

Lincoln County

Chit Chat

College of Agriculture and Natural Resources

Extension
Lincoln County

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

March 2024

Kemmerer Office - 307-828-4092

Upcoming Events Mar 01 Kem Area YQA Signup DEADLINE Mar 04 SV Area YQA Signup DEADLINE Mar 04 SV Cloverbuds, 4 pm, Afton Civic Center Mar 04 Kem Cloverbuds, 6:15 pm, Training Center Mar 05 SV Jr. Leader Mtg., 4 pm, Afton Civic Center Mar 08 Cokeville Area YQA Signup DEADLINE Mar 08 4-H Fun Cooking, 9 am, Afton Civic Center Mar 08 Kem Area YQA, 2 pm, Events Center Mar 11 SV Area YQA, 4 pm (Levels 1A, 1B, 2A) Mar 11 SV Area YQA, 5 pm (Levels 2B, 3A, 3B) Mar 15 Cokeville Area YQA, 9 am, Cokeville High School Mar 16 Drone Camp, 4 pm, Coalville UT Mar 19 State Volunteer Training Series, 6:30 pm, Zoom Mar 20 Sourdough Bread Class, 4 pm, Afton Civic Center Mar 25-29 SV & Kem Schools—Spring Break Apr 04 Cokeville Schools—Spring Break Apr 08 Uinta Co. Shooting Sports Cert—DEADLINE Apr 20-21 Uinta Co. Shooting Sports Certification, Evanston Market Sheep/Swine/Goat Ownership DEADLINE Jun 01 Jun 18-20 Showcase Showdown, Laramie WY Jul 11-14 State Shoot, tentatively located in Douglas, WY Jul 31 Lincoln Co. Fair Registration DEADLINE, Midnight Aug 03-10 Lincoln Co. Fair, Afton WY Aug 13-17 WY State Fair, Douglas, WY

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

<u>Returning Families & Leaders</u>— Follow the instructions on page 7-8 of this newsletter.

New Families & Leaders—Follow the instructions on page 6 or contact either Extension Office for help.

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

Animal Ownership and Tagging Deadlines
Market Beef—February 1
All Other Youth Livestock —June 1

Livestock YQA Classes

<u>Kemmerer</u> Mar. 8, 2:00 pm—Events Ctr. Sign up by Mar. 1

Star Valley Mar. 11, 4:00 pm— Levels 1A, 1B, 2A
Mar. 11, 5:00 pm— Levels 2B, 3A, 3B
Afton Civic Ctr, Sign up by Mar. 4

Cokeville Mar. 15, 9 am—CHS
Sign up by Mar. 8

You must register for the classes.

<u>will be cancelled.</u> Please contact the Afton Extension Office, 885-3132.



4-H Program Information

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

4-H Educator's Letter...

Leaders:

This is a good time of the year to think about your leader training. The State 4-H Office is asking that a leader is trained yearly for each club. Leaders, there are a lot of great leader training opportunities for you. There are many online that the state has on their website that you can watch at any time. https://www.uwyo.edu/4-h/volunteers/additional-trainings.html If you do watch these, please remember to email Jill (jhubbar7@uwyo.edu) with two things that you have learned from the videos and include the date that you watched the video. She will then update your leader training profile.

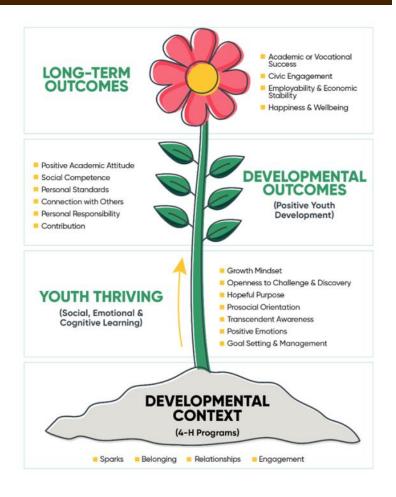
Sarah from the State 4-H Office is also holding Live Zoom leader training. The next one is March 19. Please see the State section of the newsletter for more information. If you would like to come watch this in the Afton office together, please RSVP and I will provide pizza.

