Outstanding Member selected from Cokeville, Kemmerer, and Star Valley. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**.

Your Nominee Is: _____

Please mark where the member lives: Cokeville Kemmerer Star Valley

I feel this member is deserving of this award because:

Outstanding Leader Nomination Form

This award is open to any leader. There may be an Outstanding Leader selected from Cokeville, Kemmerer, and Star Valley. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**.

Your Nominee Is: _____

How many years have they been a Leader: _____

Please mark where the leader lives: Cokeville Kemmerer Star Valley

I feel this leader is deserving of this award because:

Friend of 4-H Nomination Form

This award is open to any person or business that has helped support the 4-H program in your area. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**.

Your Nominee Is: _____

Please mark where the person/business resides: Cokeville Kemmerer Star Valley




I feel this person/business is deserving of this award because:

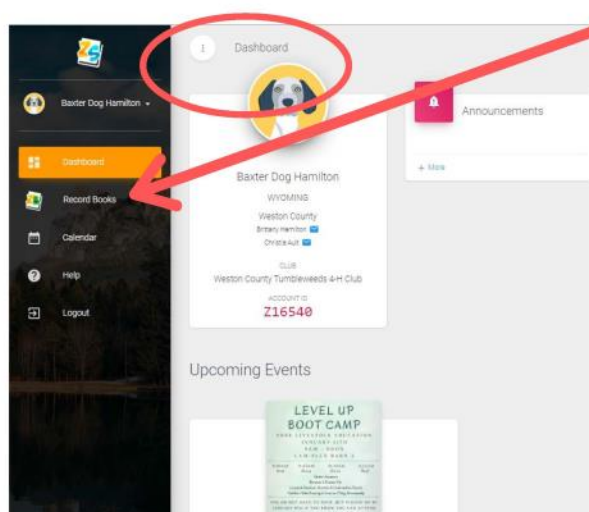
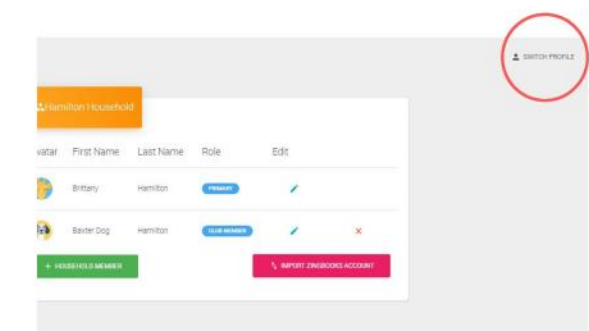
ZSuite 4-H Record Books & You!

Understanding the new record book system



Adding a Record Book

1. Whether you are on the **Dashboard** screen or **Household Members** screen, you will click on  located at the top right of the screen.
2. Click **Choose Profile** of the member you wish to add a record book for.
3. The next screen is the **Dashboard** for that member's profile.
4. In the black drop down menu, select  **Record Books**
5. The next screen is the **Record Books** screen. Click on  to add a record book for that member.



6. The next screen should look like this. Fill in the required fields for the project record book you wish to add.

Example:

Project Name: Market Lamb
Club: Elk Mountain Outlaws (auto fills)
Primary Category: Animal Science
Sub Category: Sheep
Record Book Type: Junior Record Book
Start Date: 04/01/2020
End Date: 08/31/2020

7. Finish adding this record book by clicking 

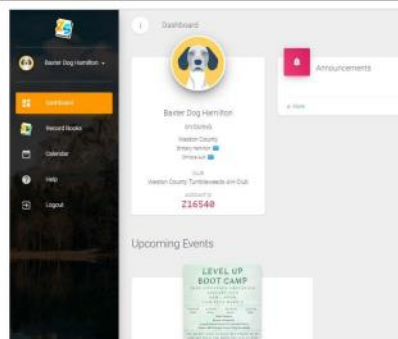
*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.



You will return to the **Record Books** screen. Repeat this process for the remainder of the project record books for that member. **Switch Profile** and select the profile for the next member you wish to add record books for.

