



College of Agriculture  
and Natural Resources  
Extension  
Lincoln County

# Lincoln County *Chit Chat*

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

Afton Office – 307-885-3132

September 2023

Kemmerer Office – 307-828-4092

## Upcoming Events

Oct 01	New 4-H Year Starts—Enrollment Begins
Oct 01-07	National 4-H Week
Oct 02	SV 4-H Awards Night, 6 pm, 4-H Exhibit Bldg.
Oct 05	SV 4-H National Science Day, 4 pm, Afton Civic Ctr.
Oct 12	Cokeville 4-H Awards Night, 6:30 pm, Elementary
Oct 17	Kemmerer 4-H Awards Night, 6 pm, So. Training Ctr.
Oct 23	Halloween Festival, 4-H Exhibit Bldg., 5:30 pm
Oct 28	Haunted Barn, 6:30 pm, Kemmerer Comm. Barn
Nov 23-24	Thanksgiving Holiday, Ext. Offices Closed

## 4-H Awards Nights

**Star Valley: Oct. 2 at 6 pm**

4-H Exhibit Building

Hamburgers

Last Name begins with A-L bring a side dish

Last Name begins with M-Z bring a dessert

**Cokeville: Oct. 12 at 6:30 pm**

Elementary

**Kemmerer: Oct. 17 at 6 pm**

South Events Center

Baked Potato Bar

*If you have questions, please contact  
Afton Office, 885-3132*

## Inside This Issue

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## Online 4-H Registration Starts October 1

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

Returning Families & Leaders— Follow the instructions on page 5-6 of this newsletter.

New Families & Leaders— Follow the instructions on page 4 or contact either Extension Office for help.

Contact Afton (885-3132) Extension Office  
for questions



# 4-H Program Information

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

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

Welcome to a new 4-H year! We hope you had a great time and great experience from 4-H last year for all those who are returning 4-H members. A special welcome to members who are new for 2024.

Awards night is coming up fast for Afton, Cokeville, and Kemmerer. Congratulations to all special award winners! We hope to see you for awards night in your area. Check the calendar to see when your area awards night is.

Enrollment opens for 2024 on October 1. Club leaders and parents should be logging into ZSuite to sign up for 4-H next year. Don't forget to double check your contact information and update as needed. Check your project list, too, and try something new this year! Contact Shar or Deborah for ideas on projects you can try or to request resources like project manuals.

We are always looking for new members and new leaders, so share how much fun you had last year with your friends and neighbors so they can sign up, too!

Call the Afton Extension Office at 885-3132 or Kemmerer Extension Office at 828-4092 if you need any assistance getting ready for next year.

*Deborah*

## National 4-H Week—October 1-7

### Afton Office Activities

- We will have a jar full of green candy. Guess the amount to win a prize.
- We will have 4-H flyers in local stores and pizza restaurants. Post a picture of the flyer on the Star Valley 4-H Parent Leader Group and we will have a random drawing of all those who post a picture of the flyer to win a prize.
- There will also be 4-H bookmarks at the local libraries!

Watch for other National 4-H Week activities on social media.



## National 4-H Science Day—Oct. 5

There will be a science day activity on Thursday, October 5 at 4 pm in the Afton Civic Center. **Activity space is limited, please RSVP** to the Afton Extension Office, 885-3132.

## October Birthdays!!!

Harper A.  
Malia A.  
Jace B.  
Sara B.  
India B.  
Jalette C.  
Sid C.

Colton C.  
Elias C.  
Riley D.  
Colby E.  
Whitli G.  
Cashlee H.

Mark H.  
Oakley H.  
Keston J.  
Louie J.  
Evelynn K.  
Carly M.

Micah P.  
Paxton P.  
West R.  
Stedson R.  
Treydon R.  
Joshua S.

Leroy S.  
Marek S.  
Paisley S.  
Richlee S.  
Gerritt T.  
Holly W.  
Stockton W.







