



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

April 2024

Kemmerer Office – 307-828-4092

## Upcoming Events

Mar 25-29	SV & Kemmerer Schools—Spring Break
Apr 01-02	So. Area (Air Rifle/Pistol) Co. Shoot
Apr 04	Cokeville Schools—Spring Break
Apr 08	SV Parent Leader Mtg. Afton Civic Center, 6 pm
Apr 08	Kem Cloverbuds, Training Center, 6:15 pm
Apr 08	Uinta Co. Shooting Sports Cert—DEADLINE
Apr 10	SV Junior Leaders Mtg., Afton Civic Center, 6 pm
Apr 15	SV Cloverbuds, Afton Civic Center, 4 pm
Apr 20-21	Uinta Co. Shooting Sports Certification, Evanston
Apr 24	Record Book Clinic, Afton Civic Center, 4 pm
Apr 26	4-H Fun Cooking Activity, Afton Civic Center, 10 am
May 11	No. Area (Archery/Air Rifle) Registration DEADLINE
May 16	SV Area Mkt Sheep/Goat Tagging, 4 pm, Scale
May 18	No. Area (Archery/Air Rifle) Co. Shoot, LC Fairgrounds
May 28	Cokeville Area Mkt Sheep/Goat Tagging
Jun 01	Market Sheep/Swine/Goat Ownership DEADLINE
Jun 01	Mkt Sheep/Swine/Goat Tag/Info Upload DEADLINE
Jun 01	So. Area (.22 Rifle/Pistol & Shotgun) Registration DEADLINE
Jun 08	So. Area (.22 Rifle/Pistol & Shotgun) Co. Shoot
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

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

**Returning Families & Leaders**— 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

## Inside This Issue

1	Upcoming Events & Notices
2	4-H Program Information
4	Club News
4	State & Regional 4-H Events
10	Character Counts
11	Cent\$ible Nutrition Program Nutrition Information
12-13	Extension Calendars

## 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.



# 4-H Program Information

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

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

April 21 – 27 is National Volunteer Week. As this week approaches, we want to give a huge “thank you” to all the volunteers who help make 4-H in Lincoln County possible. Our program works because of your help. Be sure to thank your 4-H leaders and fellow volunteers during this week.

Spring is approaching, which means 4-H members will be picking up their animals soon. Remember to follow USDA laws when transporting animals and ask at the Afton or Kemmerer Offices if you need a flyer for your reference. Those of you picking up animals out of state, remember you'll have to stop at the Port of Entry on your way into Wyoming and will need a recent health inspection form (within 30 days). Swine, make sure your Interstate Certified Vet Inspection (ICVI) has a permit number on it! Swine should also have an ID tag, which should be noted on your ICVI. Questions, check out more information on ear tags here: [http://www.aphis.usda.gov/traceability/downloads/ADT\\_eartags\\_criteria.pdf](http://www.aphis.usda.gov/traceability/downloads/ADT_eartags_criteria.pdf)

Don't forget to collect your paperwork along with your animals! For all market goats and swine projects, make sure that you have a bill of sale *in the 4-H member's name*. For sheep and goats, make sure they have a USDA Scrapie's tag in their ear. Finally, for sheep, you will need a “Form A” brand inspection form *in the 4-H member's name*. This has to be completed by a brand inspector.

With that, best of luck with your projects this year. Work hard, learn lots, and most importantly, have fun!

*Deborah*

## Cloverbud Activities

Kem Area—**April 8**, 6:15 pm, So. Events Center  
SV Area—**April 15**, 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).

## SV Parent Leader Meeting—April 8

All parents and leaders in the SV area are invited to meet on April 8 at 6 pm in the Afton Civic Center. Please let us know you are planning to attend, 885-3132.

## SV Jr. Leaders Meeting—April 10

The SV Jr. Leaders will be meeting at the Afton Extension Office on April 10, 6 pm.

## Record Book Clinic April 24 — 6 pm Afton Civic Center

**Please bring a laptop or iPad**

## 4-H Fun Cooking—April 26

There will be a 4-H Fun Cooking activity on April 26, 10 am at the Afton Civic Center. This is a No-School Friday activity. **Please RSVP at 307-885-3132—Class size is limited.**

## YQA Online

If you were not able to attend the YQA classes, click on the link below to complete one class per year

<http://www.uintacounty.com/QA>

If you have questions, please contact Shar (885-3232).

