

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

January 2024

Kemmerer Office - 307-828-4092

Upcoming Events

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 03	CNP Class, Afton Civic Ctr., 5:30 pm
	Jan 03	SV 4-H Parent Leader Mtg., 6 pm, Afton Civic Ctr.
	Jan 08	Kem 4-H Open House, 5:30 pm, So. Events Ctr.
	Jan 08	SV 4-H Open House, 6 pm, Afton Civic Ctr.
	Jan 08	Kem Cloverbuds, 6:15 pm, So. Events Ctr.
	Jan 09	Online CNP Class, 6 pm by Zoom
	Jan 11	Cokeville Mkt Beef Tag Pick Up, 7 pm, At Club Mtg
	Jan 15	WY Equality Day/MLK, Extension Offices Closed
	Jan 16	Online CNP Class, 6 pm by Zoom
	Jan 19	4-H Fun Cooking, 9 am, Afton Civic Ctr.
	Jan 22	SV Cloverbuds, 4 pm, Afton Civic Center
	Jan 22	Sewing Activity RSVP Deadline
	Jan 23	Online CNP Class, 6 pm by Zoom
	Jan 24	SV Jr. Leaders Bowling Party, 7 pm, Skyview Lanes
	Jan 26	SV Mkt Beef Tagging, 10 am, Fairgrounds Scale
	Jan 30	Online CNP Class, 6 pm by Zoom
	Feb 05	Valentines Day Sewing Activity, 4 pm, Afton Civic Ctr.
	Feb 15	4-H Scholarship Applications Due
	Feb 20	Beef Nutrition, 6 pm, Zoom or Washakie Co. Extensio

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 **Upcoming Events & Notices** 1 **4-H Program Information** 2 **Club News** 3 State & Regional 4-H Events 3 **Character Counts** 8 **Cent\$ible Nutrition Program Nutrition** 9 Information **Extension Calendars** 10-11

Online 4-H Registration https://4h.zsuite.org

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

<u>New Families & Leaders</u>—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

Market Beef Tagging

SV Kemmerer Cokeville January 26, 10 am, Lincoln Co. Fairgrounds TBD (Contact Deborah at 307-828-4092) January 11, 7 pm, Tag Pick Up at Club Meeting

If you want to tag on your own, you will need to make arrangements to pick up your tags from the Extension Office. To do so, you will need to do the following:

- **1.** Enroll in 4-H (See info in above text box).
- Have a Form A (Brand Inspection in the 4-H Member's name) in hand to pick up tags. Also, you can contact the Afton Ext. Office, 307-885-3132 or Kemmerer Ext. Office, 307-828-4092 to get tags.

After picking up tags:

- 1. Tag animal and take a picture showing the tag in the animal's ear and a picture of the full body.
- 2. Complete the animal information and upload animal pictures (Tag in ear & full body) to your ZSuite project profile. (Remember to have all 15 numbers on the tag number line) by FEB 1, 2024.

Animal Upload Instructions are available on the ZSuite Dashboard.



4-H Educator's Letter...

I hope that everyone had a wonderful holiday break. Bringing in the new year of 4-H is a good time to review 4-H policies and needs. I am encouraging everyone to take a minute and check it out.

The first reminder is the Wyoming 4-H Policies. I have attached the link directly to this publication. <u>http://www.uwyo.edu/4-h/resources/policies/wyo-4h-policies.pdf</u>

Club Operating Guidelines need to be signed and updated every year by the clubs. You can find this publication at <u>http://www.uwyo.edu/4-h/resources/clubs-groups/clubs-groups.html</u> under the Club Operating Guidelines template. <u>http://www.uwyo.edu/4-h/resources/clubs-groups/new-club</u>-charter-form.pdf.

