



Extension
Lincoln County

Chit Chat

UPCOMING EVENTS

Apr 07	Legos Robotics Meeting, 4-6 pm, Afton Civic Ctr.	May 07	Area Mini Showcase Registration Deadline
Apr 09	SV YQCA Class, 4 pm, Afton Civic Ctr.	May 16	Area Mini Showcase, 8 am, Afton Civic Ctr
Apr 10-15	National 4-H Conference, Arlington, VA	Jun 01	Market Goat, Sheep, Swine Ownership, Tagging, Info & Pics Upload Deadline
Apr 14	SV Cloverbuds, 3 pm, Afton Civic Ctr.	Jun 15-18	Showcase Showdown, Laramie WY
Apr 15	Purple Up Day!	Jul 29	Lincoln County Fair Entry Deadline
Apr 19	Graduation 4-H Cord Application Deadline	Jul 31-	
Apr 19-25	National Volunteer Week	Aug 08	Lincoln County Fair
Apr 21	Legos Robotics Meeting, 4-6 pm, Afton Civic Ctr.	Aug 11-15	WY State Fair, Douglas, WY
Apr 24	4-H Fun Cooking, 9 am, Afton Civic Ctr.		
Apr 27	4-H Record Book Clinic, 4 pm, Afton Civic Ctr.		
Apr 28	Robotics Open House, 4-6 pm, Afton Civic Ctr.		

WEST AREA

TETON LINCOLN SUBLETTE SWEETWATER UINTA

Saturday, May 16

AFTON CIVIC CENTER
8:00 AM-4:00 PM

FOOD COOKOFF

CAKE DECORATING PRESENTATIONS

LIVESTOCK SKILLATHON

PRODUCE JUDGING

TABLE SETTING

REGISTRATION DEADLINE May 7

Register on the Events tab through

The University of Wyoming is an equal opportunity provider.

SHOWCASE!
SHOWDOWN!



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



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 spring!

We know many of you have started various 4-H projects, from animals to robotics and more!

There are many exciting 4-H events coming up. Check the Z-suite program to register for the West Area Mini Showcase, scheduled on May 16 in Afton.

There will be a robotics fun meet in Kemmerer on June 8 for AgRobotics and Sumo teams to practice in a competition setting. Registration is open on ZSuite for robotics teams.

State Showcase registration is opening on April 13, so watch for that to open this month. If you'd like your 4-H member to attend and want more information on potential rides from Kemmerer or Afton, please contact Shar at 885-3132 or Deborah at 828-4092 and we will see about chaperones rides to Laramie, etc.

Last of all, if you have a swine, goat, or sheep project, make sure you get your tags and upload them on ZSuite by June 1. Paperwork in the 4-H member's name (Brand Inspection - Sheep, Bill of Sale - Goat/Swine) will be required to pick up your tags.

Give us a call if you have any questions.

Deborah



4-H Fun Cooking

April 24 - 9 am

Afton Civic Center Kitchen

Limited Class Size: First 8 members to RSVP

Record Book Clinic

April 27 - 4 pm

Afton Civic Ctr.

AFTON, WY
5.16.26



WEST
AREA

TETON
LINCOLN
SUBLETTE
SWEETWATER
UINTA

THE SHOWCASE
THE SHOWDOWN

TENTATIVE Schedule - May be changed due to participant numbers

8:30 - 4:00

PRODUCE JUDGING

COMPLETE WHEN YOU CAN

9:00 - 10:30

FOOD COOK-OFF - SRS.

CAKE DECORATING - JRS. & INT.

10:30 - 12:00

FOOD COOK-OFF - JRS. & INT.

CAKE DECORATING - SRS.

12:00 - 12:30

LUNCH (PROVIDED)

12:30 - 3:00

TABLE SETTING

12:30 - 2:00

IMPROMPTU PRESENTATIONS

&

PREPARED PRESENTATIONS

1:00 - 4:00

LIVESTOCK SKILL-A-THON

4:30 ISH

AWARDS CEREMONY

The University of Wyoming is an equal opportunity provider.

Legos Robotics Meeting

April 7, 4-6 pm

April 21, 4-6 pm

Afton Civic Center

Please RSVP @ 885-3132

Class size is limited.

Robotics Open House

April 28, 4-6 pm

Afton Civic Ctr

Learn about
the new kits

SV Cloverbuds

April 14, 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 plan to attend.

