



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

November 2023

Kemmerer Office – 307-828-4092

Upcoming Events

Nov 1	CNP Class, Afton Civic Ctr., 5:30 pm
Nov 3-5	Reignite 4-H, Cheyenne WY
Nov 6	SV Cloverbuds Activity, 4 pm, Afton Civic Ctr.
Nov 15	CNP Class, Afton Civic Ctr., 5:30 pm
Nov 23-24	Thanksgiving Holiday, Ext. Offices Closed
Nov 29	CNP Class, Afton Civic Ctr., 5:30 pm
Dec 6	CNP Class, Afton Civic Ctr., 5:30 pm
Dec 13	CNP Class, Afton Civic Ctr., 5:30 pm
Dec 20	CNP Class, Afton Civic Ctr., 5:30 pm
Dec 25-26	Christmas Holiday
Dec 27-29	Winter Closure
2024	
Jan 1-2	New Year's Holiday
Jan 3	CNP Class, Afton Civic Ctr., 5:30 pm

SV Area 4-H

Members & Leaders!

Last year's record books, livestock checks (must be cashed by 60 days from the date of the check), and club books are available for pickup at the Afton Extension Office



Happy Harvest!

Inside This Issue

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**Online 4-H Registration
Started October 1**

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

Returning Families & Leaders— Follow the instructions on page 6-7 of this newsletter.

New Families & Leaders—Follow the instructions on page 5 or contact either Extension Office for help.

Contact Afton (885-3132) or Kemmerer (828-4092) Extension Offices 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...

I hope everyone remembers to sign up for the new 4-H year on ZSuite. Please remember to delete any old clubs or projects and to add your new ones.

We are approaching a busy time of year. This time of year also gives us many service opportunities. Please help where you can and remember to put in your record books. Community service is required to get a gold on your record books. If you are not able to do it with your club when they hold their service activities, you can do it on your on behalf of 4-H. This means it cannot be done with another organization.

This is also a good time to sit down and write your goals for the upcoming year. When writing your goals remember to write them as a **SMART** Goal. Smart goals are Specific, Measurable, Achievable, Relevant, and Time Based. (See graphic on the second column). Remember to write them in complete sentences. Without goals one doesn't have direction in their new 4-H year. Also, there are many resources online. If you need more help, please contact the Extension Office.

Shar

S	Specific Clearly State your Goal
M	Measurable Ensure you can Measure Success
A	Attainable Set Goals you know you can Achieve
R	Relevant Set Goals Relevant to your Career or Education
T	Time-Based Set a Deadline for Completion

Source:
<https://helpfulprofessor.com/smart-goals-examples-for-students/>

<https://helpfulprofessor.com/smart-goals-examples-for-students/>

SV Cloverbuds Activity—Nov. 6

There will be a Cloverbuds activity on Monday, Nov. 6 at 4 pm in the Afton Civic Center. Cloverbuds is for kids ages 5-7 (as of January 1). If you are interested, **please RSVP** to the Afton Extension Office, 885-3132.

4-H Families

If you have good white shirts that can still be worn, please bring them to the Afton Extension Office.

We keep a bin of them for 4-H members who need to use them for the year.

November Birthdays!!!

Mataya A.
Alvin A.
Gwendolyn A.
Trevan B.
Beckham B.
Maddox B.
Cole B.
Shayna C.

Amber C.
Benjamin C.
Sophia C.
Jillian C.
Carson D.
Austin D.

Ryder D.
Italy E.
Jack F.
Angelie F.
Easton H.
Sophe H.

Ryder H.
Serratelli H.
Gracie J.
Jillian J.
Tate L.
Harley M.

Paizlee N.
Colter N.
Cord N.
Zofia N.
Ruth P.
Kimber S.
Tayson S.



Congratulations! 4-H Members & Leaders

Outstanding & Honorable Mention Record Books

Gunner B.	Mason L.	Porter P.
India B.	Payton L.	Tyce P.
Austin D.	Geneva M.	Marek S.
Madilyn D.	McCall M.	Kabrie W.
TyLeigh D.	Alexander P.	Kaden W.
Arielle G.	Baze P.	McKenna W.
Emmitt G.	Bridger P.	Taizlee W.
Flint L.	Maliyah P.	

Wyoming 4-H Honors Club

(Accumulated 19 or more points)

Delancy B.	Madison H.	Harley M.
Treyson C.	Oakley H.	Porter P.
Madilyn D.	Flint L.	Colt S.

