



Extension  
Lincoln County

# Chit Chat

## UPCOMING EVENTS

Mar 04	SV Area YQCA, 5 pm, Afton Civic Ctr.	Apr 10-15	National 4-H Conference, Arlington, VA
Mar 13	Kemmerer Area YQCA, 2 pm, Events Ctr.	Apr 19	Graduation 4-H Cord Application Deadline
Mar 16	SV Area YQCA, 5 pm, Afton Civic Ctr.	May 07	Area Mini Showcase Registration Deadline
Mar 18	SV Junior Leader Mtg., 4:30 pm, Afton Civic Ctr.	May 16	Area Mini Showcase, 8 am, Afton Civic Ctr
Mar 20	4-H Fun Cooking, 9 am, Afton Civic Ctr.	Jun 01	Market Goat, Sheep, Swine Ownership, Tagging, Info & Pics Upload Deadline
Mar 20	Cokeville Area YQCA, 11 am, Town Hall	Jun 15-18	Showcase Showdown, Laramie WY
Mar 20	4-H Fundraiser Concert Dinner, TBD, Fairgrounds	Jul 29	Lincoln County Fair Entry Deadline
Mar 24	SV Area YQCA, 4 pm, Afton Civic Ctr.	Jul 31-Aug 08	Lincoln County Fair
Mar 25	SV Cloverbuds, 3 pm, Afton Civic Ctr.	Aug 11-15	WY State Fair, Douglas, WY
Mar 25-29	Ignite By 4-H, Washington, DC		
Mar 28-29	Shooting Sports State Certification, Rock Springs		
Mar 31	State Volunteer Training Zoom, 6 pm		

### YQCA PROGRAM FOR LIVESTOCK MEMBERS

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](http://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

**SV Area - Mar. 4, 5 pm, Afton Civic Ctr.**

**SV Area - Mar. 16, 5 pm, Afton Civic Ctr.**

**SV Area - Mar. 24, 4 pm, Afton Civic Ctr.**

**Kemmerer Area - Mar. 13, 2 pm, Events Ctr.**

**Cokeville Area - Mar. 20, 11 am Town Hall**

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

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**MAR 2026**

AFTON EXT. 885-3132  
KEMMERER EXT. 828-4092



# 4-H Program Information

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

## 4-H EDUCATOR'S LETTER...

April 19-25 is National Volunteer week. We would like to say "Thank You" to all of our volunteers for their hard work and dedication to the youth of Lincoln County! Our program keeps growing because of our amazing volunteers. Thank you! Please make sure you thank your leaders for their hard work!

Even if we still have snow, it is that time of year that we start thinking about our 4-H projects and getting our baby animals! Please remember to follow the USDA laws when transporting your new animals. There are flyers at the Extension offices for families to have for your reference. Please remember when you travel into the state, you need to stop at the port of entry.

A bill of sale in the 4-H member's name is needed for Goats and Swine to pick up tags. Also, Sheep and Goat must have a USDA Scrapie's tag in their ear. This is what is needed to get their 4-H animal tagged.

A "Form A" (brand inspection) in the 4-H member's name is needed for Sheep and Beef. This form is done by a brand inspector. This paperwork is needed for the 4-H member to be able to tag their animal.

To legally transport a livestock show exhibit in to the state of Wyoming there are other requirements, along with the ones above. All animals must have a health inspection form, which has been done within the last 30 days. For swine the Interstate Certified Vet Inspection (ICVI) will also need a permit number on this form. A vet from the state that you are purchasing the swine from will need to call our state vet and get an permit number that must be on the ICVI. Swine must have an official individual identification ID tag. This number must be on the ICVI.

Here is a link to the USDA official ear tag summary for ALL species.

[http://www.aphis.usda.gov/traceability/downloads/ADT\\_eartags\\_criteria.pdf](http://www.aphis.usda.gov/traceability/downloads/ADT_eartags_criteria.pdf)

*Shar*

## 4-H Fun Cooking

March 20

9 am

Afton Civic Center

Kitchen

Limited Class Size

First 8 members  
to RSVP



## SV Cloverbuds

March 25

3 pm

Afton Civic Center

This 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.

