



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

December 2023

Kemmerer Office – 307-828-4092

Upcoming Events

Nov 23-24 Thanksgiving Holiday, Ext. Offices Closed
Nov 29 CNP Class, Afton Civic Ctr., 5:30 pm
Dec 04 SV Cloverbuds Activity, Afton Civic Ctr., 4 pm
Dec 06 Fun with 4-H STEM, Afton Ext. Office, 4 pm
Dec 06 CNP Class, Afton Civic Ctr., 5:30 pm
Dec 09 SV Jr. Leader Fundraiser, Bomgaars, Afton, 9 am
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, Ext. Offices Closed
Dec 27-29 Winter Closure, Ext. Offices Closed

2024
Jan 1-2 New Year's Holiday, Ext. Offices Closed
Jan 3 CNP Class, Afton Civic Ctr., 5:30 pm
Feb 15 4-H Scholarship Applications Due

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

SV Area 4-H Members & Leaders!

Last year's record books and club books are available for pickup at the Afton Extension Office

Inside This Issue

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*Wishing You a
Happy
Holiday Season!*
from
Lincoln Co.
Extension





4-H Program Information

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

4-H Educator's Letter...

2023 is coming to a close, and the new year is coming up fast. Enrollment is open on 4h.zsuite.org for the 23/24 4-H year. If you haven't signed up for 4-H for the year, log in and re-enroll today! While you are enrolling, be sure to check your contact information as well as your club and project list.

Need some ideas for new projects to do this year? Go to the state 4-H website <https://www.uwyo.edu/4-h/index.html> and scroll down to "Projects" towards the bottom of the page. If you need curriculum or other project resources, check with the Afton and Kemmerer Extension Offices to see what we have available.

Animal project members and volunteers, ask Shar (307-885-3132) or Deborah (307-828-4092) about checking out the Livestock Learning Labs for your project meetings. They are a great resource to help you teach about animal diseases, skeletal structures, and lots more.

Happy Holidays everyone!

Deborah

SV Cloverbuds Activity—Dec. 4

The next Cloverbud activity is Monday, December 4 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.

Fun with 4-H STEM—Dec. 6

On December 6, 4 pm in the Afton Extension Office, there will be a Fun with 4-H STEM: LED Christmas Cards activity. You must be enrolled on ZSuite and **must RSVP by December 4.**

SV Jr. Leaders Fundraiser—Dec. 9

The SV Junior Leaders will be wrapping Christmas presents at the Bomgaars in Afton starting at 9 am.

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.

2024 Shooting Sports Leader Certification Training

Washakie Co., Worland—Mar. 9-10

(Deadline: Feb. 26, 2024)

Weston Co., Newcastle—Mar. 23-24

(Deadline: Mar. 11, 2024)

Laramie Co., Cheyenne—Apr. 6-7

(Deadline: Mar. 25, 2024)

Uinta Co., Evanston—Apr. 20-21

(Deadline: Apr. 8, 2024)

Natrona Co., Casper—Apr. 27-28

(Deadline: Apr. 15, 2024)

Visit the State 4-H Website's Additional Training page and scroll down to the Shooting Sports section for the registration links.

<https://www.uwyo.edu/4-h/volunteers/additional-trainings.html>



December Birthdays!!!

Allison A.
Justin A.
Ridgelynn A.
Willow A.
Delancy B.
Martin B.
Kimbree C.
Charly C.
Jacetin C.

Cole D.
GW E.
Hailey E.
Kemen F.
Emmitt G.
Wyatt H.
Jane H.
Augustus H.

Mason J.
Sagen K.
Hayden K.
Abby K.
Payton L.
Laine L.
Falyn N.
Gary O.

Holt O.
Clanci O.
Kimball P.
Baze P.
Abigail P.
Alex P.
Porter R.
Lewis R.

Lilly S.
Boone S.
Scout T.
Afton W.
Samuel W.
Lydia W.
McKenna W.
Chloe W.
William Z.

Congratulations! Destiny Shepherd

She has been invited to participate on the Air Pistol Team at the National Shooting Sports Championship in Grand Island, Nebraska on June 23-28, 2024.

