



Extension
Lincoln County

Chit Chat

UPCOMING EVENTS

Sep 03	SV Parent/Leader Mtg, 6:30 pm, Afton Civic Ctr.	Oct 05	SV Area 4-H Awards Night, 6 pm, 4-H Exhibit Bldg.
Sep 07	Labor Day - Extension Offices Closed	Oct 05	Cokeville Area 4-H Awards Night, 7 pm, TBD
Sep 14	Record Books Due to Extension Office	Nov 26-27 Thanksgiving Holiday - Ext. Offices Closed	
Sep 14	Nominations Due to Extension Office	Nov 27-	
Sep 16	Club Books Due to Extension Office	Dec 01	National 4-H Congress, Atlanta, GA
Sep 23	Leader Record Book Judging Help Day, starting at 4 pm	Dec 24-25	Christmas Holiday - Extension Offices Closed
Oct 01	New 4-H Year Starts	Dec 28-30	Winter Closure - Extension Office Closed
Oct 04-10	National 4-H Week	Mar 16-21	Ignite by 4-H, Washington DC

RECORD BOOKS DUE

Sept. 14, 2026
To The Extension Office

Instructions are on the ZSuite website under the Shared Files section.

**PLEASE
DOWNLOAD &
PRINT**

your record book and give it to the Extension Office.

DO NOT SUBMIT IT ONLINE!

If you have questions, please contact
Shar (885-3232) or Deborah (828-4092).

LEADERS

Your club completion list, secretary and/or treasurer books and all record books that were given to you are due to:
**The Extension Office by
Wed, Sept. 16**

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NEWSLETTER

**SEPTEMBER
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...

Happy September! We have made it through the fair and it's the start of a brand new school year. Enrollment for 4-H starts October 1st for the next year, so don't forget to log into ZSuite after October 1st to get yourself signed up for next year.

Upcoming in September is record book deadlines. Club members are strongly encouraged to complete record books for their projects. These are due September 14th to either office. All clubs should turn in Secretary and treasurer books to Afton or Kemmerer offices. The club books are due September 16

If you need assistance with your record books, get in touch with Shar or Deborah. We can help you get started or anything else you might need for your record books.

Watch for dates for year-end awards in your area. We will post notices for dates as soon as we have them.

Best of luck with the new school year and the new 4-H year!

Deborah

SV
Parent-Leader
Meeting
Thurs. Sept. 3
6:30 pm
Afton Civic
Ctr.

Nominate an Outstanding Member, Leader & Friend of 4-H

The Nomination form can be found at
the end of the 4-H Section
Deadline: September 14, 2026

4-H Awards Nights

Star Valley: Oct. 5 at 6 pm
4-H Exhibit Building

Cokeville: Oct. 5 at 7 pm
TBD

Kemmerer: TBD
South Events Ctr.

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

Leader Record Book Judging Help Day —September 23

Leaders—If you are interested in helping judge record books. You may bring your club's record books to the Afton Civic Center on September 23 starting at 4 pm for help with judging. Please contact the office, 885-3132, to RSVP.

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

**The New 4-H Year
Starts October 1
DO NOT sign up in
ZSuite
until after October 1
<https://4h.zsuite.org>**

Congratulations! To the 2026 County Fair 4-H Sportsmanship Award Winners

This year we continued having an award for 4-H members who were observed “Doing Good” during the week of county fair. Prizes were donated by local businesses. Prizes were given. 4-H members, *Thank You* for doing good for others and being great examples.

Please thank the following businesses for donating prizes.

**Broulims--Afton, Johnson Grain
Bomgaars—Afton Bomgaars—Diamondville
Ace Hardware—Kemmerer**

September Birthdays!!

Kason A.
Annemarie A.
Karsen A.
Savannah B.
Kanzis B.
Addy B.
Kitson B.
Sawyer B.
Kyla C.
Josie C.

Weston C.
Sawyer C.
Tayla C.
Michael C.
Zanna E.
Danniel F.
Sierra G.
Pam G.
Karl G.

Lukas J.
Tucker J.
Tallon K.
Teagon K.
Lila K.
Cody L.
Ellie M.
Tanner M.
Joleah M.