## 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.

## April Birthdays!!!

Shannon B.  
Hailey B.  
Karley C.  
Greyson C.  
Madison C.  
Lillian E.

Dallas E.  
Grey F.  
Reagan F.  
Brinley H.  
Cooper H.

Porter H.  
Asher J.  
Aria L.  
Gavin L.  
Sydney L.  
Spencer M.

Teag M.  
Colton M.  
O'Reilly M.  
Milly M.  
Payzli N.

Ambrey N.  
Cassidi O.  
Bridger R.  
Tyce R.  
Danner T.  
Jase T.



## 2024 Shooting Sports Leader Certification Training

**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>

## County Shoot Dates

This year there will be two 4-H County Shoots. One in the South area and one in the North area. Information is below.

### South Area

Air Rifle and Air Pistol - **April 1 and 2** at the Events Center. Registration Deadline is Friday, March 22.

.22 Rifle, .22 Pistol, and Shotgun - **June 8** at the Kemmerer Gun Club. Deadline is Sat., June 1.

### North Area

Archery, Air Rifle - **May 18** at the Lincoln Co. Fairgrounds Exhibit Building. Deadline is Sat., May 11

Shotgun Date and Location—TBD.  
More information coming soon.

**Registration form and range rules will on the ZSuite dashboard under the Shared Files section**

## 2024 Fair Changes (*so far*)

Date—August 3-10, 2024

Theme — “See the Best of the Best” at the Lincoln County Fair

Fair Entry Deadline—July 1—July 31, 2024

Premiums—will only be available Wednesday-Saturday (11 am to 6 pm) of fair at the payout window by the fair board office.

4-H Horse Certification Testing Deadline—must be done **before July 20** of the fair year.

Rules/Regulations – All Exhibitors are cautioned to carefully **READ** the rules and regulations as well as each division rules, they will be strictly enforced!

Improper Conduct—An exhibitor and/or parents may be asked to leave the fairgrounds for improper conduct.

Certified Vet Inspection Required—No animal will be allowed to exhibit or compete without a current Certificate of Veterinary Inspection, or meeting species requirements as outlined. The professional judgment of the veterinarian will be the final deciding factor on all animals.

Fitting—There will be absolutely no altering market animals' natural physical build by means such as tubing, drenching, airing, injections, or insertion of foreign material under the skin. If an animal is deemed in need of medical intervention by tubing, it is the responsibility of the exhibitor to notify the livestock committee and arrange for their personal veterinarian to come to the fairgrounds, observe the animal, prescribe treatment, and treat the animal. There will be no tubing or drenching allowed for cosmetic purposes. All concerns for animals health must be brought before a member of the Livestock Committee before action is taken.

Barn Safety—ALL BARN AISLES MUST BE KEPT CLEAR, no blocking of the aisles is allowed. Grooming, cleaning, storing of equipment, etc. that blocks the passage will not be allowed. This is a safety issue and will not be tolerated.

Auction Resale—There will be no resale allowed for any market animals, the sale animal has become the property of the buyer upon the final bid being made. If the owner wishes to sell their newly acquired animal, it is up to the new owner to facilitate that sale. It will no longer be allowed to resell during the livestock auction.

Livestock Equipment—Must bring own hoses, they will not be provided.

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

2024

## Market Sheep/Goat Weigh-in & Tagging

Cokeville May 28, 9 am, Haderlie Ranch  
 SV May 16, 4:00 pm, Fairgrounds Scale  
 Kemmerer Pick up tags at the Kemmerer Ext. Office

Email or bring the required paperwork—(brand Inspection-Form A in the kid's name for sheep, bill of sale in the kid's name for goat and swine). ALL Swine Project members pick up tags at the Extension Office. Bring required paperwork (see below).

1. Bring a copy of the Form A Brand Inspection (Sheep) or Bill of Sale (Goats) in the kid's name to weigh-in or the Extension Office to get tags.
2. Upload animal information and required pictures to ZSuite.

