

NEWSLETTER

OCTOBER
2026

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



UW

Extension
Lincoln County

Chit Chat

UPCOMING EVENTS

Oct 01 **New 4-H Year Starts**

Oct 04-10 National 4-H Week

Oct 05 SV Area 4-H Awards Night, 6 pm, 4-H Exhibit Bldg.

Oct 05 Cokeville Area 4-H Awards Night, 7 pm, Elem.

Oct 13 Kemmerer Area 4-H Awards Night, 6 pm, South Events Center

Nov 26-27 Thanksgiving Holiday - Ext. Offices Closed
Nov 27-

Dec 01 National 4-H Congress, Atlanta, GA

Dec 24-25 Christmas Holiday - Extension Offices Closed

Dec 28-30 Winter Closure - Extension Office Closed

Mar 16-21 Ignite by 4-H, Washington DC

The New 4-H Year Starts October 1

Re-enroll in ZSuite after October 1

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

Instructions are included at the end of the 4-H section of this newsletter. **DO NOT** create a new profile, contact the Extension Office for help.

4-H

Awards Nights

Star Valley: Oct. 5 at 6 pm

4-H Exhibit Building
Bring a Potluck Salad or Dessert

Cokeville: Oct. 5 at 7 pm

Cokeville Elementary

Kemmerer: Oct 13 at 6 pm

South Events Ctr.

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

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4-H Program Information

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

4-H EDUCATOR'S LETTER...

It is October, which means enrollment time! Leaders and members need to re-enroll. Please make sure that you add and delete the proper projects. Please do not create a new profile, login to your existing profile. Instructions for enrollment are included in this newsletter. If you have any questions or need help, please reach out to the Extension Offices.

The first full week of October 4-10 is National 4-H week! The theme is Beyond Ready. We are building a ready generation in a world of change. This is a week that we can show our 4-H pride and help share the word about 4-H. One great way to show our 4-H pride is getting involved in our community. Please check out the State social media for fun events that the State Office will be hosting all week long! I would like to encourage everyone to try and start on service projects right away. There is not a limit on the service that one can do for 4-H. I would also encourage the groups to think outside of the box when it comes to ideas. There are a lot of different opportunities right now for service projects. If you need some ideas, please contact either Extension Office and we will be able to give you some ideas of needs in our communities. By helping others, in return helps us to grow. I would like to thank you for all your hard work and community service. Keep it up! Please wear your 4-H shirts this week to show off your 4-H pride!

Couple of new Fair Board rules for the sale!
All withdraw times must be followed by 4-H members and reported to Livestock Fair Board member in writing so it can be announced to buyers before the sale, so they are aware of the holding time. The holding time is the responsibility of the 4H /FFA member.

Animals from the Livestock Sale must be processed at the buyer's choice of processing. If this isn't complied with, 4-H/ FFA members will be ineligible to sell any animals in future Lincoln County Jr. Livestock Sales.

I am excited for the new year of 4-H!

Shar

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

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. For October, the awards night will be October 13 at 6 pm at the South Events Center.

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.



October Birthdays!!

Jace B. Sara B. India B. Molly C. Sid C. Thayer C.	Colton C. Riley D. Colby E. Allison F. Shelby F. Avery G.	Whitli G. Alizabeth H. Markus H. James H. Evelyn K. Mackenzie K.	Helaman O. Paxton P. Ashtyn R. Isaac S. Liberty S. Marek S.	Eli T. Teya T. Madelief T. Sami W. Stockton W. Alexis W.
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APPAREL STOREFRONT!

Official Wyoming 4-H gear, available for purchase!

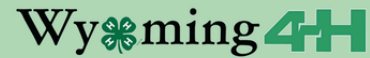
- ★ T-shirts, hoodies, hats, and more
- ★ Sizes for youth and adults
- ★ Perfect for clubs, families, & supporters
- ★ Delivered straight to you



**Storefront will be open
September 28th - November 1st!**

Statewide 4-H Service Project

THANK YOU CARDS & CARE BASKETS FOR FIREFIGHTER CREWS



What We're Doing

Wyoming 4-H youth and families are uniting to honor firefighter heroes by making handmade thank-you cards and assembling care baskets with snacks, personal care items, and encouraging messages.



How You Can help

- ✓ Make a few thank-you cards (hand-drawn or written)
- ✓ Collect items for care baskets:
 - Snacks (granola bars, trail mix, protein bars, meat sticks, gum)
 - Drinks (hydration drink packets, Coffee)
 - Personal care items (sunscreen, Lip balm, heavy duty hand lotion)
- ✓ Small Gear Extras (pocket-sized notepads, pens, durable mini flashlights)

Work with your local 4-H club to drop off cards and baskets to local Fire Stations, Wildland Firefighter Crews, USFS Crews and BLM Crews.

When

The Month of October!

Share Your Impact!

