

Lincoln County

Chit Chat

College of Agriculture and Natural Resources

Extension
Lincoln County

State 4-H Website: https://www.uwyo.edu/4-h/ or 4-H Enrollment: https://4h.zsuite.org or Lincoln Co. Extension: https://wyoextension.org/lincolncounty/

Afton Office - 307-885-3132

Aug 12-16 WY State Fair, Douglas, WY

May 2025

Kemmerer Office - 307-828-4092

Upcoming Events

May 02	Quilting Clinic, 2 pm So. Training Ctr.
May 05	SV Jr. Leader Meeting, 4 pm, Afton Civic Ctr.
May 07	SV Cloverbuds, 4 pm, Afton Civic Ctr.
May 12	Record Book Clinic, 5 pm, Afton Civic Ctr.
May 17	Advanced 4-H Leather Clinic, 9 am, Afton Civic Ctr.
May 22	SV Mkt Sheep/Goat Tagging, 4 pm, Fairgrounds Scale
May 23	Turkey Show Clinic-4-H Mem., 8 am, Afton Civic Ctr.
May 23	Turkey Show Clinic-Adult, 10 am, Afton Civic Ctr.
May 23	Camp Chaperone Interest Deadline
May 26	Memorial Day—Extension Offices Closed
May 28	West Area Mini Showcase Registration Deadline
May 31	No. County Shoot Registration Deadline
Jun 01	Mkt Sheep/Goat/Swine Ownership & Tag Date
Jun 01	Mkt Sheep/Goat/Swine Info & Pics Upload Due
Jun 06	West Area Mini Showcase, Afton Civic Ctr., 8 am
Jun 07	SV Area County Shoot, 8:30 am
Jun 17-19	Showcase Showdown, UW, Laramie, WY
Jul 04	Independence Day, Ext. Offices Closed
Jul 30	County Fair Entry Deadline
Aug 02-09	Lincoln County Fair, Afton WY



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Looking for 4-H Camp Chaperones (Camp Will be June 25-27) Leader chaperones are required to complete an extra chaperone training. Please let us know by May 23 if you are willing to help. If we do not get enough trained chaperones, 4-H Camp will be canceled!

4-H Educator's Letter...

As we get into May, we want to recognize our 4-H volunteers. Thank you for all you do to help keep 4-H going in Lincoln County.

Market animal tagging deadlines are coming up for the remaining species. June 1 is the deadline for having your swine, sheep, and goats tagged. Animal information and pictures must be uploaded to ZSuite by June 1 as well.

To receive your ear tags:

Swine and Goats - you must have a bill of sale in the 4-H member's name to get your ear tag(s).

Sheep - you must have a brand inspection/ Form A completed for your sheep. Remember, the youth's name should be on the brand inspection.

Turn your paperwork in at the Kemmerer or Afton Extension offices to get your tags. For Cokeville, contact Deborah at the Kemmerer Extension Office for information on when tags will be available in Cokeville.

Congratulations to our 4-H scholarship recipients. Eli Linford and Bryli Groll have continuing scholarships, and Ivan Chacon has received a Farmhouse Foundation scholarship.

Congratulations to all seniors graduating high school this coming month.

Deborah

SV Junior Leaders Meeting—May 5

The next SV Junior Leader meeting for April will be on May 5, 2025, in the Afton Civic Center at 4 pm.

SV Cloverbuds—May 7

The next SV Cloverbud activity will be on May 7, 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.

2025 Market Sheep/Goat Weigh-in & Tagging

May 22, 4:00 pm, Fairgrounds Scale SV May 30, Time/Location TBD-Watch emails! Cokeville Kemmerer Pick up tags at the Kemmerer Ext. Office

Email or bring the required paperwork—ALL Swine Project members pick up tags at the Extension Office. Bring required paperwork (see below).