Randy N.
Branson O.
Hallie P.
Tev P.
Caleb P.
Christian P.
Roux R.
Emmarie S.
Samuel S.

Gideon S.
Kenzie S.
Kinley S.
Syndey S.
Jonathan T.
Canon T.
Scarlett W.
Aizly W.
Titon W.

Lincoln County 4-H Youth Earn Top Honors at the 2026 Wyoming State Fair

The hard work, dedication, and talent of Lincoln County 4-H members were on full display at the Wyoming State Fair as local Lincoln County youth brought home numerous awards and recognition while proudly representing their county. There were five Lincoln County youth who participated. Clara Fox, Amber Choma, Jacob Choma Joleah Mowers, and Carter Mowers participated in the youth livestock shows.

Clara Fox was awarded 5th Overall Steer Market Beef, 3rd Crossbred Division Market Beef, 1st Crossbred Class Market Beef, and 2nd Maine Anjou Market Beef.

Amber Choma was awarded 2nd Light Crossbred Market Swine, 4th Hampshire Light Weight Market Lamb, and 6th Natural Color Light Weight Market Lamb.

Jacob Choma was awarded 1st Dark Crossbred Market Swine, Grand Dark Crossbred Dark Market Swine, 3rd Overall Market Swine, 1st Dark Crossbred Heavy Weight Market Swine, Grand Dark Crossbred Heavy Weight Market Swine, Reserve Dark Crossbred Heavy Weight Market Swine, and 6th Crossbred Medium Weight Market Lamb

Joleah Mowers also participated in the Wyoming State Fair Swine Show with her swine projects.

Carter Mowers also participated in the Wyoming State Fair Swine Show with his swine projects.

There were 119 static exhibits which earned purple ribbons at county fair that went to state fair to be judged.

Beth Calkins received an Intermediate Blue Rosette for her Aerospace exhibit, August Henderson received an Intermediate Red Rosette for his Dog poster, Elizabeth Feeley received a Junior Reserve Champion for her Gardening/Horticulture exhibit and a Junior Blue Rosette for her Photography exhibit, and Evalyn Andrus received a Senior Red Rosette for her Sheep poster.

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. Because the first Monday in September is a holiday, please contact your leaders for more information.

Wyoming State/Regional Events & News

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

National 4-H Congress: will be held November 27-December 1, 2026 in Atlanta, GA. 4-H Senior-age members are eligible. Applications are now open.

Ignite by 4-H: will be held March 17-21, 2027 in Washington, DC. This is for 4-H Senior-aged members. Applications are now open.

4-H Conference: will be held April, 2027 (Specific dates coming soon) in Washington, DC. This is for 4-H Senior-aged members. Applications will be available soon.



NATIONAL 4-H CONGRESS

NOVEMBER 27-DECEMBER 1, 2026
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 2026 Wyoming delegation.



Apply by August 31st online.

- More information at <https://wyoming4h.org/opportunities/events-activities-4-h-national-trip/>





Hear from high impact speakers, and get hands-on workshop.

Explore Washington D.C. sites.

Opportunities for Career exploration.

Build connections with teens from across the country.

IGNITE BY 4-H



- Youth 15 - 18 years old.
- Cost estimated at \$2000 per person.
- Scholarships will be available.

MARCH 16-21, 2027

APPLICATIONS

Apply by September 7th, 2026 online.
More information at:
https://wyoming4h.formstack.com/forms/ignite_4_h





5

Outstanding Member Nomination Form

This award is open to any senior member. There may be an Outstanding Member selected from Cokeville, Kemmerer, and Star Valley. Awards will be presented at Awards night in October. Please submit all nominations by **September 14**.

Your Nominee Is: _____

Please mark where the member lives: **Cokeville** **Kemmerer** **Star Valley**

I feel this member is deserving of this award because:

Outstanding Leader Nomination Form

This award is open to any leader. There may be an Outstanding Leader selected from Cokeville, Kemmerer, and Star Valley. Awards will be presented at Awards night in October. Please submit all nominations by **September 14**.

Your Nominee Is: _____

How many years have they been a Leader: _____

Please mark where the leader lives: **Cokeville** **Kemmerer** **Star Valley**

I feel this leader is deserving of this award because:

Friend of 4-H Nomination Form

This award is open to any person or business that has helped support the 4-H program in your area. Awards will be presented at Awards night in October. Please submit all nominations by **September 14**.