Congratulations!

Eli Linford & Bryli Groll
for qualifying to continue
the Ella R. Schloredt Scholarship

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).



April Birthdays!!



Shannon B.
Karley C.
Greyson C.
Brackston C.
Mathew D.

Walter F.
Grant H.
August H.
Clancy H.
Emry K.

Lane K.
Aria L.
Teag M.
Norah M.

Ambrey N.
Ramona P.
Jaxon P.
Bridger R.
Tyce R.

Shilo S.
Chloe T.
Danner T.
Jase T.
Kendall W.

2026 Fair Changes (so far)

Date—July 31 - August 8, 2026

Theme — “1776 American Dream 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 model 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.
- Community Meet & Greet - Friday 1-3 pm. All Market Livestock Members are required to be in the barns.

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

ATTENTION 4-H MEMBERS!

If you participated in the YQCA program
(Youth for the Quality Care of Animals)

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

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.



CHANGING THE FUTURE OF
YOUTH SHOOTING SPORTS



Steve Mack, Director

Wyoming State 4-H Foundation
College of Agriculture and Natural
Resources

1000 East University Ave. Dept.
3334

Laramie, WY 82071

(307) 786-5270

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.wyo4h.edu/4-h/> then select "Volunteers" and "Additional Trainings."



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 4-H Club

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



Group with their projects from the February meeting

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 March meeting we discussed upcoming community service projects. The group completed a budgeting activity, to help with their future projects. 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 First and Third Thursdays of the month.

Wyoming State/Regional Events & News

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

Volunteer Training - Community & Service

March 31, 6-7:30 pm. (See flyer on next column 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: 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.

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!**

National Volunteer Week

April 19-25

Volunteers are just
ordinary people with

**EXTRAORDINARY
HEARTS!**



*A Big
Thank You!*

*To our
Amazing Volunteers*

4-H Volunteer Training Webinar

Tuesday, March 31st
6pm - 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 below.

These trainings are not mandatory and are an opportunity to connect with other volunteers as well as the volunteer specialist. The trainings will be recorded and uploaded to the Wyoming 4-H website.

REGISTER HERE →




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
rtroutd@uwyo.edu




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? readysetexplore.4h@gmail.com

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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 5th 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



18 UCD 707

UNIVERSITY OF WYOMING Extension

APRIL 15TH IS PURPLE UP DAY!

Wearing purple on Purple Up! Day is a way to honor and support military children for the sacrifices they make as part of military families. It's a simple but powerful way to recognize the sacrifices of these young heroes.

Help us honor our military youth and show your support on social media!

Please send pictures to
bmckinzi@uwyo.edu



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

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 5th 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



Extension

4-H Volunteer Spotlight

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

Highlights:

- Kailey loves working with animals, She is a vet tech and owns a dog grooming business and recently started training dogs.
- Kailey's hobbies are riding horses, roping, working with dogs, shed hunting, and archery hunting.
- Kailey's favorite movie is Goonies, Lonesome Dove is her favorite book. She likes Dr. Pepper, Snickers and the color, maroon.
- Kailey loves giving back to the community. 4-H helped her have fun, learn and pay for a vehicle and college. She wants to offer the same opportunities and experiences to others.