4-H Club News—

Hamsfork Hands 4-H Club

The **Hamsfork Hands 4-H Club** met on November 6, 2023 at the Training Center. Hamsfork Hands 4-H planned our next meeting, which will be a Christmas party. We also voted on budget proposals, and bylaws. We chose to do three community service projects for the upcoming year and voted which ones to do. We would like everyone to get enrolled in ZSuite. For our activity we learned about teamwork by doing the human knot.

Lucky Clover 4-H Club

The **Lucky Clover 4-H Club** will meet on Monday, November 27, 2023 in the Afton Civic Center at 6 pm.

Nocked & Loaded 4-H Club

Nocked & Loaded 4-H Club started meeting in November. See the calendars at the end of this newsletter for specific dates & locations.

Nocked & Loaded 4-H Club met on 11-16-2023. Koi called the meeting to order at 6:04 pm. Had roll call, treasurer's report. In this meeting we re-elected officers and discussed the bylaws and voted to keep them as is. Pledge Leader is Fischer W., Treasurer is Maddy C., Secretary is Tyce P., Vice President is Baze P., and President is Koi C. We talked about fundraisers ideas, record books, and putting smart goals in our record books. We then talked about painting the peg boards and pulling staples as a service project. No date was decided. We talked about future service projects. We would remove snow as a service project. The December meeting will be a safety meeting, demonstration, and Christmas party. Hanna also mentioned in April there is a shooting sports training for new leader certification if any parents would be willing to help with the club. Next meeting is November 30 and we will be doing Archery at the 4-H Exhibit building. Meeting Adjourned at 7:07 PM

SV Horse 4-H Club

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/>)

Wyoming Drone Challenge Flight Training—December 2, 2023 at Eastern Wyoming College. This is for K-12 and college students (and their teachers) to learn how to fly their drones. Come as a team or individual. There is a \$10 registration donation that includes a free drone pilot's t-shirt (while supplies last). Register online at <https://dronechallenges.wordpress.com/calendar#EWC2024>.

Ignite by 4-H—March 13-17, 2024 in Washington DC. This is for youth ages 15-18 (as of January 1). The cost is estimated at \$2000 per person. Some scholarship are available. Registration opened in October 2023 and will close January 8, 2024. Please apply at https://wyoming4h.formstack.com/forms/ignite_4_h.

Wool Judging Contest—April 19, 2024. More information to come in January.

Meat Judging Contest—April 20, 2024. More information will come in January.

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 15, 2024. Application are through the following link: https://wyoming4h.formstack.com/forms/educator_form_congress

Citizenship Washington Focus—June 15-22, 2024 in Washington DC. This is for youth 14 and older. The estimated cost is \$2500 per person with scholarship available. Registration is on a first come, first service basis. So register ASAP. [Apply at http://wyoming4h.formstack.com/forms/cwf](http://wyoming4h.formstack.com/forms/cwf). Plane tickets will be purchased by March 18, 2024.

Showcase Showdown—June 18-20, 2024 at the University of Wyoming, Laramie, WY. More information will be forthcoming.

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!!



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
kellie@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.



Citizenship WASHINGTON Focus

June 15 - 22, 2024

What is CWF?

- ✓ Learn leadership and communication skills through history, democracy and our amendments.
- ✓ Explore Washington D.C.
- ✓ Connect with other young leaders

Details

- NEW this year, CWF will operate on a first come, first serve basis for registration. Please register ASAP if you are interested.
- Plane tickets will be purchased on March 18th, 2024
- Estimated cost, \$2500 per person, with scholarships available.
- Open to youth 14 and older.
- Apply at <http://wyoming4h.formstack.com/forms/cwf>





UW EXTENSION

Wyoming 4-H CROSS-CULTURAL EXPERIENCES



HAWAII OR BELIZE?

What's the cost?

Hawaii - \$2,900 per person
Belize - \$1,900 per person

\$500 deposit required upon selection. Remaining balance can be made in monthly payments.
Scholarships are available, contact us for more info

What's included?

- Roundtrip Airfare
- Meals and Lodging
- In-Country Transportation & Activities
- Travel Insurance, accident and sickness protection (for Belize)

Additional expenses may include:

- Passport/Passport photos (Belize)
- Immunization, if required
- Transportation to and from airport
- Spending money for souvenirs or other purchases

APPLY TODAY!

