



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

December 2024

Kemmerer Office – 307-828-4092

Upcoming Events

- Nov 28-29 *Thanksgiving Holiday, Ext. Offices Closed*
- Nov 29-
- Dec 3 National 4-H Congress, Washington DC
- Dec 10 SV Jr. Leader Bowling Party, Skyview Lanes, 6:30 pm
- Dec 11 SV Cloverbuds Activity, 4 pm, Afton Civic Ctr.
- Dec 20 4-H Fun Cooking, 10 am Afton Civic Ctr.
- Dec 20 Tallow Lotion Making Class, 1 pm, Afton Civic Ctr.
- 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 01 *New Year's Holiday, Ext. Offices Closed*
- Mar 12-16 Ignite By 4-H 2025, Washington DC
- Apr 11-16 National 4-H Conference, Arlington, VA

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

SV Area 4-H Members & Leaders!

Last year's record books and club books are available for pickup at the Afton Extension Office

Happy Holidays!

Inside This Issue

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4-H Program Information

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

4-H Educator's Letter...

4-H Families! I hope everyone is having a fun holiday season! Please make sure to enroll in the ZSuite program if you haven't yet! We need everyone that wants to participate in 4-H this year to enroll, even volunteers! Instructions are at the end of the 4-H section of this newsletter.

I am so excited for our new year. Please remember we are here to help with your 4-H needs. Also, remember to call Jill to place your order for your club project manuals. please do this early so they have time to get shipped here before you need them.

Another quick reminder, the State 4-H Office has asked us to have one leader from each club attend a training a year. This does not include the new leader training. You can reach out and meet with Shar or there are online options from the state. Sarah has posted her past leader training zoom meetings. The link is: <http://www.uwyo.edu/4-h/volunteers/additional-trainings.html>

Clubs with multiple leaders will need to get together and decide who will complete this year's training. **Once you have completed the training, please email Jill, (jhubbar7@uwyo.edu) two interesting facts that you learned in the trainings and the date you completed the trainings so she can make record of your training.**

It is also a great time of year to reach out with some service projects.

Shar

SV Jr. Leader Meeting—Dec. 10

The next Jr. Leader Mtg will be on December 10, 6:30 pm at the Skyview Lanes..

SV Cloverbuds—Dec. 11

The next SV Cloverbud activity will be on December 11, 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.

Exciting news for all livestock members!

The State 4-H Program has bought into the **YQCA program (Youth for the Quality Care of Animal.)** This brings some big changes for us!

The Lincoln County Fair Board wants to support our youth's education! The Fair Board has agreed to pay the member's \$3 fee for the in-person class. There is a \$12 online class that members can opt to take; but the fee will be paid by the member. The YQCA program is not required but encouraged!

Parents will need to create a family account at yqcaprogram.org.

All students will be required to take a pre-test before the class and a post-test after the class. These must be completed before they get their completion certificate.

If you have any questions, please contact the Afton Extension Office (307-885-3132).

December Birthdays!!!

Justin A.
Lydia A.
Martin B.
Charly C.
Jacetin C.
Cole D.
Marilyn D.
Hailey E.
Kemen F.

Emma F.
Sawyer G.
Asher G.
Emmitt G.
Jane H.
Gus H.
Emilee H.
Oaklyn K.

Sagen K.
Hayden K.
Wendy K.
Payton L.
Laine L.
Owen M.
Izzy M.
Falyn N.
Eden N.

Kimball P.
Chase P.
Baze P.
Abbie P.
Alex P.
Porter R.
Lilly S.
Grace S..

Boone S.
Scout T.
Diesel V.
Liberty V.
Samuel W.
Lydia W.
McKenna W.
Chloe W.
William Z.

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.

The Hamsfork Hands Club had a good turnout at their Haunted Barn fundraiser. Thank you to everyone who helped and supported it! We introduced our new officers, decided goals and community service projects for the upcoming year, discussed having sweats, shirts, and hats available next year, and planned our December meeting. We are excited for the upcoming year! Our next meeting is December 2 at 6:30 at the high school swimming pool. We wish everyone a Merry Christmas!

Lucky Clovers 4-H Club

The **Lucky Clovers 4-H Club** will meet on December 12 at 6 pm in the Afton Civic Center.

Wyoming State/Regional Events & News

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

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

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).

