

Lincoln County

Chit Chat

College of Agriculture and Natural Resources

> Extension Lincoln County

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

February 2025

Kemmerer Office – 307-828-4092

Tork	Upcoming Events
Jan 31	4-H Fun Cooking, 10 am, Afton Civic Ctr.
Feb 01	Mkt Beef Ownership & Tagging Deadline
Feb 01	Mkt Beef Animal Info & Pictures Upload Deadline
Feb 10	SV Cloverbuds, 4 pm, Afton Civic Ctr.
Feb 17	SV 4-H Open House, 6 pm, Afton Civic Ctr.
Feb 17	SV Junior Leaders Mtg (to help with 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,
W. C. C. C. C.	Afton Civic Ctr.
Mar 05	SV Cloverbuds, 4 pm, Afton Civic Ctr.
Mar 07	4-H Fun Cooking, 10 am, Afton Civic Ctr.
Mar 10	4-H Record Book Training, 4 pm, Afton Civic Ctr.
Mar 12-16	Ignite By 4-H 2025, Washington DC
Mar 18	SV Parent Leader Meeting, 6 pm, Afton Civic Ctr.
Mar 21	Animal Nutrition Classes, 10 & 11 am, Afton Civic Ctr
Apr 11-16	National 4-H Conference, Arlington, VA
Apr 25-26	Wool & Meat Judging Contests, Laramie
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ATTENTION All Market Beef Project Members

You need to pick up tags or attend the a beef tagging day, tag your steer, and upload your animal information and pictures to ZSuite by

FEB. 1, 2025

Animal Upload Instructions are available on the ZSuite dashboard.

Call the Extension Offices if you have questions Afton—885-3132 or Kemmerer—828-4092

Inside This Issue **Upcoming Events & Notices** 1 4-H Program Information 2 **Club News** 3 State & Regional 4-H Events 4 Character Counts 10 **Cent\$ible Nutrition Program Nutrition** 11 Information **Extension Calendars** 12-13

Animal Ownership, Tagging & Information Upload Deadlines Market Beef-February 1 All Other Youth Livestock —June 1

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

Returning Families & Leaders — Follow the instructions on pages 8-9 of this newsletter.

New Families & Leaders — Follow the instructions on page 7 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...

4-H is off to a wonderful beginning and some of our clubs are starting to meet. If you want to get involved or know someone that does, now is the time!

It is also time to think about livestock animals! If you are interested in raising a pig, goat, or sheep, now is a great time to be looking into where you want to purchase them. Please remember your bills of sale, vet inspections, and brand inspections when purchasing them.

Please make sure you enroll in ZSuite before you come to 4-H meetings. It is very important you sign up for 4-H before you can participate.

Volunteers, please make sure you are also enrolled. If you are a new volunteer, make sure to complete a background check, fill out your MVR, and do your State online New 4-H Leader Orientation training . You cannot host meetings until you do these things! I hope you all are excited and ready for a year full of fun!!

Don't forget to check ZSuite and the calendar for all the great things that are going on in our 4-H Program.

If you have any questions, please contact me at the Afton Extension office (Afton-885-3132).

Shar

SV Cloverbuds—Feb. 10

The next SV Cloverbud activity will be on February 10, 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.

4-H Open House

February 17, 6 pm at the Afton Civic Center.

SV Jr. Leader Meeting—Feb. 17

The next Jr. Leader Mtg will be helping at the 4-H Open

House on February 17 at 6 pm. Please let Shar know you are planning to help.

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! This year, the Fair Board has agreed to pay the member's \$3 fee for the in-person class. Also, 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 pretest 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).



February Birthdays!!!

Treyson C. McKaty D. Chance D. Presley F. Elizabeth G. Samantha G. Molly H. Adrie K. Sam L. Oakley L. Preston L. Phillip L. Anna M. Whitlee M. Jaydyn N. Treyten N. Wyatt P. Clara R. Tymberlee R. Drew R. Mac S. Rhett S. Juliana S. Lexi W.



4-H Record Books—Afton Ext.

The following members have not picked up their 2024 record book from the Afton Extension Office. Please do so ASAP!

KAMZLIN BOLINDER **KANZIS BOLINDER INDIA BURCH MARTY BURCH EMMA FINCH** JONAH FINCH

MYLA LANCASTER BROOKLYN LONG RYDER SHARP ANDREW STOREY **GRAYSON STOREY VIOLET ZUNIGA**

Lucky Clover 4-H Club— **Gardening Project Group**

will be starting in March. If you are interested, call the Afton Extension Office (885-3132) for more information.