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

## 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  
 2000 East University Ave. Dept. 3354  
 Laramie, WY 82071  
 (307) 766-5270  
[smack@wyo4h.edu](mailto:smack@wyo4h.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.wy4h.edu/4-h/> then select "Volunteers" and "Additional Trainings."



# No Central Tagging

### Procedure to pick up tags:

- Enroll in 4-H (See info in newsletter)
- Have Form A (brand inspection) for Sheep or Bill of sale for Goat/Swine in hand to pick up tags
- Brand Inspection or Bill of Sale must be in the member's name.

### After picking up tags:

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

ANIMAL UPLOAD INSTRUCTIONS ARE AVAILABLE ON THE ZSUITE DASHBOARD UNDER THE SHARED FILES SECTION & IN THIS NEWSLETTER.

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

## Jr. Leader Meeting March 18, 4:30 pm Afton Civic Center

Please let Shar know you are coming



## March Birthdays!!



Tawny A.  
 Brooklyn A.  
 Wyatt C.  
 Grace C.  
 Annabelle C.  
 Levi C.  
 Liam C.

Sage E.  
 Kyle F.  
 Rylee G.  
 Ethan G.  
 Catherine G.  
 Paisley H.  
 Vincent H.

Kenadee J.  
 Tya J.  
 Raegan J.  
 Jentry K.  
 Mason L.  
 Heith M.  
 Lincoln M.  
 Carter M.

Taylor N.  
 Dixon P.  
 Robert P.  
 Henley S.  
 Rossi S.  
 Quill T.  
 Ruby T.

Brodie T.  
 Bowen T.  
 Leila T.  
 Allison T.  
 Stone W.  
 Raegenn W.  
 Tommy Z.

## 2026 Fair Changes (so far)

**Date—July 31 - August 8, 2026**

**Theme – “Rooted in Wyoming Cowboy Spirit“**

**Fair Entry Deadline—July 29, 2026 before Midnight**

- Posters for 4-H Generals can be no larger than 16" x 23".
- All 4-H General Entry Tags must be securely attached to the exhibit.
- Dog Show (Rally & Obedience) is Friday, July 31 at 3 pm
- Dog Show (Agility, Showmanship & Conformation) is Sat., August 1 at 9 am.
- No separate 4-H Fashion Revue, it will take place after the modeling judging ends.
- Market Livestock Weigh-in is Monday at 4 pm.
- 4-H/FFA Horse Show - Monday only.
- (No Ranch Horse or English Classes).
- 4-H/FFA Horse Speed Events will take place if time allows.
- Swine Show - Tuesday & Wednesday.
- Beef Show - Wednesday.
- Goat & Sheep Shows - Thursday.
- Livestock Judging - Thursday following Sheep Show.
- Mandatory 4-H State Fair Meeting - Thursday after Livestock Judging.

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

## Animal Ownership, Tagging & Information Upload Deadlines

**Market Beef—February 1**

**All Other Youth Livestock —June 1**

## 4-H Club News—

### Cokeville Community 4-H Club

The *Cokeville Community 4-H Club* will meet the second Thursday of the month at the Town Hall , 7 pm, from January through July.

### Dynamite 4-H Dogs Club

The *Dynamite 4-H Dogs Club* will meet on Mondays from 6-7 pm at the 4-H Exhibit Building on the fairgrounds.

### Etna Clover Buddies Club

The *Etna Clover Buddies Club* will meet on the 2nd and 4th Wednesdays of each month at the Etna Community Ctr., Rm 16.

### 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. At the Hamsfork Hands February meeting, we went over the new t-shirt design and order form, t-shirt orders are due by March 2, the next meeting. Valentine Babysitting Fundraiser is 2/14 4:30-8, spread the word to help make this fundraiser a success.. The next community service is at the Senior Center on February 27th. Hamsfork Hands will have an attendance drawing every meeting this year, so please attend for chance to win a fun prize. The members watched two presentations, they reviewed the differences and asked questions. Presentation sign ups are available, to practice a presentation before Showcase Showdown.

