



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

November 2024

Kemmerer Office – 307-828-4092

Upcoming Events

Oct 31 Halloween
Nov 13 SV Cloverbuds, 4 pm, Afton Civic Center
Nov 20 SV Jr. Leaders Mtg, 6 pm, Afton Civic Ctr.
Nov 24-25 *Thanksgiving Holiday, Ext. Offices Closed*
Nov 29-
Dec 3 National 4-H Congress, Washington DC
Dec 24-25 *Christmas Holiday, Ext. Offices Closed*
Dec 26-30 *Winter Closure, Ext. Offices Closed*
Dec 31 *New Year's Eve, Ext. Offices Closed*

2025
Jan 1 *New Year's Holiday*
Mar 12-16 Ignite By 4-H 2025, Washington DC
Apr 11-16 National 4-H Conference, Arlington, VA



**Happy
Harvest!**

Inside This Issue

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SV Area 4-H Members & Leaders!

Last year's record books, livestock checks (must be cashed by 60 days from the date of the check), and club books are available for pickup at the Afton Extension Office

Online 4-H Registration Started October 1!!

<https://4h.zsuite.org>

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

New Families & Leaders— Follow the instructions on page 5 or contact either Extension Office for help.

Contact Afton (885-3132) or Kemmerer (828-4092) Extension 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...

I hope everyone remembers to sign up for the new 4-H year on ZSuite. Please remember to delete any old clubs or projects and add your new ones.

We are approaching a busy time of year. This time of year also gives us many service opportunities. Please help where you can and remember to record it in your record books. Community service is required to get a gold on your record books. If you are not able to do it with your club when they hold their service activities, you can do it on your own behalf of 4-H. This means it cannot be done with another organization.

This is also a good time to sit down and write your goals for the upcoming year. When writing your goals remember to write them as a **SMART** Goal. Smart goals are Specific, Measurable, Achievable, Relevant, and Time Based. (See graphic on the second column). Remember to write them in complete sentences. Without goals one doesn't have direction in their new 4-H year. Also, there are many resources online. If you need more help, please contact the Extension Office.

Shar

S	Specific Clearly State your Goal
M	Measurable Ensure you can Measure Success
A	Attainable Set Goals you know you can Achieve
R	Relevant Set Goals Relevant to your Career or Education
T	Time-Based Set a Deadline for Completion

Source: <https://helpfulprofessor.com/smart-goals-examples-for-students/>

SV Cloverbuds—November 13

The next SV Cloverbud activity will be on November 13, 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 November 20, 6 pm at the Afton Civic Center.

Online Record Book Training Video

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

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

November Birthdays!!!

Alvin A.
Gwendolyn A.
Clarissa A.
Beckham B.
Maddox B.
Cole B.
Shayna C.
Edouard C.

Amber C.
Benjamin C.
Jillian C.
Carson D.
Austin D.
Ryder D.
Caselee E.
Elizabeth F.

Lottie G.
Tim G.
Easton H.
Ryder H.
Serratelli H.
Gracie J.
Jillian J.
Briar K.

Myla L.
Tate L.
Dakota M.
Harley M.
Andy M.
Paizlee N.
Colter N.
Cord N.

Ruth P.
Bridger R.
Bradley R.
Brooklyn S.
Kimber S.
Grant S.
Finley S.
Brystal S.



Congratulations! Lincoln County 4-H Members & Leaders

Outstanding & Honorable Mention Record Books

Cole B.	Whitli G.	Maliyah P.
Jace B.	Sagen K.	Tevita P.
Sara B.	Flint L.	Baze P.
Austin D.	Mason L.	Tyce P.
Madilyn D.	Payton L.	Aspen P.
Mayci D.	Weston L.	Bridger P.
Myles D.	Bentley M.	Porter P.
TyLeigh D.	Teag M.	Kabrie W.
Arielle G.	Geneva M.	McKenna W.
Bryli G.	McCall M.	Taizlee W.
Emmitt G.		

