



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

January 2025

Kemmerer Office – 307-828-4092

Upcoming Events

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
 Jan 06 Kemmerer 4-H Open House, 5:45 pm, So. Events Ctr.
 Jan 14 Parents Night at KCDC, 4 pm, KCDC Bldg.
 Jan 15 SV Cloverbuds, 4 pm, Afton Civic Ctr.
 Jan 17 SV Mkt Beef Tagging, 10 am Fairgrounds Scale
 Jan 22 SV Jr. Leader Service Project, 6 pm, Afton Civic Ctr.
 Jan 24 Cokeville Mkt Beef Tagging, TBD
 Jan 31 4-H Fun Cooking, 10 am, Afton Civic Ctr.
 Feb 10 SV Cloverbuds, 4 pm, Afton Civic Ctr.
 Feb 17 SV 4-H Open House, 6 pm, Afton Civic Ctr.
 Feb 21 4-H Fun Cooking, 10 am, Afton Civic Ctr.
 Feb 24 SV 4-H Expansion & Review Mtg., 12 pm, Afton Civic Ctr.
 Mar 12-16 Ignite By 4-H 2025, Washington DC
 Apr 11-16 National 4-H Conference, Arlington, VA

Market Beef Tagging

SV January 17, 10 am, Lincoln Co. Fairgrounds
 Kemmerer TBD (Contact Deborah at 307-828-4092)
 Cokeville January 24, Time to be determined

If you want to tag on your own, you will need to make arrangements to pick up your tags from the Extension Office. To do so, you will need to do the following:

1. Enroll in 4-H (See info in text box below).
2. Have a Form A (Brand Inspection in the 4-H Member's name) in hand to pick up tags. Also, you can contact the Afton Ext. Office, 307-885-3132 or Kemmerer Ext. Office, 307-828-4092 to get tags.

After picking up tags:

1. Tag animal and take a picture showing the tag in the animal's ear and a picture of the full body.
2. Complete the animal information and upload animal pictures (Tag in ear & full body) to your ZSuite project profile. (Remember to have all 15 numbers on the animal ID line) by FEB 1, 2025

Animal Upload Instructions are available on the ZSuite Dashboard.

SV Area 4-H Members & Leaders!
 Last year's record books and club books are available for pickup at the Afton Extension Office

Inside This Issue

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2	4-H Program Information
3	Club News
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9	Character Counts
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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 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...

Happy New Year!

As we get ready to start out a new year, it's time to get ready for projects and club meetings. Club leaders, take a look at the resources for you on the state 4-H website: <https://www.uwyo.edu/4-h/current-members/club-resources.html>. These resources include club chartering paperwork (due at the end of the 4-H year) and club operating guidelines, which must also be completed by clubs annually. Be sure your club officers complete Secretary and Treasurer books throughout the year; download them at the above link if you don't have one for the year yet.

4-H members looking for a new project can go to the state website at <https://www.uwyo.edu/4-h/>, scroll to the bottom of the page, and read up on any project you are interested in. Run your project idea by your club leader, then get your new project added to your list on ZSuite and let your club leader or Extension personnel know if you need curriculum to help complete your project for the year.

4-H members with beef projects should note that the tagging deadline is February 1. Your brand inspection must be in the 4-H member's name in order to pick up an ear tag. Keep an eye for tagging dates, etc. as we get closer to January.

Finally, the latest Wyoming 4-H Policies file is readable at this link: <https://www.uwyo.edu/4-h/current-members/files/4h-policies-04-09-24.pdf>. Please take some time to review it as you get ready to start your projects this year.

Deborah

SV Cloverbuds—Jan. 15

The next SV Cloverbud activity will be on January 15, 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 Service—Jan. 22

The next Jr. Leader Mtg will be a service project on January 22, 6 pm at the Afton Civic Ctr.

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).

January Birthdays!!!

Easton A.
Samuel B.
Tydell B.

Beth C.
Madilyn D.
Hadlee F.

Macy K.
Kayson L.
Lilly L.

Jace M.
Camilla O.
Scarlett P.

JaiJ R.
Malachi S.
Tyler S.

4-H Open House, Kemmerer & Afton

Kemmerer—January 06, 5:45 pm at the So. Events Center.

Afton—February 17, 6 pm at the Afton Civic Center.

4-H Club News—

Hamsfork Hands 4-H Club

The **Hamsfork Hands 4-H Club** meet on the first Monday of each month, 6:15 pm at the So. Events Center.

The Hamsfork Hands Club December meeting was a combination of work and play. We had many members present their 2025 shirt designs and the club voted on their favorite design. We also set the budget for the upcoming year. After the work concluded we held our Annual Holiday Party at the High School Pool, with lots of splashes and laughter, it was fun for all.

