NEWSLETTER

NOVEMBER 2026

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

UW Extension
Lincoln County

Chit Chat

UPCOMING EVENTS

Oct 29	SV Cloverbud Activity, 3 pm, Afton Civic Ctr.
Nov 04	SV Parent-Leader Meeting, 6:30 pm, Afton Civic Ctr
Nov 05	4-H Lego Robotic 1st Meeting, 4 pm, Afton Civic Ctr.
Nov 13	Beginner Basic Christmas Table Runner Class, 12-4 pm, Afton Civic Center
Nov 24	SV Cloverbud Activity, 3 pm, Afton Civic Ctr.
Nov 26-27	***Thanksgiving Holiday*** - Ext. Offices Closed
Nov 27-Dec 01	National 4-H Congress, Atlanta, GA
Dec 11	Beginner Table Runner Class, 12-4 pm, Afton Civic Center
Dec 17	SV Cloverbud Activity, 3 pm, Afton Civic Ctr.
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 Started October 1

Re-enroll in ZSuite

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.

SV Area 4-H Members

Last year's record books are available for pickup at the Afton Extension Office

SALE CHECKS NEED TO DEPOSITED WITHIN 60 DAYS OF THE DATE OF THE CHECK - PICK THEM UP NOW!!!

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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...

Welcome to November!

With all the holiday festivities coming up, we hope you are getting ready for your 4-H projects this year!

A few reminders for you:

- Be sure to check that you have re-enrolled for the 2027 4-H year on ZSuite.
- Double check your project lists to add/remove any projects necessary
- If you plan to have a Market Beef project, you'll need to get your ear tags uploaded by January 31 on ZSuite

AgRobotics 2027 challenges are now released. If you are interested in joining a team for robotics this coming year, contact Shar Perry at 885-3132 for Star Valley or Deborah Peavler at 828-4092 for Cokeville or Kemmerer.

Remember our offices will be closed for Thanksgiving on November 26 and 27. Happy Thanksgiving and welcome to a new 4-H year!

Deborah

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

Congratulations! Lincoln County 4-H Members & Leaders

Outstanding & Honorable Mention Record Books

David C.	Whitli G.	Dominic P.
Austin D.	Deacon L.	Trinity P.
Mayci D.	Weston L.	Porter P.
Elizabeth F.	Geneva M.	Tyce T.
Ari G.	Baze P.	Livi T.
Emberli G.	Tyce P.	McKenna W.
Emmitt G.	Aspen P.	Taizlee W.

Wyoming 4-H Honors Club

(Accumulated 19 or more points)

Maddox B.	Emmitt G.	Bentley M.
Marty B.	Whitli G.	Geneva M.
Amber C.	Hayden K.	Diesel V.
Presley F.		

Outstanding Member

Whitli G.	Geneva M.	McKenna W.

Outstanding Leader

Marilyn D.	Miriam F.	Kortney L.

Friend of 4-H

City of Kemmerer — Petersen Ranches

Susan West

SV Parent-Leader Meeting
Nov. 4, 6:30 pm
Afton Civic Ctr.

4-H Lego Robotics 1st meeting


November 5
4 pm
Contact the Afton Ext. Office (885-3132) to enroll

SV Cloverbud Activity
(for kids 5-7 years old)
Meet at the Afton Civic Ctr.
Oct. 29, 3 pm
Nov. 24, 3 pm
Dec. 17 3 pm

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.

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.

November Birthdays!!

Alvin A.	Cole B.	Elizabeth F.	Myla L.	Brooklyn S.
Gwendolyn A.	Edouard C.	Josiah H.	Tate L.	Kimber S.
Clarissa A.	Amber C.	Easton H.	Andy M.	Grant S.
Sierra B.	Benjamin C.	Serratelli	Callie P.	Finley S.
Beckham B.	Austin D.	Briar K.	Ruth P.	Brystal S.
Maddox B.	Caselee E.		Bridger R.	Kolt T.

Wyoming 4-H

APPAREL STOREFRONT!

Official Wyoming 4-H gear, availble 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!

BEGINNER BASIC CHRISTMAS TABLE RUNNER CLASS

Join our hands-on sewing class and turn simple fabrics into an unique table runner.

