



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

January 2026

Kemmerer Office – 307-828-4092

Upcoming Events

Dec 22-23	Kemmerer Extension Office Closed
Dec 24-25	Christmas Holiday, Extension Offices Closed
Dec 28-30	Winter Closure, Extension Offices Closed
Dec 31	New Year's Holiday, Extension Offices Closed
2026	
Jan 01	New Year's Holiday, Extension Offices Closed
Jan 06	SV Cloverbuds, 3 pm, Afton Civic Ctr.
Jan 13	Jr. Leader Meeting, Afton Civic Center, 5 pm
Jan 14	Treasurer & Leader Training, 6 pm Afton Civic Ctr.
Jan 16	4-H Fun Cooking, 9 am, Afton Civic Center
Feb 01	Mkt Beef Tagging, Animal Info & Pics Upload DUE
Feb 15	4-H Scholarship Application Deadline
Mar 25-29	Ignite By 4-H, Washington, DC
Apr 10-15	National 4-H Conference, Arlington, VA
Jun 15-18	Showcase Showdown, Laramie WY



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Market Beef Tagging DUE FEB 1, 2026 (NO central tagging this year)

THERE IS NOT CENTRAL TAGGING THIS YEAR. You will need to make arrangements to pick up your tags from the Extension Offices. To do so, you will need to do the following:

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

After picking up tags:

1. Tag animal and take a picture showing the tag in the animal's ear and a picture of the full body.
2. Complete the animal information and upload animal pictures (Tag in ear & full body) to your ZSuite project profile. (Remember to have all 15 numbers on the animal ID line) by FEB 1, 2026

**Animal Upload Instructions are available
on the ZSuite Dashboard.**

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

Returning Families & Leaders— Follow the instructions on pages 9-10 of this newsletter. **DO NOT** make a new profile.

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...

4-H Families! I hope everyone is having a fun holiday season! Please make sure to enroll in the ZSuite program if you haven't yet! We need everyone that wants to participate in 4-H this year to enroll, even volunteers! Instructions are at the end of the 4-H section of this newsletter. Members need to be re-enrolled before attending club meetings.

I am so excited for our new year. Please remember we are here to help with your 4-H needs. Also, remember to call Jill to place your order for your club project manuals. Please do this early so they have time to get shipped here before you need them.

All leaders are required to complete training every five years. If your five years are up, please remember to complete your online leader training before your club starts meeting. The link is: <http://www.uwyo.edu/4-h/volunteers/additional-trainings.html> If you need your five year background screening done, please make sure to leave plenty of time to hear back from them before your club meetings.

Once you have completed the training, please email Jill, (jhubbar7@uwyo.edu) the name of the training, two interesting facts that you learned in the trainings and the date you completed the trainings so she can make record of your training.

It is also a great time of year for clubs to complete community service.

If you have any questions, please contact the Afton Extension Office, 307-885-3132.

Shar

Cloverbuds—January 6

The next SV Cloverbud activity will be on January 6, 3 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—January 13

The next SV area Jr. Leader Meeting will be on January 13, 5 pm at the Afton Civic Center. Please let Shar know you are coming.

Interested in Mars

There is a fun project that 4-H clubs and schools around the state are involved in. The main objective is figuring out how to feed astronauts on the Martian surface, and how to grow food on Mars?

Student groups/clubs would get together and figure out what to grow, how to grow it and potentially build an actual greenhouse.

If you are interested, check out the website, link below to learn more about this super amazing project!

www.martiangreenhouse.org

SV Area

4-H Members & Leaders!

Pick up Record Books

Justin Anderson, August & Eliza Henderson, Presley Jacobsen, Briar Kenley, Dixon, Kimball, Owen & Tell Parry, and Madelif Toolson

Pick up Club Books

Hog Squad, Dynamite Dogs, Hooves 'N Hides, Lucky Clovers, Star Shooters, Muckin Mavericks, 4-H Clover Dogs, and Meadow Grazers

January Birthdays!!!

Easton A.
Samuel B.
Tydell B.
Beth C.
Madilyn D.
Remington D.
Kash E.

Hadlee F.
Dainah F.
Kendall G.
Annelise G.
Raiden H.
Dee H.

