



UNIVERSITY  
OF WYOMING

College of Agriculture  
and Natural Resources

Extension

# Lincoln County Chit Chat

State 4-H Website: <http://www.uwyo.edu/4-h/>; 4-H Enrollment: <https://wy.4honline.com/>;  
or Lincoln Co. Extension: <http://bit.ly/LCWYExt>

Afton Office – 307-885-3132

March 2018

Kemmerer Office – 307-828-4092

## Calendar of Events

Mar 05	Kemmerer YQA Classes, 1:30 & 3 pm, Events Ctr.
Mar 06	SV Cloverbuds, 3 pm, Afton Civic Ctr.
Mar 07	Livestock Skill-a-thon, Afton Civic Ctr., 3:30 pm
Mar 07	SV Area YQA Class, 4:30 & 5:30 pm, Afton Civic Ctr.
Mar 12	Record Book Training, Afton Civic Ctr., 4:30 pm
Mar 13	Livestock Judging, Afton Civic Ctr., 3:30 pm
Mar 19	Cokeville YQA Classes, 8:30 & 9:30 am, CHS
Mar 26	SV Jr. Leaders, 6 pm, Afton Civic Ctr.
Apr 10	4-H Livestock Judging Practice, 3:40 pm, Afton Civic Ctr.
Apr 16	4-H Record Bk Training, 3:30 pm, Afton Civic Ctr.
Apr 18	4-H Skill-a-thon Practice, 3:40 pm, Afton Civic Ctr.
Apr 24	4-H Livestock Judging Practice, 3:40 pm, Afton Civic Ctr.
Apr 25	SV Cloverbuds, 3 pm, Afton Civic Ctr.

## Youth Quality Assurance (YQA) Classes

<b>Kemmerer</b>	Mar. 5, 1:30 pm (Levels 1A, 1B, 2A)
	Mar. 5, 3 pm (Levels 2B, 3A, 3B)
	Training/Events Center Sign up by February 28
<b>SV Area</b>	Mar. 7, 4:30 pm (Level 1A, 1B, 2A)
	Mar. 7, 5:30 pm (Levels 2B, 3A, 3B)
	Afton Civic Center Sign up by March 5
<b>Cokeville</b>	Mar. 19, 8:30 am (Level 1A, 1B, 2A)
	Mar. 19, 9:30 am (Level 2B, 3A, 3B)
	Cokeville High School Sign up by March 15

Happy  
St. Patrick's  
Day!



**You must register for the classes.**  
**If there are not enough participants, the class will be cancelled.** Please contact the Afton Extension Office, 885-3132 or Kemmerer Extension Office, 828-4092.

## Inside This Issue

1	Calendar of Events & Notices
2	4-H Program Information
3	Club News
4	State & Regional 4-H Events
6	Character Counts
7	Cent\$ible Nutrition Program Nutrition & Food Safety Information
8-9	Extension Calendars

## 2018 4-H Registration

<http://wy.4honline.com/>

**Returning Families**— Follow the instructions on page 4 of this newsletter.

**New Families**—Need to contact either Extension Office for instructions.

Afton office (885-3132) or the Kemmerer office (828-4092) Extension Office for questions

### NOTE:

**Registering on 4HOnline.com does not enter you into the Lincoln County Fair!!!**



# 4-H Program Information

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

## 4-H Educator's Letter...

The National 4-H emblem is a green four leaf clover with the letter "H" on each leaf. The design was adopted as the national emblem in 1911. Congress has twice passed legislation protecting the 4-H name and emblem. Green and white are the 4-H colors. Do you know what they represent? The Green symbolizes springtime, life, and youth, while white stands for high ideals. This is a great time to start thinking about our 4-H projects with spring around the corner. It's a perfect time to grab your portfolio and work on your 4-H goals, while keeping in mind the 4-H motto, "To make the best better." Try thinking outside the box, challenge yourself this year. Come up with some new encouraging goals to help yourself grow and showcase your character. **But most important don't forget that every year members and leaders need to re-enroll!** I look forward to working with all the wonderful youth and adults of Lincoln County again this year! And don't forget to wear your green 4-H shirt on March 17, you don't want to be pinched!

*Shar*

## SV Cloverbud Activity-Mar. 6

The next SV Cloverbud activity will be on March 6 at 3 pm in the Afton Civic Center. Please let Shar (885-3132) know you are coming.