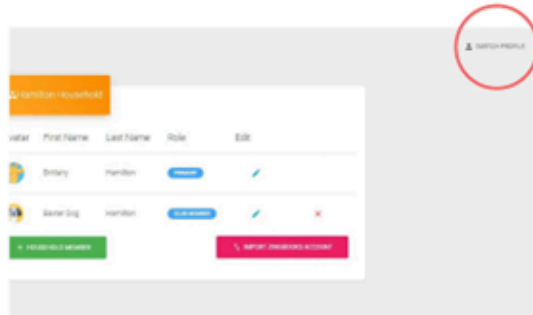
Your Nominee Is: _____

Please mark where the person/business resides: **Cokeville** **Kemmerer** **Star Valley**

I feel this person/business is deserving of this award because:

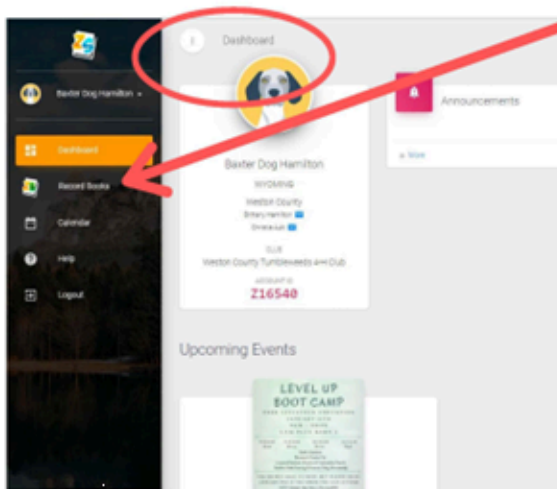
ZSuite 4-H Record Books & You!

Understanding the new record book system



Adding a Record Book

1. Whether you are on the **Dashboard** screen or **Household Members** screen, you will click on **SWITCH PROFILE** located at the top right of the screen.
2. Click **Choose Profile** of the member you wish to add a record book for.
3. The next screen is the **Dashboard** for that member's profile.
4. In the black drop down menu, select **Record Books**.
5. The next screen is the **Record Books** screen. Click on **+ RECORD BOOK** to add a record book for that member.



6. The next screen should look like this. Fill in the required fields for the project record book you wish to add.

Example:

Project Name: Market Lamb

Club: Elk Mountain Outlaws (auto fills)

Primary Category: Animal Science

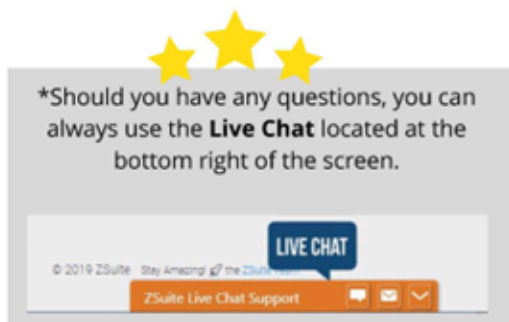
Sub Category: Sheep

Record Book Type: Junior Record Book

Start Date: 04/01/2020

End Date: 08/31/2020

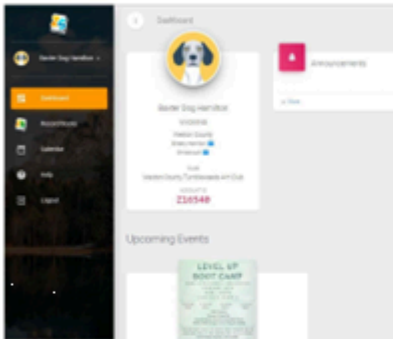
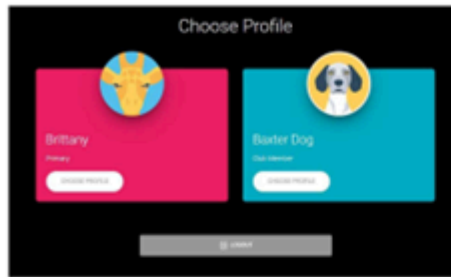
7. Finish adding this record book by clicking **SAVE**



You will return to the **Record Books** screen. Repeat this process for the remainder of the project record books for that member. **Switch Profile** and select the profile for the next member you wish to add record books for.