2025 Shooting Sports Leader Certification Training

Goshen County, Torrington, WY

Dates - March 1-2, 2025

Fremont County, Riverton

Dates - March 15-16, 2025

Johnson County, Buffalo, WY

Dates - March 29-30, 2025

Sublette County, Big Piney

Dates - April 12-13, 2025

Park County, Cody

Dates - April 26-27, 2025

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>

2025 STATE 4-H FOUNDATION SCHOLARSHIPS

University of Wyoming:

- Edna Mae and Wallace McClafin
- 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 Scholarships
- John and Pauline Peterson
- Bonnie Ellenwood
- Underwood Family
- State 4-H Foundation



UNIVERSITY OF WYOMING EXTENSION



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

WHY

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

WHAT

“Where Possibilities are Endless!”
Teens collaborate, create and cultivate a passion for expanding their minds and their world.




NATIONAL 4-H CONFERENCE

APRIL 17-16 2025

ARLINGTON, VIRGINIA

INFORMATION

- DO YOU WANT TO HAVE A ROLE IN MAKING CHANGE?
- YOUTH PRESENT IDEAS TO HIGH-RANKING GOVERNMENT OFFICIALS.
- YOUTH WILL SEE D.C. AND MEET WITH OUR CONGRESSMAN AND SENATORS.
- MEET OTHER 4-H YOUTH LIKE YOURSELF FROM ACROSS THE UNITED STATES.



DETAILS

- YOUTH 15 - 18 YEARS OLD.
- COST ESTIMATED AT \$2500 PER PERSON, SCHOLARSHIP WILL BE GIVEN.

APPLICATIONS

- APPLICATIONS CURRENTLY OPEN, UNTIL REGISTRATION IS FULL.



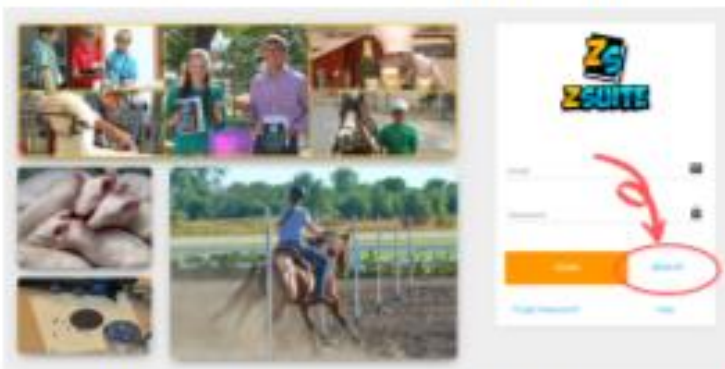
ZSuite 4-H Enrollment!

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**.



*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

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



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 Citizenship



What is Citizenship:

Do your share to make your school and community better:

- Cooperate
- Get involved in community affairs
- Stay informed; vote
- Be a good neighbor
- Obey laws and rules
- Respect authority
- Protect the environment
- Volunteer

Members need to learn the importance of contributing to their school and community.

They should have compassion and show kindness towards others. They should also show humility and consider the needs of others. Serving and helping others is also of great importance. Building citizenship skills helps members feel that they can be contributors to others and can do work that benefits their community. This shows them that their lives are important now and sets a foundation for becoming active citizens in adulthood.

We may never know all the good a simple smile can do. May no one ever come to you without going away better and happier. May everyone see kindness in your face, in your eyes, and in your smile. Love is a fruit in season at all times.

-Mother Theresa

Citizenship in 4-H:

Rules to encourage citizenship:

Divide the club into small groups of four or five members.

Assign each group one of the following areas in school: classroom, library, lunchroom, playground, and bathrooms.

Instruct each group to come up with a list of rules designed to protect the rights of school citizens who use that area. Have students write their rules on a sheet of flip chart paper. Ask them to phrase their rules as positive statements whenever possible. Have groups present their lists, discuss similarities and differences and be prepared to defend the rules which were created.

Think about your 4-H club, what areas do you share as a group? Now repeat the activity and come up with rules that will help protect the rights of 4-H members who use the areas. Remember to share!

Clover Connection

Head - Make sound decisions.

Heart - Be loyal and care about your community.

Hands - Do something productive.

Health - Take care of those that may be in need.



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.