### Hamsfork Hands 4-H Shooting Club

The *Hamsfork Hands 4-H Shooting Club* members contact Garey Lacey, AJ Guinta, or Phil Lockwood for more information on upcoming project meetings.

### Hog Squad 4-H Club

The *Hog Squad 4-H Club* meet on the second Monday of each month at the Afton Civic Ctr.

### Hooves N Hides 4-H Club

The *Hooves N Hides 4-H Club* meet on the third Monday of each month at the Afton Civic Ctr.

### The Nocked & Loaded 4-H Club

The *Nocked & Loaded 4-H Club* will meet on March 5 and 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](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>.

## Volunteer Training - Community & Service

March 31, 6-7:30 pm. (See flyer on next page for more info)

## Graduation Cord Application Info

For those graduating in May/June 2026, the Graduation Cord Application is now available: [Graduation Cord Application Form](#)

May/June 2026 graduates: for is due 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. See flyer on the next page for registration fees and more info.

**READY, SET, EXPLORE!**  
A FREE, family-friendly program designed to inspire outdoor adventures and create unforgettable memories!  
October, 2025-May, 2026

Register today to the great Ready, Set, Explore activities for December

UW Extension  
Questions? [readyseteexplore.4h@gmail.com](mailto:readyseteexplore.4h@gmail.com)

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## WYOMING 4-H VOLUNTEER TRAININGS SCHEDULE 2026

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### JANUARY 20TH

TUESDAY / 6:00PM-7:30PM

TOPIC: SMART GOALS

Enjoy a volunteer focused training on how to help 4-H members set SMART goals for the 4-H year. No matter what the project or club area focus is on, SMART goals are for everyone! This training will be interactive and give volunteers an opportunity to connect with other volunteers across the state.  
Registration required for access to the zoom link. You can register using the QR Code.

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### FEBRUARY 17TH

TUESDAY / 6:00 PM - 7:30PM

TOPIC: COMMUNITY & SERVICE

Join us for some great conversation, share ideas, and join a discussion on our featured topic "Community & Service". Share what it means to volunteer in your communities, it's benefits, ways to get more involved, and share your community service ideas with other volunteers across the state. This will be an interactive training giving you opportunities to connect and have deeper conversations with other volunteers. Registration required for access to the zoom link. You can register using the QR Code above.

**SAVE THE DATE**

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### MARCH 31ST

TUESDAY / 6:00 PM - 7:30PM

TOPIC: MEANINGFUL MEETINGS

Training focused on creating meaningful meetings and the tools and science behind techniques to accomplish this. No matter what type of gathering you are having; a club meeting, project meeting, or even just attending an activity. This training will be interactive and give you an opportunity to connect with other volunteers. Registration is required for access to the zoom link. You can register using the QR Code above.

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**FOR ANY QUESTIONS PLEASE CONTACT**  
Tiera Bevilacqua  
Volunteer Specialist  
[tardorf@uwyo.edu](mailto:tardorf@uwyo.edu)

## 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

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For more information, contact Rylie Ogden  
[rtroud@uwyo.edu](mailto:rtroud@uwyo.edu)

# Horse Quiz Bowl Contest

Showcase Showdown

June 15th-18th

## Contest Details:

- Open to WY 4-H members 8-18 years
- Teams consist of 3-4 youth, a 5<sup>th</sup> member is allowed as an alternate
- Knowledge of equine science as well as health and care in a quiz bowl setting
- Senior teams compete for eligibility at National Competitions

**Team Contest**



# Livestock Quiz Bowl Contest

Showcase Showdown

June 15th-18th

## Contest Details:

- Open to WY 4-H members 8-18 years
- Teams consist of 3-4 youth, a 5<sup>th</sup> member is allowed as an alternate
- Knowledge of animal science
- Content covers: Beef, Sheep, Goats, Swine, Dairy, Rabbits, and Poultry in a quiz bowl setting
- Senior teams compete for eligibility at National Competitions

**Team Contest**



## 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](https://wyoming4h.formstack.com/forms/ignite_4_h)

**WHEN & WHERE**

March 25-29, 2026  
Washington DC

**“Where Possibilities are Endless!”**

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

**WHY**

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

**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 IS - 18 YEARS OLD
- COST ESTIMATED AT \$2500 PER PERSON. SCHOLARSHIP WILL BE GIVEN.