Adalynn H.
Malakai H.
Chaimberly J.
Lila J.
Macy K.
Addie L.

Collin L.
Lilly L.
Jace M.
Rylynne M.
Jaycie N.
Canilla O.

Owen P.
Scarlett P.
Jacob P.
JaiJ R.
Malachi S.
Tyler S.
Krew W.

**Treasurer &
Leader Training
January 14, 6 pm
Afton Civic Center
RSVP—885-3132**

4-H Fun Cooking—Jan. 16

The next 4-H Fun Cooking activity will be on January 16, 9 am at the Afton Civic Center kitchen.

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

YQCA Program for 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!

There is still a limited number of \$3 coupons for the in-person classes from last year. It is first come, first served for the coupons. When they are gone, each member will have to pay the \$3 fee for the in-person class. There is a \$12 online class that members can opt to take; but the fee will be paid by the member. The YQCA program is not required but strongly encouraged! Parents will need to create a family account at yqcaprogram.org.

All students will be required to take a pre-test before the class and a post-test after the class. These must be completed before they get their completion certificate.

In-person class dates & times will be coming soon.

If you have any questions, please contact the Afton Extension Office (307-885-3132) or Kemmerer Office (307-828-4092).

2026 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

Big Horn County, Basin, WY

- Dates - March 7-8, 2026
- [Registration : Big Horn County](#)

Carbon County, Saratoga, WY

- Dates - March 21-22, 2026
- [Registration : Carbon County](#)

Sweetwater County, Rock Springs, WY

- Dates - March 28-29, 2026
- [Registration: Sweetwater County](#)

Crook County, Sundance, WY

- Dates - April 11-12, 2026
- [Registration: Crook County](#)

Natrona County, Casper, WY

- Dates - April 25-26, 2026
- [Registration: Natrona County](#)

Shooting Sports Development Committee Meeting

- Date - February 21, 2026, 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."

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. January's meeting will be a 4-H Open House.

Lucky Clovers 4-H Club

The **Lucky Clovers 4-H Club** will begin meeting in Jan. Our first meeting will be to elect officers and plan the year. This will mean picking dates, discussing what the club wants to do this year, projects, field trips, activities etc. We will discuss community service ideas and fundraisers. Please come prepared with your input and project ideas! Remember to get enrolled in ZSuite at <https://4h.zsuite.org/> before hand.

The Nocked & Loaded 4-H Club

The Nocked & Loaded 4-H Club started shooting for the winter season. We decided to continue meeting on Thursdays twice a month for the winter season. We also want to keep air rifle and archery, but do more archery than air rifle meetings. We will meet in the Afton Exhibit building normally. But will also meet at MTOS. We will elect new officers in January. The winter schedule date are listed below and also added to the calendars at the end of the newsletter. Add these dates to your calendars. Please check the group app for discipline and location.

Jan 8	Mar 5
Jan 22	Mar 19
Feb 5	Apr TBD
Feb 19	

Wyoming State/Regional Events & News

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

Ignite by 4-H, Washington DC:

March 25 – 29, 2026

https://wyoming4h.formstack.com/forms/ignite_4_h

WY Youth Application due to State Office by October 31st but please remember Conference could sell out before October 31st.

Graduation Cord Application Info

For those of you with 4-H members graduating in **December 2025** or **May/June 2026**, the **Graduation Cord Application** is now available: [Graduation Cord Application Form](#)

Please note the submission deadlines:

December 2025 graduates: November 16, 2025

May/June 2026 graduates: April 19, 2026

National 4-H Conference: will be held April 10-15, 2026 in Arlington, Virginia. More information to come.

Showcase Showdown: will be held June 15-18, 2026 at University of Wyoming, Laramie, WY. More information to come.

2026

STATE 4-H FOUNDATION SCHOLARSHIPS

University of Wyoming:

- Edna Mae and Wallace McClafflin
- Ella E. Schloredt
- Jimmy Nichols Memorial
- Farmhouse Foundation
- Janie Smith Memorial
- Margaret Butterfield Memorial
- Brown-Kohl
- Marian M. Henderson Memorial

Other Schools:

- Wilbur Brettel
- Murdoch's Ranch and Home
- Lynette Wallace
- Linnabur Scholarships
- John and Pauline Peterson
- Bonnie Ellenwood
- Underwood Family
- State 4-H Foundation
- Charles and Eileen Oakley
- Hjalma Williams





Scan to Apply:





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 December!