Open to 4-H Members ages 14-18 (at time of travel)
https://wyoming4h.formstack.com/forms/4h_belize_2024

**Applications are due:
December 10, 2023**





Contact Us



Belize

Emily Haver
ehaver@uwyo.edu
307-328-2642

Hawaii

Amber Armajo
amwall@uwyo.edu
307-347-3431

Dawn Sanchez
dawns@uwyo.edu
307-633-4383

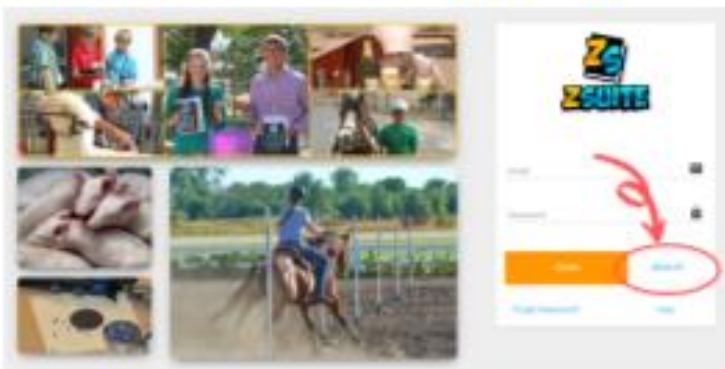
ZSuite 4-H Enrollment!

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).



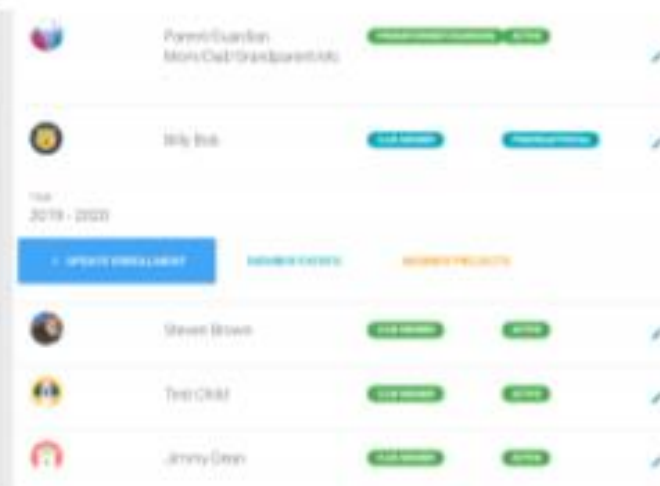
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

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 **SAVE**.



*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 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 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, Jace Perry, and Tyce Perry are marked as 'ACTIVE' (green 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 'WAIVERS' tab.

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



December

Character Counts Citizenship



What is Citizenship:

Do your share to make your school and community better:

- Cooperate
- Get involved in community affairs
- Stay informed; vote
- Be a good neighbor
- Obey laws and rules
- Respect authority
- Protect the environment
- Volunteer

Members need to learn the importance of contributing to their school and community.

They should have compassion and show kindness towards others. They should also show humility and consider the needs of others. Serving and helping others is also of great importance. Building citizenship skills helps members feel that they can be contributors to others and can do work that benefits their community. This shows them that their lives are important now and sets a foundation for becoming active citizens in adulthood.

We may never know all the good a simple smile can do. May no one ever come to you without going away better and happier. May everyone see kindness in your face, in your eyes, and in your smile. Love is a fruit in season at all times.

-Mother Theresa

Citizenship in 4-H:

Rules to encourage citizenship:

Divide the club into small groups of four or five members.

Assign each group one of the following areas in school: classroom, library, lunchroom, playground, and bathrooms.

Instruct each group to come up with a list of rules designed to protect the rights of school citizens who use that area. Have students write their rules on a sheet of flip chart paper. Ask them to phrase their rules as positive statements whenever possible. Have groups present their lists, discuss similarities and differences and be prepared to defend the rules which were created.

Think about your 4-H club, what areas do you share as a group? Now repeat the activity and come up with rules that will help protect the

Clover Connection

Head - Make sound decisions.

Heart - Be loyal and care about your community.

Hands - Do something productive.

Health - Take care of those that may be in need.



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.