SPACE LIMITED



FRI. NOVEMBER 13. 2026
12-4 PM
AFTON CIVIC CENTER
CALL 885-3132 TO ENROLL

Sewing & Stitching Basics, Fabric Selection & Design, Measuring & Cutting Techniques, Make Your Own Handmade Project
BRING YOUR OWN MACHINE (IF POSSIBLE)

SPACE LIMITED

BEGINNER TABLE RUNNER CLASS

Join our hands-on sewing class and turn simple fabrics into an unique table runner.

PURCHASE YOUR OWN FABRIC KIT



FRI. DECEMBER 11. 2026
12-4 PM
AFTON CIVIC CENTER
CALL 885-3132 TO ENROLL
& FOR MORE INFO

Sewing & Stitching Basics, Measuring & Cutting Techniques, Make Your Own Handmade Project
BRING YOUR OWN MACHINE (IF POSSIBLE)

Statewide 4-H Service Project

THANK YOU CARDS & CARE BASKETS FOR FIREFIGHTER CREWS

Wyoming 4-H

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

University of Wyoming Extension



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/**

University of Wyoming Extension



4-H Volunteer Spotlight

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



Highlights:

- Haylee is the 7th child of 9 children.
- She was born and raised in Star Valley and has been married for 25 years.
- She has two wonderful children.
- Haylee enjoys camping, fishing, riding motorcylces and traveling with her family.
- Haylee also enjoys being a 4-H leader. This is her second year with the River Bottoms Leather & Livestock Club.

Haylee Eggleston

Lincoln County
2 Years

Thank You

YOU MAKE A DIFFERENCE

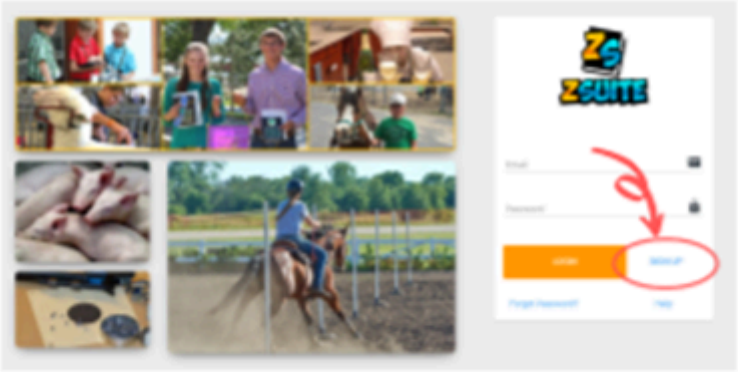
University of Wyoming Extension

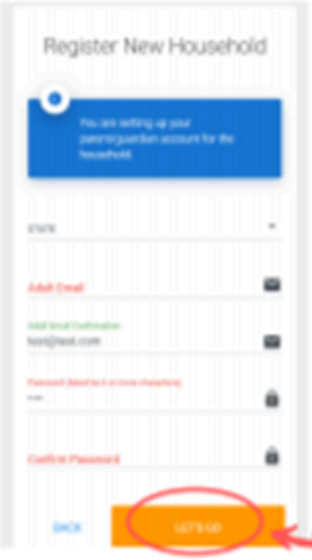
ZSuite 4-H Enrollment!

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).





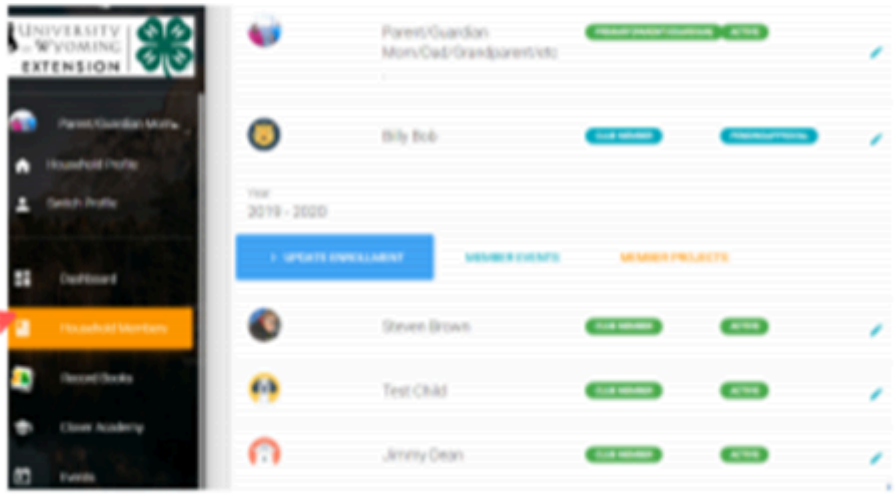
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
  - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

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 MEMBER
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 SUBMIT



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.