**Kailey
Matthews**

**Lincoln County
4 Years**

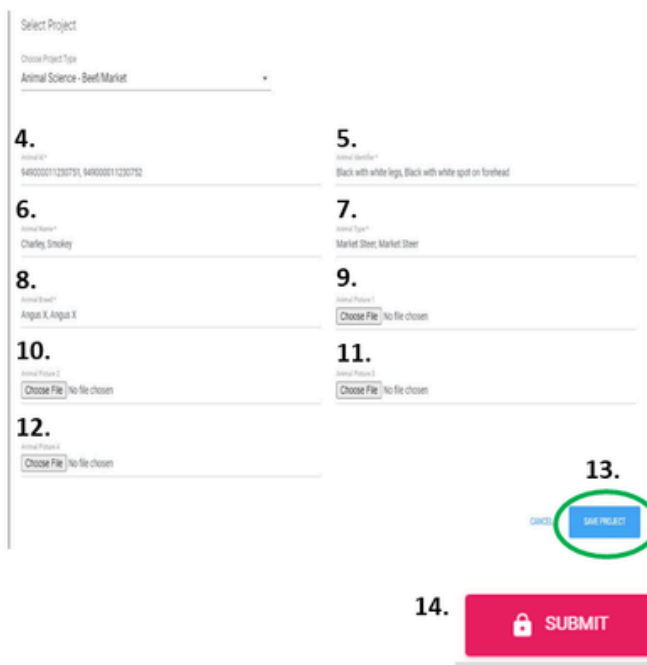
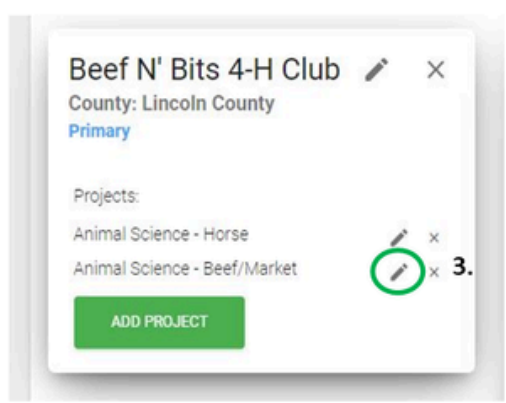
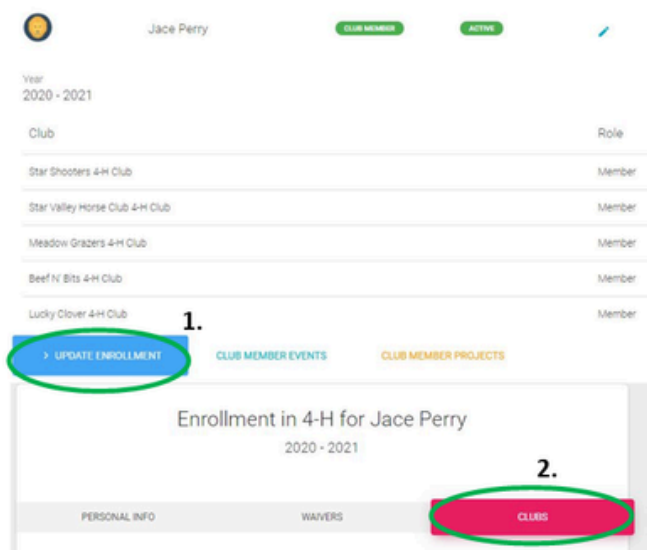
Thank You
YOU MAKE A DIFFERENCE



UNIVERSITY
OF WYOMING
EXTENSION



ZSuite Animal Information Upload Instructions



1. 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.
 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 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.
 6. 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 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.**
- The University of Wyoming is an equal opportunity/affirmative action institution.*

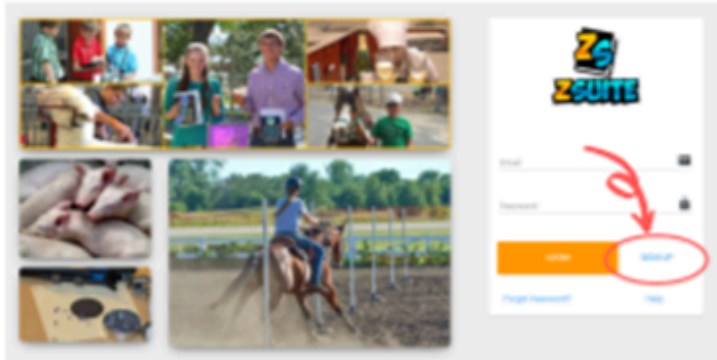
ZSuite 4-H Enrollment!

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).

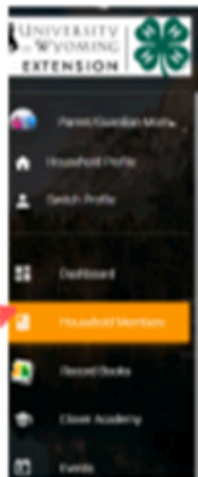


- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
 - Select Wyoming and your home County.
3. Click **Let's Go**

