



College of Agriculture
and Natural Resources
Extension
Lincoln County

Lincoln County Chit Chat

State 4-H Website: <https://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

October 2024

Kemmerer Office – 307-828-4092

Upcoming Events

- Oct 01 New 4-H Year Starts—Registration Open
- Oct 03 SV Cloverbuds, Afton Civic Ctr., 4 pm
- Oct 05 SV Jr. Leader Fundraiser, Afton Main Street
- Oct 07 SV Area Awards Night, 6 pm, 4-H Exhibit Bldg.
- Oct 10 SV 4-H STEM Challenge, 4 pm Afton Civic Ctr.
- Oct 14 Cokeville Area Awards Night, 7 pm, Elementary
- Oct 16 SV Jr. Leader Meeting, Afton Civic Ctr., 6 pm.
- Oct 18 4-H Fun Cooking, 10 am, Afton Civic Ctr.
- Oct 28 SV Halloween Festival, 4-H Exhibit Bldg, 5:00 pm
- Oct 30 Kem Haunted Barn, 6-8 pm

4-H Awards Nights

Star Valley: Oct. 7 at 6 pm

4-H Exhibit Building

Taco Bar

Last Name begins with A-I bring a side dish

Last Name begins with J-R bring a dessert

Last Name begins with S-Z bring taco toppings
(tomatoes, onions, salsa, lettuce, etc.)

Cokeville: Oct. 14 at 7 pm

Elementary

Kemmerer: Held Sept 18 at 6:30 pm

South Events Center

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

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**Online 4-H Registration
DO NOT ENROLL until after
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 Office for questions



4-H Program Information

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

4-H Educator's Letter...

It is October, which means enrollment time! Leaders and members need to re-enroll. Please make sure that you add and delete the proper projects. Please do not create a new profile, login to your existing profile. Instructions for enrollment are included in this newsletter. If you have any questions or need help, please reach out to the Extension Offices.

The first full week of October 7-12 is National 4-H week! The theme is **Beyond Ready**. We are building a ready generation in a world of change. This is a week that we can show our 4-H pride and help share the word about 4-H. One great way to show our 4-H pride is getting involved in our community. Please check out the State's social media for fun events that the State Office will be hosting all week long! I would like to encourage everyone to try and start on service projects right away. There is not a limit on the service that one can do for 4-H. I would also encourage the groups to think outside of the box when it comes to ideas. There are a lot of different opportunities right now for service projects. If you need some ideas, please contact either Extension Office, we will be able to give you some ideas of needs in our communities. Helping others, in return helps us to grow. I would like to thank you for all your hard work and community service. Keep it up! Please wear your 4-H shirts during National 4-H week to show your 4-H pride!

I am excited for a new year of 4-H!

Shar

SV Cloverbuds—Oct. 3

The next SV Cloverbud activity will be on October 3, 4 pm at the Afton Civic Center. Cloverbuds is an introductory program for kids ages 5 to 7 years old (as of January 1). Please let Shar know you are planning to attend.



SV Jr. Leader Meeting

The next Jr. Leader Mtg will be on October 16, 6 pm at the Afton Civic Center.

October Birthdays!!!

Rulon A.
Jace B.
Sara B.
India B.
Jalette C.
Sid C.
Thayer C.