When you are working on your lesson for your club meetings, please think of the Thrive flower and how you can implement it in your lesson. Remember it all starts with the Developmental context. Every 4-H member joins for a different reason. We need to make sure we are meeting all the members' needs.

If you have any questions, or need any help, please reach out to the Extension Offices.

Thank you for all your hard work and dedication to the youth of our County.

Shar



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.

Cloverbud Activities

SV Area—**March 4**, 4 pm, Afton Civic Center Kem Area—**March 4**, 6:15 pm, So. Events 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).

March Birthdays!!! Tawny A. Annabelle C. Sage E. Taylar N. Kenadee J. Shav A. Levi C. Kvle F. Raegan J. Henley S. Brooklyn A. Liam C. Paislev H. Mason L. Rossi S. Gunner B. TyLeigh D. Hvrum H. Carter M. Leila T. Wyatt C. Stone W.

SV Jr. Leaders Meeting—Mar. 5

The SV Jr. Leaders will be meeting at the Afton Extension Office on March 5, 4 pm.

4-H Fun Cooking—March 8

There will be a 4-H Fun Cooking activity on March 8, 9 am at the Afton Civic Center. This is a No-School Friday activity. Please RSVP at 307-885-3132—Class size is limited.

Sour Dough Bread Class—March 20

Learn how to make sour dough bread on March 20, 2024, 4 pm in the Afton Civic Center. You must RSVP. Call the Afton Extension Office at 307-885-3132. Class size is limited.

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

NILE FOUNDATION SCHOLARSHIPS

Deadline: March 1, 2024

https://thenile.org/events/youth/scholarships/

Apply today!!!!

Be Respectful!

4-H is a fun family program
But during 4-H meetings & events in the
Afton Civic Center, South Training Center or leaders' homes, please be respectful and do not allow any kids to run around the buildings/homes.

Show/Jackpot Funds Available for SV Area

We have had some recent changes and are now able to offer our MSSA funds from previous fundraisers for support of Star Valley area 4-H club members going to jackpots and other shows. Members who want help with funds will need to send a letter of request with the following information:

- Who is requesting funding
- What the funding will be used for
- ♦ Show/Jackpot information (Name, Date, Location)
- ♦ Proof of entry into Show/Jackpot
- What part of the MSSA fundraiser (Dinner or Auction) the 4-H member helped with
- ♦ The year they helped

Mail the request letter to Lincoln County Extension, PO Box 309, Afton WY 83110. The letter must be received in the Afton Office at least 4 weeks prior to the event requesting funding for.

This will be a way to help members on trips, it will not be able to fund the whole trips. If you have any questions, you can contact Shar at the Afton Office.

4-H Club News-

Dynamite Dogs 4-H Club

The Dynamite Dogs 4-H Club will start meeting on February 26 and meet every Monday at 6 pm in the South Exhibit Building.

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. Hamsfork Hands 4-H met in February and went over club goals for the year. We also made Valentines and mailed them to a nursing home in Wisconsin. Also, we put together Valentine's for our service project at the nursing home. We visited the nursing home residents and took them the Valentine's we had made. Our next meeting is March 4 at 6:15 at the Events Center.

Hooves N Hides 4-H Club

The Hooves N Hides 4-H Club will meet on March 18, 6:30 pm at the Afton Civic Center.

Lucky Clover 4-H Club

The Lucky Clover 4-H Club will meet on the second Tuesday of each month.

Meadow Grazers 4-H Club

The Meadow Grazers 4-H Club will meet on the second Wednesday of each month starting April 10.

Nocked & Loaded 4-H Club

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

SV Horse 4-H Club

SV Horse 4-H Club has started meeting. Contact Katie Bagley or Nikki Burch for more information.



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 scholarships are available. Registration is closed.

Wool Judging Contest—April 19, 2024. Registration is open and will close at 11:59pm on April 10, 2024. Registration will be done through ZSuite, similar to last year. Each family can register individually. For anyone who is not enrolled in 4-H who wants to register for a meal ticket, here is the link to get registered as a volunteer and select the appropriate guest type, https://4h.zsuite.org/external-event-registration/25876.