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

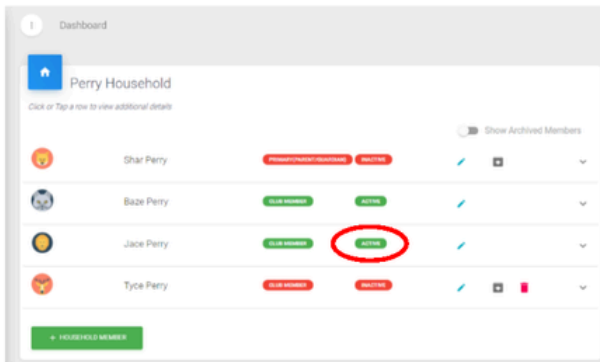
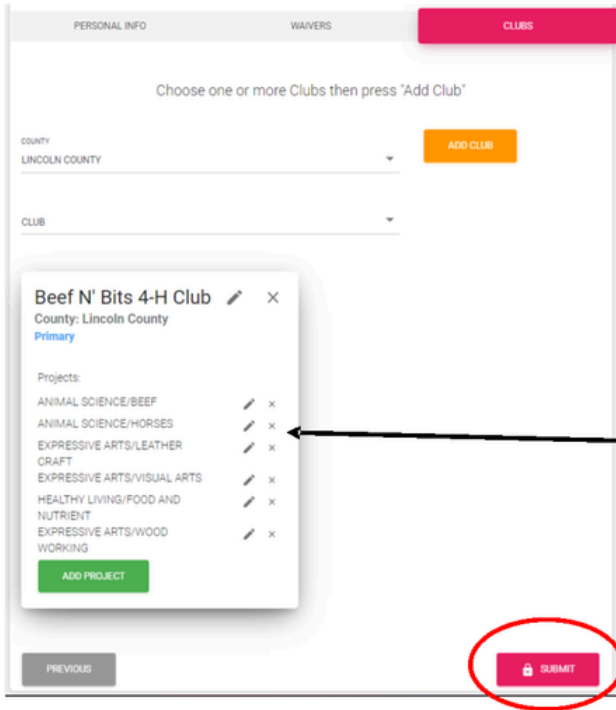


Returning Member Enrollment

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

RESPECT



What is Respect?

Respect is very important in our relationships with others. When we respect others, we treat them with consideration and courtesy both verbally and physically. Respect for others should always be demonstrated and characterizes how we live our lives. It is a very important quality that will enable you to relate to and work well with others. Follow the Golden Rule; treat others the way that you would want them to treat you. Good manners matter and respect is demonstrated when consideration and kindness is shown to others. Respect is very important to a person of character.

Treat other people the way you want to be treated.

- Tell the truth
- Be courteous and polite.
- Listen to what other people have to say.
- Don't insult people, or make fun of them, or call them names.
- Don't bully or pick on others.
- Don't judge people before you get to know them.



"Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours."

Dave Willis

Check for Respect 4-H

The laughs gained with playing this game with your club can add some fun and give your club members the judgment to understand that the humor can be funny to listen to, but *not* funny if it is acted out. Some examples include:

- You feel a sneeze coming, so you

- a) look for someone to sneeze on
- b) cover your mouth and nose with your hands
- c) turn your head away from

people and let the sneeze out as loudly as possible.

- Company is over. And you notice that after the meal, your mom has a big piece of lettuce on her tooth. You
 - a) point at it and start laughing as loud as you can,
 - b) ask if anyone can tell which of your mom's teeth is not like the other,
 - c) quietly whisper in your mom's ear that she

should check her teeth in the bathroom.

Once your 4-Her's understand the idea behind making up scenarios for the game, they will want to make up some of their own, too.

Now, when club members treat each other or possessions with respect, remember to say, "Check for respect."

Clover Connection

Head - think before you say something or before you act.

Heart - treat others the way you would want to be treated.

Hands - manners matter...use them.

Health - be respectful of your body and take care of yourself.

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.

Chicken Spaghetti

Ingredients

- 1 pound chicken breast, cooked and shredded
- 3 cups or 1 jar of canned spaghetti sauce
- 3 cups spaghetti pasta
- Pepper or red pepper flakes (optional)
- Parmesan cheese (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook spaghetti following package directions. Drain.
3. In a sauce pan or electric skillet, heat chicken in sauce.
4. Heat through and serve over hot spaghetti noodles. Serve topped with pepper, pepper flakes, or Parmesan cheese, if desired.

Makes 6 servings.