Creamy Potato Soup

(Makes 6 servings)

Ingredients

- 1 teaspoon oil
- 3 1/2 cups raw potatoes, diced
- 1/3-1 cup celery, diced
- 1/3-1 cup onion, diced
- 3/4 cup ham, chopped (optional)
- 1 teaspoon black pepper
- 1 teaspoon seasoning of choice (garlic, Italian, taco, dill, thyme, basil, etc.)
- 4 cups low-sodium broth
- 2 Tablespoons oil or butter
- 2 Tablespoons all-purpose flour
- 2 cups low-fat milk
- 1/2 cup low-fat shredded cheddar cheese (optional)
- 1/2 cup raisins, dates, or mixed dried fruits

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large soup pot, heat oil. Add celery and onions, Cook for 3-5 minutes until onion is soft.
3. Add potatoes, broth, pepper, and seasoning. Bring to a boil and cook over medium heat until potatoes are tender, about 10-15 minutes.
4. Once potatoes are soft, mash some of them with a fork or potato masher for a creamier texture, if desired.
5. To make the cream sauce for the soup, heat oil or butter in a small saucepan. Once hot, add flour and stir until it turns pasty.

6. Cook for 1 minute on medium heat, then add the milk a few tablespoons at a time, stirring constantly until thick and bubbly.
7. Add milk mixture to the soup pot and cook soup until heated through. Serve topped with cheese.

Baked Pork Chops

(Makes 4 servings)

Ingredients

- 4 pork loin chops (fat trimmed and thawed, if frozen)
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- Dash of black pepper
- 2 Tablespoons low-fat milk
- 1 egg
- 1/2 cup cornflakes (brank flakes or dried bread crumbs)
- 1 Tablespoon canola oil
- Nonstick spray

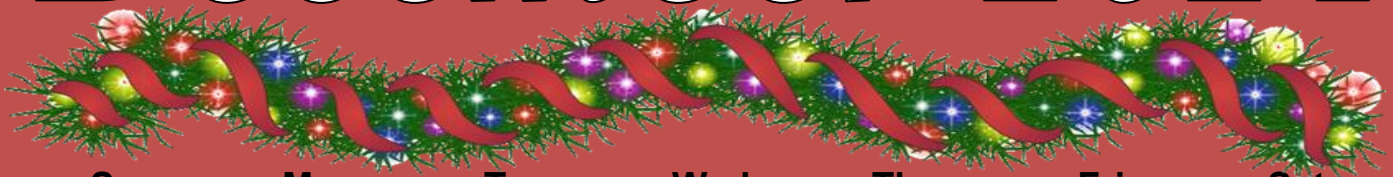
Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 375° F.
3. Spray a baking sheet (any size with nonstick spray).
4. In a small bowl, combine flour with salt and pepper.
5. In another small bowl, beat together eggs and milk.
6. In a third bowl, crush cornflakes or bread crumbs.
7. Dip pork chops in flour mixture, then egg mixture, and then in cornflakes or bread crumbs. Then place on baking sheet.
8. Bake at 375° F for 35-45 minutes or until internal temperature reaches 145° F. Let rest 3 minutes before serving.

Source: CentSible Nutrition Program



December 2024



Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>1</p> <p>National 4-h Congress, Washington DC</p>	<p>2</p> <p>Hamsfork Hands Club Mtg., 6:30 pm, KHS Swimming Pool</p> <p>National 4-h Congress, Washington DC</p>	<p>3</p> <p>National 4-h Congress, Washington DC</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p>	<p>10</p> <p>SV Jr. Leader Bowling Party, Skyview Lanes, 6:30 pm.</p>	<p>11</p> <p>SV Cloverbuds, 4 pm Afton Civic Ctr.</p>	<p>12</p> <p>Lucky Clovers 4-H Club Mtg., 6 pm Afton Civic Ctr.</p>	<p>13</p> <p>SV Jr. Leaders Gift Wrapping Fundraiser</p>	<p>14</p>
<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>4-H Fun Cooking, 10 am Afton Civic Ctr.</p> <p>Tallow Lotion Class, 1 pm Afton Civic Ctr.</p>	<p>21</p>
<p>22</p>	<p>23</p>	<p>24</p> <p><i>Christmas Eve Holiday—Ext. Offices Closed</i></p>	<p>25</p> <p><i>Christmas Holiday—Ext. Offices Closed</i></p>	<p>26</p> <p><i>Winter Closure—Ext. Offices Closed</i></p>	<p>27</p> <p><i>Winter Closure—Ext. Offices Closed</i></p>	<p>28</p>
<p>29</p>	<p>30</p> <p><i>Winter Closure—Ext. Offices Closed</i></p>	<p>31</p> <p><i>New Year's Eve-Holiday—Ext. Offices Closed</i></p>				

January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <i>New Year's Holiday—Ext. Offices Closed</i>	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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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