



College of Agriculture  
and Natural Resources  
Extension  
Lincoln County

# Lincoln County *Chit Chat*

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

October 2025

Kemmerer Office – 307-828-4092

## Upcoming Events

Oct 01 New 4-H Year Starts  
Oct 05-11 National 4-H Week  
Oct 06 SV Award Night, 6 pm, 4-H Exhibit Building  
Oct 08 Kemmerer Award Night, 6:30 pm, Training Ctr.  
Oct 09 SV Cloverbuds, 4 pm, Afton Civic Center  
Oct 13 SV Jr. Leader Mtg., 6 pm, Afton Civic Center  
Oct 13 Cokeville Award Night, 7 pm, Elementary  
Oct 27 SV 4-H Halloween Festival, 5:00 pm, 4-H Exhibit Bldg.  
**Nov 27-28 Thanksgiving Holiday, Ext. Offices Closed**  
Nov 28  
-Dec 2 National 4-H Congress, Washington, DC  
**2026**  
Mar 25-29 Ignite By 4-H, Washington, DC

## 4-H Awards Nights

**Star Valley: Oct. 6 at 6 pm**

4-H Exhibit Building

Baked Potato Bar

(Butter, Sour Cream, and Cheese will be provided)

**Bring a side dish or a dessert**

**Kemmerer: Oct 8 at 6 pm**

South Events Center

**Cokeville: Oct. 13 at 7 pm**

Cokeville Elementary

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

**CLUB FUNDRAISER FORMS MUST BE  
SUBMITTED TO AND APPROVED BY THE  
EXTENSION OFFICE BEFORE  
THE FUNDRAISER HAPPENS!**

## Inside This Issue

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**Online 4-H Registration  
DO NOT ENROLL until after  
October 1!!**

**<https://4h.zsuite.org>**

**Returning Families & Leaders**— Follow the instructions on pages 9-10 of this newsletter.

**New Families & Leaders**—Follow the instructions on page 8 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...

Welcome to October! It is the start of a new 4-H year, and it is time to re-enroll on ZSuite.

I have a couple of reminders as you get ready to re-enroll for the year:

- \* Make sure to check that your contact information and address is up to date on ZSuite.
- \* Please confirm youth's clubs and project information is up to date while signing them up for the year.
- \* Volunteers, make sure that you have completed all requirements for the year. After you enroll on ZSuite, check for confirmation emails. You'll receive directions if you need to complete a background check or 5-year training. If due for training or background check, you will be unable to be approved as a volunteer until that has been completed.

If you have any problems while re-enrolling, call the Afton or Kemmerer offices for assistance, or check farther in the newsletter for written directions on re-enrollment.

National 4-H Week is October 5 – 11 this year. Watch for events in Afton and Kemmerer to celebrate!

4-H Year-End Awards ceremonies are coming up in Afton, Cokeville, and Kemmerer. Check ZSuite for dates, times, and locations, and we hope to see you all there.

*Deborah*

## Cloverbuds—Oct. 9

The next SV Cloverbud activity will be on October 9, 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.

## Jr. Leader Meeting—Oct. 13

The next SV area Jr. Leader Meeting will be on October 13, 6 pm at the Afton Civic Center. Please let Shar know you are coming.



## October Birthdays!!!

Paislee B.  
Jace B.  
Sara B.  
India B.  
Molly C.  
Thayer C.  
Riley D.

Colby E.  
Allison F.  
Spencer G.  
Whitli G.  
Markus H.  
Oakley H.

Tyson H.  
James H.  
Keston J.  
Evelynn K.  
Carly M.  
Harlon M.

Evie M.  
Catina N.  
Rowan N.  
Paxton P.  
Stedson R.  
Treydon R.

Joshua S.  
Leroy S.  
Marek S.  
Richlee S.  
Madelief T.  
Stockton W.  
Alexis W.





## State Fair Static Exhibit Results

Weston L.—Jr. Foods, Red Rosette  
 Beth C.—Photos, 3rd Place Overall, Green Rosette  
 Taizlee W.—Int. Quilts, 1st place, Blue Rosette  
 McKenna W.—Sr. Quilts, Grand Champ, Green Rosette  
 Felicity R.—Jr. Tied Quilts, 2nd place, Red Rosette