THE INSTRUCTIONS TO UPLOAD ANIMAL INFORMATION AND PICTURES IS ON PAGE 9 OF THIS NEWSLETTER & ON THE ZSUITE DASHBOARD. Ownership, tagging, and info upload must be done before June 1.

If you have questions, please contact  
 Shar at 307-885-3132 or Deborah at 307-828-4092

**PURPLE UP DAY**

April is the month of the Military Child. We are excited to support our young heroes by wearing **PURPLE**.

**APRIL 12, 2024**

Help us celebrate by sharing photos of you or your group wearing purple. We will share them on facebook and will be giving some fun prizes away. Send pictures to:  
 (307) 799-8780  
 or dawns@uwyo.edu

**TAKING CARE OF OUR MILITARY CHILDREN**  
 Wyoming 4-H

child & youth program

## 4-H Club News—

### Dynamite Dogs 4-H Club

*The Dynamite Dogs 4-H Club* 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. Because of Spring Break the week before, they are meeting on April 8.

### Hooves N Hides 4-H Club

*The Hooves N Hides 4-H Club* have started meeting.

### 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.

Nocked and Loaded 4-H Club met on February 23, 2024 at south exhibit building for a community service project. Members, leaders and parents pulled staples and painted dividing walls for the Fairboard.

### Star Shooters 4-H Club

*Star Shooters 4-H Club* will be starting soon. If you are interested in the Shotgun project, enroll in ZSuite.

### SV Horse 4-H Club

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

**WYOMING 4-H**

**VOLUNTEER TRAINING SERIES**

Helping Members Reflect

April 15, 2024  
 6:30 to 7:30 pm  
<https://uwyo.zoom.us/j/92438361355>

4-H is about hands-on learning, but what happens when the learning is done? 4-H uses the experiential learning model, asking members to do something, reflect on their learning, and then apply it to their lives. In this workshop, we will discuss tricks and tools to help member reflect on what they are doing, taking their 4-H experience to the next level. Join us to help youth in your county or maybe even your own family think beyond their project learning.

Talk to your local 4-H Educator about hosting a watch party at the Extension Office!

UNIVERSITY OF WYOMING EXTENSION

## Wyoming State/Regional Events & News

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

**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](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.

**Join Wyoming 4-H**  
**June 18 - 20, 2024**  
**at Showcase Showdown**  
*University of Wyoming - Laramie, WY*

**State Contests**  
**Workshops**  
**UW Campus Activities**

Various industries will be showcase through contests and workshops.

More information to come over the next couple months, keep an eye out!

Any questions please contact your County Office.

**State Shoot**—The 2024 [Wyoming 4-H State Shoot](#) is tentative-ly 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.

**Italy** – Explore Ag in Northern Italy June 3-12, 2025. This tour travels down the west side of the Po River Valley from Turin through Cuneo, Langhe, and Liguria, ending in the French Riviera. Learn about centuries-old sustainable practices visiting a fruit orchard, an artisanal dairy farm, vineyards, olive farms, and more.

**Finland** – Spend 2 weeks in Finland during July 2025 (exact dates TBA). You'll get to explore Helsinki, spend a few days at a youth camp, and immerse yourself in Finnish culture by living with a host families in Vierema.

**What's the cost?**

**Italy** – \$4,900 per person  
**Finland** – \$3,200 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
- 2 Meals a day and Lodging
- In-Country Transportation & Activities
- Travel Insurance, accident and sickness protection

**Additional expenses may include:**

- Passport/Passport photos
- Immunization, if required
- Transportation to and from airport
- Spending money for souvenirs or other purchases
- One meal per day

**APPLY TODAY!** Open to 4-H Members ages 14-18 (at time of travel)  
<https://bit.ly/4-HTTravel>  
 Applications are due:  
**April 1, 2024**