ZSuite 4-H Record Books & You!

Understanding the new record book system



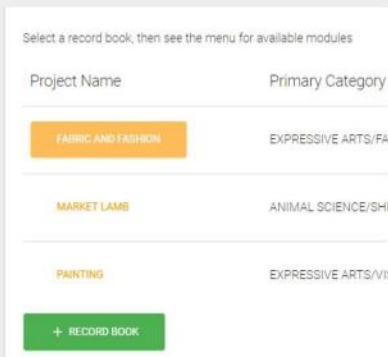
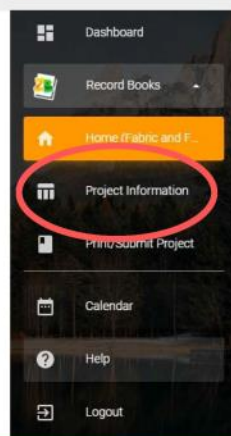
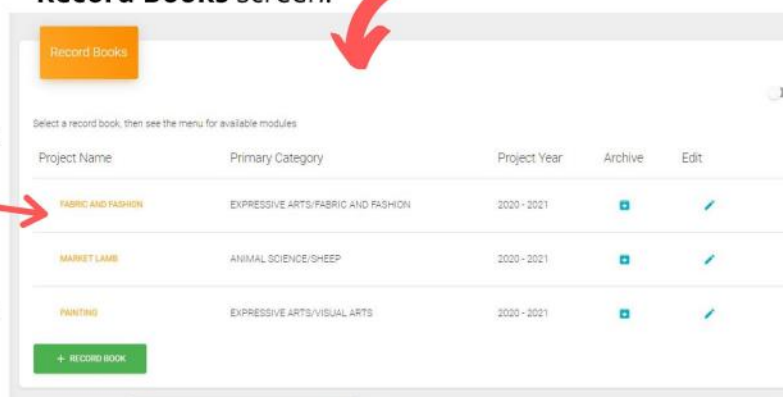
Editing a Record Book/Adding Info

Once all of your child's project records are added, you are ready to edit/add goals!

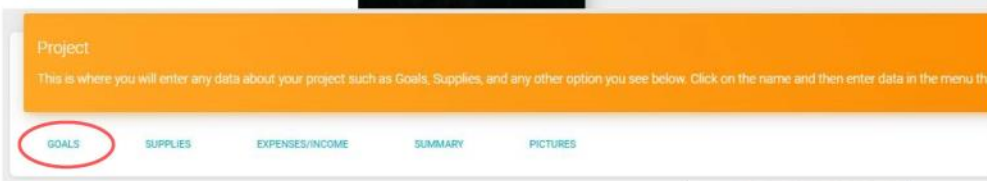
1. To edit record books from log in page:
 - a. Log in using username and password.
 - b. Select **Choose Profile** of the member you wish to edit a record book for, this will take you to the member's profile **Dashboard**.
 - c. On the **Dashboard** screen in the black drop down menu on the left, select **Record Books**.
 - d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.

1. To edit record books from **Record Book** screen:

- a. Select the yellow **project name** of the project you wish to edit.
- b. In the black drop down menu on the left, a new option **Project Information** should appear, and the project name you clicked on should be highlighted.
- c. Click **Project Information**.
- d. The next screen is the **Project Information** screen, and a yellow info bar should appear that says Project.
- e. Click the **blue** tool bar options to add goals, starting supplies, expenses, etc. to your project record.
 - i. REMEMBER to only add the goals and items for the project you have selected! Do not put every project's information here!



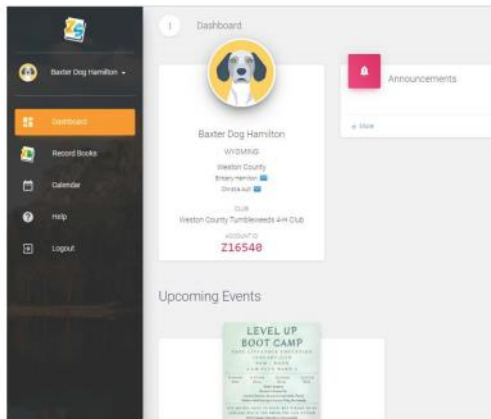
Repeat this process for all individual project record books for each member.