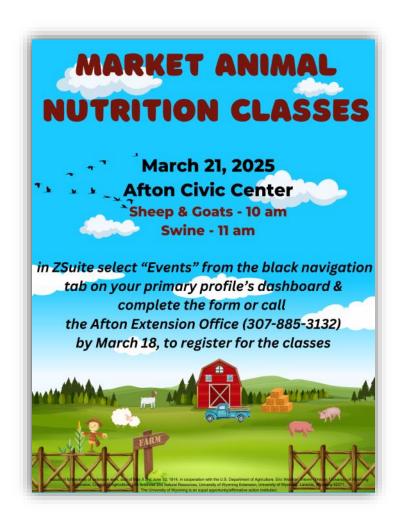
Record Book Training March 10, 4 pm Afton Civic Ctr.

Call Afton Ext. Office (885-3132) to Sign Up. Bring Laptop

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.

> 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





Wyoming State 4-H Foundation College of Agriculture and Natural 1000 East University Ave. Dept.

Laramie, WY 82071

(307) 766-5170 Smack@uwyo.edu



. Dates - April 12-13, 2025 Registration: Sublette County Park County, Cody

Dates - April 26-27, 2025

Sublette County, Big Piney

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.uwvo.edu/4-h/ then select "Volunteers" and "Additional Trainings.



4-H Club News—

Divine Swine & Bovine 4-H Club

The Divine Swine & Bovine 4-H Club usually meet on the second Monday of each month at the SV Community Center in Etna

Divine Swine & Bovine met 11/18/2024 and had a potluck to kick off the 2024-2025 year and to get to know each other. Extension Leader, Shar Perry, was in attendance to help answer questions about the green books. We talked about goals, SMART goals, and what we wanted to accomplish this year. In attendance: Charly C., Josie C., Wyatt C., Amber C. Jacob C., Greyson C., Thayer C., Xochi C., Grace C., Hadlee F., Presley F., Rylee G., Rachel H., Emilee H., James H., Levi K., Sam L., Ammon O., Branson O., Dawson P., Nolan P., Paxton P., Shaun R., Clara R., Isabelle, S., Juliana S., Danner T., and Leila T.

Divine Swine & Bovine met 12/9/2024 and talked about our club requirements and bylaws which members signed. We talked about our club goals and what we want to learn about this year – parents were asked to sign up to help with different club meetings. In attendance: Charly C., Josie C., Wyatt C., Amber C. Jacob C., Greyson C., Thayer C., Xochi C., Grace C., Holden D., Rylee G., Emily K., Levi K., Sam L., Ammon O., Branson O., Camilla O., Dawson P., Nolan P., Paxton P., Shaun R., Clara R., Isabelle, S., Juliana S., and Sakara V

Divine Swine & Bovine met 1/13/2025 and had our club elections. We had a question and answer about our 4H projects. In attendance: Charly C., Josie C., Wyatt C., Amber C., Jacob C., Greyson C., Thayer C., Xochi C., Grace C., Holden D., Hadlee F., Rylee G., Emily K., Sam L., Ammon O., Branson O., Camilla O., Dawson P., Nolan P., Paxton P., Shaun R., Clara R., Isabelle S., Juliana S., Danner T., Leila T., Liberty V., and Sakara V.

Dynamite Dogs 4-H Club

The Dynamite Dogs 4-H Club will have their first meeting on Monday, February 24, 6 pm in the 4-H Exhibit Building. (This meeting is for parents & kids only—NO DOGS!)

Hamsfork Hands 4-H Club

The Hamsfork Hands 4-H Club meet on the first Monday of each month, 6:30 pm at the So. Events Center.

The Hamsfork Hands' January meeting was held after the 4H Open House, so in preparation of many new members joining our meeting, current members presented their general projects from last year. Many showed off their projects and awards while explaining the steps they took to complete and enter their projects. We are currently taking 2025 shirt orders until our next meeting on February 3rd 6:30 at the Event Center. Along with shirts, there are sweatshirts, sweatpants and hats that will be available for purchase. If a Graduation Senior needs 4-H cords, please contact Deborah. In conclusion, the members played the Human Knot game, where they stood in a circle crossing hands and had to untie the knot, this encouraged communication and how to effectively use positive communication while working in a group.

Hooves & Hides 4-H Club

The Hooves & Hides 4-H Club meet on the 3rd Monday of each month, 6 pm at the Afton Civic Center, Library Room.

Lucky Clover 4-H Club

The Lucky Clover 4-H Club will meet on February 20, 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











4-H Volunteer Spotlight

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

Highlights:

- Jessica is an amazing community leader and has kept the 4-H program afloat in Kemmerer.
- Favorite food: Beef and Broccoli
- Favorite candy: chocolate covered cinnamon bears
- Favorite hobby: anything outdoors
- Jessica also has her own kids involved in many projects. She is 4-H's biggest fan. We are lucky to have her.