Source: <https://uwyocnp.org/chicken-spaghetti/>



Baked Acorn Squash

Ingredients

- 1 acorn squash, cut in half
- 2 Tablespoons brown sugar
- 2 Tablespoons butter, softened
- 2 Tablespoons maple syrup
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¾ teaspoon ginger
- 1 Tablespoon lemon juice
- 2-4 Tablespoons Greek yogurt
- 1-2 Tablespoons nuts (walnuts, pecans, pistachios, etc.)
- 1-2 Tablespoons dried fruit

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400 degrees F.
3. Scoop the seeds and stringy pulp out of the squash cavities and discard.
4. In a small mixing bowl, combine the brown sugar, butter, maple syrup, lemon juice, cinnamon, nutmeg, and ginger. Rub cavities and cut sides of squash with butter mixture and place them on a baking sheet cut side up.
5. Bake in the oven for about 1 hour or until the squash is tender when pierced with a fork.
6. Let cool for 5 minutes before serving. Top with plain Greek yogurt, nuts, or dried fruit, as desired.

Makes 2 servings.

Source: <https://uwyocnp.org/baked-acorn-squash/>

April

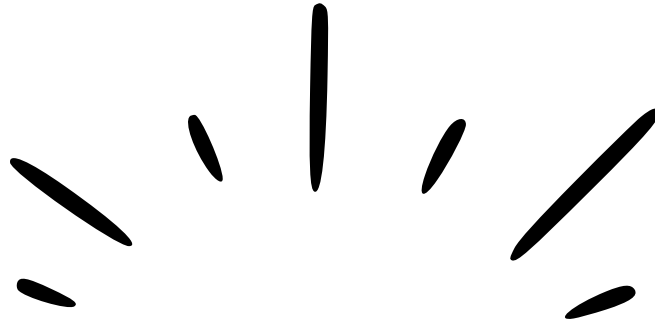
2026

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 Legos Robotics Mtg, 4-6 pm, Afton Civic Ctr.	8 Etna Clover Buddies, 6 pm, Etna Comm. Ctr.	9 SV YQCA Class, 4 pm, Afton Civic Ctr. Nocked & Loaded 4-H Club Mtg, 6 pm Cokeville Community 4-H Club Mtg, 7 pm, Town Hall	10 National 4-H Conference, Arlington, VA	11 National 4-H Conference, Arlington, VA
12 National 4-H Conference, Arlington, VA	13 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg. National 4-H Conference, Arlington, VA	14 SV Cloverbuds, 3 pm, Afton Civic Ctr. National 4-H Conference, Arlington, VA	15 Purple Up Day! National 4-H Conference, Arlington, VA	16	17	18
19 GRADUATION 4-H CORD APPLICATION DEADLINE National Volunteer Week	20 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg. National Volunteer Week	21 Legos Robotics Mtg, 4-6 pm, Afton Civic Ctr. National Volunteer Week	22 Etna Clover Buddies, 6 pm, Etna Comm. Ctr. National Volunteer Week	23 Nocked & Loaded 4-H Club Mtg, 6 pm National Volunteer Week	24 4-H Fun Cooking, 9 am National Volunteer Week	25 National Volunteer Week
26	27 Record Book Clinic, 4 pm, Afton Civic Ctr. Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg..	28 Robotics Open House, 4-6 pm, Afton Civic Ctr.	29	30		

May

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Hamsfork Hands Club Mtg., 6:30 pm, Events Ctr. Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	5	6	7 AREA MINI SHOWCASE REGISTRATION DEADLINE Nocked & Loaded 4-H Club Mtg, 6 pm	8	9
10	11 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	12	13 Etna Clover Buddies, 6 pm, Etna Comm. Ctr.	14 Cokeville Community 4-H Club Mtg, 7 pm, Town Hall	15	16 Area Mini Showcasewk 8 am - 4 pm, Afton Civic Ctr.
17	18 Dynamite 4-H Dogs Mtg, 6-7 pm, 4-H Exhibit Bldg.	19	20	21 Nocked & Loaded 4-H Club Mtg, 6 pm	22	23
24	25 Memorial Day - Extension Offices Closed	26	27 Etna Clover Buddies, 6 pm, Etna Comm. Ctr. Cokeville High School Graduation	28 Star Valley High School Graduation	29	30
31	June 1 MKT GOAT, SHEEP & SWINE OWNERSHIP DEADLINE, MKT ANIMAL INFORMATION & PICTURE UPLOAD TO ZSUITE DEADLINE	June 2	June 3	June 4	June 5	June 6 Kemmerer High School Graduation



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

Lincoln County Extension NEWSLETTER

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