Take photos of your club delivering your service project and share with, #Wyoming4-H and/or 4h@uwyo.edu



Wyoming 4-H Holiday Card Contest

Calling all 4-H members - let your creativity shine!

Who Can Enter

- Open to all enrolled Wyoming 4-H Members

How To Submit

- Email your design to 4h@uwyo.edu with subject line "Holiday Card Contest"

Submission Deadline

October 25, 2026

What To Submit

- Original holiday card design
- Front cover or whole design folded
- Size 5x7 inches
- Include a holiday greeting/message
- Digital format (JPG, PNG, or PDF)
- Make sure to sign your card!

Prizes

The Winning card will get to select an item from the Wyoming 4-H e-store with an allotted balance.

*Winning card will be sent to all Wyoming 4-H Stakeholders, and for sale for anyone to purchase!
Get creative and spread holiday cheer!*



JOIN THE FUN! WYOMING STATE 4-H BINGO CHALLENGE THE WHOLE MONTH OF OCTOBER!

HOW IT WORKS

- 1 Pick up your 4-H Bingo Card at your county office before National 4-H Week.
- 2 Complete fun challenges like:
 - Share your 4-H Story
 - Wear your 4-H Shirt
 - Post a picture with your project
 - Invite a friend to join 4-H
 - Thank a volunteer
- 3 Mark off each square as you go and document each completed square!
- 4 Return your completed card to your county office. They will sign it and send a photo to the State 4-H Office!



**PRIZES WILL
BE
AWARDED!**
for completed
rows/columns, as well
as blackout cards!

WHERE TO GET YOUR CARD

Available at your County
Extension Office

**CELEBRATE, SHARE,
AND SHOW YOUR 4-H
SPIRIT!**



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/>




IGNITE BY 4-H



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.

- 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_4h



Wyoming 4H



LINCOLN COUNTY

4-H MEMBER SPOTLIGHT

CAMMI JENSEN

- Cammi has been a 4-H member for 3 years.
- She is involved in the Hog Squad and Lucky Clover Clubs.
- Cammi enjoys tumbling, dancing, riding her horse, swimming, art, and spending time with her family.
- She also loves time with friends and being outside.



4-H Volunteer Spotlight

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

Highlights:

- Brooke has been a 4-H Dog Leader for 2 years with the Dynamite 4-H Dogs Club.
- She was born in Afton but grew up in Salt Lake City, Utah and came back to the valley in 2020.
- Brooke has been grooming dogs for 8 years.
- She loves the outdoors and camping.



Brooke Walton

Lincoln County
2 Years

Thank You

YOU MAKE A DIFFERENCE



UNIVERSITY
OF WYOMING
EXTENSION



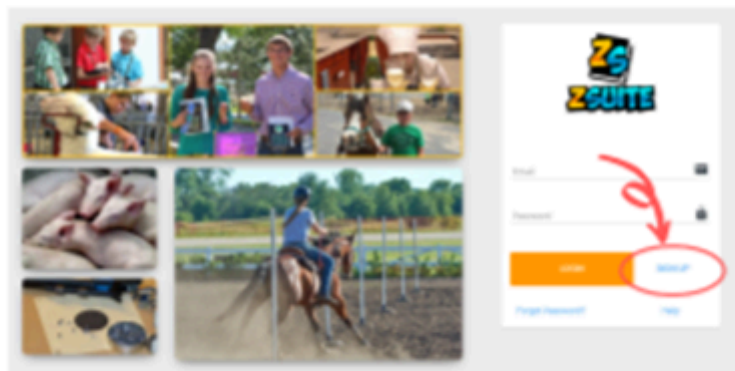
ZSuite 4-H Enrollment!

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

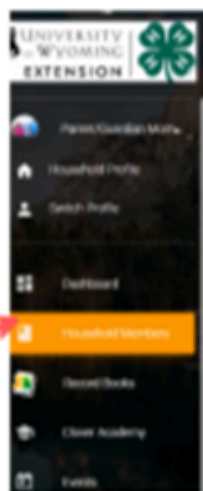
ADD CLUB

5. You will also need to select projects for each club by clicking

ADD PROJECT

5. Finish by clicking

SUBMIT



*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 amazing 4-H online tool
ZSuite User 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

ZSuite

Email

Password

LOGIN **SIGN UP**

Forgot Password? **Help**

Dashboard

Perry Household

Click or Tap a row to view additional details

Show Archived Members

Member	Status	Actions
Shar Perry	Inactive	Enroll Now
Baze Perry	Enrolled	Enroll Now
Jacke Perry	Enrolled	Enroll Now
Tyce Perry	Inactive	Enroll Now

Enroll Now

Enrollment in 4-H for Tyce Perry
2019 - 2020

PERSONAL INFO **WAIVERS** **CLUBS**

Account Profile Information

Edit in "Household Members" tab under Primary Profile

Name: Tyce Perry Birth date: 1

Child (member) Information

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 Child's Race: White

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 **Waivers** 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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What Is Character?