Jessica Witbeck

Lincoln County 8 Years

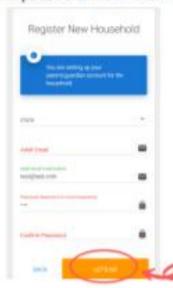
Thank your
YOU MAKE A DIFFERENCE

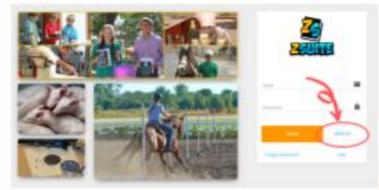


ZSuite 4-H Enrollment!

Enrolling in Wyoming 4-H

- 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



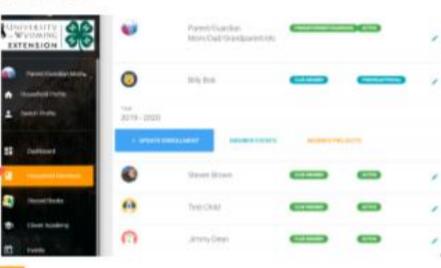
You should now be directed to the Dashboard screen.

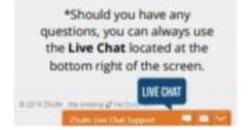
- To add members, in the black drop down menu, select household members.
- 2. On the next screen, select

Fill in the required fields for one of your members.

- 4. Don't forget to add a club! Click
- You will also need to select projects for each club by clicking then selecting a project from the drop down menu
- 5. Finish by clicking

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.



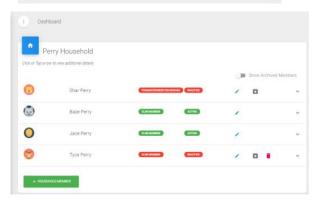


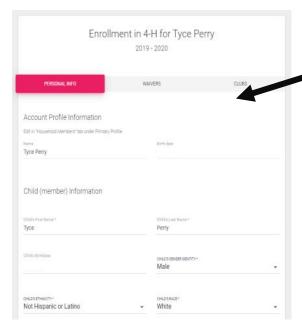


ZSuite 4-H Enrollment



Email Password LOGIN SIGN UP Forgot Password? Help



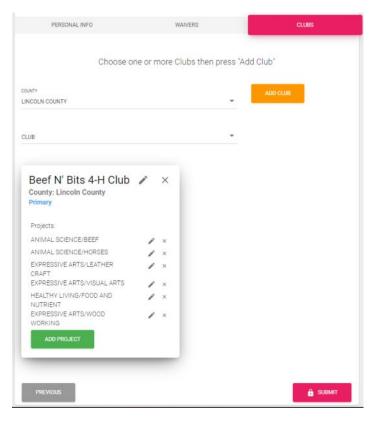


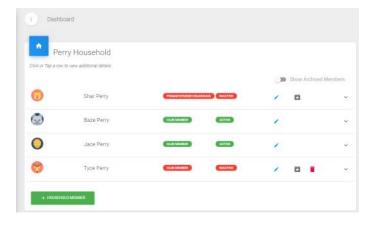
Returning Member Enrollment

Yearly Re-enrollment of Family Members

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

- 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 LOGIN
 - if you forgot your password, click the **Forgot Pass-word?** And you will be prompted to enter another password.
- 4. You MUST be signed in as the PRIMARY account to enroll members.
- 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

February



Character Counts Trustworthiness

Teaching Trustworthiness

Being trustworthy means:

- Telling the truth
- Following the rules
- Not taking things that don't belong to you
- Doing what you say you'll do When you think about teaching trustworthiness to others you must remember that is does not happen overnight. Instead it is something you should model for others everyday—you influence and are a role model for everyone you come in contact with.

Take time to discuss with others how trust is earned and why we consider others trustworthy. Provide specific examples and illustrations to express thoughts. For example: How do others earn your trust? How do you know when you can trust people? Which people do you feel are the most trustworthy?



"Watch your thoughts; they lead to attitudes. Watch your attitudes; they lead to words. Watch your words; they lead to actions. Watch your actions; they lead to habits. Watch your habits; they form your character. Watch your character; it determines your destiny."

~Unknown~

Trustworthiness in 4-H: Six Feelings

Supplies: Seven large signs with one name on each of the Seven Dwarfs on each sign (Happy, Sneezy, Dopey, Grumpy, Bashful, Sleepy, and Doc). Post these signs on the wall.