Meat Judging Contest—April 20, 2024. See registration information above.

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 January 31, 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. 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.



State Shoot—The 2024 Wyoming 4-H State Shoot is tentatively scheduled to be held July 11-14 2024 in Douglas, Wyoming.

State Fair—The Wyoming State Fair will be held on August 13-17, 2024, in Douglas, Wyoming.



Volunteers who would like to assist with this camp are more

than welcome. Please contact your 4-H office for more info.

BENEFITS OF SERVING Pick your county to serve in Receive a living allowance Build skills that last a lifetime

Become eligible for the AmeriCorps

focus areas.

Education Award

EXTENSION®

UtahStateUniversity

SUNIVERSITY WYOMING EXTENSION





Wyoming 4-Hers: Sam Krieger

Utah 4-Hers- Hailey Davis

307-783-0570

skrieger@uwyo.edu

435-336-3219

hailey.daviseusu.edu





If you own or manage between 1 to 160 acres of land in Wyoming we want to hear from you! We are conducting a survey so that we can better provide Wyoming landowners/managers with practical, user-friendly informational resources on subjects such as gardening, growing trees, snow control, pasture management, weed control, raising livestock and a whole lot more. First 500 people who fill out the survey have the option to receive a free 1-year subscription of Barnyards & Backyards magazine.

Take the survey at https://uwyo.sjc1.gualtrics.com/jfe/ form/SV 3w2qNToMCUt01q2

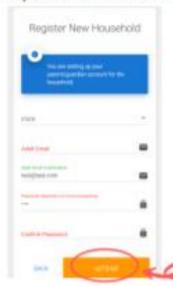
This survey is being conducted by the Small Acreage Issue Team (Barnyards & Backyards).

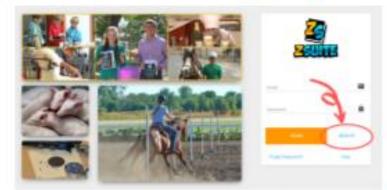


ZSuite 4-H Enrollment!

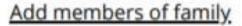
Enrolling in Wyoming 4-H

- 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).





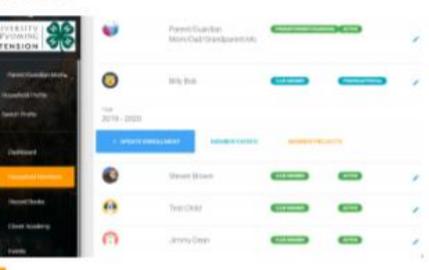
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.
- 3. Click Let's Go

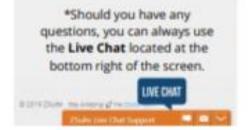


You should now be directed to the Dashboard screen.

- To add members, in the black drop down menu, select household members.
- 2. On the next screen, select
- Fill in the required fields for one of your members.
- Don't forget to add a club! Click
- 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.



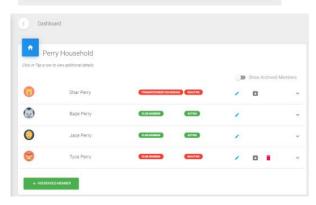




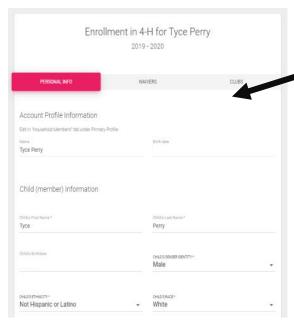
ZSuite 4-H Enrollment



\checkmark Email Password SIGN UP Forgot Password?