ZSuite 4-H Record Books & You!

Understanding the new record book system



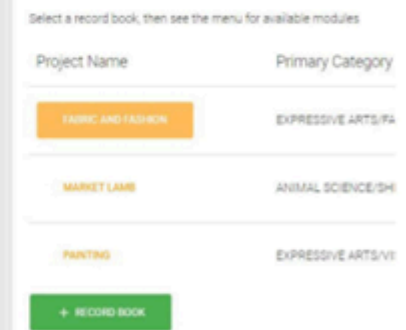
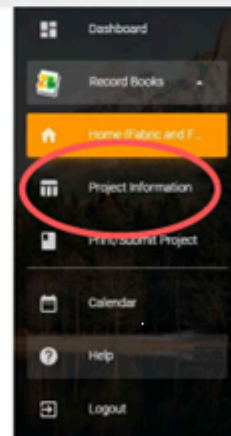
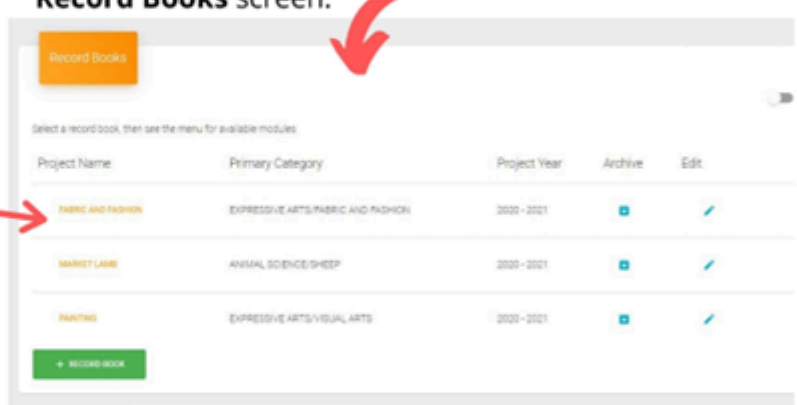
Editing a Record Book/Adding Info

Once all of your child's project records are added, you are ready to edit/add goals!

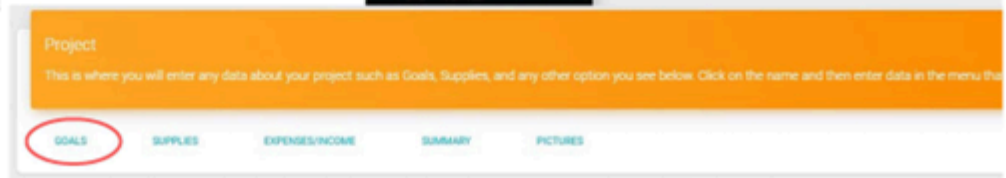
1. To edit record books from log in page:
 - a. Log in using username and password.
 - b. Select **Choose Profile** of the member you wish to edit a record book for, this will take you to the member's profile **Dashboard**.
 - c. On the **Dashboard** screen in the black drop down menu on the left, select **Record Books**.
 - d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.

1. To edit record books from **Record Book** screen:

- a. Select the yellow **project name** of the project you wish to edit.
- b. In the black drop down menu on the left, a new option **Project Information** should appear, and the project name you clicked on should be highlighted.
- c. Click **Project Information**.
- d. The next screen is the **Project Information** screen, and a yellow info bar should appear that says Project.
- e. Click the **blue** tool bar options to add goals, starting supplies, expenses, etc. to your project record.
 - i. REMEMBER to only add the goals and items for the project you have selected! Do not put every project's information here!



Repeat this process for all individual project record books for each member.



*Note: To return to edit the other project records for the member, click **Home (Market Lamb)** in the black drop down menu on the left of the screen. Select the next project to edit from the list, make sure it is highlighted in **yellow**, and click **Project Information**.

ZSuite 4-H Record Books & You!