## State Shoot Results

Hailey B.—Int. Class D Archery Target, 90th place  
 Hailey B.—Int. Class D 3-D Target, 92nd place  
 Hailey B.—Int. Air Pistol, 60th place  
 Hailey B.—Int. Air Rifle-Lt. Target, 33rd place  
 Hailey B.—Int. .22 Rifle-Lt. Target, 48th place  
 Hailey B.—Int. .22 Pistol, 67th place  
 Kimber S.—Int. Air Pistol, 39th place  
 Kimber S.—Int. Air Rifle-Lt. Target, 28th place  
 Kimber S.—Int. .22 Rifle-Sporter, 43rd place  
 Kimber S.—Int. Shotgun Singles, 78th place  
 Kimber S.—Int. Shotgun Handicap, 75th place  
 Kimber S.—Int. Muzzleloading, 36th place  
 Destiny S.—Sr. Air Pistol, 30th place  
 Destiny S.—Sr. Air Rifle-Lt. Target, 4th place  
 Destiny S.—Sr. .22 Rifle-Sporter, 6th place  
 Destiny S.—Sr. .22 Pistol, 45th place  
 Destiny S.—Sr. Shotgun Singles, 93rd place  
 Destiny S.—Sr. Shotgun Handicap, 86th place  
 Remington S.—Sr. Air Pistol, 57th place  
 Remington S.—Sr. Air Rifle-Lt. Target, 17th place  
 Remington S.—Sr. .22 Rifle-Sporter, 21st place  
 Remington S.—Sr. .22 Pistol, 61st place  
 Remington S.—Sr. Shotgun Singles, 96th place  
 Remington S.—Sr. Shotgun Handicap, 94th place  
 Remington S.—Sr. Muzzleloading, 41st place

## 4-H Club News—

### 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 awards night will be at 6 pm on October 8.

The Hamsfork Hands met in September. This is a summary of our meeting. We had a tremendous showing of members to nominate and vote for 2026 4H officers. The members discussed and voted on upcoming fundraisers and homecoming float. We ended the meeting with voting on outstanding leader, volunteer, and senior members for the end of year awards.

## Wyoming State/Regional Events & News

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

### National 4-H Congress: November 28 – December 2, 2025

[https://wyoming4h.formstack.com/forms/congress\\_app](https://wyoming4h.formstack.com/forms/congress_app)  
 WY Youth Application due to State Office by September 15th

### Ignite by 4-H: March 25 – 29, 2026

[https://wyoming4h.formstack.com/forms/ignite\\_4\\_h](https://wyoming4h.formstack.com/forms/ignite_4_h)  
 WY Youth Application due to State Office by October 31<sup>st</sup> but please remember Conference could sell out before October 31<sup>st</sup>.



**NATIONAL 4-H CONGRESS**

**NOVEMBER 28-DECEMBER 2, 2025**  
**ATLANTA, GEORGIA**

An opportunity for youth to expand their skills, connect with fellow 4-H members, and be inspired to make a positive impact in their club, community, county, country and world.

All 4-H members who are at least 14 years old as of January 1 are eligible to be part of the 2025 Wyoming delegation.

Apply by September 15<sup>th</sup> online.  
 • More information at <http://www.uwyo.edu/4-h/opportunities/travel.html>

UNIVERSITY OF WYOMING EXTENSION



**IGNITE BY 4-H**

UNIVERSITY OF WYOMING EXTENSION

**HOW**  
 Applications  
 Application are currently open and open until full.  
 Apply now to insure a spot!  
[https://wyoming4h.formstack.com/forms/ignite\\_4\\_h](https://wyoming4h.formstack.com/forms/ignite_4_h)

**WHEN & WHERE**  
 March 25-29, 2026  
 Washington DC

**WHY**  
 • Travel, Connect with Teens Nationwide.  
 Explore Your Future.  
 • Experience Renowned Speakers, Hands-On Workshops, and Real-World Career Insights

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

SMITHSONIAN AMERICAN ART MUSEUM



# READY, SET, EXPLORE!

A FREE, family-friendly program designed to inspire outdoor adventures and create unforgettable memories!

October, 2025-May, 2026

Register today to see  
the great  
Ready, Set, Explore  
activities for October!



**UW**

Extension

Questions?

[readyssetexplore.4h@gmail.com](mailto:readyssetexplore.4h@gmail.com)

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LINCOLN COUNTY

# 4-H MEMBER SPOTLIGHT

## MASON LORIMER

- Mason is 13 years old and will be in the 8<sup>th</sup> grade at Star Valley Middle School.
- This is his 5<sup>th</sup> year as a member of the Lucky Clovers and Hog Squad 4-H Clubs.
- He is the Vice President of the Lucky Clovers 4-H Club.
- Projects include: Market Swine, Poultry, Food & Nutrition, Fabrics & Fashion, and Leatherwork.
- Other hobbies: dirt-biking, fishing, and playing sports.