Another reminder is that each club needs to complete a club secretary books and treasurer's book (if they have a checking account/ savings account or inventory). The link for those are <u>http://www.uwyo.edu/4-h/resources/</u>

Another quick reminder that the ownership deadline for beef is February 1. Also, pictures and animal information will need to be uploaded by February 1. If you have any questions, please contact the Extension Office. Tags can be picked up at the offices or you can attend one of the taggings. You will need a brand inspection (Form A) in the members' name to be able to tag the steers. A brand inspector will be at the Afton tagging.

Here's to a fun year! If you have any questions, please contact the Extension offices.

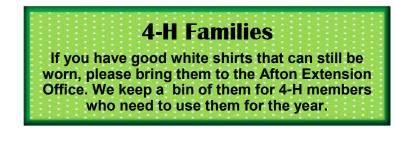
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SV Parent Leader Group Meeting— Jan 3

There will be a SV Parent Leader Group Meeting on January 3, 6 pm at the Afton Civic Center.

Cloverbud Activities

Kemmerer Area—January 8, 6:15 pm, So Events Center. SV Area—January 22, 4 pm, Afton Civic Center Cloverbuds is for kids ages 5-7 (as of January 1). If you are interested, **please RSVP**, 828-4092 (Kemmerer) or 885-3132 (Afton).



4-H Open House, Kemmerer & Afton

Kemmerer—January 8, 5:30 pm at the Training Center.

Afton—January 8, 6 pm at the Afton Civic Center.

4-H Fun Cooking—Jan. 19

There will be a 4-H Fun Cooking activity on January 19, 9 am at the Afton Civic Center. This is a No-School Friday activity. **Please RSVP at 307-885-3132—Class size is limited.**

SV Jr. Leaders Bowling Party—Jan. 24

The SV Jr. Leaders will be having a bowling party on January 24, 7 pm at Skyview Lanes.

Valentines Day Sewing Activity—Feb. 5

There will a Valentines Day Sewing Activity on February 5, 4 pm at the Afton Civic Center. **You must RSVP by January 22, space is limited.** Cost is TBD. The link below is the gift envelope pattern. http://orangebettie.com/2020/01/28/love-letter-diy-gift-card-envelope -free-sewing-pattern/

Beef Nutrition—Feb.20

There will be a beef nutrition workshop on February 20, 2024, 6 pm at the Washakie Co. Extension Office or through Zoom. Learn all about feeding, nutrition and management of your market beef project in person or via zoom from Chance Marshall, Sr ANR Educator from Fremont County.

Register here: https://forms.gle/x5KQzdxuKgFzgpHCA



January Birthdays!!!

Easton A. Samuel B. Samantha B. Tydell B. Blake C. Madilyn D. Hadlee F. Dainah F. Kayson L.

Lilly L. JaiJ R. Malachi S. Tyler S. Colt S.

4-H Club News—

Hamsfork Hands 4-H Club

The Hamsfork Hands 4-H Club usually meet on the first Monday of each month, 6:15 pm at the So. Events Center. In January they will meet on January 8.

Lucky Clover 4-H Club

The Lucky Clover 4-H Club will meet on the second Tuesday of each month. January's meeting will be January 9, 6 pm at the Afton Civic Center.

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 disciplines, dates & locations.

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/)

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://www.ingd.h.formstack.com/forms/ignite_4_h

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. <u>Apply at http://wyoming4h.formstack.com/forms/cwf</u>. 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.

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/additionaltrainings.html

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: <u>http://</u> 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/300ZBW9

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 Communites, Agriculture, and Rural Living Project Grant from UW Extension.



 Meet other 4-H youth like yourself from all over the United States.

HAVE MORE QUESTIONS

Applications will open

https://wyoming4h.formst

ack.com/forms/educator_

Mid - October 2023.

form_congress

If there are additional questions, please visit the Opportunities section on the state 4-H website or talk with your 4-H educator.

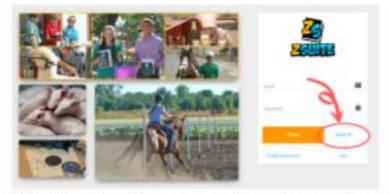


ZSuite 4-H Enrollment! Enrolling in Wyoming 4-H

- 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).