*Note: To return to edit the other project records for the member, click **Home (Market Lamb)** in the black drop down menu on the left of the screen. Select the next project to edit from the list, make sure it is highlighted in **yellow**, and click **Project Information**.


ZSuite 4-H Record Books & You!

Understanding the new record book system





Adding 4-H Year Involvement

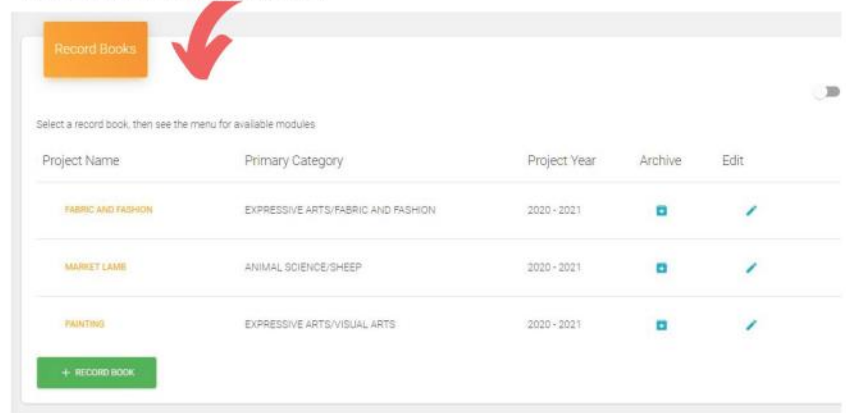
Once all of your child's project records are added, and you have entered all of your project information including goals, supplies, expenses, etc., you are ready to add your 4-H involvement information! This includes your leadership, community service, state experiences, etc. This will be the same process as adding a project record.

1. To add/edit record books from log in page:
 - a. Log in using username and password.
 - b. Select **Choose Profile** of the member you wish to edit a record book for, this will take you to the member's profile **Dashboard**.
 - c. On the **Dashboard** screen in the black drop down menu on the left, select  **Record Books**
 - d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.

1. To add 4-H year involvement from

Record Book screen:

- a. Select 
- b. On the **Create Record Book** page, call the project name My 4-H Year.
- c. Under the Primary Category menu, select My 4-H Year; the Sub Category will be 4-H Year Involvement. The record book type will be My 4-H Year Involvement Report
- d. Add beginning and end dates.
- e. Finish by clicking 



Create Record Book

Project Name: My 4-H Year

CLUB: WESTON COUNTY TUMBLEWEEDS 4-H CLUB



PRIMARY CATEGORY: MY 4-H YEAR

SUB CATEGORY: 4-H YEAR INVOLVEMENT

RECORD BOOK TYPE: MY 4-H YEAR INVOLVEMENT REPORT

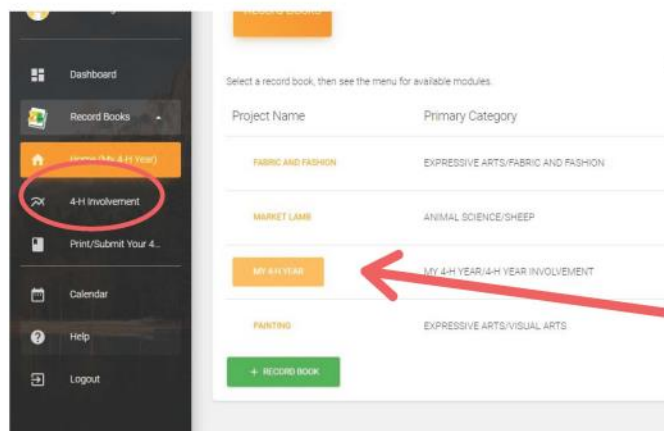
Start Date: 10/1/2019

End Date: 9/30/2020

ZSuite 4-H Record Books & You!