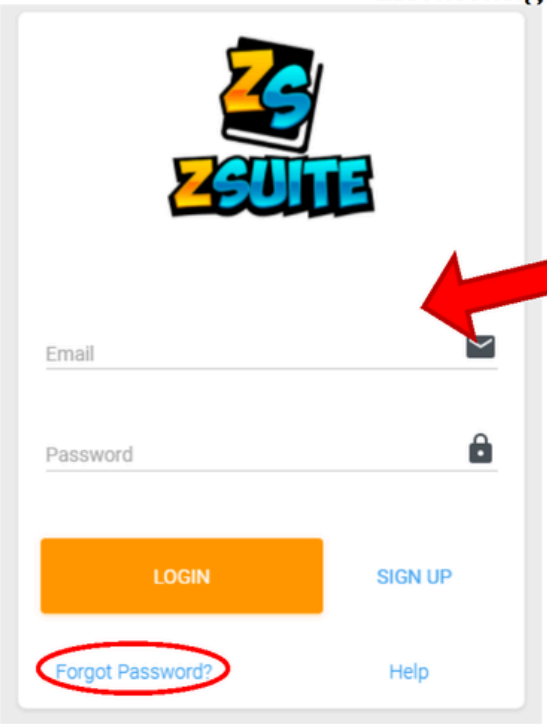
*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.

