



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

March 2025

Kemmerer Office – 307-828-4092

## Upcoming Events

- Mar 03 SV YQCA—Juniors, 4 pm, 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 10 Robotics Clinic, 4:30 pm, So. Training Ctr.
- Mar 12-16 Ignite By 4-H 2025, Washington DC
- Mar 14 Kemmerer YQCA starting at 1:30 pm, So. Training Ctr.
- Mar 18 SV Parent Leader Meeting, 6 pm, Afton Civic Ctr.
- Mar 20 SV YQCA—Seniors, 4 pm, Afton Civic Ctr.
- Mar 21 Animal Nutrition Classes, 10 & 11 am, Afton Civic Ctr.
- Mar 21 Cokeville YQCA starting at 9 am, Cokeville Town Hall
- Mar 24 SV YQCA—Intermediates, 4 pm, Afton Civic Ctr.
- Mar 25 SV Jr. Leader Meeting, 4 pm, Afton Civic Ctr.
- Apr 08 SV Jr. Leader Meeting, 4 pm, Afton Civic Ctr.
- Apr 14 Cupcake Wars, 6 pm, So. Training Ctr.
- Apr 11-16 National 4-H Conference, Arlington, VA
- Apr 18 SV Jr. Leader Fundraiser Prep, 1 pm
- Apr 22 SV Jr. Leader Meeting, 4 pm, Afton Civic Ctr.
- Apr 25-26 Wool & Meat Judging Contests, Laramie
- May 02 Quilting Clinic, 2 pm So. Training Ctr.
- Jun 01 Mkt Sheep/Goat/Swine Ownership & Tag Date**
- Jun 01 Mkt Sheep/Goat/Swine Info & Pics Upload Due**
- Jun 17-19 Showcase Showdown, UW, Laramie, WY

## Inside This Issue

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

## The NEW YQCA Program (Youth for the Quality Care of Animals)

### Kemmerer (So. Training Ctr.)

- March 14—Seniors, 1:30 pm
- March 14—Intermediates, 2:45 pm
- March 14—Juniors, 4 pm

### SV (Afton Civic Ctr.)

- March 3—Juniors, 4 pm
- March 20—Seniors, 4 pm
- March 24—Intermediates, 4 pm

### Cokeville (Cokeville Town Hall)

- March 21—Juniors, 9 am
- March 21—Intermediates, 10:15 am
- March 21—Seniors, 11:30 am

To RSVP—please pick up a \$3 coupon from the Extension Office to pay for your class.

Parents must create a family account at [yqcaprogram.org](http://yqcaprogram.org). **All participants must take a pre-test before coming to the class and then a post-test after to receive their completion certificate.**

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!

If you have any questions, please contact the Extension Office.

**HELP INSTRUCTIONS ARE ON THE ZSUITE DASHBOARD UNDER THE SHARED FILES SECTION**



# 4-H Program Information

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

## 4-H Educator's Letter...

Welcome to March, all! With spring coming so is the time for picking up animals for your market projects. Remember, all youth will need to have a bill of sale (goats and pigs) or brand inspection (sheep) in their name in order to receive an ear tag for their market animal.

YQCA (Youth for the Quality Care of Animals) classes are scheduled in Afton, Kemmerer, and Cokeville. You will need to sign up at <https://yqcaprogram.org/>. For help enrolling, parents can find a help video on the YQCA home page. Click on the "Help Video: Instructor-Led Training" at the bottom of the homepage to watch it. The video will go through making an account, adding children to a parent account, and how to sign up for a class. Also, YQCA Certification Help Instructions are available to download on your ZSuite dashboard under the Shared Files section.

YQCA age groups are: Juniors: 8-11, Intermediate: 12-14 & Senior: 15-18

Check the front page, back calendar in this newsletter, or your ZSuite dashboard for class dates.

Youth with market animals are strongly encouraged to sign up for a YQCA class. Contact Shar or Jill in Afton at 885-3132 or Deborah in Kemmerer at 828-4092 before you enroll for your YQCA class to get a coupon to cover the \$3 class fee (good for the instructor-led courses in Kemmerer, Cokeville, or Afton only).

Parents, youth will need to take a pre-test prior to attending their class. After the class is finished, they will need to go back to the YQCA website and take a post-test. Only after taking both the pre- and post-test will Shar and Deborah be able to award certificates to youth who attend the instructor-led training classes.

If you need any assistance enrolling for an instructor-led YQCA course, call the Afton or Kemmerer Extension Offices.

(P.S. Youth who have pets but not market animals can sign up for YQCA, too, although coupons are available only for those with market animals.)