# 4-H Volunteer Spotlight

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

## Highlights:

- Ericka started out as a 4-H parent and quickly jumped into the role of a leader she and her husband, Tyler are club leaders of the Meadow Grazers.
- Ericka is the Star Valley Parent Leader Group President.
- Ericka is a member of the Leader Advisory Committee. She is always willing to help wherever she can. Ericka is one you can always count on. She will also be found at many state events helping with the county kids.
- Ericka is very involved in the community.
- Ericka is a 1<sup>st</sup> grade teacher. She is very busy supporting her boys with all their activities.



**Ericka  
Putnam**  
Lincoln County  
7 Years



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OF WYOMING  
EXTENSION



*Thank You*  
**YOU MAKE A DIFFERENCE**

# Word Search

Z M M U M M Y Q F C C U C B H  
 L C W E R E W O L F L F K X W  
 S A E D Q C B S B Y O M C B I  
 P T R I C K O L O O W I A S T  
 O S P I D E R F O B N D N C C  
 O W W H Q E Q D F O S N D A H  
 K C A U L D R O N I D I Y R V  
 A M P U M P K I N M N G G Y A  
 L A Y B D E M O N C R H H X M  
 L S W S K E L E T O N T O H P  
 E K H A U N T E D H O U S E I  
 Y P O C T O B E R O N L T H R  
 I C R E E P Y G A M E S G O E  
 K T I Y T O M B S T O N E W G  
 T R E A T R P S P I D E R L G

haunted house

spook alley

tombstone

treat

midnight

werewolf

cauldron

trick

october

vampire

creepy

howl

coffin

pumpkin

spider

boo

mummy

blood

candy

cat

demon

spider

scary

mask

witch

skeleton

clown

ghost

games



# 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).



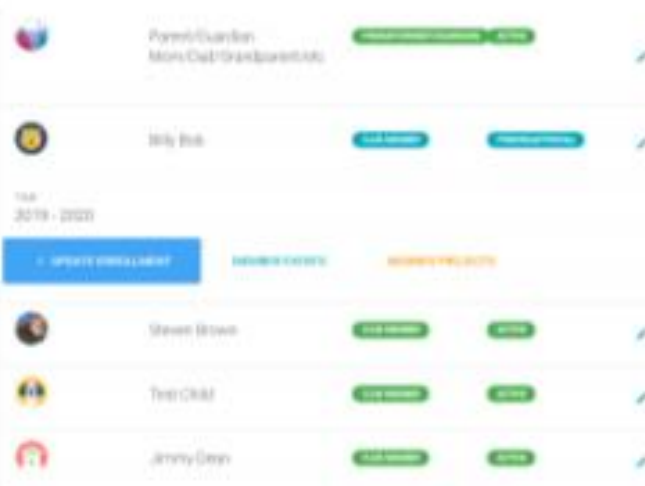
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
  - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

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 **FINISH**.



\*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 experts of the 4-H

Chat 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.

UW | Wyoming 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 beside 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

The login screen features the ZSuite logo at the top. Below it are two input fields: 'Email' and 'Password'. To the right of the password field is a lock icon. At the bottom left is a large orange 'LOGIN' button, and to its right is a blue 'SIGN UP' button. Below the login button is a blue link 'Forgot Password?' and to the right is a blue link 'Help'.

The dashboard shows the 'Perry Household' with a list of members. Each member has a profile picture, name, and enrollment status. Shar Perry is 'INACTIVE', Baze Perry is 'ACTIVE', Jace Perry is 'ACTIVE', and Tyce Perry is 'INACTIVE'. There is an 'ENROLL NOW' button at the bottom right of the list.

The enrollment wizard for Tyce Perry (2019-2020) has three tabs: 'PERSONAL INFO', 'WAIVERS', and 'CLUBS'. The 'PERSONAL INFO' tab is selected. It contains two sections: 'Account Profile Information' with fields for 'Name' (Tyce Perry) and 'Birth date'; and 'Child (member) Information' with fields for 'Child's First Name' (Tyce), 'Child's Last Name' (Perry), 'Child's Birthdate', 'Child's Gender Identity' (Male), 'Child's Ethnicity' (Not Hispanic or Latino), and 'Child's Race' (White). An arrow points from the 'CLUBS' tab to the 'NEXT' button at the bottom.

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'.