Tips to Help You Stay Physically Active During the Winter

It's no secret that it can be harder to get your physical activity in during the winter. Whether it's snowing sideways or below zero degrees outside, wintertime can bring many obstacles when it comes to achieving your recommended physical activity. Adults should be aiming to get 30 minutes or more of physical activity a day most days of the week, and kids should aim to get 60 minutes each day or more. During the summer it can be easier to get the activity in with yard work, riding bicycles, going on walks, and playing outside with kids, but what about during the winter?

Find Your Outdoor Winter Hobby

You might have a handful of summertime hobbies you enjoy doing, but what about a winter hobby outdoors? Shoveling snow would definitely count as a form of physical activity, but there are a lot of other fun winter hobbies to choose from that

can get your heart pumping. Some more common activities include cross-country skiing, snowshoeing, snowmobiling, sleigh riding/snow tubing (walking back up the hills to slide down), ice skating, downhill skiing, snowboarding, and the list goes on! Pick one or more things you enjoy doing, to help keep your physical activity level up during the winter months! Having an outdoor winter hobby can also help you obtain some vitamin D naturally from the sun, which is always a bonus! If you're not into any of these activities outdoors you may like to join a gym, attend group fitness classes, or watch online workout videos in the comfort of your warm home!

Dress Appropriately

Dressing for physical activity outdoors can be tricky. Proper layering can help you stay warm and prevent you from overheating as well. Personally, I've been on quite a few snowshoe trips where I wore way too many layers for the conditions, and then you're stuck packing around your extra clothes the whole time. To help prevent over-or underdressing be sure to check the weather before going out, and layer appropriately so you can pull a layer off if you're getting too warm.

Pack the Right Gear

Always use the right protective gear for the activity you're out enjoying. This could be a nice pair of socks while cross-country skiing to prevent blood blisters, or a helmet, chest protector, and knee/shin guards while snowmobiling. Being prepared with the right equipment up in the mountains can help prevent tragedies.

Winters around here might not be bluebird every day but be sure to pack/use sunscreen on those nice days you are out for multiple hours because that brilliant white snow acts as a reflector back at your face making the sun extra powerful. Use a hat and sunglasses on those extra sunny days to help guard off the negative effects of the sun.

Fuel to Perform

Whether you're planning a quick trip or an all-day adventure, it's important to remember to pack fluids and food to fuel your body. A 1% dehydration status can affect performance, so don't forget your water for activities that are less than one hour, and a sports drink for activities lasting longer. The weather can take a turn for the worst really quick out there, and you want to be prepared with extra food and water wherever you might be.

Written by Shelley Balls, MDA, RD, LD

Sources:

Centers for Disease Control and Prevention, [CDC](https://www.cdc.gov/)






December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Nov. 27 Lucky Clover Club Mtg., 6 pm , Afton Civic Ctr.		Nov. 29 CNP Class, Afton Civic Ctr., 5:30 pm.		1	2
3	4 SV Cloverbuds, Afton Civic Ctr., 4 pm	5 Hamsfork Hands Christmas Party, 6:15 pm	6 Fun with 4-H STEM Afton Ext. Office, 4 pm. CNP Class, 5:30 pm, Afton Civic Center	7	8	9 SV Jr. Leader Fund- raiser 9 am, Bom- gaars—Afton
10	11	12	13 CNP Class, 5:30 pm, Afton Civic Center	14 Nocked & Loaded Club Demo & Safety Mtg., Afton Civic Ctr, 6 pm	15	16
17	18	19	20 CNP Class, 5:30 pm, Afton Civic Center	21	22	23
24	25 <i>Christmas Holiday—Ext. Offic- es Closed</i>	26 <i>Christmas Holiday—Ext. Offic- es Closed</i>	27 <i>Winter Closure— Ext. Offices Closed</i>	28 <i>Winter Closure— Ext. Offices Closed</i>	29 <i>Winter Closure— Ext. Offices Closed</i>	30
31						

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>New Year's Holiday—Ext. Offices Closed</i>	2 <i>New Year's Holiday—Ext. Offices Closed</i>	3 CNP Class, 5:30 pm, Afton Civic Center	4 Nocked & Loaded Club Air Rifle Mtg., So. Exhibit Bldg, 6 pm	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Nocked & Loaded Club Archery Mtg., So. Exhibit Bldg, 6 pm	19	20
21	22	23	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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