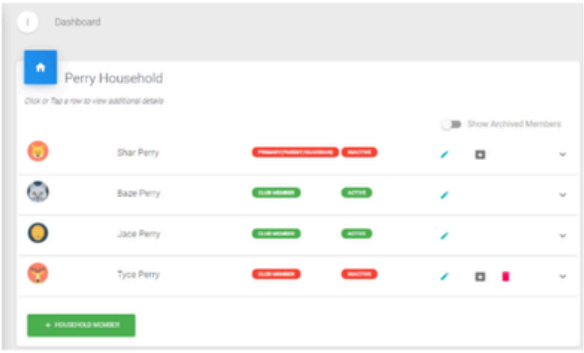


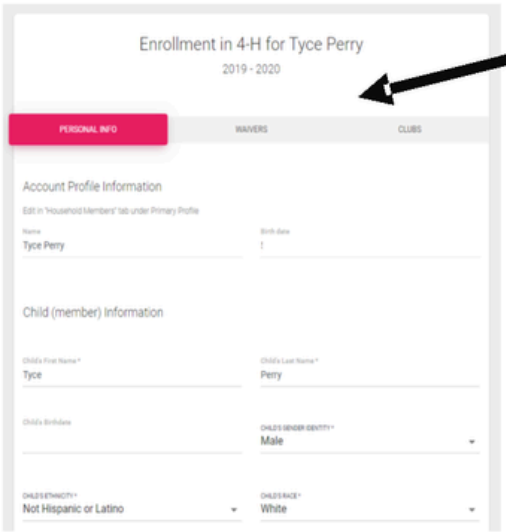
UW | Wyoming 4-H

ZSuite 4-H Enrollment

Returning Member Enrollment



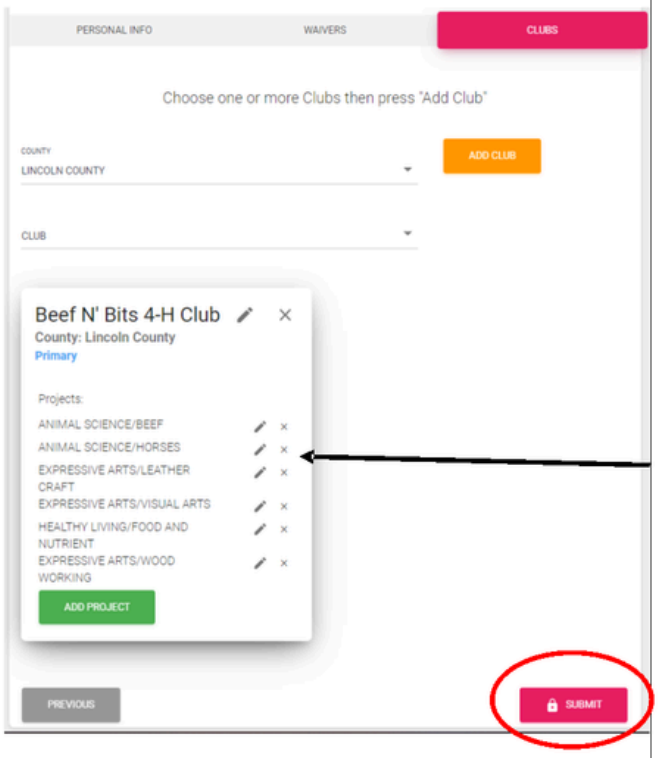


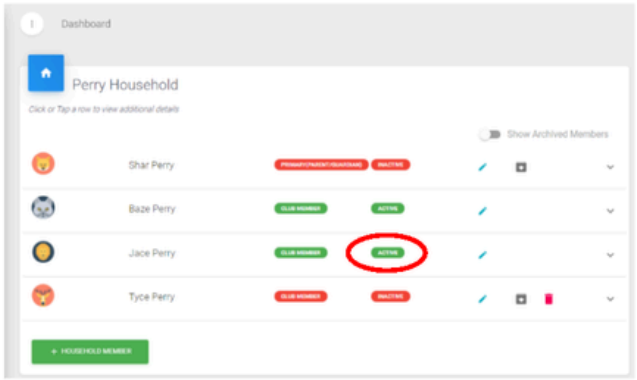


Yearly Re-enrollment of Family Members

Enrollment must be done annually to stay active in 4-H.

1. Go to https://4h.zsuite.org/ (open in Google Chrome, not Internet Explorer). You will see a screen like this. (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 besides 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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WYOMING CHARACTER

that's what we're made of

November

Character Counts
Citizenship



Definition of Citizenship?

Citizenship includes civic duties that outline how we ought to behave as part of a community. The good citizen knows the laws and obeys them, yes, but that's not all.

Good citizens stay informed about current issues that affect the community. That helps them understand the issue and to make better decisions to help solve problems. A democratic society relies on citizens who are well informed. Citizens who will consider what is in the best interest of the community, even if it might not benefit them as an individual.

Good citizens do more than their "fair" share to make society work. They are concerned about today but they are also concerned about the effect of what they do today, might have on tomorrow and future generations. They are committed to the public good and make efforts to conserve resources, recycle, and clean up litter.

Good citizens are concerned about everyone in their community.

"This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in".

Theodore Roosevelt, American Adventurer and 26th President

Citizenship in 4-H

Develop a 4-H Community Calendar

In small groups of mixed ages, create a list of different types of communities (i.e. church, neighborhood, school, 4-H club, etc.) Talk about what it means to be a good community member? What are the do's and don'ts of being a good community member? Ask each group to come up with 10 things that their 4-H club could do to be a good community member? Share the ideas with the whole group.

As a club (the whole group), think about the things shared by each small group. Use those items to create a calendar focusing on good citizenship, being a good community member. As the club plans ways to demonstrate their good citizenship remember to consider the time it will take so that you can plan it in the best month for your schedule, the budget it might require, and the amount of adult support it might need.

Have fun showing the community your 4-H Citizenship Pride.

Adapted from a lesson in the Character Counts! *Good Ideas* book.

Clover Connection

Head - be an informed citizen; get involved in community affairs; vote; respect authority; obey laws and rules.

Heart - cooperate; be a good neighbor.

Hands - do your share to make your community better; volunteer.

Health - create healthy lifestyles; protect the environment.

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office

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 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.

Green Bean & Walnut Casserole

Fresh or canned geen beans work great.