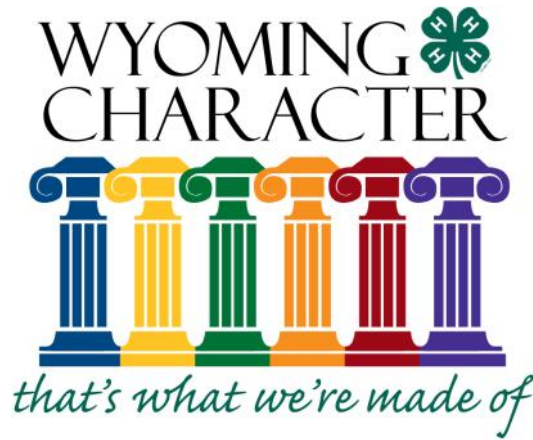
**Please log into your zSuite account weekly to check for announcements from your county and club leaders.**

If you have questions, please contact us

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

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





## What Is Character?

### RESPECT

- Is friendly and cooperative when asked to take on responsibilities.
- Listens to and acknowledges the viewpoints of others.
- Treats everyone with respect and dignity to maintain a positive working environment.
- Models listening and maintains an open mind.
- Works to establish a respectful and working relationship with mentor.
- Accepts constructive criticism and modifies behavior when necessary.
- Is courteous and polite to others.
- Doesn't use, manipulate, exploit or take advantage of others. Works well as a team member.

### CITIZENSHIP

- Maintains an active role in school and community activities.
- Follows company policies, regulations, and procedures.
- Shows initiative by becoming helpful and resourceful. Indicates a positive and enthusiastic work attitude.
- Ensures compliance with legal and reporting procedures and regulations.
- Accurately reports hours worked according to required procedures.
- Takes care of equipment and resources.
- Demonstrates a knowledge and interest in ethical, political, economical, and environmental issues that impact the career and the country.

### RESPONSIBILITY

- Accepts responsibility and is accountable for quality of work.
- Perseveres and gets the job done.
- Recognizes what needs to be done.
- Pays attention to detail.
- Dependable in fulfilling commitments.
- Takes pride in work. Takes responsibility and is accountable for his or her own actions and mistakes.
- Strives to improve abilities, learns new skills and takes on broader responsibilities.
- Asserts own views in a reasonable manner.

### TRUSTWORTHINESS

- Gives proper notice of absences. arrives on time.
- Works scheduled hours.
- Provides honest feedback on progress and problems.
- Works well with little supervision.
- Keeps confidences and honors a person's right to privacy.
- Develops honest, open and ethical in relationships with others.
- Stands by his or her commitments.
- Earns trust and confidence through honesty and hard work.
- Does not steal, misuse or abuse company property or equipment.

### FAIRNESS

- Uses tact and fairness in dealing with others.
- Is flexible in coping with different expectations, situations, and diverse leadership styles.
- Completes tasks in a timely manner.
- Contributes knowledge, ideas, and skills to others.
- Contributes to the team or organization in seeking solutions to improvements.
- Gives people a reasonable benefit of the doubt.
- Concentrates on the positive.
- Demonstrates sound communication skills in conflict situations by using openness, flexibility, and a win-win attitude.

### CARING

- Builds positive relationships with others.
- Shows kindness and is sensitive to the feelings of others.
- Takes time to help others.
- Attends to details.
- Does quality work.
- Gives accurate self-evaluation of work performance.
- Works harmoniously with others on a daily basis.
- Respects the property of others.
- Takes the time to talk with people face-to-face about issues.



## Cent\$ible Nutrition Program

*Helping Families Eat Better for Less*

### Cent\$ible Nutrition Program -

Star Valley and Kemmerer Areas - 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.**

To learn more about CNP programming, visit [uwyocnp.org](http://uwyocnp.org).

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

Source: Cent\$ible Nutrition Program

### Creamy Potato Soup

Makes 6 Servings

#### Ingredients:

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

#### Directions:


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





# October 2025



SUN	MON	TUE	WED	THU	FRI	SAT
			1 NEW 4-H YEAR STARTS	2	3	4
5 NATIONAL 4-H WEEK	6 NATIONAL 4-H WEEK SV Awards Night, 6 pm, 4-H Exhibit Bldg.	7 NATIONAL 4-H WEEK	8 NATIONAL 4-H WEEK Kem Awards Night, 6 pm, Events Ctr.	9 NATIONAL 4-H WEEK SV Cloverbuds, Afton Civic Center, 4 pm	10 NATIONAL 4-H WEEK	11 NATIONAL 4-H WEEK
12	13 SV Jr. Leader Mtg., Afton Civic Ctr., 6 pm  Cokeville Awards Night, 7 pm, Cokeville Elementary	14	15	16	17	18
19	20	21	22	23	24	25
26	27 SV 4-H Halloween Festival, 4-H Exhibit Bldg., 5 pm	28	29	30	31 Halloween	

# November 2025



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving Holiday Ext. Offices Closed	28 Thanksgiving Holiday Ext. Offices Closed National 4-H Con- gress, Washington, DC	29 National 4-H Con- gress, Washington, DC
30 National 4-H Con- gress, Washington, DC	Dec 1 National 4-H Con- gress, Washington, DC	Dec 2 National 4-H Con- gress, Washington, DC				



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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