Wyoming 4-H Honors Club

(Accumulated 19 or more points)

Beckham B.	Jacob C.	Dominic P.
Cole B.	Kylee L.	McKenna W.

Outstanding Member

Jacob C.	Madilyn D.	Braxton P.
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Outstanding Leader

Hanna B.	Kelsi K.	Jessica W.
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Friend of 4-H

Erickson Vet Service	Raquel Rowland
Matthew Teichert	

Herdsmanship

DIVINE SWINE & BOVINE—Beef Herdsmanship
MEADOW GRAZERS—Sheep Herdsmanship
HAMSFOK HANDS—Swine Herdsmanship
MUCKIN' MAVERICKS—Meat Goat Herdsmanship

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.

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.

Ignite by 4-H 2025—The event will be March 12-16, 2025. in Washington, DC. This is for members ages 14 and older. Registration is open and will remain open until the conference itself is full. https://wyoming4h.formstack.com/forms/ignite_4_h

National 4-H Conference—The conference will be held April 11-16, 2025, in Arlington, Virginia. This is for members ages 15 and older. Registration is open and will remain open until full. https://wyoming4h.formstack.com/forms/conference_congress_app

STATE 4-H FOUNDATION SCHOLARSHIPS

2025



UW:

- Edna Mae and Wallace McClaffin
- Ella E. Schloredt
- Jimmy Nichols Memorial
- Farmhouse Foundation
- Janie Smith Memorial
- Margaret Butterfield Memorial
- Brown-Kohl
- Marian M. Henderson Memorial

OTHER SCHOOLS:

- Wilbur Brettel
- Murdoch's Ranch and Home
- Lynette Wallace
- Linnabur Scholarship
- John and Pauline Peterson
- Bonnie Ellenwood
- Underwood Family
- State 4-H Foundation



Scan to Apply:



IGNITE BY 4-H

UW | Wyoming 4-H

HOW

Applications

Application are currently open and open until full. Apply now to insure a spot!



WHEN & WHERE

March 12 - 16, 2025
Washington DC

"Where Possibilities are Endless!"

Teens collaborate, create and cultivate a passion for expanding their minds and their world.

WHAT

- Travel, Connect with teens from across the country, Career exploration.
- Experience renowned speakers and industry leaders, workshops and experiences.

WHY



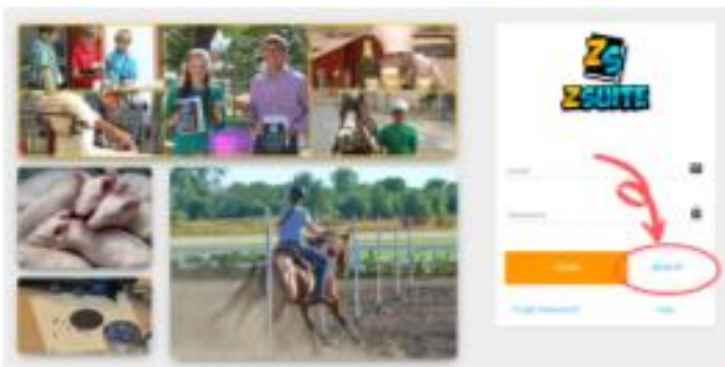
ZSuite 4-H Enrollment!

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 on Chat Support




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

WYOMING CHARACTER



that's what we're made of

November

Character Counts Citizenship



Definition of Citizenship?

Citizenship includes civic duties that outline how we ought to behave as part of a community. The good citizen knows the laws and obeys them, yes, but that's not all.

Good citizens stay informed about current issues that affect the community. That helps them understand the issue and to make better decisions to help solve problems. A democratic society relies on citizens who are well informed. Citizens who will consider what is in the best interest of the community, even if it

might not benefit them as an individual.

Good citizens do more than their "fair" share to make society work. They are concerned about today but they are also concerned about the effect of what they do today, might have on tomorrow and future generations. They are committed to the public good and make efforts to conserve resources, recycle, and clean up litter.

Good citizens are concerned about everyone in their community.

"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in".