## SV Cloverbuds Activity—Oct. 9

There will be a Cloverbuds activity on Monday, October 9 at 4 pm in the Afton Civic Center. Cloverbuds is for kids ages 5-7 (as of January 1) **please RSVP** to the Afton Extension Office, 885-3132.

## 4-H Club News—

## 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>

Join us to Celebrate National 4-H Week




**Theme: I LOVE 4-H**

**October 1-8, 2023**

**ALL WEEK LONG**

**Cover Photo Contest** - On Sunday of National 4-H Week you can start posting your favorite 4-H photos under the Cover Photo Contest post on Facebook. The person who posts the photo with the most likes will win a prize and have their photos displayed as the Wyoming 4-H Cover Photos for the rest of the calendar year.

**Monday, Many Dreams. One Love** - 4-H members dream big. Post a photo or story showing telling us about your 4-H dreams. A random photo/story will be chosen to receive a prize.

**Tuesday, Many Smiles. One Family** - Post a photos or your 4-H Smile or your 4-H Family. A random photo will be chosen to receive a prize.

**Wear It Wednesday** - Wear your favorite 4-H shirt to school or work on Wednesday. Post a picture of you in your shirt under the Wear It Wednesday Facebook post. A winning photo will be selected at random.



**Thursday, 4-H Is a Feeling** - What feelings do you have about 4-h? Post a photo showing us a feeling or emotion that you get from being in 4-H. If you don't have a photo, just post the emotion or feelings. A winning photo will be selected at random.

<https://www.facebook.com/Wyoming4H/>



**NATIONAL 4-H WEEK SCAVENGER HUNT**

ALL WYOMING 4-HERS ARE INVITED TO PARTICIPATE IN A STATE-WIDE SCAVENGER HUNT ON THE GOOSECHASE APP IN HONOR OF NATIONAL 4-H WEEK. TEAMS WILL TAKE VIDEOS, PHOTOS, AND ANSWER QUESTIONS IN PURSUIT OF BEING CROWNED THE WINNER!

**WYOMING 4-H PRESENTS:**



**JOIN THE FUN OCTOBER 1ST-7TH, 2023**

1. DOWNLOAD THE GOOSECHASE IOS OR ANDROID APP.
2. CHOOSE TO PLAY AS A GUEST, OR REGISTER FOR A PERSONAL ACCOUNT.
3. SEARCH FOR AND SELECT THE WYOMING 4-H HUNT GAME, OR SEARCH BY GAME CODE: 6XGLLQ
4. FOLLOW THE PROMPT TO SELECT OR CREATE A TEAM. IF YOU CREATE A TEAM AS A GUEST, MAKE SURE TO WRITE DOWN YOU ACCESS CODE FOR OTHERS. TEAMS CAN CONSIST OF UP TP FIVE PEOPLE.
5. COMPLETE THE SCAVENGER HUNT TO EARN POINTS. PRIZES WILL BE AWARDED TO THE TOP THREE TEAMS!











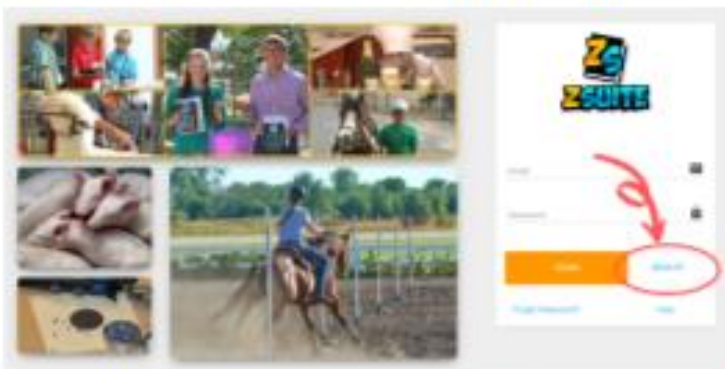
# ZSuite 4-H Enrollment!