**Contact Us**  
 UNIVERSITY OF WYOMING EXTENSION

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

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

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

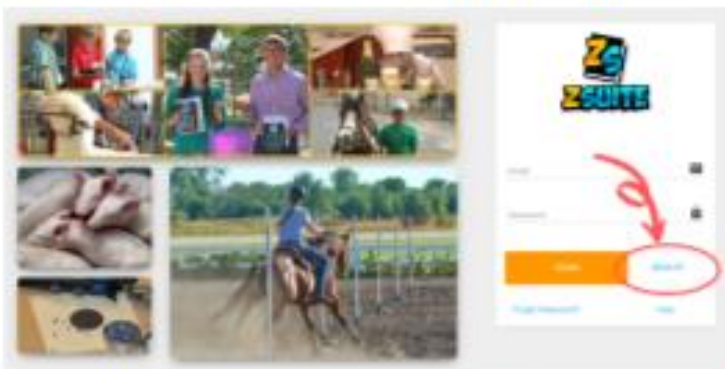
# ZSuite 4-H Enrollment!

## 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 **FINISH**.



\*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.

**LIVE CHAT**

© 2019 ZSuite - the experts of the 4-H

Chat with Chat Support

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

UW | Wyoming 4-H




# ZSuite 4-H Enrollment



## Returning Member Enrollment

### Yearly Re-enrollment of Family Members

Enrollment must be done **annually** to stay active in 4-H.

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

The login screen features the ZSuite logo at the top. Below it are two input fields: 'Email' and 'Password'. To the right of the Password field is a lock icon. At the bottom left is a large orange 'LOGIN' button, and to its right is a blue 'SIGN UP' button. Below these 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 'INACTIVE', Baze Perry is 'ACTIVE', Jace Perry is 'ACTIVE', and Tyce Perry is 'INACTIVE'. There is an 'ENROLL NOW' button at the bottom right.

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



10. The 'CLUBS' section allows you to choose the clubs you'll be participating in for the year. You can choose more than one club, if desired, by selecting a club from the drop down menu and then clicking the orange **ADD CLUB** button. The clubs appear in their own box. NOTE: Do not click the "X" in the upper right hand of the club box unless you are not participating in that club.

11. You can add projects by clicking the green **ADD PROJECT** button and selecting it from the drop down menu.

12. You can delete projects by clicking the "x" next to the project you want deleted.

13. If your county has an enrollment fee, you will handle this on the 'CHECKOUT' tab. Any payment methods chosen by your state will appear as options on the page. If your state does not have an enrollment fee, simply click the '**SUBMIT**' button to submit your enrollment.

14. Once your enrollment is completed, your county administrators will be contacted regarding your enrollment. Your enrollment will be in a '**Pending Approval**' state until approval from your county staff.

15. Once you're approved, your status will change to '**Active**'.

**Please log into your zSuite account weekly to check for announcements from your county and club leaders.**

If you have questions, please contact us

**Shar Perry, Afton Extension Office, 307-885-3132**

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



# ZSuite Animal Information Upload Instructions

Jace Perry

2020 - 2021

Club	Role
Star Shooters 4-H Club	Member
Star Valley Horse Club 4-H Club	Member
Meadow Grazers 4-H Club	Member
Beef N' Bits 4-H Club	Member
Lucky Clover 4-H Club	Member

1. UPDATE ENROLLMENT

Enrollment in 4-H for Jace Perry  
2020 - 2021

2. CLUBS

Beef N' Bits 4-H Club

County: Lincoln County

Primary

Projects:

- Animal Science - Horse
- Animal Science - Beef/Market

3. ADD PROJECT

Select Project

Choose Project Type

Animal Science - Beef/Market

4. Animal ID\*  
949000011230751, 949000011230752

5. Animal Description\*  
Black with white legs, Black with white spot on forehead

6. Animal Name\*  
Charley, Smokey

7. Animal Sex\*  
Market Steer, Market Steer

8. Animal Breed\*  
Angus X, Angus X

9. Animal Picture 1  
Choose File No file chosen

10. Animal Picture 2  
Choose File No file chosen

11. Animal Picture 3  
Choose File No file chosen

12. Animal Picture 4  
Choose File No file chosen

13. SAVE PROJECT

- Once you are logged into ZSuite primary profile at: **<https://4h.zsuite.org>**, select the family member who has the project and click the **UPDATE ENROLLMENT** button.
- Select **CLUBS** at the top right of the page.
- To enter the animal information, select the gray pencil to the right of the Breeding/Market project listed in the club box. **NOTE: If you have two animals, please put a comma between their information on each of the lines**
- Enter the 15 digit number in the **Animal Id** line.
- Enter the animal's description on the **Animal Identifier** line.
- Enter the animal's name (IF you don't have a name, put N/A. Also for the Floater animal, put FLOATER in the name field.
- On the **Animal Type** line enter whether they are market or breeding and then the gender.
- Enter animal's breed on the **Animal Breed** line.
- Animal Picture 1**—upload the picture of the tag in the animal's ear.
- Animal Picture 2**—upload the picture of the full body of the animal.
- Animal Picture 3**—upload the second animal's ear tag picture (if there is only one animal, you can upload the same picture as you did in Animal 1).
- Animal Picture 4**—upload the second animal's full body picture (if there is only one animal, you can upload the same picture as you did in Animal 2). **NOTE: All 4 picture areas must contain a picture.**
- Select the blue **SAVE PROJECT** button
- Press the **SUBMIT** button at the bottom of the **Clubs** page to save it to your profile. These click **OK**.

\*\*\*\* **For Family Floater Animal**—animals purchased as an extra in case someone in the family has one that dies—these can be transferred to another family member later **ONLY** if they are designated as a floater at the time of tagging. Please write the word FLOATER in the Animal Name field. The floater must be assigned to the family member whose name is on the bill of sale and/or Form A.



April

# RESPECT

## What is Respect?

Respect is very important in our relationships with others. When we respect others, we treat them with consideration and courtesy both verbally and physically. Respect for others should always be demonstrated and characterizes how we live our lives. It is a very important quality that will enable you to relate to and work well with others. Follow the Golden Rule; treat others the way that you would want them to treat you. Good manners matter and respect is demonstrated when consideration and kindness is shown to others. Respect is very important to a person of character.

**Treat other people the way you want to be treated.**

- ◇ Tell the truth
- ◇ Be courteous and polite.
- ◇ Listen to what other people have to say.
- ◇ Don't insult people, or make fun of them, or call them names.



- ◇ Don't bully or pick on others.
- ◇ Don't judge people before you get to know them.



"Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours."  
Dave Willis

## Check for Respect 4-H

The laughs gained with playing this game with your club can add some fun and give your club members the judgment to understand that the humor can be funny to listen to, but *not* funny if it is acted out. Some examples include:

- ◆ You feel a sneeze coming, so you
  - a) look for someone to sneeze on
  - b) cover your mouth and nose with your hands
  - c) turn your head away from

*people and let the sneeze out as loudly as possible.*

- ◆ Company is over. And you notice that after the meal, your mom has a big piece of lettuce on her tooth. You
  - a) point at it and start laughing as loud as you can,
  - b) ask if anyone can tell which of your mom's teeth is not like the other,
  - c) quietly whisper in your mom's ear that she

*should check her teeth in the bathroom.*

Once your 4-Hers understand the idea behind making up scenarios for the game, they will want to make up some of their own, too.

Now, when club members treat each other or possessions with respect, remember to say,  
"Check for respect."

## Clover Connection

**Head** - think before you say something or before you act.

**Heart** - treat others the way you would want to be treated.

**Hands** - manners matter...use them.

**Health** - be respectful of your body and take care of yourself.





## 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.



### Mixed Fruit Parfait

Customize this fast breakfast or snack option with your favorite fruit and yogurt.

#### Ingredients

- 1 cup fresh, frozen, or dried fruit of choice (cherries, apples, blueberries, strawberries, peaches, pears, pineapple, etc.)
- 2 cups low-fat yogurt, vanilla, plain, or your favorite flavor
- 1/2 cup granola or crushed cereal (optional)

#### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If fruit is frozen, allow it to thaw. Cut large pieces of fruit into bite-sized pieces.
3. Layer a small amount of yogurt and fruit in three glasses.
4. Repeat layers until glass is full.
5. Top with granola or crushed cereal (optional).
6. Serve and enjoy.