Ask the participants to look at all the signs on the on the wall. Have club members and guests stand by the sign that best describes how they feel at that moment. Explain that is it ok to be honest about what and how they are feeling. Give each group about 10 minutes to create a 30 second commercial to show their emotion. Have each group act out their commercial.

Discussion Questions:

Do you think how you feel or act affects whether a person feels they can trust you or not? Why or why not?

Roll Call Suggestions

- Tell a time when you were honest and no one was watching
- Share an example of someone showing loyalty to a friend
- Name one person who you trust and tell why



Cent\$ible Nutrition Program

Helping Families Eat Better for Less

Cent\$ible Nutrition Program -

<u>Kemmerer Area</u> - 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.**

<u>SV Area</u> - 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.



Beef & Mushroom Stroganoff

(Makes 4 servings)

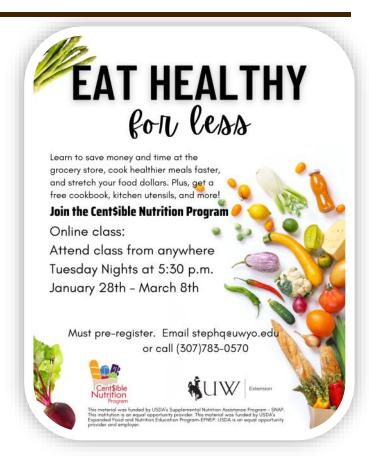
Ingredients

- 1 pound raw, ground beef or 14.5-ounce can beef
- 1/2 cup chopped onion
- 1/2-1 cup sliced fresh mushrooms
- 2 garlic cloves, minced (1 teaspoon garlic powder)
- 1/8 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups low-sodium broth
- 6 Tablespoons flour
- 1 cup plain yogurt or low-fat sour cream
- 4 cups cooked whole-wheat pasta or egg noodles

Directions

- 1. Wash hands with warm, soapy water for 20 seconds.
- Cook pasta, following package instructions, if not already cooked.
- Heat a large skillet or electric skillet. If using raw, ground beef, brown it. Drain off fat. Then add in onions, mushrooms, garlic, salt, and pepper and heat through. If using canned beef, heat beef with onions, mushrooms, garlic, salt, and pepper.
- 4. Remove from skillet.
- In the same skillet, mix together 1/2 a cup of broth and flour. Heat, stirring constantly, until thick. Add remaining broth.
- Reduce heat to low. Add yogurt or sour cream and stir until combined.
- 7. Add meat mixture and heat through.
- 8. Serve over hot whole-wheat pasta or egg noodles.

Source: Cent\$ible Nutrition Program



February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						MKT BEEF OWNER- SHIP & TAGGING DEADLINE MKT BEEF INFO & PICTURES UPLOAD DEADLINE
2	Hamsfork Hands Club Mtg., 6:30 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 Valentine's Day	15
16	17 President's Day SV 4-H Open House (with Jr. Leaders helping), 6 pm, Afton Civic Ctr. Hooves & Hides 4-H Club Mtg., 6 pm, Afton Civic Ctr.	18	19	20 Lucky Clovers 4-H Club Mtg, 6 pm, Afton Civic Ctr.	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. Dynamite Dogs 4-H Club Mtg., 6 pm, 4-H Exhibit Bldg (NO DOGS—Parents & Kids Only)	<i>25</i>	26	27 Nocked & Loaded 4 -H Club Mtg., 6 pm 4-H Exhibit Bldg.	28	

March 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	Hamsfork Hands Club Mtg., 6:30 pm, South Events Ctr.	4	5 SV Cloverbuds, 4 pm, Afton Civic Ctr.	6	7 4-H Fun Cooking, 10 am, Afton Civic Ctr.	8
9	10 4-H Record Book Training, 4 pm, Afton Civic Ctr.	11	12	13 Nocked & Loaded 4- H Club Mtg., 6 pm 4- H Exhibit Bldg.	14	15
16	17 St. Patrick's Day	18 SV Parent/Leader Mtg., 6 pm, Afton Civic Ctr.	19	20 Lucky Clovers 4-H Club Mtg, 6 pm, Afton Civic Ctr.	21 Animal Nutrition Classes, Afton Civic Ctr. 10 am—Sheep/Goat 11 am Swine	22
23	24 Kemmerer Area Spring Break	25 Kemmerer Area Spring Break	26 Kemmerer Area Spring Break	27 Kemmerer Area Spring Break Nocked & Loaded 4- H Club Mtg., 6 pm 4- H Exhibit Bldg.	28 Kemmerer Area Spring Break	29
30	31 SV Area Spring Break	April 1 SV Area Spring Break	April 2 SV Area Spring Break	April 3 SV Area Spring Break	April 4 SV Area Spring Break	

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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