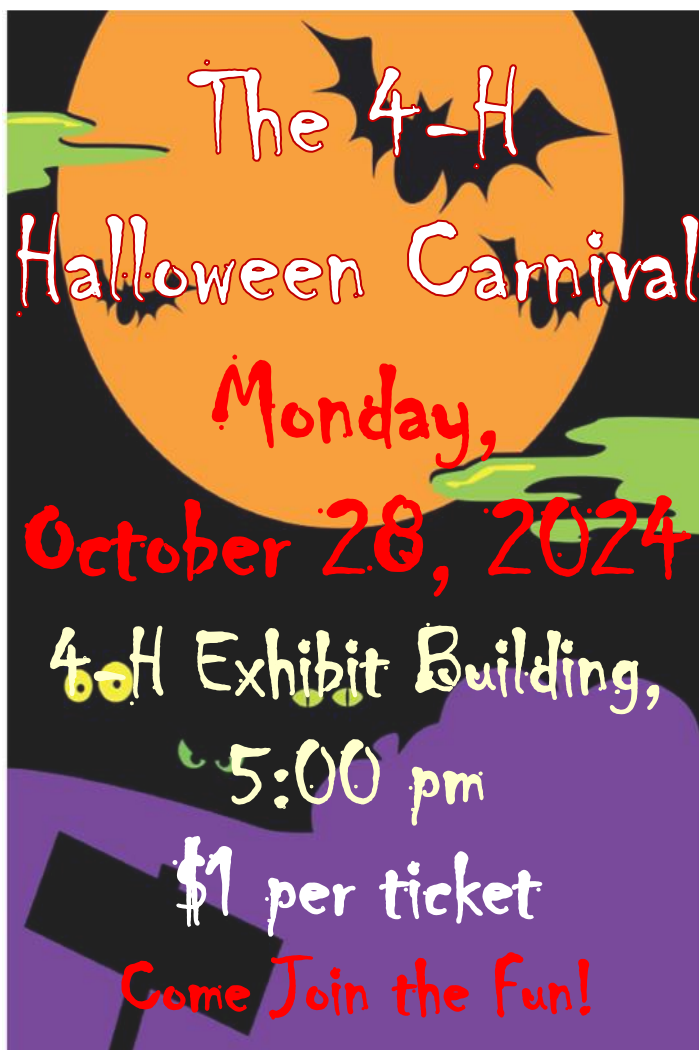
Colton C.
Elias C.
Riley D.
Amelia E.
Colby E.
Allison F.
Whitli G.

Cashlee H.
Markus H.
Oakley H.
Chad H.
Keston J.
Evelynn K.

Carly M.
Evie M.
Elizabeth M.
Paxton P.
Deven R.
Stetsen R.
Joshua S.

Leroy S.
McKaylee S.
Marek S.
Richlee S.
Stockton W.
Challis W.
Alexis W.





Wyoming State/Regional Events & News

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

National 4-H Congress—The National 4-H Congress 2024 will be held November 29 – December 3rd, 2024. Registration closed July 29, 2024. Youth ages 14 (as of January 1, 2024) and older are invited to be part of the Wyoming delegation.

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. For the month of October there will be no club meeting for the Hamsfork Hands.

Online Record Book Training Video

[Lincoln Co. 4-H Online Record Book Training Video](#)

If you were not able to attend a record book training, click on the link above. If you have questions, please contact Shar (885-3132).

University of Wyoming Extension

START YOUR VOLUNTEER JOURNEY

Join us for a FREE two part online informational session for adults interested in becoming 4-H volunteers.

A 4-H volunteer can serve many roles: mentor, advisor, friend, teacher, referee, role model, pacesetter and much more. As a 4-H volunteer, participants will have the opportunity to make a positive difference in the lives of children, teach them valuable skills, help them achieve a positive self-image, accomplish personal goals and earn a sense of accomplishment. Join us to find out if this is something for you!

CHOOSE ONE OF THE DATES BELOW:

- SEPTEMBER 9TH AND 23RD, 2024
- NOVEMBER 5TH AND 19TH, 2024
- FEBRUARY 5TH AND 19TH, 2025
- AUGUST 12TH AND 26TH, 2025

ALL SESSIONS ARE ONE HOUR AND START AT 6:30 PM.

If you are interested please register using the QR code or go to <https://forms.gle/6RGR2aDGglfK66a8A>.