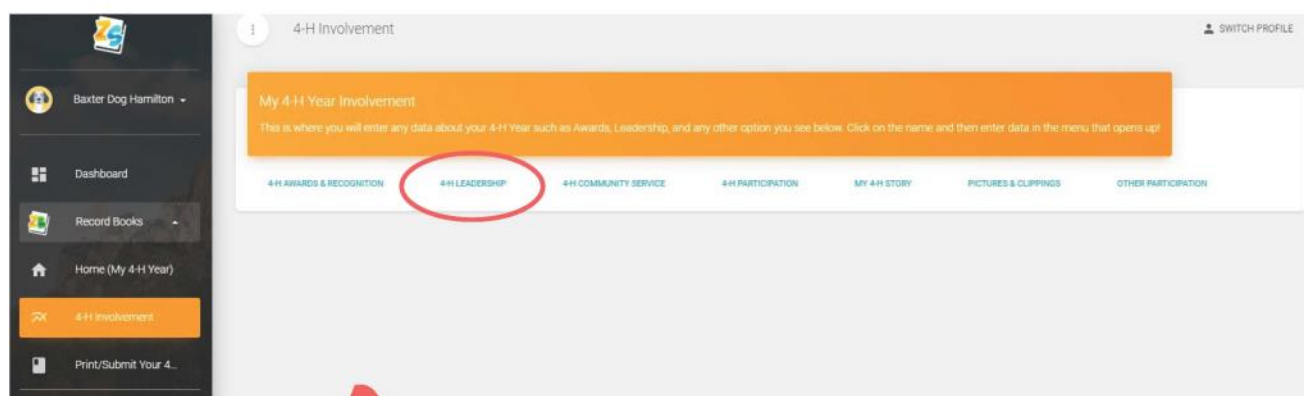
Understanding the new record book system



Adding 4-H Year Involvement Cont.

Once you have added My 4-H Year to your projects, you may add your 4-H involvement information, including community service, leadership, etc.

1. To add information to your 4-H Year, select the yellow **My 4-H Year** button from the projects list. In the black drop-down screen to the left, you will see a new option called **4-H Involvement**. Select this option.

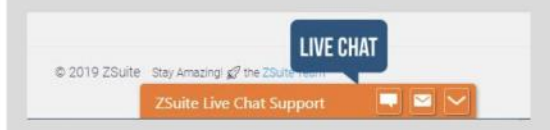


1. The next screen should look like this.
 - a. Select any of the **blue** tool bar options to add community service, 4-H leadership, 4-H awards, etc.
 - b. The format will be similar to the old online portfolios.
 - c. REMEMBER to **Switch Profile** if you have more than one member and repeat this process to add 4-H Year Involvement.

*Note: To return to edit the other project records for the member, click **Home (Market Lamb)** in the black drop down menu on the left of the screen. Select the next project to edit from the list, make sure it is highlighted in **yellow**, and click **Project Information**.



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



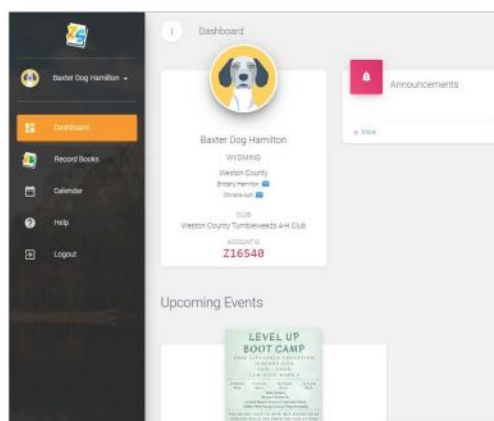
ZSuite 4-H Record Books & You!