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- 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

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 Fill in the required fields for one of your members.

Add members of family

You should now be directed to the

1. To add members, in the black drop

down menu, select household

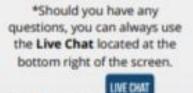
2. On the next screen, select

Dashboard screen.

members.

- 4. Don't forget to add a club! Click
- 5. You will also need to select projects for each club by clicking then selecting a project from the drop down menu
- 5. Finish by clicking

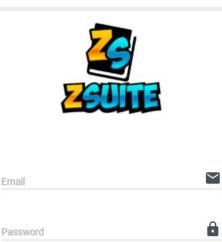
You will return to the **Household Members** screen. The member you added should appear in the list along with yourself. Repeat this process for the other members of your household.







ZSuite 4-H Enrollment



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)	Jace Perry		ADITOR.	1		
	Tyce Perry		BACTAN	1		

SIGN UP

Enroimer	nt in 4-H for Tyce 2019-2020	reny
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Child (member) Information		
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CHLDSETHNOTY* Not Hispanic or Latino	CHLDSRACE* White	

Returning Member Enrollment



Yearly Re-enrollment of Family Members

Enrollment must be done **<u>annually</u>** to stay active in 4-H.

- Go to <u>https://4h.zsuite.org/</u> (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 LOGIN

- 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

Choose one or more Clubs then press 'Add Club'	PERSONAL INFO		WAIVER	S	CLUBS
NOCLIN COUNTY	Choose or	ne or n	nore Clubs	then press "Ac	id Club"
UB					ADD CLUB
Beef N' Bits 4-H Club County: Lincoln County Primary Projects: ANIMAL SCIENCE/BEEF ANIMAL SCIENCE/HORSES ANIM	ICOLN COUNTY			•	
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	EXPRESSIVE ARTS/WOOD	1	×		
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- 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.
- 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

January



Trustworthiness

Being trusted is among the highest achievements of individuals

You're trustworthy when:

You are sincere. Say what

you mean and mean what

You tell the truth

You keep your word

You are reliable

You don't gossip

You return things you

"It's better to be hated for

what you are than to be loved

for something you are not"

~ Andrew Gide ~

you say

borrow

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What does it mean to be Trustworthy?

People will trust a person who has a reputation of being honest, reliable and responsible.

Dishonesty can easily tarnish that reputation, such that others consider you untrustworthy. Being considered trustworthy provides benefits from the way people deal with you, as well as your own self-esteem.

Trust in another people has several meanings:

- 1. Trust means that you feel that the person is honest and will not lie, cheat or steal from you.
- 2. It also means that you can count on the person to do as he or she promised and that the person is reliable.

Finally, trust in a person means that you feel he or she can be counted on to do something important, will not shirk from duties, and will take personal pride in what he or she does.



4-H Club Activity

The "Gossip" Game

Have the group sit in a circle. Whisper a statement in one person's ear. You cannot repeat it even if they didn't understand it the first time. That person repeats the statement in the next person's ear, and so forth around the room. The last person tells what they heard out loud.

Discuss what happened. Did the statement end up the same as it began? Was it close? Why or why not? How does this relate to "real life"? Why can gossip become so harmful?

Like this activity? Find more like it in the "Good Ideas Book"



Trustworthiness:

involves four major qualities:

- Integrity: the idea of a moral wholeness, or oneness, demonstrated by a consistency of thoughts, words, deeds, and duties.
- Honesty: means that a person doesn't do things that are morally wrong. If something you do is breaking the law or you have to hide it because you'll get in trouble, you are probably not being honest.
- Promise-keeping: A man is only as good as his word
- Loyalty: standing with and behind someone in need. Loyal friends share both triumphs and trauma, and offer honest, constructive feedback delivered in a kind and tactful manner.