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

Questions?

readyssetexplore.4h@gmail.com

IGNITE BY 4-H



HOW

Applications

Application are currently open and open until full.
Apply now to insure a spot!
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

“Where Possibilities are Endless!”

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

WHAT



NATIONAL 4-H CONFERENCE

APRIL 10-15
2026

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
- [HTTPS://WYOMING4H.FORMSTACK.COM/FORMS/CONFERENCE_APP](https://wyoming4h.formstack.com/forms/conference_app)

Wyoming 4H

SHOWCASE SHOWDOWN

LARAMIE, WYOMING
JUNE 15-18 2026



- NIGHTLY EVENTS
- 13 STATE CONTEST
- 20+ WORKSHOPS

REGISTRATION OPTIONS:

PACKAGE 1 - \$50

- Event Registration
- Meals Included: Dinner on Tuesday, Lunch on Thursday

PACKAGE 2 - \$150

- Event Registration
- Lodging in Residence Halls
- All Meals (3x) at Dining Center

NEW THIS YEAR:

- Horse and Livestock Quiz Bowl Contests
- BRAND NEW Residence Halls and Dining Center
 - Exclusive events for those who stay on campus
- UW Bus Transportation available from various areas throughout the state

ALL 4-H MEMBERS WELCOME

INCLUDING CLOVERBUD AGE YOUTH!

THIS YEAR'S CONTESTS INCLUDE

- CAKE DECORATING
- DOG SKILL-A-THON
- FOOD COOK-OFF
- HORSE HIPPOLOGY
- HORSE JUDGING
- LIVESTOCK SKILL-A-THON
- IMPROMPTU PRESENTATION
- PREPARED PRESENTATION
- PRODUCE JUDGING
- ROBOTICS CONTEST
- TABLE SETTING
- HORSE QUIZ BOWL
- LIVESTOCK QUIZ BOWL



For more information, contact Rylie Ogden
rtroudt@uwyo.edu



LINCOLN COUNTY

4-H MEMBER SPOTLIGHT

DEACON LORIMER

- Deacon is 8 years old and is a 2nd grader at Afton Elementary.
- This is Deacon's first year in 4-H.
- He is a member of the Hog Squad, Luck Clover, and Nocked & Loaded 4-H Clubs.
- His projects are Market Swine, Poultry, Foods & Nutrition, Fabric & Fashion, and Shooting Sports.
- His hobbies are wrestling, dirt-biking, building things, and cuddling his cat, Milo.



4-H Volunteer Spotlight

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

Highlights:

- Charlotte likes to craft, paint, and garden.
- She taught English to Chinese elementary students and is currently studying to become a teacher.
- Charlotte credits her 4-H leaders, Sue & Dee Helm, for helping her learn to care, shear, and show her sheep.
- She became a leader to help other kids develop showing skills and learning how to take care of their animals, as well as the importance of becoming a valuable community member.



Charlotte Parsons

Lincoln County
9 Years

Thank You

YOU MAKE A DIFFERENCE



UNIVERSITY
OF WYOMING
EXTENSION



ZSuite 4-H Enrollment!

Enrolling in Wyoming 4-H

1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer)

2. Click **Sign Up**

- Fill in the required fields (you can use your same email and password from 4HOnline).



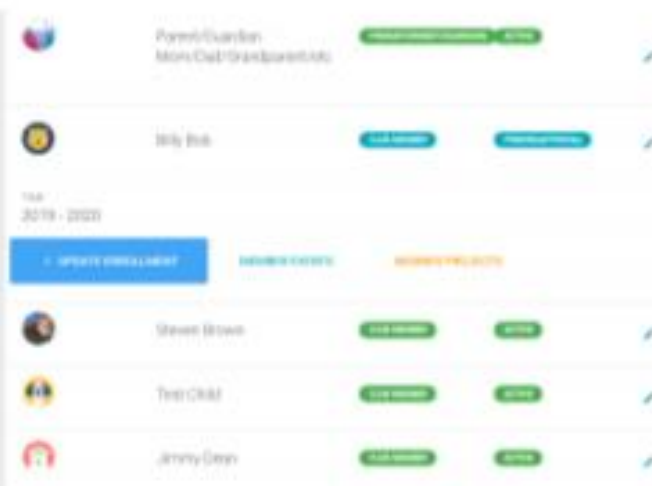
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

3. Click **Let's Go**

Add members of family.