Understanding the new record book system

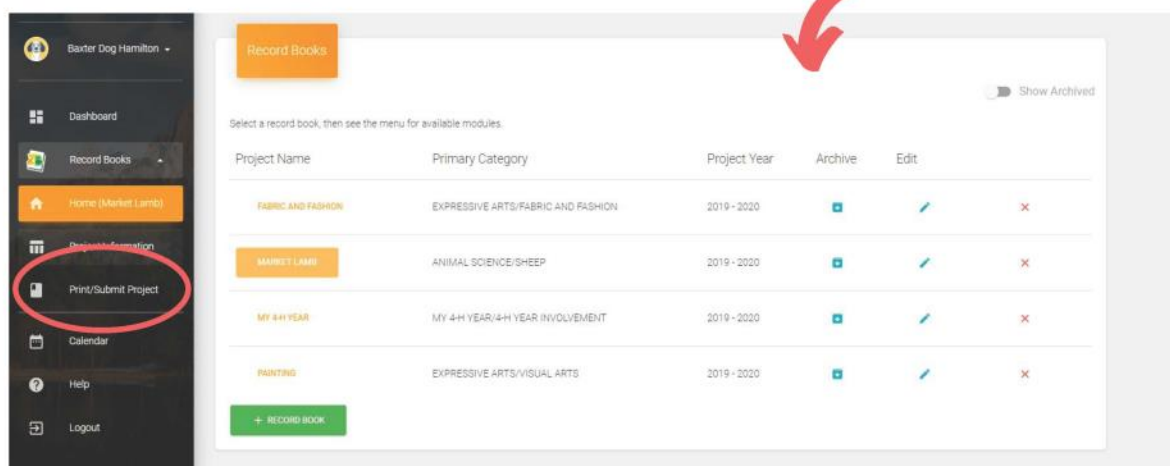



Downloading/Submitting Project Record

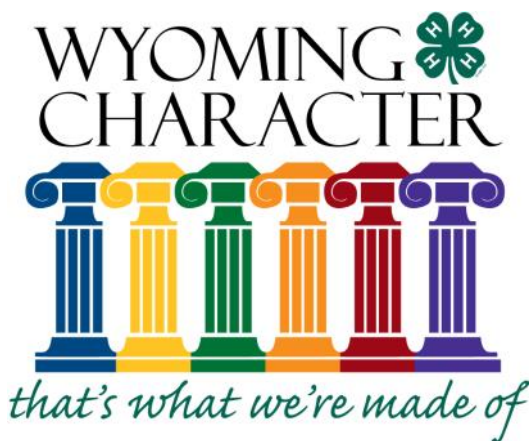
After you have entered all of your project information for each project and have completed your 4-H year involvement, you are ready to submit/download/print your record books!



1. To submit/download/print record books from log in page:
 - a. Log in using username and password.
 - b. Select **Choose Profile** of the member you wish to print a record book for, this will take you to the member's profile **Dashboard**.
 - c. On the **Dashboard** screen in the black drop down menu on the left, select  **Record Books**.
 - d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.



1. From the **Record Books** Screen:
 - a. Select the project you wish to download/print/submit, make sure it is highlighted in **yellow**.
 - b. In the black drop-down menu to the left, select  **Print/Submit Project**.
 - c. You can review the record book, and if there are no changes to be made, download/print/or submit that file.
 - d. Repeat this process for all other record books and 4-H involvement for each member when it is time to turn them in or if you would like them saved to your computer.



Caring

Caring... Have you done it today?

"If you can't think of anything nice to say, you're not thinking hard enough!" ~ Kid President

Have you ever taken a moment to watch a Kid President video? If not, take a few moments to google it, you will be inspired to become AWESOME!

Awesomeness is not just about doing the right thing, its also about caring for those around you. When you care for someone, you show how much you appreciate the person they are, flaws and all.

One of the easiest ways to show you care is to speak kind words. Along with kind words, listen to how others are feeling. Pay attention to their words as well as their body language, show compassion for their thoughts.

A great way to teach caring behavior is to model it yourself. Pass around high-fives, smile at others, compliment your peers, and listen when others are speaking. Praise kind behavior, and never tolerate rudeness.

Caring is not something that comes naturally to everyone, sometimes it takes PRACTICE!