- Bring a copy of the Form A Brand Inspection (Sheep) or Bill of Sale (Goats & Swine) in the kid's name to weigh-in or the Extension Office to get
- Upload animal information and required pictures to ZSuite.

THE INSTRUCTIONS TO UPLOAD ANIMAL INFORMATION AND PICTURES IS ON PAGE 10 OF THIS NEWSLETTER & ON THE ZSUITE DASHBOARD. Ownership, tagging, and info upload must be done before June 1.

If you have questions, please contact Shar at 307-885-3132 or Deborah at 307-828-4092

Congratulations!

Bryli Groll & Eli Linford
were awarded by the 4-H Foundation one of the
2025 Ella E. Schloredt Continuing Scholarships

Ivan Chacon
was awarded by the 4-H Foundation the 2025
Farmhouse Foundation Scholarship

Variori anti alla compania di compania

May Birthdays!!!

Benton B. Arielle G. Kamzlin B. Bryli G. Bob C. lan H. Jacob C. Stephanie H. Holden D. Natalie H. Ben D. Cammi J. Cache E. Cayden J.

Bridger K. Trapper K. Justus K. Pax L. Reid L. Brenden L. Kalyn L.

Chase M. Karlee M. Brinley M. Geneva M. McCall M. Tel P. Tyce P.

Dominic P. Nolan P. Bridger P. Ryleigh S. Isabelle S. Kabrie W. Marcella Z.



Record Book Clinic May 12, 5 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).

County Shoot Dates

This year there will be two 4-H County Shoots. One in the South area and one in the North area.

Information is below.

South Area

Check with Deborah at the Extension Office 307-828-4092

North Area

Archery, Air Rifle - **June 7** at the Lincoln Co. Fairgrounds Exhibit Building 8:30 am Safety Meeting. Shoot starts after meeting. Deadline is Sat., May 31

Shotgun Date and Location—TBD.

Registration form and range rules are on the ZSuite dashboard in the Shared Files section



2025 Fair Changes (so far)

Date—August 2-9, 2025

Theme — "Fun Everywhere for Everyone"

Fair Entry Deadline—July 30, 2025

YQCA Certificate—All YQCA participants are responsible to print, laminate, and hang their certificate at fair.

<u>Premiums</u>—will <u>only be available</u> Wednesday-Saturday (11 am to 6 pm) of fair at the payout window by the fair board office.

4-H Horse Certification Testing Deadline—must be done **before July 20** of the fair year.

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

ATTENTION 4-H MEMBERS!

Who participated in the new YQCA program

(Youth for the Quality Care of Animals)

Remember to complete the post-test to get your certificate

You are responsible to print, laminate, and hang your YQCA certificate at fair.

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

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

<u>New Families & Leaders</u>—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

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

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.

Spring is in the air at the April Hamsfork Hands Club meeting. There is a new updated calendar with upcoming clinics and important dates, a copy can be found on GroupMe. The group participated in a learning exercise regarding a balanced budget. Each member was given marshmallows and a list of items they had to budget for including a list of needs and saving options. Once they met their needs and savings, they could spend their marshmallows on fun things. Different scenarios were read and the members had to balance their budget aka marshmallows. Not only did this lesson teach the group about responsible spending and saving they got to enjoy their marshmallows when the lesson was over.

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.

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 has started meeting at the Afton Civic Center.

Meadow Grazers 4-H Club

The Meadow Grazers 4-H Club has started meeting at the Afton Civic Ctr.

Nocked & Loaded 4-H Club

The Nocked & Loaded 4-H Club has been meeting. See the calendars at the end of this newsletter for upcoming dates.

Star Shooters 4-H Club

The Star Shooters 4-H Club will start meeting. Sign up in the club and the leader will contact you about a specific date & time to meet.

Wyoming State/Regional Events & News

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

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

State 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.

WY State Fair—The Wyoming State Fair will be held in Douglas, August 12-16, 2025. More information will be forthcoming.