Outstanding Member

McCall M.	Porter P.	Destiny S.
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Outstanding Leader

Nic & Hanna B.	Marilyn D.	Jessica W.
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Friend of 4-H

Swift Creek Trading
Holli Murdock
Bomgaars-Kemmerer

Herdsmanship

DIVINE SWINE & BOVINE—Beef Herdsmanship
MUCKIN' MAVERICKS—Sheep Herdsmanship
DIVINE SWINE & BOVINE—Swine Herdsmanship
MEADOW GRAZERS—Meat Goat Herdsmanship

4-H Club News—

SV Horse 4-H Club—will be starting horse judging/hippology meetings. Please contact Nikki Burch at 208-399-2866 to let her know you are interested.

Wyoming State/Regional Events & News

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

Reignite 4-H—November 3-5, 2023 in Cheyenne, Wyoming. See the info on the next page.

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>

National 4-H Conference—April 19-24, 2024 in Arlington, Virginia. This is for youth ages 15 (as of January 1) or

older. The cost is an estimated \$2500. Some scholarships are available. Registration opens October 16 and will close at midnight on January 31, 2024. Application are through the following link:

https://wyoming4h.formstack.com/forms/conference_congress_app

Wyoming 4-H “Food, Fun & 4-H!” - See the information on the next page of this newsletter on how to sign up.

Attention Graduating Seniors!

Each year the Wyoming 4-H Foundation awards thousands of dollars in scholarships to youth that will be attending a college, university, or technical school to further their education.

Applications are due by February 15, 2024, and uses a resume built from your 4-H Portfolio Record Book.

As you consider your next steps in your education and career path, 4-H involvement may help you obtain scholarships at the college you choose to attend. The Wyoming State 4-H Foundation has updated our 4-H Scholarship application. Find out details at: <http://www.wyoming4h.org/4hfoundation/scholarships>

Click on each scholarship for its specific criteria and then use the universal application to apply.

There are many available scholarships! Up to \$30,000 total for new and first time qualified applicants!

Remember - the best way to be awarded a scholarship is to APPLY!

Please call the State Office if you have any questions - (307) 766-5170.

Do not Delay - Apply Right Away!!



4-H Volunteers
Leaders
Parents
Educators

NOVEMBER 3-5
Cheyenne, WY

Registration
Coming
Soon!

WORKSHOP TOPICS INCLUDE:

- Finding You Spark
- Special Needs 4-H Members
- Geology Engagement
- Ropecraft
- Wyoming's Community Resources: Utilization and Partnerships
- Wyoming's Tech Future: Practically and Successfully Teaching Robotics
- Beyond Community Service: How to help youth make an impact in their community and themselves
- Outdoor Skills- Wyoming and National Shooting Sports Opportunity
- Decorating New Paths with Stained Glass
- Leathercraft Mentors
- Archery, Rifle & Pistol Wyoming State Certifications
- Stop the Bleed
- Fabric and Fashion Mastery Workshop
- New Volunteer Training
- 4-H Club Fun: Games and Activities Workshop
- Using Curriculum to Enhance Project and Club Meetings
- Cloverbuds - Learn Something, Make Something, Eat Something
- Club Organization Round Table



Behold the return of the mystical Food, Fun 4-H! As the leaves turn and the winds whisper tales of autumn's arrival, we invite you to join us on a journey of culinary delights. Delve into the mysteries of new recipes, bask in the warmth of family mealtime, and revel in the enchantment of 4-H, all at once! The magic begins anew in October, dear seeker.

Free to participate, groceries not included.

REGISTER VIA THE QR CODE
OR GO TO
[HTTPS://BIT.LY/3QOZBW9](https://bit.ly/3QOZBW9)

Contact Kellie Chichester
(307) 334-3534 or
kelliec@uwyo.edu



Wyoming Food, Fun & 4-H was made possible by funding from the John P. Ellbogen Foundation Wyoming Communities, Agriculture, and Rural Living Project Grant from UW Extension.

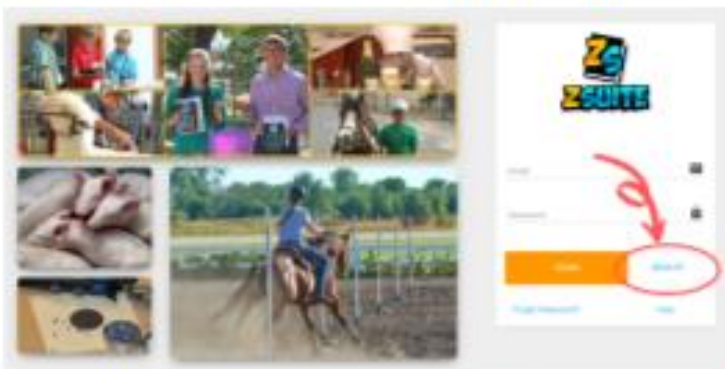
ZSuite 4-H Enrollment!

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).