## 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).



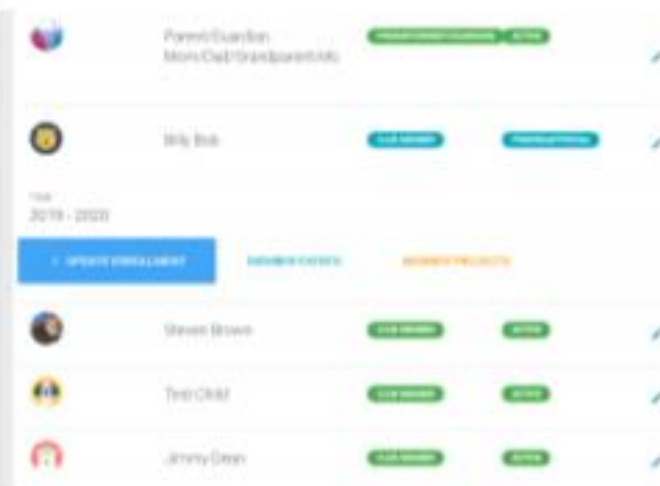
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
  - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

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

© 2019 ZSuite - the experts of the 4-H

Chat with 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.
2. Use the same email and password you used to sign up for zsuite.
3. Click 
  - if you forgot your password, click the **Forgot Password?** And you will be prompted to enter another password.
4. You MUST be signed in as the PRIMARY account to enroll members.
5. Once you log into your PRIMARY account, you will see a list of all the household members and their current enrollment status. - Note the background color—**Red** signifies inactive profiles, while **green** signifies a member is currently enrolled. (NOTE: Each year, all profiles are made inactive.)
6. Click the picture besides the member you want to update. You can easily update inactive profiles by clicking .
7. This will take you to the enrollment wizard form. Complete all information. (NOTE: Required fields will have an asterisk \* behind it. The system will not go to the next section until all required fields are completed.)
8. If you need to leave, prior to finishing your enrollment, click the 'SAVE FOR LATER' link at the bottom right of the form so you will not have to re-enter the data you've already completed.
9. Click  at the bottom of the **Personal Information** section to go to the **Waivers** section. Click the Next button to go to the **Clubs** section

The login screen features the ZSuite logo at the top. Below it are two input fields: 'Email' and 'Password'. To the right of the password field is a lock icon. At the bottom left is a large orange 'LOGIN' button, and to its right is a blue 'SIGN UP' button. Below the login button is a blue link 'Forgot Password?' and to the right is a blue link 'Help'.

The dashboard shows the 'Perry Household' with a list of members. Each member has a profile picture, name, and enrollment status. Shar Perry is 'INACTIVE', Baze Perry is 'ACTIVE', Jace Perry is 'ACTIVE', and Tyce Perry is 'INACTIVE'. There is an 'ENROLL NOW' button at the bottom right.

The enrollment wizard for Tyce Perry (2019-2020) has three tabs: 'PERSONAL INFO', 'WAIVERS', and 'CLUBS'. The 'PERSONAL INFO' tab is active. It contains sections for 'Account Profile Information' and 'Child (member) Information'. The 'Child (member) Information' section has fields for 'Child's First Name', 'Child's Last Name', 'Child's Birthdate', 'Child's Gender Identity', 'Child's Ethnicity', and 'Child's Race'. An arrow points from the 'CLUBS' tab to the 'Child's Gender Identity' field.

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. 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.

14. 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.

15. 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**

**Deborah Peavler, Kemmerer Extension Office, 307-828-4092**



## What Is Character?

### RESPECT

- Is friendly and cooperative when asked to take on responsibilities.
- Listens to and acknowledges the viewpoints of others.
- Treats everyone with respect and dignity to maintain a positive working environment.
- Models listening and maintains an open mind.
- Works to establish a respectful and working relationship with mentor.
- Accepts constructive criticism and modifies behavior when necessary.
- Is courteous and polite to others.
- Doesn't use, manipulate, exploit or take advantage of others. Works well as a team member.