You should now be directed to the **Dashboard** screen.

1. To add members, in the black drop down menu, select household members.
2. On the next screen, select **HOUSEHOLD MEMBERS**.
3. Fill in the required fields for one of your members.
4. Don't forget to add a club! Click **ADD CLUB**.
5. You will also need to select projects for each club by clicking **ADD PROJECT** then selecting a project from the drop down menu.
5. Finish by clicking **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 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

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 smaller blue 'SIGN UP' button. Below these are two links: 'Forgot Password?' and 'Help'.

The dashboard shows a list of household members for 'Perry Household'. Each member has a profile picture, name, and enrollment status. The status is indicated by a colored button: red for 'INACTIVE' and green for 'ACTIVE'. An 'ENROLL NOW' button is visible at the bottom right.

Member Name	Enrollment Status
Shar Perry	INACTIVE
Baze Perry	ACTIVE
Jace Perry	ACTIVE
Tyce Perry	INACTIVE

The enrollment wizard form for 'Tyce Perry' (2019-2020) has three tabs: 'PERSONAL INFO', 'WAIVERS', and 'CLUBS'. The 'PERSONAL INFO' tab is active, showing fields for 'Name' (Tyce Perry), 'Birth date', '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 to the 'CLUBS' tab.

PERSONAL INFO WAIVERS **CLUBS**

Choose one or more Clubs then press 'Add Club'

COUNTY
LINCOLN COUNTY

ADD CLUB

CLUB

Beef N' Bits 4-H Club ✎ ✕

County: Lincoln County
Primary

Projects:

ANIMAL SCIENCE/BEEF	✎	✕
ANIMAL SCIENCE/HORSES	✎	✕
EXPRESSIVE ARTS/LEATHER	✎	✕
CRAFT	✎	✕
EXPRESSIVE ARTS/VISUAL ARTS	✎	✕
HEALTHY LIVING/FOOD AND NUTRIENT	✎	✕
EXPRESSIVE ARTS/WOOD WORKING	✎	✕

ADD PROJECT

PREVIOUS SUBMIT

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'.

Dashboard

Perry Household

Click or Tap a row to view additional details

Show Archived Members

Shar Perry	PENDING/PENDING/CLUB LEADER	REGISTER	✎	✕
Baze Perry	CLUB MEMBER	ACTIVE	✎	✕
Jace Perry	CLUB MEMBER	ACTIVE	✎	✕
Tyce Perry	CLUB MEMBER	REGISTER	✎	✕

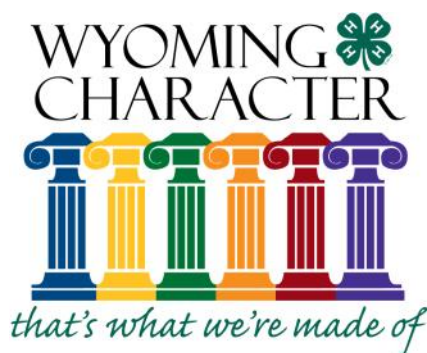
+ HOUSEHOLD MEMBER

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

If you have questions, please contact us

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

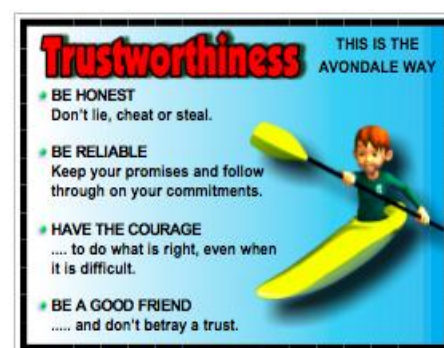
Deborah Peavler, Kemmerer Extension Office, 307-828-4092



January

Trustworthiness

Being trusted is among the highest achievements of individuals



What does it mean to be Trustworthy?