Lucky Clover 4-H Club

The **Lucky Clover 4-H Club** meet on the 2nd Thursday of each month, 6 pm at 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 4-H Shooting Sports Leader Certification Trainings

The Shooting Sports Training Team will be coming to a county near you! If you are a new shooting sports leader or have reached five years since your last certification, plan to attend one of these certification/training opportunities.



Steve Mack, Director
Wyoming State 4-H Foundation
College of Agriculture and Natural Resources
1000 East University Ave. Dept. 3354
Laramie, WY 82071
(307) 766-5170
Smack@uwyo.edu

Goshen County, Torrington, WY

- Dates - March 1-2, 2025
- [Registration : Goshen County](#)

Fremont County, Riverton

- Dates - March 15-16, 2025
- [Registration : Fremont County](#)

Johnson County, Buffalo, WY

- Dates - March 29-30, 2025
- [Registration: Johnson County](#)

Sublette County, Big Piney

- Dates - April 12-13, 2025
- [Registration: Sublette County](#)

Park County, Cody

- Dates - April 26-27, 2025
- [Registration: Park County](#)

Shooting Sports Development Committee Meeting

- Date - February 15, 2025, Casper
- Hilton Garden Inn - 10 am to 3 pm
- [Directions from Douglas](#)
- [Directions from Riverton](#)

You can register using the links above or visit the Wyoming 4-H webpage at: <http://www.uwyo.edu/4-h/> then select "Volunteers" and "Additional Trainings."

2025 STATE 4-H FOUNDATION SCHOLARSHIPS

University of Wyoming:

- Edna Mae and Wallace McClaflyn
- 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.

“Where Possibilities are Endless!”

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

WHAT



State 4-H

WOOL AND MEAT JUDGING CONTESTS



FRIDAY, APRIL 25TH
ALBANY COUNTY FAIRGROUNDS



SATURDAY, APRIL 26TH
UW ANIMAL SCIENCE

INDIVIDUAL AND TEAM CONTESTS, 4-H EDUCATOR/ COACH WILL FINALIZE REGISTRATION THROUGH ZSUITES AND CONFIRM TEAMS.

UW | Wyoming 4-H



NATIONAL 4-H CONFERENCE

APRIL 11-16 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.





SHOWCASE showdown

EVENT DETAILS

- June 17 - 19, 2025
- University of Wyoming Laramie, Wyoming
- Stay in the UW Residence Halls

ABOUT THE EVENT

- 11 State Contests
- Explore new contests and project areas
- Top placing seniors get to attend National Trip
- Project related Workshops
- Fun Workshops Activities
- Tour and Experience parts of UW Campus

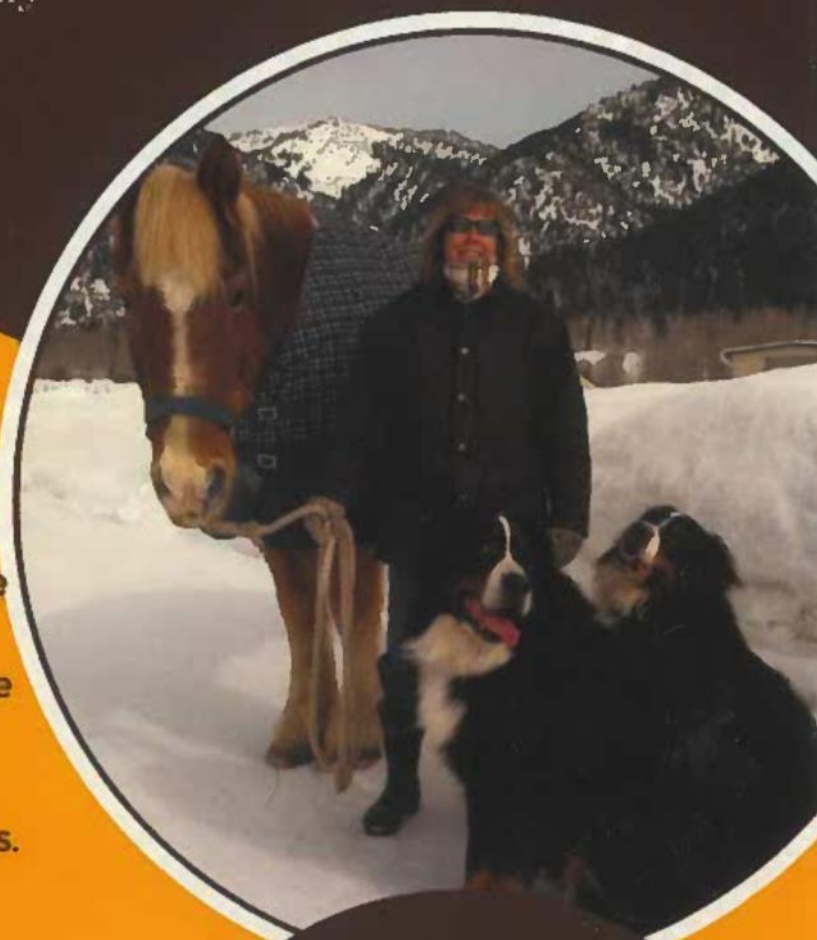
UW | EXTENSION

4-H Volunteer Spotlight

*"Volunteers do not necessarily
have the time;
they just have the heart."
~ Elizabeth Andrew*