### CITIZENSHIP

- Maintains an active role in school and community activities.
- Follows company policies, regulations, and procedures.
- Shows initiative by becoming helpful and resourceful. Indicates a positive and enthusiastic work attitude.
- Ensures compliance with legal and reporting procedures and regulations.
- Accurately reports hours worked according to required procedures.
- Takes care of equipment and resources.
- Demonstrates a knowledge and interest in ethical, political, economical, and environmental issues that impact the career and the country.

### RESPONSIBILITY

- Accepts responsibility and is accountable for quality of work.
- Perseveres and gets the job done.
- Recognizes what needs to be done.
- Pays attention to detail.
- Dependable in fulfilling commitments.
- Takes pride in work. Takes responsibility and is accountable for his or her own actions and mistakes.
- Strives to improve abilities, learns new skills and takes on broader responsibilities.
- Asserts own views in a reasonable manner.

### TRUSTWORTHINESS

- Gives proper notice of absences. arrives on time.
- Works scheduled hours.
- Provides honest feedback on progress and problems.
- Works well with little supervision.
- Keeps confidences and honors a person's right to privacy.
- Develops honest, open and ethical in relationships with others.
- Stands by his or her commitments.
- Earns trust and confidence through honesty and hard work.
- Does not steal, misuse or abuse company property or equipment.

### FAIRNESS

- Uses tact and fairness in dealing With others.
- Is Flexible in coping with different expectations, situations, and diverse leadership styles.
- Completes tasks in a timely manner.
- Contributes knowledge, ideas, and skills to others.
- Contributes to the team or organization in seeking solutions to improvements.
- Gives people a reasonable benefit of the doubt.
- Concentrates on the positive.
- Demonstrates sound communication skills in conflict situations by using openness, flexibility, and a win-win attitude.

### CARING

- Builds positive relationships with others.
- Shows kindness and is sensitive to the feelings of others.
- Takes time to help others.
- Attends to details.
- Does quality work.
- Gives accurate self-evaluation of work performance.
- Works harmoniously with others on a daily basis.
- Respects the property of others.
- Takes the time to talk with people face-to-face about issues.



## 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 Jaspersen 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 Jaspersen 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 Jaspersen 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](mailto: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](mailto: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.



# October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> New 4-H Year Starts—Must Re-enroll  National 4-H Week	<b>2</b> SV Area 4-H Awards Night, 6 pm. South Exhibit Building  National 4-H Week	<b>3</b>  National 4-H Week	<b>4</b>  National 4-H Week	<b>5</b> SV 4-H National Science Day, 4 pm, Afton Civic Ctr., Space Limited, PLEASE RSVP  National 4-H Week	<b>6</b>  National 4-H Week	<b>7</b>  National 4-H Week
<b>8</b>  National 4-H Week	<b>9</b> SV Cloverbuds, 4 pm, Afton Civic Center  National 4-H Week	<b>10</b>  National 4-H Week	<b>11</b>  National 4-H Week	<b>12</b> Cokeville Area 4-H Awards Night, 6:30 pm, Elementary  National 4-H Week	<b>13</b>  National 4-H Week	<b>14</b>  National 4-H Week
<b>15</b>  National 4-H Week	<b>16</b>  National 4-H Week	<b>17</b> Kemmerer Area 4-H Awards Night, 6 pm., So. Events Center  National 4-H Week	<b>18</b>  National 4-H Week	<b>19</b>  National 4-H Week	<b>20</b>  National 4-H Week	<b>21</b>  National 4-H Week
<b>22</b>  National 4-H Week	<b>23</b> 4-H Halloween Festival, 5:30 pm, South Exhibit Bldg.  National 4-H Week	<b>24</b>  National 4-H Week	<b>25</b>  National 4-H Week	<b>26</b>  National 4-H Week	<b>27</b>  National 4-H Week	<b>28</b> 4-H Haunted Barn, 5:30 pm, Community Barn  National 4-H Week
<b>29</b>  National 4-H Week	<b>30</b>  National 4-H Week	<b>31</b>  National 4-H Week				

# November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Holiday—Ext. Offices Closed	24 Thanksgiving Holiday—Ext. Offices Closed	25
26	27	28	29	30		

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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