RESPECT

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

CITIZENSHIP

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

RESPONSIBILITY

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

TRUSTWORTHINESS

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

FAIRNESS

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

CARING

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



Cent\$ible Nutrition Program

Helping Families Eat Better for Less

Cent\$ible Nutrition Program -

Star Valley and Kemmerer Areas - The classes will be fun hands-on classes about food and nutrition, food safety, the new MyPlate guide, and other food topics. The class is hands-on cooking with a great cookbook. The class is free to those who qualify. If you are interested in participating in a class or have any questions, please contact Stephanie Anderson at the Uinta Co. Extension Office at 307-783-0570.

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

Herby Roasted Potatoes

It makes a great side. Tossed with herbs and a little cheese, they compliment so many meals.

Ingredients

- 1 pound small potatoes or 12-15 baby potatoes
- 1 Tablespoon oil
- 2 teaspoons minced garlic or ½ teaspoon garlic powder
- Salt and pepper to taste

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 325°F.
3. Wash potatoes, removing sprouts and blemishes. Leave peels on and cut into 1-inch pieces.
4. Fill a large saucepan with water and bring to a boil.
5. Add potatoes and boil for 7 minutes. Drain.
6. Place potatoes in a baking pan.
7. In a small bowl, mix together oil and seasonings. Pour over potatoes. Stir potatoes until coated with oil mixture.
8. Bake for 10 minutes, then stir the potatoes. Bake for another 10-15 minutes, or until potatoes are soft.

Makes 4 servings.

Source: <https://uwyocnp.org/herby-roasted-potatoes/>

Cream Potato Soup

The ultimate cold-season comfort food. Customize it with your favorite add-ins for a tasty dinner.

Ingredients

- 1 teaspoon oil
- 3 1/2 cups raw potatoes, diced
- 1/3-1 cup celery, diced
- 1/3-1 cup onion, diced
- ¾ cup ham, chopped (optional)
- 1 teaspoon black pepper
- 1 teaspoon seasoning of choice (garlic, Italian, taco, dill, thyme, basil, etc.)
- 4 cups low-sodium broth
- 2 Tablespoons oil or butter
- 2 Tablespoons all-purpose flour
- 2 cups low-fat milk
- ½ cup low-fat shredded cheddar cheese (opt.)

Directions

1. Wash hands with warm, soapy water.
2. In a large soup pot, heat oil. Add celery and onions. Cook for 3-5 minutes until onion is soft.
3. Add potatoes, broth, pepper, and seasoning. Bring to a boil and cook over medium heat until potatoes are tender, about 10-15 minutes.
4. Once potatoes are soft, mash some of them with a fork or potato masher for a creamier texture, if desired.
5. To make the cream sauce for the soup, heat oil or butter in a small saucepan. Once hot, add flour and stir until it turns pasty.
6. Cook for 1 minute on medium heat, then add the milk a few tablespoons at a time, stirring constantly until thick and bubbly.
7. Add milk mixture to the soup pot and cook soup until heated through. Serve topped with cheese.

Makes 6 servings.

Source: <https://uwyocnp.org/creamy-potato-soup/>

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,
Elementary

6

National 4-H Week

7

National 4-H Week

8

National 4-H Week

9

National 4-H Week

10

National 4-H Week

11

12

13

Kemmerer Area 4-H Awards Night, 6 pm,
South Events Center

14

15

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4-H Halloween Carnival Fundraiser, 5 pm
4-H Exhibit Building

27

28

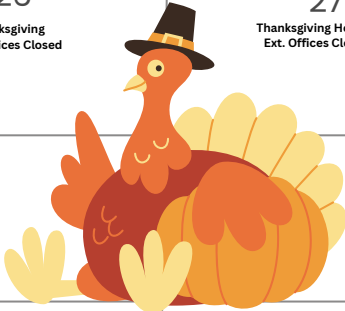
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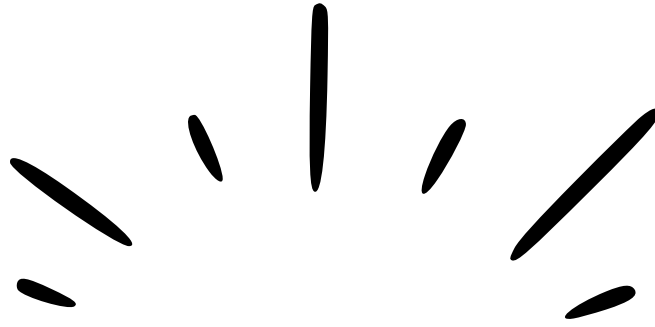
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November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Lincoln County Election Day Polls are open 7 am to 7 pm	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Ext. Offices Closed	27 Thanksgiving Holiday Ext. Offices Closed	28
29	30					



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

Lincoln County Extension NEWSLETTER

If you need assistance for any Extension event, please contact either the Afton Extension Office, 307-885-3132 or the Kemmerer Extension Office, 307-828-4092.

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