Highlights:

- Wendy started the 4-H dog project in Star Valley, after many years of not having it. Wendy always has a very large group of kids. She has helped many members on the county level and State level.
- Wendy enjoys sharing all her knowledge with the members.
- Wendy shows her own dogs professionally all over.
- Wendy lets the 4-H members use her agility equipment to practice. Wendy starts her 4-H meetings in January and meets once week all the way through August to our fair. She enjoys seeing the members succeed.
- Wendy is also a Lincoln County Fair Board member.



Wendy Kirk
Lincoln County
10 Years

Thank You

YOU MAKE A DIFFERENCE



UNIVERSITY
OF WYOMING
EXTENSION



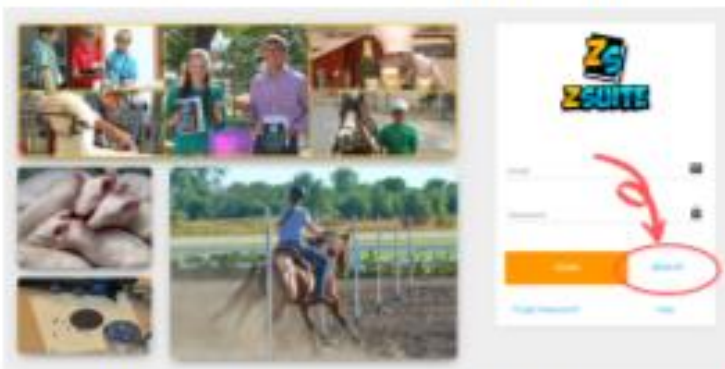
ZSuite 4-H Enrollment!

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

Chatting 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.




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.

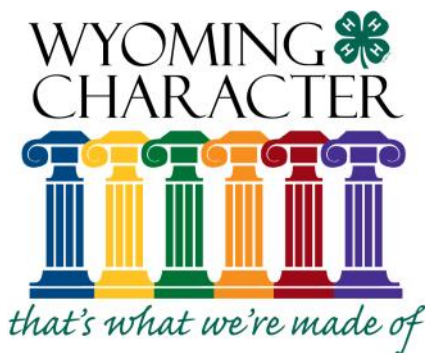
15. Once you're approved, your status will change to '**Active**'.

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

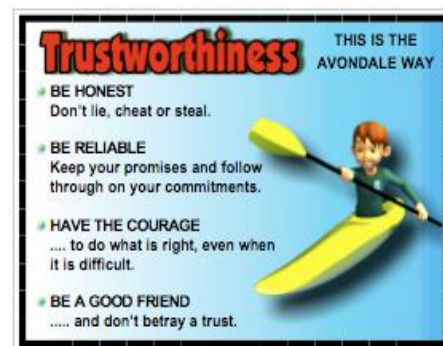
Deborah Peavler, Kemmerer Extension Office, 307-828-4092



January

Trustworthiness

Being trusted is among the highest achievements of individuals



What does it mean to be Trustworthy?

People will trust a person who has a reputation of being honest, reliable and responsible.

Dishonesty can easily tarnish that reputation, such that others consider you untrustworthy. Being considered trustworthy provides benefits from the way people deal with you, as well as your own self-esteem.

Trust in another people has several meanings:

1. Trust means that you feel that the person is honest and will not lie, cheat or steal from you.
2. It also means that you can count on the person to do as he or she promised and that the person is reliable.

Finally, trust in a person means that you feel he or she can be counted on to do something important, will not shirk from duties, and will take personal pride in what he or she does.

You're trustworthy when:

- ◆ You tell the truth
- ◆ You are sincere. Say what you mean and mean what you say
- ◆ You keep your word
- ◆ You are reliable
- ◆ You return things you borrow
- ◆ You don't gossip

"It's better to be hated for what you are than to be loved for something you are not"

~ Andrew Gide ~

Trustworthiness:

involves four major qualities:

1. Integrity: the idea of a moral wholeness, or oneness, demonstrated by a consistency of thoughts, words, deeds, and duties.
2. Honesty: means that a person doesn't do things that are morally wrong. If something you do is breaking the law or you have to hide it because you'll get in trouble, you are probably not being honest.
3. Promise-keeping: A man is only as good as his word
4. Loyalty: standing with and behind someone in need. Loyal friends share both triumphs and trauma, and offer honest, constructive feedback delivered in a kind and tactful manner.