"Your handshake is as good as your word"





Cent\$ible Nutrition Program

Helping Families Eat Better for Less

Cent\$ible Nutrition Program -

<u>Kemmerer Area</u> - 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.**

<u>SV Area</u> - 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.

A new class being held online at 6 pm on Tuesdays on Zoom. The first class will be on January 9. Contact Stephanie or Cassie if you are interested. See flyer below.

Smart Goal

What is a SMART Goal? Setting Goals is a big step toward making changes in your life to improve your health. Using the SMART acronym will help you to set and work toward new goals.

<u>Specific</u>-Make your goal focused on one thing you want to change,

<u>Measurable</u>-Attach a number to your goal so that you have an easier way to tell if you have met it or not.

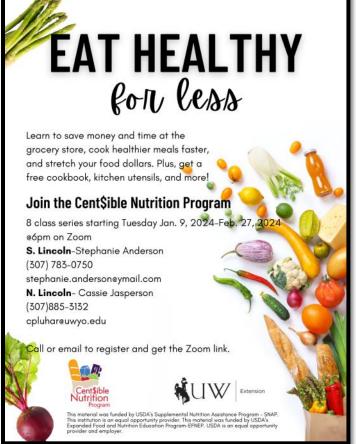
<u>Attainable</u>-Focus on one thing you can do today.

<u>R</u>elevant-Set goals in an area that could use change.

<u>T</u>ime-Bound-Give your goal an end date to reevaluate and set a new goal.

By making SMART goals, it is easier to make small, incremental changes to help improve your quality of life. It is easier to avoid burnout with your goals and resolutions and it is easier to make new habits and routines by focusing on the small and simple things that we can all do daily. If you are working on finding some New Year resolutions, try making one a SMART goal and see how that goes! Happy New Year!







SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Year's Holi- day—Ext. Offices Closed	2 New Year's Holi- day—Ext. Offices Closed	3 CNP Class, 5:30 pm, Afton Civic Center SV Parent Leader Mtg, 6 pm, Afton Civic Ctr.	4 Nocked & Loaded Club Air Rifle Mtg., So. Exhibit Bldg, 6 pm	5	6
7	8 Kem 4-H Open House, 5:30 pm SV 4-H Open House, 6 pm, Afton Civic Ctr. Hamsfork Hands Club Mtg & Clover- bud Meeting, Events Center, 6:15 pm	9 CNP Online Class, 6 pm	10	11 Cokeville Community Club Mtg, 7 pm (Mkt Beef Tag Pick- up)	12	13
14	15 MLK/WY Equality Day, Ext. Offices Closed	16 CNP Online Class, 6 pm	17	18 Nocked & Loaded Club Archery Mtg., So. Exhibit Bldg., 6 pm	19 4-H Fun Cooking Activity, 9 am Afton Civic Ctr.	20
21	22 SV Cloverbuds, 4 pm Afton Civic Ctr. Valentines Day Sewing Activity RSVP Deadline	23 CNP Online Class, 6 pm	24 SV Jr. Leaders Bowl- ing Party, 7 pm, Skyview Lanes	25	26 SV Mkt Beef Tagging, 10 am, Fairground Scales	27
28	29	30 CNP Online Class, 6 pm	31			



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Nocked & Loaded Club Air Rifle Mtg., So. Exhibit Bldg, 6 pm	2	3
4	5 Valentines Day Sew- ing Activity, 4 pm, Afton Civic Center (Must RSVP)	6 CNP Online Class, 6 pm	7	8	9	10
11	12	13 CNP Online Class, 6 pm	14 Valentine's Day	15 4-H SCHOLARSHIP DEADLINE Nocked & Loaded Club Archery Mtg., So. Exhibit Bldg, 6 pm	16	17
18	19	20 CNP Online Class, 6 pm	21	22	23	24
25	26	27 CNP Online Class, 6 pm	28	29		

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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