**Theodore Roosevelt,
American Adventurer and
26th President**

Citizenship in 4-H

Develop a 4-H Community Calendar

In small groups of mixed ages, create a list of different types of communities (i.e. church, neighborhood, school, 4-H club, etc.) Talk about what it means to be a good community member? What are the do's and don'ts of being a good community member? Ask each group to come up with 10 things that their 4-H club could do to be a good community member? Share the

ideas with the whole group.

As a club (the whole group), think about the things shared by each small group. Use those items to create a calendar focusing on good citizenship, being a good community member. As the club plans ways to demonstrate their good citizenship remember to consider the time it will take so that you can plan it in the best month for your schedule, the budget it might require,

and the amount of adult support it might need.

Have fun showing the community your 4-H Citizenship Pride.

Adapted from a lesson in the Character Counts! *Good Ideas* book.

Clover Connection

Head - be an informed citizen; get involved in community affairs; vote; respect authority; obey laws and rules.

Heart - cooperate; be a good neighbor.

Hands - do your share to make your community better; volunteer.

Health - create healthy lifestyles; protect the environment.





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.

Baked Apples

(Makes 4 servings)



Ingredients

- 4 apples
- 1/2 cup raisins, dates, or mixed dried fruits
- 2 Tablespoons brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/3 cup water or apple juice
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. Spray baking pan with nonstick spray.
4. Wash, dry, and core apples, leaving them whole. Slice bottoms to sit level.
5. Combine dried fruits, brown sugar, cinnamon, and nutmeg. Spoon into centers of apples. Pour water or apple juice into baking pan.
6. Bake at 350°F for 30-40 minutes or until apples are tender, basting occasionally with water or juice.
7. Serve with low-fat vanilla yogurt, regular or frozen.

Source: CentSible Nutrition Program
<https://wyoextension.org/cnp-resources/wp-content/uploads/Baked-Apples-Full-sheet-1.pdf>

Quick Chili Mac

Ingredients

- 1 cup small pasta, uncooked (macaroni, shells, etc.)
- 1 15-ounce can chili (with or without beans)
- 1-2 cups vegetables, fresh, canned, or frozen and thawed (peas, carrots, mixed vegetables, corn, tomatoes, etc.)
- 1/2 cup low-fat cheese, shredded

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook pasta according to package instructions.
3. Drain cooked pasta and add back to pot.
4. Add in chili and vegetables.
5. Stir over low heat until heated through.
6. Top with cheese and let melt.

Variation

Box Mac- Use a 7.25-ounce box of mac & cheese dinner in place of pasta and shredded cheese. Prepare mac & cheese according to box instructions. After draining macaroni, add in the cheese packet, 2 Tablespoons margarine, and 1/4 cup low-fat milk. Stir until the cheese sauce covers the macaroni. Follow steps 4 and 5 above.

Makes 4 servings

Source: CentSible Nutrition Program
<https://wyoextension.org/cnp-resources/wp-content/uploads/quick-chili-mac.pdf>



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 SV Cloverbuds., 4 pm, Afton Civic Ctr.	14	15	16
17	18	19	20 SV Jr. Leader Mtg., 6 pm, Afton Civic Ctr.	21	22	23
24	25	26	27	28 Thanksgiving Holi- day, Ext. Offices Closed 	29 Thanksgiving Holi- day, Ext. Offices Closed	30

December 2024



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2 Hamsfork Hands Club Mtg., 6:15 pm, So. Events Ctr.	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 <i>Christmas Holiday—Ext. Offic- es Closed</i>	25 <i>Christmas Holiday—Ext. Offic- es Closed</i>	26 <i>Winter Closure— Ext. Offices Closed</i>	27 <i>Winter Closure— Ext. Offices Closed</i>	28
29	30 <i>Winter Closure— Ext. Offices Closed</i>	31 <i>New Year's Eve- Holiday—Ext. Offic- es Closed</i>	Jan 1 <i>New Year's Holi- day—Ext. Offices Closed</i>			



LINCOLN COUNTY EXTENSION
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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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