Understanding the new record book system



Adding 4-H Year Involvement

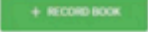
Once all of your child's project records are added, and you have entered all of your project information including goals, supplies, expenses, etc., you are ready to add your 4-H involvement information! This includes your leadership, community service, state experiences, etc. This will be the same process as adding a project record.

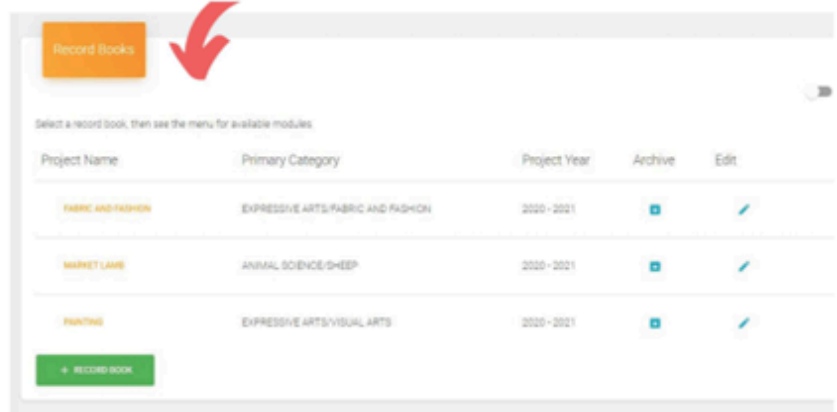
1. To add/edit record books from log in page:

- Log in using username and password.
- Select **Choose Profile** of the member you wish to edit a record book for, this will take you to the member's profile **Dashboard**.
- On the **Dashboard** screen in the black drop down menu on the left, select  **Record Books**
- Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.

1. To add 4-H year involvement from

Record Book screen:

- Select 
- On the **Create Record Book** page, call the project name My 4-H Year.
- Under the Primary Category menu, select My 4-H Year; the Sub Category will be 4-H Year Involvement. The record book type will be My 4-H Year Involvement Report
- Add beginning and end dates.
- Finish by clicking 



Create Record Book

Project Name: My 4-H Year

CLUB: WESTON COUNTY TUMBLEWEEDS 4-H CLUB

PRIMARY CATEGORY: MY 4-H YEAR

SUB CATEGORY: 4-H YEAR INVOLVEMENT

RECORD BOOK TYPE: MY 4-H YEAR INVOLVEMENT REPORT

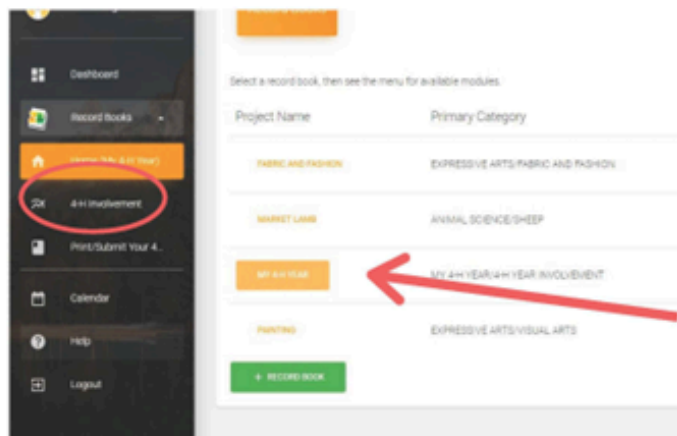
Start Date: 10/1/2019

End Date: 9/30/2020

ZSuite 4-H Record Books & You!