*Deborah*

## SV Cloverbuds—Mar 5

The next SV Cloverbud activity will be on March 5, 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.

## 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).

## SV Parent Leader Meeting March 18, 6 pm - Afton Civic Center

## SV Junior Leaders Meeting—Mar 25

The next SV Junior Leader meeting will be on March 25, 2025, in the Afton Civic Center at 4 pm.



## March Birthdays!!!



Tawny A.  
Brooklyn A.  
Gunner B.  
Wyatt C.  
Grace C.  
Annabelle C.

Levi C.  
Liam C.  
Kenna D.  
Sage E.  
Kyle F.  
Rylee G.

Ethan G.  
Paisley H.  
Kenadee J.  
Raegan J.  
Jentry K.  
Mason L.

Carter M.  
Taylar N.  
Nora O.  
Dixon P.  
Robert P.  
Loretta S.

Henley S.  
Rossi S.  
Briggs S.  
Quill T.  
Leila T.  
Stone W.



# MARKET ANIMAL NUTRITION CLASSES

March 21, 2025

Afton Civic Center

Sheep & Goats - 10 am

Swine - 11 am

*in ZSuite select "Events" from the black navigation tab on your primary profile's dashboard & complete the form or call the Afton Extension Office (307-885-3132) by March 18, to register for the classes*



## Animal Ownership, Tagging & Information Upload Deadlines

Market Beef—February 1

All Other Youth Livestock —June 1

## 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](mailto: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."

## 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.

## 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 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

EMMA FINCH

JONAH FINCH

MYLA LANCASTER

BROOKLYN LONG

RYDER SHARP

ANDREW STOREY

GRAYSON STOREY

VIOLET ZUNIGA

## 2025 Fair Changes (so far)

**Date**—August 2-9, 2025

**Theme** — “Fun Everywhere for Everyone”

**Fair Entry Deadline**—July 30, 2025

**If you have questions, please contact the Extension Office—Afton, 885-3132 or Kemmerer, 828-4092.**

**Upcoming 4-H Clinics**

**Location: South Lincoln Training and Events Center, 215 State Hwy 233, Kemmerer, WY 83101**

**Robotics Clinic**  
**March 10 at 4:30 PM**  
**Learn about competition robotics!**



**Quilted Hotpads (Please RSVP)**  
**May 2 at 2:00 PM**  
**Learn how to make a quilt-square hotpad. (Cotton fabric scrap donations appreciated - any size.)**

**RSVP by contacting Deborah at 828-4092 or emailing [deborah.peavler@uwyo.edu](mailto:deborah.peavler@uwyo.edu)**

The University of Wyoming is an equal opportunity/affirmative action institution.



### **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 have started meeting at the Afton Civic Center.

Rachelle stepped down this year and we are sad to see her go. We are thankful that Josie has stepped in to help Hanna as a leader. We have decided to add a fun craft or project related activity to each meeting this year. In January we did wood working kits and built pencil boxes or a hidden book box. In February, Mrs. Heidi came and did a valentines sewing craft. We made heart garland. We have so many crafty kids in our group! Our next meeting will be March 20<sup>th</sup> and it is a paint night with Jumping Jay Bird Studios. Please be sure you RSVP if you plan to come. We are still in the fundraising process. Our seed selling fundraiser will end April 20<sup>th</sup>. Remember to keep trying to get sales! Upcoming on April 18<sup>th</sup> we have community service at the food pantry.

### **Nocked & Loaded 4-H Club**

**The Nocked & Loaded 4-H Club** has been meeting. In January we had Maddy Ritter come as a Guest Speaker. She shoots archery at a National Level and has even shot with team USA outside the country! She helped give us tips on our form. She showed us her set up and even shot with us. We played Tik Tac Toe and a few of the members competed against her. It was a fun time! We also had an Air rifle meeting. We went over fire-arm safety again, as well as the rules. We shot from a sitting bench position to work on our stability and accuracy. We did a scored round and will keep watching our scores to see if we improve.

For February we did an archery shoot on the Blue face targets. We scored one round so we can watch our improvement. We have been incorporating games each night. A favorite is for sure tik tac toe or a version of horse. We also voted on a club shirt design, The club will pay half the cost for each member. Our next meetings will be Feb 27<sup>th</sup> Archery-6 pm, March 13<sup>th</sup> Air Rifle-6 pm, March 27<sup>th</sup> Archery-6 pm. The spring/summer schedule will be announced soon.