**Makes 3 servings**

Source: <https://uwyo.cnpp.org/mixed-fruit-parfait/>



## 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.

(Available seeds are: Plum Regal Tomatoes, Lunchbox Peppers, Honey Bear Acorn Squash, Gateway Cucumbers, Sun Angel Spinach, and Provider Green Beans). These seeds can be picked up at the Extension Office in Afton and Teton County Extension (near Miller Park) today!

In conjunction with this, we are also looking for talented individuals that are comfortable sharing their gardening expertise with individuals and organizations that also want to participate in Grow A Little Extra.

**Grow A Little Extra** is a partnership with the First Lady Jennie Gordon's Wyoming Hunger Initiative, the University of Wyoming Extension's Cent\$ible Nutrition Program (CNP) and Master Gardener Program, encouraging community organizations and individuals to grow extra produce for neighbors facing food insecurity.

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).



# April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> So. Area (Air Rifle/ Pistol) Co. Shoot  Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	<b>2</b> So. Area (Air Rifle/ Pistol) Co. Shoot	<b>3</b>	<b>4</b> Nocked & Loaded Club Mtg., So. Exhibit Bldg., 6 pm  Cokeville Spring	<b>5</b> Kem Robotics, 2 pm So. Events Ctr.  Kem Cake Dec., 2 pm So. Events Ctr.	<b>6</b>
<b>7</b>	<b>8</b> SV Parent Leader Mtg., 6 pm, Afton Civic Ctr.  Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.  Hamsfork Hands Club Mtg., 6:15 pm, So. Events Ctr.  <b>Uinta Co. Shooting            Cert Deadline</b>	<b>9</b> Lucky Clover 4-H Club Mtg.	<b>10</b> SV Junior Leader Mtg., 6 pm, Afton Civic Ctr.  Meadow Grazers 4-H Club Mtg., 6 pm Afton Civic Center	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> SV Cloverbuds, 4 pm, Afton Civic Ctr.  Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.  Volunteer Training Series, 6:30 pm,	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Kem Robotics, 2 pm So. Events Ctr.  Kem Cooking, 2 pm So. Events Ctr.	<b>20</b> Uinta Co. Shooting Sports Certification, Evanston
<b>21</b> Uinta Co. Shooting Sports Certification, Evanston	<b>22</b> Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	<b>23</b>	<b>24</b> Record Book Clinic, 4 pm, Afton Civic Ctr.	<b>25</b> Nocked & Loaded Club Mtg., So. Exhibit Bldg., 6 pm	<b>26</b> 4-H Fun Cooking, 10 am, Afton Civic Ctr	<b>27</b>
<b>28</b>	<b>29</b> Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	<b>30</b>				





# May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.  Hamsfork Hands Club Mtg., 6:15 pm, So. Events Ctr.	7	8 Meadow Grazers 4-H Club Mtg., 6 pm Afton Civic Center	9 Nocked & Loaded Club Mtg., So. Exhibit Bldg., 6 pm	10	11 North Lincoln Co. Shoot (Air Rifle & Archery) DEADLINE
12	13 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	14 Lucky Clover 4-H Club Mtg	15	16 SV Area Mkt Sheep/ Goat Tagging, 4 pm Fairgrounds Scale	17	18 North Lincoln Co. Shoot (Air Rifle & Archery)
19	20 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	21	22 CHS Graduation	23 Nocked & Loaded Club Mtg., So. Exhibit Bldg., 6 pm	24	25 KHS Graduation
26	27 <i>Memorial Day Extension Offices Closed</i>	28 Cokeville Area Mkt Sheep/Goat Tagging, 9 am, Haderlie Ranch	29	30 SVHS Graduation	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**

Trade or brand names used in this publication are used only for the purpose of educational information. The information given herein is supplied with the understanding that no discrimination is intended, and no endorsement information of products by the University of Wyoming Extension is implied. Nor does it imply approval of products to the exclusion of others, which may also be suitable.

Issued in furtherance of Cooperative Extension work, acts of May 8 and Jun 30, 1914, in cooperation with the U.S. Department of Agriculture. Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, national origin, sex, age, religion, political belief, disability, veteran status, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW Extension Office. To file a complaint, write the UW Employment Practices/Affirmative Action office, University of Wyoming, Laramie, WY 82071. The University of Wyoming, United States Department of Agriculture, and Lincoln County cooperate.