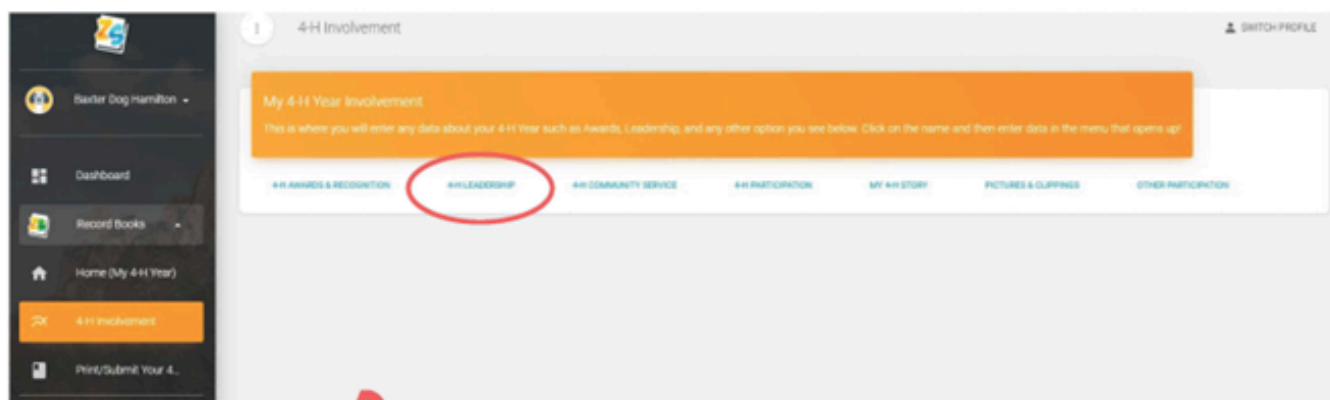
Understanding the new record book system



Adding 4-H Year Involvement Cont.

Once you have added My 4-H Year to your projects, you may add your 4-H involvement information, including community service, leadership, etc.

1. To add information to your 4-H Year, select the yellow **My 4-H Year** button from the projects list. In the black drop-down screen to the left, you will see a new option called **4-H Involvement**. Select this option.

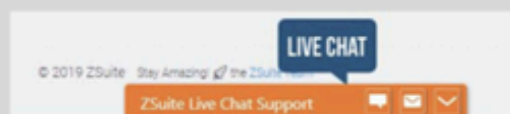


1. The next screen should look like this.
 - a. Select any of the **blue** tool bar options to add community service, 4-H leadership, 4-H awards, etc.
 - b. The format will be similar to the old online portfolios.
 - c. REMEMBER to **Switch Profile** if you have more than one member and repeat this process to add 4-H Year Involvement.

*Note: To return to edit the other project records for the member, click **Home (Market Lamb)** in the black drop down menu on the left of the screen. Select the next project to edit from the list, make sure it is highlighted in **yellow**, and click **Project Information**.

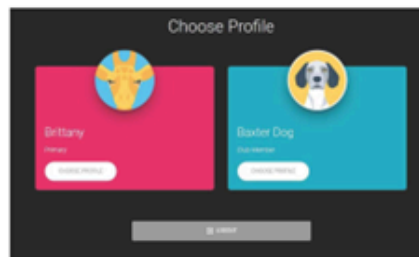


*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.



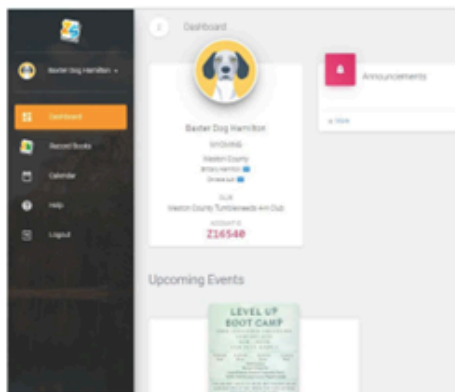
ZSuite 4-H Record Books & You!

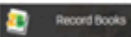
Understanding the new record book system