4-H Volunteer Spotlight

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

Highlights:

- Hanna and her husband saw a new and jumped in!!
 Hanna is a leader for the Nocked and Loaded Shooting Sports Club and the Lucky Clover Community Club.
- Hanna cares so much for the kids!
- Hanna is 4-H! She grew up as a 4-H member with projects from steers to rabbits to shotguns. Her Hands, Heart, Head and Health are what made her the great woman she is today.
- Hanna is just trying to help the next generation in finding their way.





Hanna Buxman

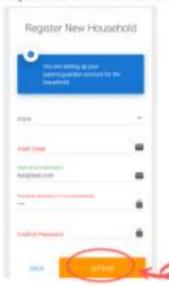
Lincoln County
4 Years

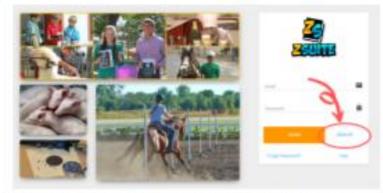


ZSuite 4-H Enrollment!

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

Add members of family

You should now be directed to the Dashboard screen.

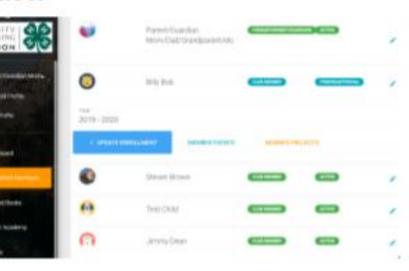
- To add members, in the black drop down menu, select household members.
- 2. On the next screen, select

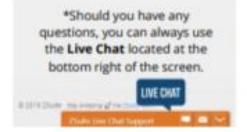
Fill in the required fields for one of your members.

- 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

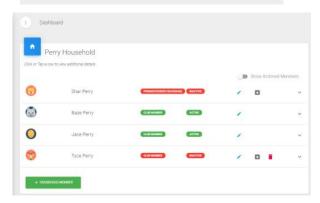


Returning Member Enrollment

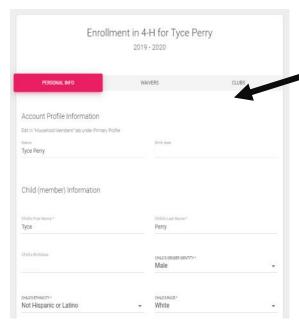
Email Password

SIGN UP

Help



Forgot Password?

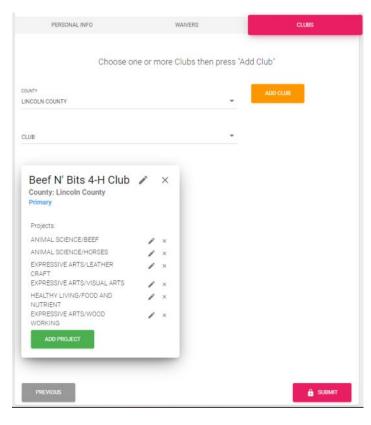


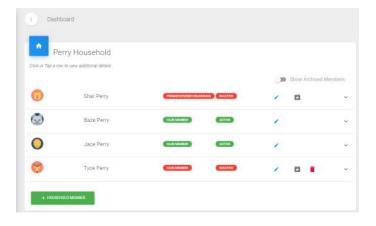
Returning Member Enrollment

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'.

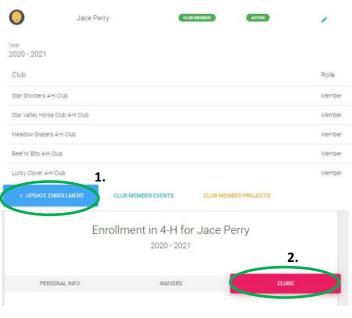
Please log into your zSuite account weekly to check for announcements from your county and club leaders.