**APPLICATIONS**

- APPLICATIONS CURRENTLY OPEN, UNTIL REGISTRATION IS FULL.

**APPLICATIONS**

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

Wyoming 4H

# **Afton Civic Center**

## **Room Use Instructions**

The following must be done each time as part of our agreement for 4-H clubs free use of the Afton Civic Center.

- **Take Out Trash & Replace the Bag.**
- **Wash Tables**
- **Vacuum Room**
- **Turn Heat Down**
- **Turn Off Lights**
- **Stay in Room You Reserved**
- **PLEASE DO NOT allow kids or others to run around rooms or museum!**

# 4-H Volunteer Spotlight

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



## Highlights:

- Josie is a leader in the Lucky Clover 4-H Club.
- Josie's favorite foods are salmon and chocolate chip cookies with milk.
- Josie grew up doing 4-H and loved it. She learned so many skills that she still uses today.
- Josie's favorite animal has always been a pig - she accumulated a huge collection of pig figurines and stuffed animals as a kid.
- When the family moved back to Star Valley, Josie was excited to get her kids involved in 4-H.

**Josie  
Lorimer**

**Lincoln County  
4 Years**

*Thank You*

**YOU MAKE A DIFFERENCE**



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# ZSuite Animal Information Upload Instructions

Jace Perry

Year: 2020 - 2021

Club	Role
Star Shooters 4-H Club	Member
Star Valley Horse Club 4-H Club	Member
Meadow Grazers 4-H Club	Member
Beef N' Bits 4-H Club	Member
Lucky Clover 4-H Club	Member

1. UPDATE ENROLLMENT

Enrollment in 4-H for Jace Perry  
2020 - 2021

PERSONAL INFO    WAIVERS    2. CLUBS

Beef N' Bits 4-H Club

County: Lincoln County

Primary

Projects:

- Animal Science - Horse
- Animal Science - Beef/Market

3. ADD PROJECT

Select Project

Choose Project Type  
Animal Science - Beef/Market

4. Animal ID\*  
64600011230731, 64600011230732

5. Animal Gender\*  
Black with white legs, Black with white spot on forehead

6. Animal Name\*  
Charley Smokey

7. Animal Type\*  
Market Steer, Market Stier

8. Animal Breed\*  
Angus X, Angus X

9. Animal Picture 1  
Choose File No file chosen

10. Animal Picture 2  
Choose File No file chosen

11. Animal Picture 3  
Choose File No file chosen

12. Animal Picture 4  
Choose File No file chosen

13. SAVE PROJECT

14. SUBMIT

- Once you are logged into ZSuite primary profile at: <https://4h.zsuite.org>, select the family member who has the project and click the **UPDATE ENROLLMENT** button.
- Select **CLUBS** at the top right of the page.
- To enter the animal information, select the gray pencil to the right of the Market project listed in the club box. **NOTE: If you have two animals, put the second animal's information under animal #2 section.**
- Enter the 15 digit number in the **Animal Id** line.
- 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.
- On the **Animal Type** line enter whether they are market or breeding and then the gender.
- Enter animal's breed on the **Animal Breed** line.
- How Many Pictures**—select the number of pictures from the drop down menu.
- Animal Picture 1**—upload the picture of the tag in the animal's ear.
- Animal Picture 2**—upload the picture of the full body of the animal.
- 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.
- 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 in case 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.**