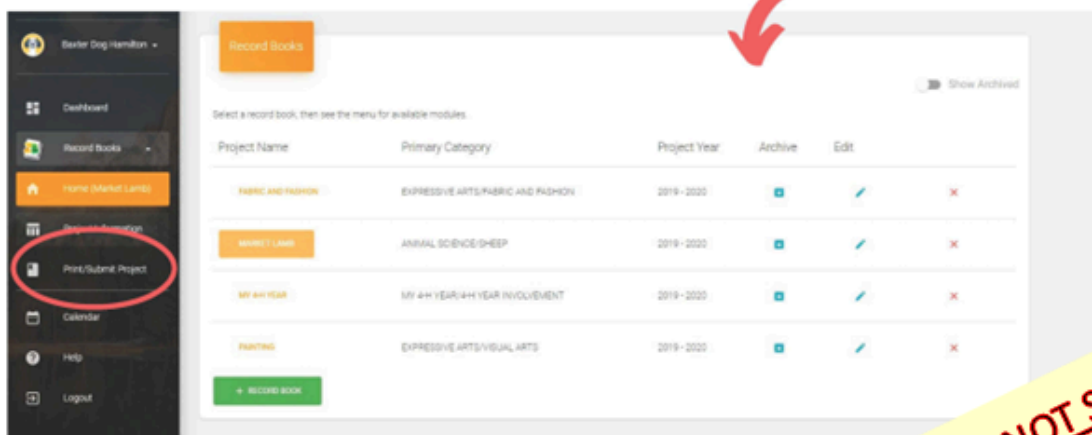


Downloading/Submitting Project Record

After you have entered all of your project information for each project and have completed your 4-H year involvement, you are ready to submit/download/print your record books!



1. To submit/download/print record books from log in page:
 - a. Log in using username and password.
 - b. Select **Choose Profile** of the member you wish to print a record book for, this will take you to the member's profile **Dashboard**.
 - c. On the **Dashboard** screen in the black drop down menu on the left, select  **Record Books**
 - d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.



1. From the **Record Books** Screen:
 - a. Select the project you wish to download/print/submit, make sure it is highlighted in **yellow**.
 - b. In the black drop-down menu to the left, select  **Print/Submit Project**
 - c. You can review the record book, and if there are no changes to be made, download/print/or submit that file.
 - d. Repeat this process for all other record books and 4-H involvement for each member when it is time to turn them in or if you would like them saved to your computer.

**DO NOT SUBMIT
ONLINE -
DOWNLOAD
& PRINT**



LINCOLN COUNTY

4-H MEMBER SPOTLIGHT

EVALYN ANDRUS

- Evalyn is 16 years old and a Junior at SVHS.
- This is her 5th year as a 4-H member.
- Her projects have been cake decorating, market sheep, sewing, rabbits, archery, and junior leaders.
- She is a member of the Nocked & Loaded and Lucky Clover Clubs.
- Evalyn enjoys running her rabbit breeding business.
- She believes 4-H has helped her and is thankful for the help from her amazing leaders.



4-H Volunteer Spotlight

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

Highlights:

- Brittany is a first year leader in the Lucky Clover 4-H Club.
- Her kids have participated in 4-H for the last 4 years and have loved it.
- She appreciates all the leaders and parents who have helped her kids and she wanted to help teach the 4-H members some of her skills.
- Brittany works as a nurse at Star Valley Health.
- She loves music!



**Brittany
Andrus**

**Lincoln County
1 Year**

Thank You

YOU MAKE A DIFFERENCE



UNIVERSITY
OF WYOMING
EXTENSION





Caring

Caring... Have you done it today?

"If you can't think of anything nice to say, you're not thinking hard enough!" ~ Kid President

Have you ever taken a moment to watch a Kid President video? If not, take a few moments to google it, you will be inspired to become AWESOME!

Awesomeness is not just about doing the right thing, its also about caring for those around you. When you care for someone, you show how much you appreciate the person they are, flaws and all.

One of the easiest ways to show you care is to speak kind words. Along with kind words, listen to how others are feeling. Pay attention to their words as well as their body language, show compassion for their thoughts.

A great way to teach caring behavior is to model it yourself. Pass around high-fives, smile at others, compliment your peers, and listen when others are speaking. Praise kind behavior, and never tolerate rudeness.

Caring is not something that comes naturally to everyone, sometimes it takes PRACTICE!



Make a conscious effort every day to speak a kind word, or do something small to show others you care. The more you practice, the better you will become!



4-H Activity: Snowball Fight!



Materials: A large pile of paper and pencils.

Procedures:

1. Have members sit in a circle on the floor.
2. Distribute a sheet of paper and pencil to each member
3. Ask each member to write their name at the top of the paper.
4. Once members have their name on a sheet of paper, ask them to crumble them into a ball.
5. Tell members to throw their paper balls like a snowball fight!
6. Once the fight has died down, ask them to choose a ball, unfold it, and write something nice about the person on the ball.
7. Crumble the papers again and have another snowball fight!
8. Once the fight has died down, repeat step 6. Repeat as many times as compliments you wish to have members write.
9. Ask each member to read the last ball they pick up to the group.