Help

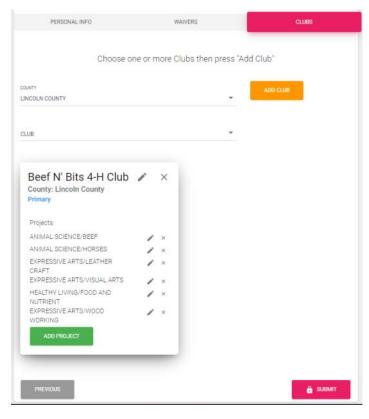


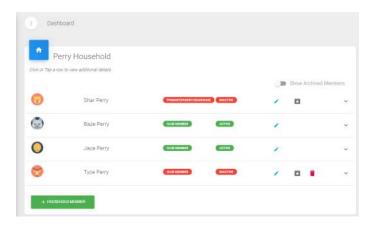
Returning Member Enrollment

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





- 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



Character Counts Respect

March

You can easily judge the character of a man by how he treats those who can do nothing for him.

— Johann Wolfgang von Goethe, German poet, novelist, playwright, scientist and philosopher (1749-1832)

Respect -means -admiration, deference, esteem, reverence, high opinion. In 4-H, it includes treating the traditions of the program, other members, volunteers, parents and judges like you would like to be treated. Don't engage in disrespectful conduct including verbal abuse of other competitors and judges. Win with grace and lose with dignity!

As Respectful Exhibitors we:

- Accept and tolerate exhibitors with projects different than ours
- Value and honor the decisions of judges and show officials
- Regard the property of other exhibitors, facilities and equipment
- Take pride in our projects and keep our areas clean
- Are courteous and polite to fellow exhibitors, volunteers, and the community



4-H Activity

Simon Says, "Who Are You?

- Explain to members that they will play a version of Simon Says in which only some members will respond to
 each command. Tell them that they must watch carefully as they play the game because at the end, each
 member must tell one new thing they learned about a classmate.
- Have junior leaders start a game of Simon Says providing such directions as
- Simon says "Everyone with brown eyes, stand up."
- Simon says "Everyone who has a dog as a pet, put your right hand on your head."
- Simon says "Everyone who speaks more than one language, jump up and down."

At the end of the game, have all members sit in a circle. Ask each member to name one way in which he or she and another member are alike. The trait they share must be something they didn't know before playing the game. Members might say, for example, "I didn't know that Katie spoke Spanish" or "I didn't know that Jose was left-handed."



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.**

<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.

ATTENTION! Wyoming Gardeners:

We need your green thumbs to fight food insecurity.

You don't need special training in fighting food insecurity to make a difference. You only need to identify a need and figure out how best to help fill it. Wyoming Hunger Initiative, the University of Wyoming Cent\$ible Nutrition Program, and Master Gardener program invite you to join the fight against food insecurity in Wyoming this season! When you commit to Grow A Little Extra for local anti-hunger organizations, everyone benefits.

Pick up (free!) seeds selected for Wyoming gardens at your local UW Extension office or donate your own favorite crop— either way, you'll be an anti-hunger warrior with two green thumbs as you help your neighbors in need. Increased access to fresh produce in Wyoming is a critical tool in the fight against food insecurity. Grow A Little Extra is helping to remove existing barriers one vegetable at a time.

This year, we have been sent seeds for green beans, lunchbox peppers, tomatoes, spinach, cucumbers, and acorn squash that are available at the Extension Office today!

For more information, contact Cassie at the Afton Extension Office, 307-885-3132 or drop by our office at 150 South Washington Street, Afton, WY 83110 (In the Afton Civic Center).

Fruit & Nut Muffins

Fruit and nut muffins are a great snack or breakfast, with sweetness from the fruit and crunch from the nuts.

Ingredients

- 3 cups + 2 Tablespoons <u>CNP Master Mix</u> (Recipe below)
- 3 Tablespoons sugar
- 1 egg, beaten
- 11/4 cups low fat-milk
- 2-4 Tablespoons chopped almonds, walnuts, pecans, or other nuts
- 3/4-1 cup drained and chopped canned or frozen and thawed pears, peaches, or other fruit
- Nonstick spray or muffin tin papers

Directions

- 1. Wash hands with warm, soapy water for 20 seconds.
- 2. Preheat oven to 400°F.
- 3. Coat 12 muffin pan cups with nonstick spray or place muffin papers in each tin.
- 4. Combine CNP Master Mix and sugar.
- 5. In a separate bowl, blend together egg and milk. Add to dry ingredients. Stir gently just until dry ingredients are moistened. Mixture should be lumpy.
- 6. Fold in chopped nuts and fruit.
- 7. Fill each muffin tin 2/3 full.
- 8. Bake at 400°F for 20 minutes.