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

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

Trust in another people has several meanings:

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

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

You're trustworthy when:

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

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

~ Andrew Gide ~

Trustworthiness:

involves four major qualities:

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

Trustworthiness in 4-H



4-H Club Activity

The "Gossip" Game

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

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



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

"Your handshake is as good as your word"



Cent\$ible Nutrition Program

Helping Families Eat Better for Less

Cent\$ible Nutrition Program -

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.**

CNP 2.0 will be offering an online class in the evening, and we'd love for you to share this opportunity with your community! Contact Stephanie at the phone number listed above for income guidelines. See flyer below for class registration information.

To learn more about CNP programming, visit uwyo.cn.org.

Vegetable Beef Soup

Makes 4 servings

Ingredients:

- 2 teaspoons canola oil
- 1 pound ground beef, or 14.5-ounce can beef substitute beef for other meat, like game, bison, turkey, or chicken
- 1/2 cup onion, diced
- 4^{1/2} cups low-sodium chicken, beef, or vegetable broth
- 2 teaspoons Italian seasoning
- 1 bay leaf
- 1/4 teaspoon black pepper
- 10 ounces frozen mixed vegetables or 2 cups fresh or canned vegetables
- 1 15-ounce can diced tomatoes

Directions:

1. Wash hands with warm, soapy water.
2. In a large saucepan, heat canola oil. Brown ground beef with onions. Drain off fat. If using canned beef, skip this step.
3. Add broth, Italian seasoning, bay leaf, and black pepper. Heat. If using canned beef, add it in this step.
4. Stir in mixed vegetables but not tomatoes.
5. Bring to a boil. Reduce heat, cover, and simmer for 6-8 minutes or until vegetables are tender crisp. Remove bay leaf and throw away.
6. Stir in tomatoes with juices. Heat through.

NOTES:

Variation

Add Grains—Add 2 cups cooked macaroni noodles in step 4.

Source: <https://uwyo.cn.org/cb/vegetable-beef-soup/>












PRESERVE @ HOME
University of Idaho Extension

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

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

Start Date: January 15, 2026

Lessons

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

COST: \$35 REGISTRATION FEE

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

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

REGISTRATION DEADLINE:
JANUARY 12, 2026

Persons with disabilities have the right to request reasonable accommodations. Please complete the accommodations form found at [this link](https://www.uidaho.edu/extension/oui/dia.htm) at least two weeks prior to the event: <https://www.uidaho.edu/extension/oui/dia.htm>
The University of Idaho is an equal-opportunity institution.

January 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <i>New Year's Day, Ext. Offices Closed</i> 	2	3
4	5 Hamsfork Hands 4-H Club Mtg, 6:30 pm Training Ctr.	6 SV Cloverbuds, 3 pm, Afton Civic Center	7	8 Nocked & Loaded 4-H Club Mtg, 6 pm	9	10
11	12	13 SV Jr. Leaders Mtg., 5 pm, Afton Civic Ctr.	14 Treasurer & Leader Training, 6 pm, Afton Civic Center	15	16 4-H Fun Cooking, 9am, Afton Civic Center Kitchen	17
18	19 <i>WY Equality Day & MLK Day. Ext. Offices Closed</i>	20	21	22 Nocked & Loaded 4-H Club Mtg, 6 pm	23	24
25	26	27	28	29	30	31

February 2026



Sun

Mon

Tue

Wed

Thu

Fri

Sat

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MKT BEEF ANIMAL
TAGGING, INFO &
PICS UPLOAD DUE

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Nocked & Loaded 4-
H Club Mtg, 6 pm

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Valentine's Day



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4-H Scholarship
Application Deadline

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President's Day

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Nocked & Loaded 4-
H Club Mtg, 6 pm

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LINCOLN COUNTY EXTENSION
PO BOX 309
AFTON WY 83110

CHANGE SERVICE REQUESTED

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Don't miss out on any
Important announcements or deadlines!

IMPORTANT Lincoln County Extension NEWSLETTER

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