Clover Connection



Head - Remember to try and do something nice for someone everyday..

Heart - Listen to others, let them know you care.

Hands - Practice small acts of kindness!

Health - Be a friend, and you will always have a friend! Smiling lifts your spirits as well as those around you!

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.

To learn more about CNP programming, visit uwyocnp.org.

Fruit Crisp

Use your favorite canned or fresh fruit for a simple, flavorful dessert you can pair with a low-fat frozen yogurt.

Ingredients

- 2 15-oz cans peaches, pears, apricots, apples, mixed fruit, etc.
- 1 Tablespoon cornstarch or flour
- 1 ½ cups coarsely crushed whole-wheat cereal or (¾ cup oats, ¼ cup sugar, ½ cup flour, and 3 Tablespoons margarine, melted)
- ½ cup chopped nuts, sunflower seeds, or peanuts (optional)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F. Spray an 8x8 baking pan with nonstick spray.
3. Drain fruit, saving 1 Tablespoon of liquid. Arrange fruit in baking pan.
4. Mix fruit juice with cornstarch or flour and pour over fruit.
5. Mix together cereal crumbs or (oats, sugar, flour, & margarine). Stir in nuts or seeds.
6. Sprinkle evenly over fruit. Bake for 20 minutes.
7. Cut into nine pieces and serve.

Source: <https://uwyocnp.org/fruit-crisp/>

Sweet Potato Burritos

Ingredients

- 1 Tbsp canola oil
- ½ of a large red onion, thinly sliced
- 2 tsp sugar
- 3 medim sweet potatoes, baked (3 cups)
- 2 cups black beans, cooked or 1 15-oz can drained and rinsed.
- ½ tsp ground cumin
- 8 six-inch tortillas

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Coat a 9 x 13 baking dish with nonstick spray
3. Warm canola oil in large skillet over medium-high heat. Add onion and sugar. Stir for 5 minutes or until onion is soft.
4. Reduce heat to medium and cook for 10 minutes or until onion is deep golden brown.
5. Poke holes in sweet potatoes and bake in oven or microwave. Peel and cut into chunks.
6. Remove onion mixture from heat and stir in sweet potatoes, black beans, and cumin. Mix gently.
7. Spoon the mixture into the center of each tortilla. Roll up the tortillas and place seam side down in the baking dish.
8. Cover and bake at 350°F for 10-15 minutes or until heated through and crispy on the outside.

Source: <https://uwyocnp.org/sweet-potato-burritos/>



September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 SV Parent/Leader Meeting, 6:30 pm, Afton Civic Ctr.	4	5
6	7 <i>Labor Day - Extension Offices Closed</i>	8	9	10	11	12
13	14 Record Books Due to Extension Office Outstanding Member, Leader, and Friend of 4-H Nominations Due to Extension Office	15	16 Club Books Due to Extension Office	17	18	19
20	21	22	23 SV Record Book Judging Help Day, starts at 4 pm, Afton Civic Center	24	25	26
27	28	29	30			

October

2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

New 4-H Year Starts

2

3

4

National 4-H Week

5

National 4-H Week

SV Area 4-H Awards Night, 6 pm, 4-H
Exhibit Building
Cokeville Area 4-H Awards Night, 7 pm,
TBD

6

National 4-H Week

7

National 4-H Week

8

National 4-H Week

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National 4-H Week

10

National 4-H Week

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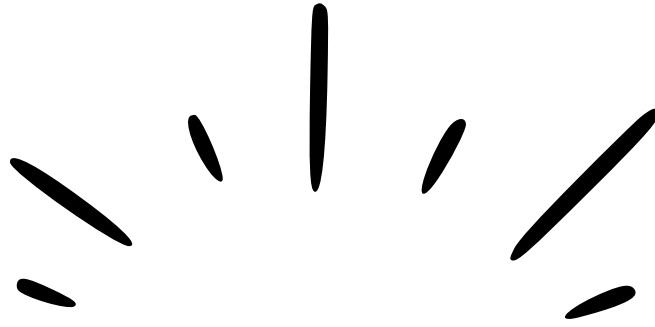
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Halloween





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

Lincoln County Extension NEWSLETTER

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