## **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

### **Dynamite Dogs 4-H Club**

**The Dynamite Dogs 4-H Club** will have their first meeting on Mondays in the 4-H Exhibit Building.

### **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 February meeting included letting members know that bank signatures have been changed over to the new officers and a presentation on SMART Goals. Mrs. Platt lead the presentation introducing the members to SMART goals and how SMART goals will be applicable to their 4H projects. Then the officers created a game, where the members had five seconds to look at a picture and then had to recreate what they saw. A great game to help the members pay attention to details while communicating with others effectively.

Cooking and Cake Decorating project meetings start up soon. Check club's GroupMe for dates.

### **Hamsfork Hands 4-H Shooting Sports Club**

Shooting practices have started for the year. If you have not gotten on the schedule, contact Phil or Garey ASAP to get a practice time.

## **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](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](https://wyoming4h.formstack.com/forms/conference_congress_app)

**State Wool Judging Contest**—The contest will be held April 25, 2025 at the Albany County Fairgrounds. Registration is open through ZSuite. Select the Events Tab on your dashboard.

**State Meat Judging Contest**—The contest will be held on April 26, 2025 at the UW Animal Science Building. Registration is open through ZSuite. Select the Events tab on your dashboard.

**Showcase Showdown**—Showcase Showdown will be held in Laramie, June 17-19, 2025. More information will be forthcoming.



# 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 17-19, 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:

- Katie is a Star Valley Horse Club project leader.
- The Star Valley horse club is very large. They needed more leaders to help with the members and the many different levels of riders. Katie stepped up to help!
- Katie has many talents! She is always willing to share them with the 4-H members. Katie is a great farrier! She attended LCCC in Equine Science.
- Katie keeps busy with her own children.
- Katie has the ability to make everyone smile and laugh.
- Katie is a 4-H alumni of Lincoln County. Lincoln County is lucky to have her as a leader!



**Katie Bagley**  
Lincoln County  
3 Years

*Thank You*

**YOU MAKE A DIFFERENCE**

 UNIVERSITY OF WYOMING  
EXTENSION



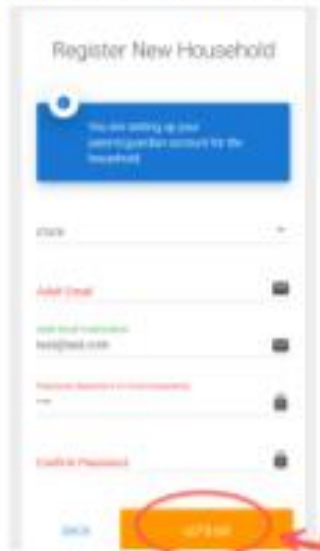
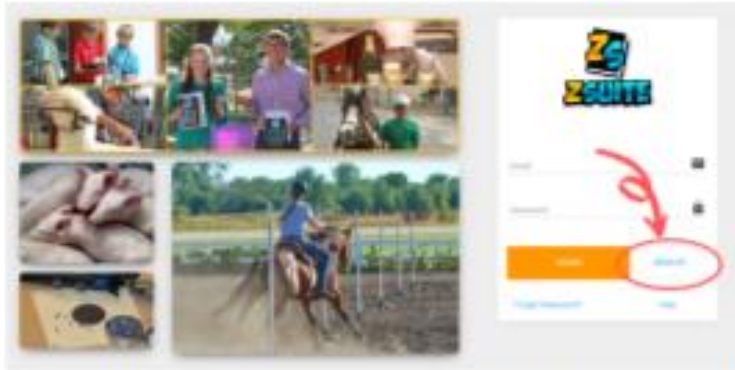
# ZSuite 4-H Enrollment!

## 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 **ADD NEW MEMBER**
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.

© 2019 ZSuite - the gateway of the 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**



# Character Counts

## Respect

March

You can easily judge the character of a man by how he treats those who can do nothing for him.  
 — Johann Wolfgang von Goethe, German poet, novelist, playwright, scientist and philosopher (1749-1832)

**Respect** -means -admiration, deference, esteem, reverence, high opinion. In 4-H, it includes treating the traditions of the program, other members, volunteers, parents and judges like you would like to be treated. Don't engage in disrespectful conduct including verbal abuse of other competitors and judges. Win with grace and lose with dignity!

### As Respectful Exhibitors we:

- Accept and tolerate exhibitors with projects different than ours
- Value and honor the decisions of judges and show officials
- Regard the property of other exhibitors, facilities and equipment
- Take pride in our projects and keep our areas clean
- Are courteous and polite to fellow exhibitors, volunteers, and the community



## 4-H Activity

### Simon Says, "Who Are You?"

- Explain to members that they will play a version of Simon Says in which only some members will respond to each command. Tell them that they must watch carefully as they play the game because at the end, each member must tell one new thing they learned about a classmate.
- Have junior leaders start a game of Simon Says providing such directions as
- Simon says "Everyone with brown eyes, stand up."
- Simon says "Everyone who has a dog as a pet, put your right hand on your head."
- Simon says "Everyone who speaks more than one language, jump up and down."