Make a conscious effort every day to speak a kind word, or do something small to show others you care. The more you practice, the better you will become!



4-H Activity: Snowball Fight!



Materials: A large pile of paper and pencils.

Procedures:

1. Have members sit in a circle on the floor.
2. Distribute a sheet of paper and pencil to each member
3. Ask each member to write their name at the top of the paper.
4. Once members have their name on a sheet of paper, ask them to crumble them into a ball.
5. Tell members to throw their paper balls like a snowball fight!
6. Once the fight has died down, ask them to choose a ball, unfold it, and write something nice about the person on the ball.
7. Crumble the papers again and have another snowball fight!
8. Once the fight has died down, repeat step 6. Repeat as many times as compliments you wish to have members write.
9. Ask each member to read the last ball they pick up to the group.



Head - Remember to try and do something nice for someone everyday..

Heart - Listen to others, let them know you care.

Hands - Practice small acts of kindness!

Health - Be a friend, and you will always have a friend! Smiling lifts your spirits as well as those around you!



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 **Cassie Jasperson at 307-885-3132**. Each class has hands-on activities and you will make a recipe from the CNP cookbook.

Welcome Cassie!

Please join us in welcoming Cassie Jasperson to the UW Lincoln County Extension Team! Cassie started as the Cent\$ible Nutrition Program Educator for North Lincoln, Sublette, and Teton counties on June 19. She is based out of the North Lincoln County Extension Office in Afton.



Cassie Jasperson was born and raised in Star Valley, Wyoming. She is a fourth-generation ranch kid and grew up running all over the hills with her three younger brothers. She grew up with a love of learning and her parents instilled the

importance of food production agriculture as a cornerstone to society. She attended BYU-Idaho where she studied theater, before realizing that she missed Wyoming and her roots. She transferred to Northwest College in Powell where she studied agronomy. Cassie and her four children returned to Wyoming in the spring of 2022. Cassie recently completed the Climb Wyoming program. Cassie has a goal to visit every town in Wyoming and is more than 75% there. She loves cooking, reading and exploring all the wonders Wyoming has to offer. Cassie can be reached at cpluhar@uwyo.edu or (307) 885-3132. Welcome Cassie!


Welcome Stephanie!

Please welcome Stephanie Anderson to UW Extension. Stephanie started as the Cent\$ible Nutrition Program Educator for Uinta and South Lincoln counties on July 24, 2023. She is based out of the Uinta County Extension office in Evanston. Her email address is: Stephanie.Anderson@uwyo.edu.

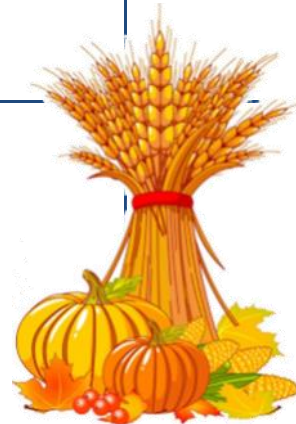


Stephanie earned her bachelor's degree in botany and biology from the University of Wyoming. She loves food and has managed a restaurant for the past thirteen years in Evanston, her hometown. Stephanie has had the pleasure of teaching cooking classes for the past five years and believes teaching can help others to learn to live a happier and healthier lifestyle. She is excited to share her knowledge of nutrition and health in her community.

September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
	3	4 <i>Labor Day Holiday, Extension Offices Closed</i>	5	6	7	8
9	10	11 RECORD BOOKS DUE TO LEADER OR EXT. OFFICE NOMINATION FORMS DUE TO EXTENSION OFFICE Hamsfork Hands 4-H Club Meeting, 6:15 pm, So. Events Ctr.	12	13 CLUB BOOKS DUE TO EXT. OFFICE	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 SV Area 4-H Awards Night, 6 pm. South Exhibit Building	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 Kemmerer Area 4-H Awards Night, 6 pm., So. Events Center	18	19	20	21
22	23 4-H Halloween Festi- val, 5:30 pm, South Exhibit Bldg.	24	25	26	27	28
29	30	31				

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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