Word Search

Z M M U M M Y Q F C C U C B H
 L C W E R E W O L F L F K X W
 S A E D Q C B S B Y O M C B I
 P T R I C K O L O O W I A S T
 O S P I D E R F O B N D N C C
 O W W H Q E Q D F O S N D A H
 K C A U L D R O N I D I Y R V
 A M P U M P K I N M N G G Y A
 L A Y B D E M O N C R H H X M
 L S W S K E L E T O N T O H P
 E K H A U N T E D H O U S E I
 Y P O C T O B E R O N L T H R
 I C R E E P Y G A M E S G O E
 K T I Y T O M B S T O N E W G
 T R E A T R P S P I D E R L G

haunted house

midnight

october

coffin

mummy

demon

mask

clown

spook alley

werewolf

vampire

pumpkin

blood

spider

witch

ghost

tombstone

cauldron

creepy

spider

candy

scary

skeleton

games

treat

trick

howl

boo

cat

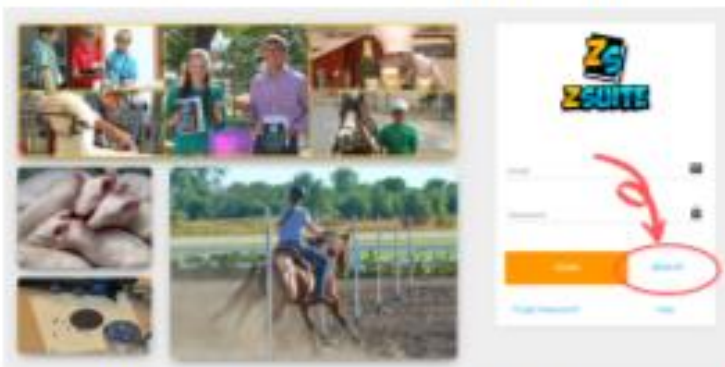
ZSuite 4-H Enrollment!

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**.



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.

*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 gateway of the 4-H

Click for Chat Support

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

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.

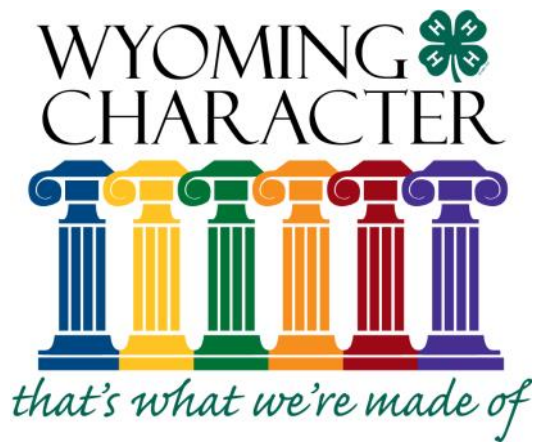
15. Once you're approved, your status will change to '**Active**'.

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



What Is Character?

RESPECT

- Is friendly and cooperative when asked to take on responsibilities.
- Listens to and acknowledges the viewpoints of others.
- Treats everyone with respect and dignity to maintain a positive working environment.
- Models listening and maintains an open mind.
- Works to establish a respectful and working relationship with mentor.
- Accepts constructive criticism and modifies behavior when necessary.
- Is courteous and polite to others.
- Doesn't use, manipulate, exploit or take advantage of others. Works well as a team member.

CITIZENSHIP

- Maintains an active role in school and community activities.
- Follows company policies, regulations, and procedures.
- Shows initiative by becoming helpful and resourceful. Indicates a positive and enthusiastic work attitude.
- Ensures compliance with legal and reporting procedures and regulations.
- Accurately reports hours worked according to required procedures.
- Takes care of equipment and resources.
- Demonstrates a knowledge and interest in ethical, political, economical, and environmental issues that impact the career and the country.

RESPONSIBILITY

- Accepts responsibility and is accountable for quality of work.
- Perseveres and gets the job done.
- Recognizes what needs to be done.
- Pays attention to detail.
- Dependable in fulfilling commitments.
- Takes pride in work. Takes responsibility and is accountable for his or her own actions and mistakes.
- Strives to improve abilities learns new skills and takes on broader responsibilities.
- Asserts own views in a reasonable manner.