At the end of the game, have all members sit in a circle. Ask each member to name one way in which he or she and another member are alike. The trait they share must be something they didn't know before playing the game. Members might say, for example, "I didn't know that Katie spoke Spanish" or "I didn't know that Jose was left-handed."

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office





## 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.

### Quick Chili Mac

(Makes 4 servings)

#### 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 the 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.

Source: Cent\$ible Nutrition Program



### Fast Fish Tacos

(Makes 12 tacos)

#### Ingredients

- ◆ 1/2 cup low-fat plain yogurt or sour cream
- ◆ 1/4 cup light mayonnaise
- ◆ 1/2 cup cilantro (chopped)
- ◆ 3 teaspoons taco seasoning
- ◆ 1 pound frozen fish nuggets or sticks
- ◆ 1 Tablespoon canola oil
- ◆ 2 Tablespoons lemon juice
- ◆ 12 corn or small flour tortillas
- ◆ 2 cups cabbage (shredded)
- ◆ 1 cup tomatoes (diced)
- ◆ Lime wedges (optional)

#### Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine yogurt, mayonnaise, cilantro, and 2 teaspoons of taco seasoning in a small bowl. Set in the refrigerator.
3. Mix oil, lemon juice, and 1 teaspoon of taco seasoning in another bowl. Drizzle over fish nuggets and bake according to package instructions.
4. Warm tortillas for 20-30 seconds in the microwave, if desired.
5. Fill tortillas with fish nuggets. Top with cabbage, tomatoes, a squeeze of lime, and yogurt sauce from refrigerator.

Source: Cent\$ible Nutrition Program





# March 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 SV YQCA-Juniors, 4 pm, Afton Civic Ctr.  Hamsfork Hands Club Mtg., 6:30 pm,	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.  Robotics Clinic, 4:30 pm, So. Lincoln Training Ctr.	11	12	13 Nocked & Loaded 4-H Club Mtg., 6 pm 4-H Exhibit Bldg.	14 Kemmerer YQCA, So. Training Ctr. 1:30 pm—Seniors 2:45 pm— Inter. 4:00—Juniors	15
16	17 St. Patrick's Day   Hooves & Hides 4-H Club Mtg., 6 pm, Afton Civic Ctr.	18 SV Parent/Leader Mtg., 6 pm, Afton Civic Ctr.	19	20 SV YQCA-Seniors, 4 pm, Afton Civic Ctr.  Lucky Clovers 4-H Club Mtg, 6 pm, Afton Civic Ctr. (RSVP)	21 Animal Nutrition Classes, Afton Civic Ctr. 10 am—Sheep/Goat 11 am Swine  Cokeville YQCA, Cokeville Town Hall 9 am—Juniors 10:15 am— Inter. 11:30—Seniors	22
23	24 Kemmerer Area Spring Break  SV YQCA-Intermediates, 4 pm, Afton Civic Ctr.	25 Kemmerer Area Spring Break  SV Jr. Leader Meeting, 4 pm, Afton Civic Ctr	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 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 SV Area Spring Break	2 SV Area Spring Break	3 SV Area Spring Break	4 SV Area Spring Break	5
6	7 Hamsfork Hands Club Mtg., 6:30 pm, South Events Ctr.	8 SV Jr. Leader Meeting, 4 pm, Afton Civic Ctr	9	10	11	12
13	14 Cupcake Wars, 6 pm, So. Lincoln Training Ctr.	15	16	17	18 Lucky Clovers 4-H Club Community Service  SV Jr. Leader Fund-raiser Prep 1 pm	19
20 Easter 	21 Hooves & Hides 4-H Club Mtg., 6 pm, Afton Civic Ctr.	22 SV Jr. Leader Meeting, 4 pm, Afton Civic Ctr	23	24	25	26
27	28	29	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**

Trade or brand names used in this publication are used only for the purpose of educational information. The information given herein is supplied with the understanding that no discrimination is intended, and no endorsement information of products by the University of Wyoming Extension is implied. Nor does it imply approval of products to the exclusion of others, which may also be suitable.

Issued in furtherance of Cooperative Extension work, acts of May 8 and Jun 30, 1914, in cooperation with the U.S. Department of Agriculture. Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, national origin, sex, age, religion, political belief, disability, veteran status, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW Extension Office. To file a complaint, write the UW Employment Practices/Affirmative Action office, University of Wyoming, Laramie, WY 82071. The University of Wyoming, United States Department of Agriculture, and Lincoln County cooperate.