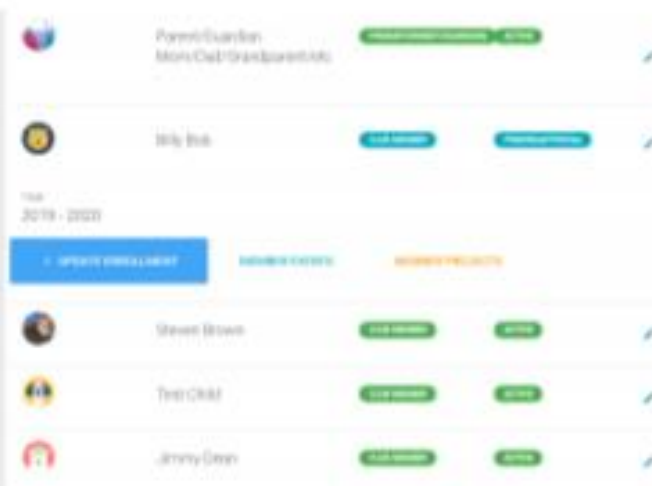
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

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 **SUBMIT**.



*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

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.
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' with an envelope icon and 'Password' with a lock icon. There are two buttons: a large orange 'LOGIN' button and a smaller blue 'SIGN UP' button. At the bottom, there are two links: 'Forgot Password?' and '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 marked as 'INACTIVE' (red background). Baze Perry and Jace Perry are marked as 'ACTIVE' (green background). Tyce Perry is marked as 'INACTIVE' (red background). There is a 'Show Archived Members' toggle and a '+ HOUSEHOLD MEMBER' button at the bottom.

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' (Name: Tyce Perry, Birth date: [empty]), 'Child (member) Information' (Child's First Name: Tyce, Child's Last Name: Perry, Child's Birthdate: [empty], Child's Gender Identity: Male), and 'Child's Ethnicity' (Not Hispanic or Latino) and 'Child's Race' (White). A black 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



November

Character Counts Citizenship



"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in".

*Theodore Roosevelt,
American Adventurer and
26th President*

Definition of Citizenship?

Citizenship includes civic duties that outline how we ought to behave as part of a community. The good citizen knows the laws and obeys them, yes, but that's not all.

Good citizens stay informed about current issues that affect the community. That helps them understand the issue and to make better decisions to help solve problems. A democratic society relies on citizens who are well informed. Citizens who will consider what is in the best interest of the community, even if it

might not benefit them as an individual.

Good citizens do more than their "fair" share to make society work. They are concerned about today but they are also concerned about the effect of what they do today, might have on tomorrow and future generations. They are committed to the public good and make efforts to conserve resources, recycle, and clean up litter.

Good citizens are concerned about everyone in their community.



Citizenship in 4-H

Develop a 4-H Community Calendar

In small groups of mixed ages, create a list of different types of communities (i.e. church, neighborhood, school, 4-H club, etc.) Talk about what it means to be a good community member? What are the do's and don'ts of being a good community member? Ask each group to come up with 10 things that their 4-H club could do to be a good community member? Share the

ideas with the whole group.

As a club (the whole group), think about the things shared by each small group. Use those items to create a calendar focusing on good citizenship, being a good community member. As the club plans ways to demonstrate their good citizenship remember to consider the time it will take so that you can plan it in the best month for your schedule, the budget it might require,

and the amount of adult support it might need.

Have fun showing the community your 4-H Citizenship Pride.

Adapted from a lesson in the Character Counts! Good Ideas book.

Clover Connection

Head - be an informed citizen; get involved in community affairs; vote; respect authority; obey laws and rules.

Heart - cooperate; be a good neighbor.

Hands - do your share to make your community better; volunteer.

Health - create healthy lifestyles; protect the environment.



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 **Stephanie Anderson 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.

A new class being held at the Afton Civic Center at 5:30 pm on the following Wednesdays:

Nov 1, 15, 29 (Breaks for EPIC and Thanksgiving)
Dec 6, 13, 20 (Break for Christmas)
Jan 3

Contact Cassie at the number listed above to join the class.

Utilizing Herbs and Spices

So, what is the difference between an herb and a spice? The most common use of the term herb is used to describe plant leaves used for flavoring, and food, such as oregano, basil, rosemary, and parsley. Herbs can be found fresh or dried. So, what is a spice? Spices are made from the aromatic seeds, bark, flowers, and roots of plants that have been dried. Spices tend to be stronger in flavor since they include the oils in the plant itself.

Benefits

Using herbs and spices can help flavor your food without the sodium found in salt! The average American consumes 3,400 mg sodium each day. The United States Department of Agriculture recommends we limit our intake of sodium to 2,300 mg a day. If we over consume sodium on a regular basis, it can increase our risk for high blood pressure also known as hypertension. Excess sodium intake can also increase our risk for heart disease. If you're looking to cut out the sodium but still enjoy a flavorful dish, good choices to use include oregano, tarragon, chives, dill, black pepper, garlic powder, curry powder, cumin, basil, ginger, coriander, and onion.