Ingredients - Filling

- 2 Tablespoons butter or margarine
- 4 ounces mushrooms, minced (optional)
- 1 cup onion, minced
- 1 can cream of mushroom soup
- ½ cup low fat milk
- 1 teaspoon soy sauce
- Salt and pepper to taste
- 2 cans green beans, drained
- Nonstick spray

Topping

- ⅔ cup breadcrumbs or crushed cereal
- ⅔ cup chopped walnuts
- 2 Tablespoons butter or margarine, melted
- ½ cup minced onion

Directions

1. Wash hands with warm, soapy water. Preheat oven to 350^{0}F. Spray an 9x13-inch baking pan with nonstick spray and set aside
2. Melt butter or margarine in a medium saucepan over medium heat. Add mushrooms and onion. Cook, stirring frequently, for about 5 minutes.
3. Add in cream of mushroom soup, soy sauce, and low-fat milk. Season with salt and pepper. Mix to combine. Turn off heat. Add canned green beans and sauce to baking pan; toss or stir to coat with mixture.
4. In a bowl, stir together all topping ingredients and sprinkle on top of green bean mixture.
5. Bake for 20 minutes or until topping is golden brown.

Makes 12 servings.

Source: https://uwyocnp.org/green-bean-walnut-casserole/

Black Bean & Butternut Squash Stew

This hearty stew is perfect for a meatless meal night.

Ingredients

- 1 small butternut squash (1 ¼ pounds)
- 1 teaspoon canola oil
- 1 medium onion
- 1 green pepper
- 1 garlic clove (1/2 teaspoon minced or ¼ teaspoon powder)
- 1 teaspoon cumin
- ½ teaspoon paprika
- 2 Tablespoons tomato paste
- 4 cups cooked black beans or 2 15-ounce cans, drained
- 2 cups low-sodium vegetable or chicken broth
- Salt and pepper to taste
- Toppings: chopped cilantro, chopped jalapeno, shredded cheese

Directions

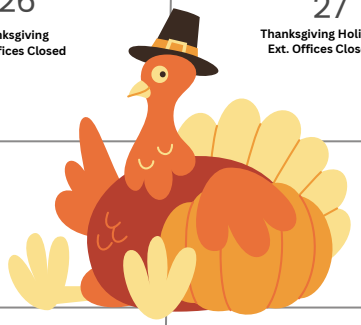
1. Wash hands with warm, soapy water.
2. Dice the onion. Seed and dice the green pepper
3. Chop the clove of garlic, if using a whole clove
4. Slice squash in half. Remove seeds and peel. Cut into 1 1/2-inch cubes.
5. In a large pot, heat oil. Cook onion and pepper in oil for 4 minutes. Add in garlic, cumin, and paprika. Stir in tomato paste.
6. Add squash, black beans, and broth.
7. Bring to a boil. Reduce heat and simmer until squash is tender, about 30 minutes. Season with salt and pepper. Add water, if the stew gets too thick.
8. Serve hot with toppings.

Makes 10 servings.

Source: https://uwyocnp.org/black-bean-and-butternut-squash-stew/

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 SV Parent-Leader Meeting 6:30 pm, Afton Civic Center	5 4-H Lego Robotic 1st Meeting 4 pm, Afton Civic Ctr.	6	7
8	9	10	11	12	13 Beginner Basic Christmas Table Runner Class, 12-4 pm, Afton Civic Ctr. - Bring Own Machine if possible	14
15	16	17	18	19	20	21
22	23	24 SV Cloverbud Activity 3 pm, Afton Civic Ctr.	25	26 **Thanksgiving** **Ext. Offices Closed**	27 **Thanksgiving Holiday** **Ext. Offices Closed**	28
29	30					



December 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11 Beginner Basic Table Runner Class, 12-4 pm, Afton Civic Ctr. - Purchase Your own Fabric Kt, - Bring Own Machine if possible	12
13	14	15	16	17 SV Cloverbud Activity 3 pm, Afton Civic Ctr.	18	19
20	21	22	23	24 **Christmas Eve** **Ext. Offices Closed**	25 **Christmas** **Ext. Offices Closed**	26
27	28 **Winter Closure** **Ext. Offices Closed**	29 **Winter Closure** **Ext. Offices Closed**	30 **Winter Closure** **Ext. Offices Closed**	31 **New Year's Eve** **Ext. Offices Closed**	Jan 1 **New Year's Day** **Ext. Offices Closed**	



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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