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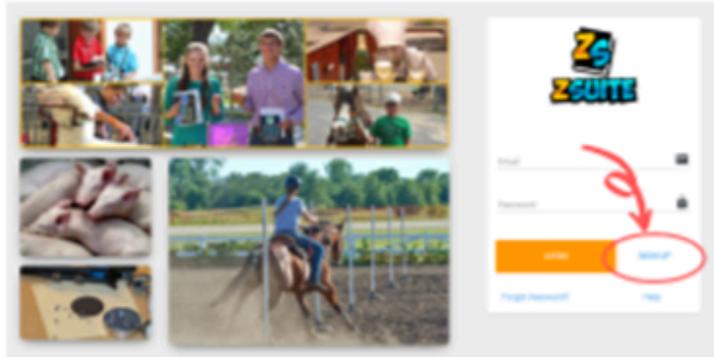
# ZSuite 4-H Enrollment!

## 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).



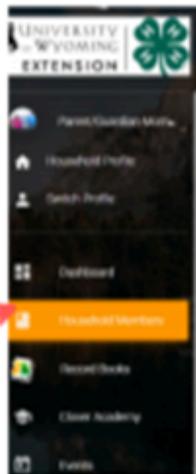
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
  - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

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 **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.

**LIVE CHAT**

© 2019 ZSuite. An extension of the 4-H System.  
ZSuite Live Chat Support

# ZSuite 4-H Enrollment

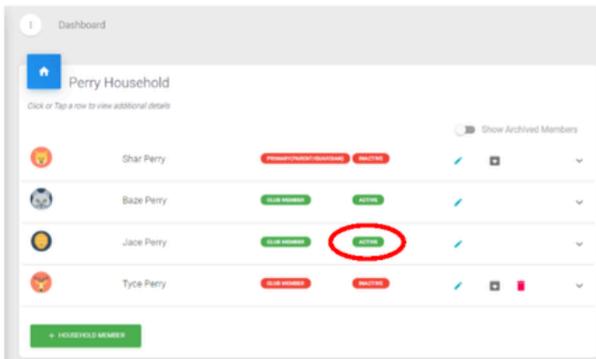
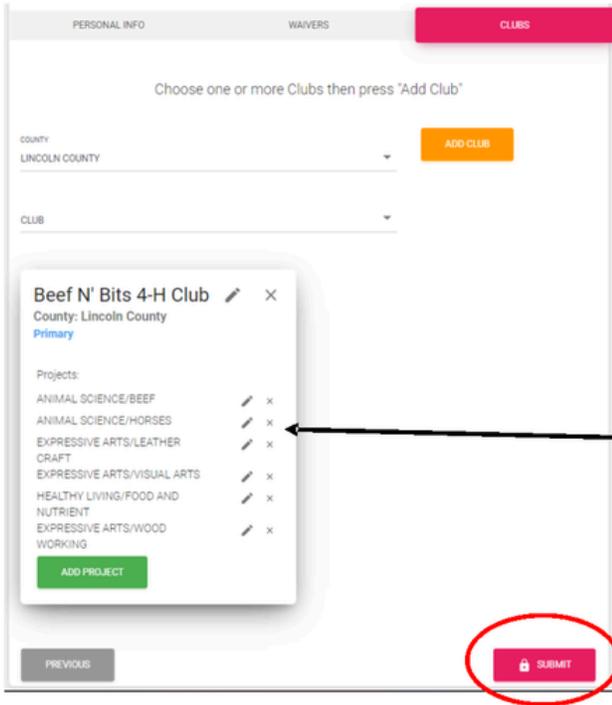


## Returning Member Enrollment

### 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. (if not, press CTRL & F5).
2. Use the same email and password you used to sign up for zsuite.
3. Click the **ORANGE Login** button  
- 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 the **BLUE Enroll Now** button.
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 the **PINK Next** button at the bottom of the Personal Information section to go to the **Wavers** 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. When done adding clubs and projects, click the **ADD TO CART** button.

14. 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 **PINK'SUBMIT'** button to submit your enrollment.

15. 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.

16. 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**

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*that's what we're made of*

# Character Counts

## Respect

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 -

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.

Contact Stephanie at the phone number listed above for upcoming class information and income guidelines.