Using spices and herbs can also make your dishes flavorful and unique! Using just salt and pepper to flavor food every meal can get boring. Try making dishes with curry, ginger, or saffron, to jazz things up without having to eat out somewhere!

Using Herbs and Spices

If you can't find fresh herbs dried herbs can be used in their place. When doing so, remember that dried herbs are stronger than fresh herbs since it's more concentrated. A useful guide is: ¼ teaspoon powdered = ¾ to 1 teaspoon dried crumbled = 2 to 3 teaspoons fresh. When using fresh herbs, chop the leaves very fine, since more flavors will be released when more cut surface area is exposed. To allow the flavors of herbs and spices to blend with cold foods such as dips, dressings, vegetables, and salads add herbs several hours before serving.

Seasoning Guide

This guide does not mean you cannot try spices on foods that are not listed together here, just some examples of what pairs well together.

HERB	FOOD COMBINATIONS
Basil	Fresh tomatoes, pasta sauce, peas, zucchini- also used in fresh Pesto!
Chives	Dips, potatoes, tomatoes
Cilantro	Mexican, Asian, and Caribbean dishes- also try with salsas and tomatoes
Dill	Carrots, cottage cheese, fish, green beans, potatoes, tomatoes
Mint	Carrots, fruit salads, peas, tea, tabouli (salad made with bulgur wheat)
Oregano	Peppers, tomatoes
Parsley	Potato salad- curly leaf is the most common parsley but flat-leaf or Italian parsley is more strongly
Rosemary	Chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes, bread
Sage	Poultry, stuffing
Tarragon	Chicken, eggs, fish
Thyme	Eggs, lima beans, potatoes, poultry, summer squash, tomatoes
Winter savory	Bean dishes, stews

Source: [Cent\\$ible Nutrition Program](#)

Create Your Own Spice Blends

You can even make your own herb and spice blends, which will save you money, and you can also control how much sodium is in your mixes. Typically, you will already have a lot of the ingredients that an herb or spice blend will call for. Some examples that you could make include a taco seasoning, ranch seasoning, spice rub, masala, etc.

Storing Herbs and Spices

The best way to store herbs and spices for longevity of quality is in a cool, dry place, and in air-tight containers. Air-tight containers can include plastic bags, glass jars or stainless-steel containers. Also try to keep containers out of direct sunlight, which fades the color of the herb and reduces the strength.

Whether you're cooking a warm soup or making a cold salad don't be afraid to pull a small amount out in a separate bowl and add whatever herbs and spices you might think would taste good in it. Then if you like it, you can do the same to the rest of food, or if you don't you won't be ruining the whole batch! Happy spicing out there everyone!

Homemade Taco Seasoning

Source: Cent\$ible Nutrition Program

1 tablespoon chili powder
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon crushed red pepper flakes or cayenne pepper
¼ teaspoon dried oregano
½ teaspoon paprika
1 ½ teaspoons ground cumin
1 teaspoon salt (optional)
1 teaspoon black pepper

Combine in small bowl, jar, or plastic bag and mix well. Store in a tightly sealed container. Label and date. Keep in a cool, dry place for up to 6 months. Use 1 tablespoon to flavor 1 pound of ground meat.

Shelley Balls, MDA, RD, LD

Sources:


United States Food and Drug Administration, [FDA](#)
Cent\$ible Nutrition Program, [CNP](#)

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CNP Class, 5:30 pm, Afton Civic Center	2	3 Reignite 4-H, Chey- enne, WY	4 Reignite 4-H, Chey- enne, WY
5 Reignite 4-H, Chey- enne, WY	6	7	8	9	10	11
12	13	14	15 CNP Class, 5:30 pm, Afton Civic Center	16	17	18
19	20	21	22	23 <i>Thanksgiving</i> <i>Holiday—Ext. Offices</i> <i>Closed</i>	24 <i>Thanksgiving</i> <i>Holiday—Ext. Offices</i> <i>Closed</i>	25
26	27	28	29 CNP Class, 5:30 pm, Afton Civic Center	30		



December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 CNP Class, 5:30 pm, Afton Civic Center	7	8	9
10	11	12	13 CNP Class, 5:30 pm, Afton Civic Center	14	15	16
17	18	19	20 CNP Class, 5:30 pm, Afton Civic Center	21	22	23
24	25 Christmas Holiday—Ext. Offices Closed	26 Christmas Holiday—Ext. Offices Closed	27 Winter Closure— Ext. Offices Closed	28 Winter Closure— Ext. Offices Closed	29 Winter Closure— Ext. Offices Closed	30
31	Jan 1 New Year's Holiday—Ext. Offices Closed	Jan 2 New Year's Holiday—Ext. Offices Closed	Jan 3 CNP Class, 5:30 pm, Afton Civic Center			

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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