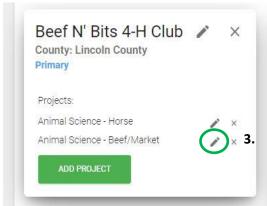
If you have questions, please contact us

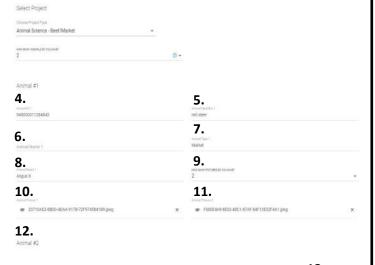
Shar Perry, Afton Extension Office, 307-885-3132

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

ZSuite Animal Information Upload Instructions







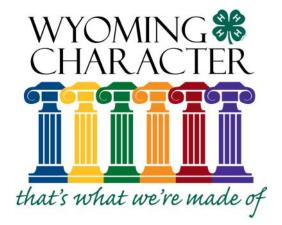
- Once you are logged into ZSuite <u>primary</u> profile at: https://4h.zsuite.org, select the family member who has the project and click the <u>UPDATE ENROLLMENT</u> button.
 - 2. Select **CLUBS** at the top right of the page.
- 3. To enter the animal information, select the gray pencil to the right of the Beef/Market project listed in the club box. NOTE: If you have two animals, put the second animal's information under Animal #2 section.
- 4. Enter the 15 digit number in the **Animal Id** line.
- 5. Enter the animal's description on the **Animal Identifier** line.
- Enter the animal's name (IF you don't have a name, put N/
 A. Also for the Floater animal, put FLOATER in the name field.
- 7. On the **Animal Type** line enter whether they are market or breeding and then the gender.
- 8. Enter animal's breed on the Animal Breed line.
- 9. **How Many Pictures**—select the number of pictures from the drop down menu.
- 10. **Animal Picture 1**—upload the picture of the tag in the animal's ear.
- 11. **Animal Picture 2**—upload the picture of the full body of the animal.
- 12. Animal #2 Info—If you have a second animal, please follow instructions #4 through 11 to add the info for the second animal. If you don't have a second animal, skip to #13 & 14.
- 13. Select the blue SAVE PROJECT button

14.Click the SUBMIT button at the bottom of the club page to save the updated information.

**** For Family Floater Animal—animals purchased as an extra incase someone in the family has one that dies—these can be transferred to another family member later ONLY if they are designated as a floater at the time of tagging. Please write the word FLOATER in the Animal Name field. The floater must be assigned to the family member whose name is on the bill of sale and/or Form A.

For questions on this, please contact the Extension Office at 307-885-3132 or 307-828 -4092.

May



What is responsibility?

Responsibility is proving you can be trusted with what is expected of you.



Character Counts!

Responsibility

Responsible people can always be depended on to do the right thing even when the right thing is the hard thing to do.

To Practice Responsibility:

- · Keep deadlines
- Clean up after yourself
- Do your best
- Think about what will happen if you say or do what you want to say or do
- Think before you act
- Think how your actions will affect others



4-H activity to show responsibility

Roll Call Suggestions:

- Describe a time when you saw someone being responsible. What were they doing?
- Name one way you can show you are responsible in your family.
- Name one way you could be responsible at school.

Activity during the meeting:

- Make assignment cards for jobs to be done during and after the meeting. Let children draw cards from a bag and complete the assignments.
- Create a mural by letting the children draw pictures of themselves being responsible.

Clover Connection

Head: Set realistic goals

Heart: Be rational, act out of reason, not anger

Hands: Work hard. Be disciplined with your time and money

Health: Make good decisions about food, drink, and exercise...even when no one is watching.



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.

<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.

Variation

Add Fruit & Nuts—Mix in1/4 cup chopped dried fruit and 1/4 cup chopped nuts in step 4.