Trustworthiness in 4-H



4-H Club Activity

The "Gossip" Game

Have the group sit in a circle. Whisper a statement in one person's ear. You cannot repeat it even if they didn't understand it the first time. That person repeats the statement in the next person's ear, and so forth around the room. The last person tells what they heard out loud.

Discuss what happened. Did the statement end up the same as it began? Was it close? Why or why not? How does this relate to "real life"? Why can gossip become so harmful?

Like this activity? Find more like it in the "Good Ideas Book"



"Your handshake is as good as your word"



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.**

PARENT NIGHT

January 14, 4 pm at the KCDC.
Learn to cook healthier meals & make flavored popcorn sprinkles.

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.

Twice Baked Potatoes

(Makes 8 servings)

Ingredients

- 4 medium russet potatoes
- 3 Tablespoons ranch seasoning mix
- 1 Cup shredded low-fat cheddar cheese

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 425°F.
3. Scrub potatoes thoroughly with a brush. Keep skins on. Pat dry.
4. Poke potatoes all over with a fork.
5. Wrap each potato in foil.
6. Bake at 425°F for 40-60 minutes or until tender
7. Cool.
8. Carefully cut potatoes in half lengthwise.
9. Scoop out most of the potato without tearing the skin. Set potato shell aside.
10. Reduce oven to 350°F.
11. In bowl, combine the insides of potatoes and seasoning. Mix thoroughly.
12. Scoop potato mixture back into shells. Top with shredded cheese.
13. Bake on baking sheet at 350°F until hot and cheese is melted, about 15 minutes.

Source: CentSible Nutrition Program



Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

Each lesson includes online text (that can be downloaded and printed), online discussion boards, a weekly real-time chat with instructors & classmates, and open book quizzes.

Start Date: January 16, 2025

Lessons

- Foodborne Illness
- Canning Basics
- Canning Acid Foods
- Canning Low Acid Foods
- Canning Specialty Foods
- Freezing and Drying



COST: \$35 REGISTRATION FEE

Register online at

https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135

For More Information:

University of Idaho Extension, Franklin County
franklin@uidaho.edu
(208) 852-1097

REGISTRATION DEADLINE:

JANUARY 13, 2025

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Reasonable accommodations will be made for persons with disabilities and special needs contact Laura Sant, Franklin County Extension Educator, lsant@uidaho.edu, 208.852.1097.



EAT HEALTHY for less

Learn to save money and time at the grocery store, cook healthier meals faster, and stretch your food dollars. Plus, get a free cookbook, kitchen utensils, and more!

Join the Cent\$ible Nutrition Program

Online class:

Attend class from anywhere

Tuesday Nights at 5:30 p.m.

January 28th - March 8th

Must pre-register. Email stephq@uwyo.edu
or call (307)783-0570



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EPNEP. USDA is an equal opportunity provider and employer.



January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <i>New Year's Holiday—Ext. Offices Closed</i>	2 Nocked & Loaded 4-H Club Mtg., 6 pm 4-H Exhibit Bldg. (Elect Officers).	3	4
5	6 Kemmerer 4-H Open House, So. Events Ctr., 5:45 pm Hamsfork Hands Club Mtg., 6:30 pm, South Events Ctr.	7	8	9 Lucky Clovers 4-H Club Mtg., 6 pm, Afton Civic Ctr. (Woodworking)	10	11
12	13	14 Parents Night at the KCDC, 4 pm, KCDC Bldg.	15 SV Cloverbuds, 4 pm, Afton Civic Ctr.	16 Nocked & Loaded 4-H Club Mtg., 6 pm ,4-H Exhibit Bldg. (Air Rifle)	17 SV Mkt Beef Tagging, 10 am, Fairgrounds Scale	18
19	20	21	22 SV Jr. Leader Service Project, 6 pm, Afton Civic Ctr.	23	24 Cokeville Mkt Beef Tagging, TBD	25
26	27	28	29	30 Nocked & Loaded 4-H Club Mtg., 6 pm 4-H Exhibit Bldg. (Archery)	31 4-H Fun Cooking, 10 am Afton Civic Ctr.	

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Hamsfork Hands Club Mtg., 6:15 pm, South Events Ctr.	4	5	6	7	8
9	10 SV Cloverbuds, 4 pm, Afton Civic Ctr.	11	12	13 Nocked & Loaded 4 -H Club Mtg., 6 pm 4-H Exhibit Bldg.	14	15
16	17 SV 4-H Open House, 6 pm, Afton Civic Ctr.	18	19	20	21 4-H Fun Cooking, 10 am Afton Civic Ctr.	22
23	24 SV 4-H Expansion & Review Committee Mtg., 12 pm, Afton Civic Ctr.	25	26	27 Nocked & Loaded 4 -H Club Mtg., 6 pm 4-H Exhibit Bldg.	28	

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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