Makes 12 muffins

CNP Master Mix

- 4 cups all-purpose flour
- 4 cups whole-wheat flour
- 1/4 cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil
- 1. In a large bowl, combine flours, baking powder, sugar, and salt
- Drizzle oil all over dry mixture. Cut in with pastry blender, fork, or fingers until it resembles course cornmeal
- 3. Store in a tightly covered container in refrigerator. Keeps three months in refrigerator.

NOTE: To measure CNP Master Mix for recipes, stir lightly, pile into a measuring cup (do not shake), and level off.

Variations: All-Purpose CNP Master Mix: Use 4 cups of all-purpose flour or 3 cups all-purpose and 1 cup whole-wheat flour. Follow directions above.

Source: https://uwyocnp.org/fruit-nut-muffins/



March*2924

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Kemmerer Area YQA Signup Deadline Kem Robotics, 2 pm So. Events Ctr. Kem Cake Dec., 2 pm	2
3	4 SV Area YQA Signup Deadline SV Cloverbuds, 4 pm, Afton Civic Ctr. Dynamite Dogs 4-H Club Mtg, 6 pm, Exhibit Bldg. Hamsfork Hands Club Mtg., 6:15 pm, So. Events Ctr.	5 SV Jr. Leader Mtg., 4 pm, Afton Civic Ctr.	6	7 Nocked & Loaded Club Air Rifle Mtg., Afton Civic Ctr, 6 pm	8 Cokeville Area YQA Signup Deadline 4-H Fun Cooking, 9 am, Afton Civic Ctr. Kemmerer Area YQA, 2 pm, Events Ctr.	9
10	SV Area YQA, Afton Civic Ctr., 4 pm (Levels 1A, 1B, 2A) 5 pm (Levels 2B, 3A, 3B) Dynamite Dogs 4-h Club Mtg, 6 pm, Exhibit Bldg.	12	13	14	Cokeville Area YQA, 9 am, CHS Kem Robotics, 2 pm So. Events Ctr. Kem Cooking, 2 pm So. Events Ctr.	16 Drone Camp, 4 pm, Coalville UT
17 St. Patrick's Day	18 After-school "Fun with 4-H STEM," Cokeville Branch Library, 3:15 PM Dynamite Dogs 4-h Club Mtg, 6 pm, Exhibit Bldg.	19 State 4-H Volunteer Training Series, 6:30 pm—ZOOM	20 Sourdough Bread Class, 4 pm, Afton Civic Ctr.	21 Nocked & Loaded Club Archery Mtg., So. Exhibit Bldg, 6 pm	22	23
24	25 SV Spring Break Kem Spring Break	26 SV Spring Break Kem Spring Break	27 SV Spring Break Kem Spring Break	28 SV Spring Break Kem Spring Break	29 SV Spring Break Kem Spring Break	30
31 Easter						

April 2024

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SUN	MON	TUE	WED	THU	FRI	SAT
	Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg	2	3	4 Nocked & Loaded Club Air Rifle Mtg., So. Exhibit Bldg., 6 pm Cokeville Spring Break	5 Kem Robotics, 2 pm So. Events Ctr. Kem Cake Dec., 2 pm So. Events Ctr.	6
7	8 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg Uinta Co. Shooting Cert Deadline	9	10 Meadow Grazers 4-H Club Mtg., 6 pm Afton Civic Center	11	12	13
14	15 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg	16	17	18	Kem Robotics, 2 pm So. Events Ctr. Kem Cooking, 2 pm So. Events Ctr.	20 Uinta Co. Shooting Sports Certification, Evanston
21 Uinta Co. Shooting Sports Certification, Evanston	22 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg	23	24	25	26	27
28	29 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg	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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