Source: Cent\$ible Nutrition Program



Carrot Oatmeal Muffins

Makes 12 muffins

Ingredients

- 1 cup rolled oats
- 1 cup flour, all-purpose or whole wheat
- 1 teaspoon baking powder
- 11/2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1/2 cup applesauce
- 1 teaspoon vanilla extract
- 3-4 medium carrots, grated (or 1 cup shredded or 1 cup canned)
- 1 cup fat-free yogurt
- 3 eggs

Directions

- Wash hands with warm, soapy water for 20 seconds.
- 2. Preheat oven to 400°F. Coat muffin tins with nonstick cooking spray.
- Combine oats, flour baking powder, cinnamon, and salt in a large bowl and mix until combined.
- Add applesauce, carrots, vanilla, yogurt, and eggs.
 If using canned carrots, drain them first and rinse under cool water. Dice into small pieces then add to batter.
- 5. Stir until just mixed.
- 6. Spoon muffin mixture into pre-greased muffin tins.
- 7. Bake for 23-28 minutes.
- 8. Serve warm or cool. Eat or refrigerate within 3 days.

May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	Quilting Clinic, 2:00 pm, So. Lincoln Training Ctr.	3
4	5 SV Jr. Leader Mtg., 4 pm Afton Civic Ctr. Hamsfork Hands Club Mtg., 6:30 pm, South Events Ctr. Dynamite Dogs Club Mtg., 6:00 pm, South Exhibit Bldg. Lucky Clover Gardening Group, 6:30 pm, Afton Civic Ctr.	6	7 SV Cloverbuds, 4 pm Afton Civic Ctr.	8 Nocked & Loaded 4- H Club Mtg., 6 pm 4- H Exhibit Bldg. (Air Rifle)	9	10
11	Record Book Clinic, 5 pm, Afton Civic Ctr. Dynamite Dogs Club Mtg., 6:00 pm, South Exhibit Bldg.	13	14	15	16	17 Advanced Leather Clinic, 9 am to Noon, Afton Civic Ctr. (10- 18 yrs old). Must RSVP
18	19 Dynamite Dogs Club Mtg., 6:00 pm, South Exhibit Bldg. Hooves & Hides 4-H Club Mtg., 6 pm, Afton Civic Ctr.	20	21	22 SV Mkt Sheep/Goat Tagging, 4 pm, Afton Fairgrounds Nocked & Loaded 4- H Club Mtg., 6 pm MTOS	23 4-H Camp Chaperone Interest Deadline Turkey Show Clinic, 8 -10 am, 4-H Kids 10-Noon, Leaders, Parents or Community Members	24
25	26 Memorial Day—Ext. Offices Closed	27	28 West Area Mini Showcase Show- down Registration Deadline	29	30	31 North County Shoot Registration Dead- line

June 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1 DEADLINE: Mkt Sheep, Goat, Swine Ownership & Animal Info/Pictures Upload	2 Hamsfork Hands Club Mtg., 6:30 pm, South Events Ctr. Dynamite Dogs Club Mtg., 6:00 pm, South Exhibit Bldg.	3	4	5	6 West Area Mini Showcase Show- down, Afton Civic Ctr. 8:30 am	7 North County Shoot, Afton Fairgrounds, 8:30 am Safety Meeting. (Archery & Air Rifle)
8	Dynamite Dogs Club Mtg., 6:00 pm, South Exhibit Bldg. Lucky Clover Garden- ing Group, Leader's Home, Time TBD	10	11	12	13	14
15	16 Dynamite Dogs Club Mtg., 6:00 pm, South Exhibit Bldg.	17 Showcase Show- down, UW, Laramie	18 Showcase Show- down, UW, Laramie	19 Showcase Show- down, UW, Laramie	20	21
22	23 Dynamite Dogs Club Mtg., 6:00 pm, South Exhibit Bldg. Lucky Clover Gardening Group,	24	25	26	27	28
29	30 Dynamite Dogs Club Mtg., 6:00 pm, South Exhibit Bldg.					

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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