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



### Sweet & Sour Meatballs

Savory, sweet, and tangy, this recipe has it all when it comes to flavor.

#### **Ingredients**

- 1 20-ounce can of pineapple chunks + additional water
- ¼ cup vinegar
- 1 Tablespoon soy sauce
- ½ cup brown sugar
- 3 Tablespoons corn starch
- 2 green bell peppers, chopped
- ½ cup onion, chopped
- 24 cooked meatballs
- 3-4 cups cooks grain of choice (brown rice, egg noodles, whole wheat pasta, etc.)

#### **Directions**

1. Wash hands with warm, soapy water for 20 seconds.
2. Drain the pineapple, saving the juice. Add water to the juice to make ¾ cup. Pour juice into skillet or electric skillet.
3. In a small bowl, add vinegar, soy sauce, brown sugar, and corn starch together. Stir until smooth. Add to skillet.
4. Cook over medium heat until thick and starting to bubble, stirring occasionally.
5. Add pineapple chunks, green bell peppers, onion, and meatballs. Simmer until meatballs are heated through, 15-20 minutes. Serve over brown rice or noodles.

Makes 24 meatballs or 8 servings.

Source: <https://uwyocnp.org/sweet-sour-meatballs/>

# March

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Hamsfork Hands Club Mtg., 6:30 pm, Events Ctr.  Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	3	4 SV Area YQCA, 5 pm, Afton Civic Ctr.	5 Nocked & Loaded 4-H Club Mtg, 6 pm	6	7
8	9 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	10	11 Etna Clover Buddies, 6 pm, Etna Comm. Ctr.	12 Cokeville Community 4-H Club Mtg, 7 pm, Town Hall	13 Kemmerer Area YQCA, 2 pm, Events Ctr.	14
15	16 SV Area YQCA, 5 pm, Afton Civic Ctr. Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	17 St. Patrick's Day 	18 SV Junior Leader Meeting, 4:30 pm, Afton Civic Ctr.	19 Nocked & Loaded 4-H Club Mtg, 6 pm	20 4-H Fun Cooking, 9 am, Afton Civic Ctr.  Cokeville Area YQCA, 11 am, Town Hall  4-H Fundraiser Concert/Dinner, TBD, 4-H Exhibit Bldg, Fairgrounds	21
22	23 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	24 SV Area YQCA, 4 pm, Afton Civic Ctr.	25 Ignite By 4-H, Washington DC  SV Cloverbuds, 3 pm Afton Civic Center.  Etna Clover Buddies, 6 pm, Etna Comm. Ctr.	26 Ignite By 4-H, Washington DC	27 SV Spring Break  Ignite By 4-H, Washington DC	28 SV Spring Break  Ignite By 4-H, Washington DC  Shooting Sports Certification, Rock Springs
29 SV Spring Break  Ignite By 4-H, Washington DC  Shooting Sports Certification, Rock Springs	30 SV Spring Break  Kemmerer Spring Break	31 SV Spring Break  Kemmerer Spring Break  Volunteer Training Zoom - 6 pm Meaningful Meetings				

# April

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SV Spring Break Kemmerer Spring Break	2 SV Spring Break Kemmerer Spring Break	3 SV Spring Break Kemmerer Spring Break	4
5	6 Hamsfork Hands Club Mtg., 6:30 pm, Events Ctr. Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	7	8 Etna Clover Buddies, 6 pm, Etna Comm. Ctr.	9 Nocked & Loaded 4-H Club Mtg, 6 pm Cokeville Community 4-H Club Mtg, 7 pm, Town Hall	10	11
12	13 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	14	15	16	17	18
19 GRADUATION 4-H CORD APPLICATION DEADLINE	20 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	21	22 Etna Clover Buddies, 6 pm, Etna Comm. Ctr.	23 Nocked & Loaded 4-H Club Mtg, 6 pm	24	25
26	27 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	28	29	30		



**PLEASE READ EACH PAGE  
CAREFULLY!  
Don't miss out on  
any Important  
announcements or deadlines!**

## **Lincoln County Extension NEWSLETTER**

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