TRUSTWORTHINESS

- Gives proper notice of absences. arrives on time.
- Works scheduled hours.
- Provides honest feedback on progress and problems.
- Works well with little supervision.
- Keeps confidences and honors a person's right to privacy.
- Develops honest, open and ethical in relationships with others.
- Stands by his or her commitments.
- Earns trust and confidence through honesty and hard work.
- Does not steal, misuse or abuse company property or equipment.

FAIRNESS

- Uses tact and fairness in dealing With others.
- Is Flexible in coping with different expectations, situations, and diverse leadership styles.
- Completes tasks in a timely manner.
- Contributes knowledge, ideas, and skills to others.
- Contributes to the team or organization in seeking solutions to improvements.
- Gives people a reasonable benefit of the doubt.
- Concentrates on the positive.
- Demonstrates sound communication skills in conflict situations by using openness, flexibility, and a win-win attitude.

CARING

- Builds positive relationships with others.
- Shows kindness and is sensitive to the feelings of others.
- Takes time to help others.
- Attends to details.
- Does quality work.
- Gives accurate self-evaluation of work performance.
- Works harmoniously with others on a daily basis.
- Respects the property of others.
- Takes the time to talk with people face-to-face about issues.



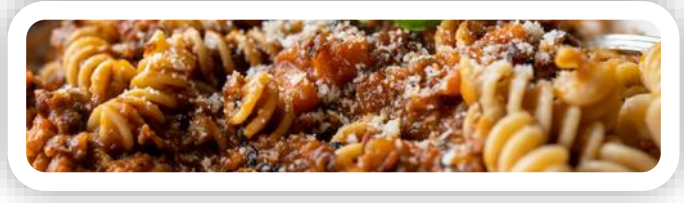
Cent\$ible Nutrition Program

Helping Families Eat Better for Less

Cent\$ible Nutrition Program -

Kemmerer Area - 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 **The State CNP Office at 307-766-5375.** Each class has hands-on activities and you will make a recipe from the CNP cookbook. The SV Area CNP position is opened until filled. Please contact the State CNP Office if you are interested in applying.



Fast Lentil Bolognese

Ingredients

- 1 24-ounce can spaghetti sauce
- 2 cups cooked lentils
- 2 cups or 16-ounce package of dry pasta

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If lentils are not already cooked, follow package directions and cook first.
3. Rinse lentils under cold water after cooking.
4. In a medium sauce pan over medium heat, warm the spaghetti sauce stirring constantly until evenly heated through.
5. Add the cooked lentils to the spaghetti sauce, and heat through.
6. Cook pasta according to package instructions.
7. Combine the sauce and pasta.

Makes 6-8 servings

Source: CentSible Nutrition Program
<https://uwyo.cnpp.org/fast-lentil-bolognese/>



October 2024





SUN	MON	TUE	WED	THU	FRI	SAT
		1 NEW 4-H YEAR STARTS—ZSUITE REGISTRATION OPEN	2	3 SV Cloverbuds, 4 pm, Afton Civic Ctr.	4	5 SV Jr. Leader Fund- raiser, Afton Main St.
6	7 SV Area Awards Night, 6 pm, 4-H Exhibit Bldg.	8	9	10 SV 4-H STEM Clal- lenge, 4 pm, Afton Civic Ctr.	11	12
13	14 Cokeville Area Awards Night, 7 pm, Elementary	15	16 SV Jr. Leader Mtg. 6 pm, Afton Civic Ctr.	17	18 4-H Fun Cooking Activity, 10 am, Afton Civic Ctr.	19
20	21 Halloween Festival Set-up/Decorating	22 Halloween Festival Set-up/Decorating	23 Halloween Festival Set-up/Decorating	24 Halloween Festival Set-up/Decorating	25 Halloween Festival Set-up/Decorating	26
27	28 Halloween Festival 5:00 pm	29	30 Kemmerer Haunted Barn, 6-8 pm	31 Halloween		

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Hamsfork Hands Club Mtg., 6:15 pm, So. Events Ctr.	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Holi- day, Ext. Offices Closed 	29 Thanksgiving Holi- day, Ext. Offices Closed	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 or deadlines!

IMPORTANT Lincoln County Extension NEWSLETTER

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