## SV Junior Leader Meeting—Mar. 26

The SV Junior Leaders will have a meeting March 26 at 6 pm in the Afton Civic Center. Please let Shar know you are attending.

## Attention Junior Leaders!

## WYLI—March 16-18, White Pine Ski Area

We would like to strongly encourage your consideration of a great opportunity in Lincoln County 4-H to gain lifelong leadership skills and meet 4-H members from our neighboring counties. We are excited to invite you to fill out the application and become one of Lincoln County's delegates to our

WYLI (Wyoming Youth Leadership Institute) 2018! This is a great program designed to promote leadership skills, career preparedness skills, make new friends and encourage youth participation in local decision making boards- not to mention it looks great on scholarship applications. WYLI 2018 will be hosted by Sublette County at **White Pine Ski Area March 16-18**. We will begin Friday evening and conclude Sunday by noon (those wishing to be released early for church activities are welcome to do so)! All meals and lodging will be covered by the 4-H program. Transportation to and from the camp will also be provided on a first come first served basis. Please take a moment to share this information with your parents, discuss it, check your calendars and turn in a completed application by **March 2, 2018**. We hope to see you at camp in March! If you have any questions, please feel free to call the Afton Extension Office at 307-885-3132. Hope to see you there!

## Southwest WY Snowball Show—May 19

The show will be held on May 19, 2018, in Evanston at 241 County Road. This is for sheep & goats. There will be market, breeding & showmanship. For more information: Sydnee Davis, 307-677-6591, Uinta County 4-H Office, 307-783-0570. FREE Lunch is provided for the youth participants. The show is sanctioned by the RMJSS.

## Join the 4th "H" for Health Movement!

Are your 4-Hers ready to commit to the 4th H? Your club can take on the 4th H for Health Challenge and earn the 4th H for Health pin! The challenge is to bring three healthy practices to your 4-H meetings and set an example of healthy eating and physical activity habits for 4-H youth.

**How does it work?** It's easy. Serve a fruit or vegetable as a snack at three meetings. Serve water as the main beverage at six meetings. Add 15 minutes of physical activity at nine meetings. Record the dates on the 4<sup>th</sup> H for Health [Challenge Tracking Form](http://www.childobesity180.org/healthykidshub) (<http://www.childobesity180.org/healthykidshub>).

**Why is this important?** By drinking right, moving more, and snacking smart during 4-H meeting times, club leaders can encourage healthy choices. Learning these habits early can have a lasting impact on the health of 4-H'ers. Once the challenge is

## March Birthdays!!!

Shay A.  
Gauge A.  
Jace B.  
Carter B.  
TyLeigh D.  
Jentry E.

Kyle F.  
Jessen F.  
Weston H.  
Ethan H.  
J.J. H.  
Wyatt L.

Liberty M.  
Gracie M.  
Page N.  
Carlie O.  
Braylee P.  
Alisen P.

Michea P.  
Bennett P.  
McCartney P.  
Briggs S.  
Miah T.

complete, we hope clubs will have established a new norm and will continue to practice healthy living: the 4th H.

**Is there paperwork?** The only thing to fill out is the [Challenge Tracking Form](#) – or, [click here](#) to complete it online. Mail your tracking form to Laura Balis, 130 Eugene Street, Lander, WY, 82820 or scan and email to [lbalis@uwyo.edu](mailto:lbalis@uwyo.edu).

**How can I make it fun?** Visit the [Healthy Kids Hub](#) to find resources. From healthy snack recipes to fun, active games, the Healthy Kids Hub provides additional support and ideas to make it easy for club leaders.

**Want to learn more?** Contact Laura Balis, UW Nutrition and Food Safety Extension Educator: 307-332-2363 or [lbalis@uwyo.edu](mailto:lbalis@uwyo.edu) with questions or to **schedule a kickoff event!** A Nutrition and Food Safety educator will come to your club meeting or event to help you get started with active games and healthy snacks.

## State Leadership Team

The State 4-H Leadership Team is a seven-person team that represents Wyoming 4-H at all statewide events and activities. Please click the following link for the application. [Wyoming State 4-H Leadership Team Application](#)- Due March 1, 2018.



## 2018 Volunteer Training Series

**March – “Project Meeting Fun”** – Are you hosting project meetings for your 4-H members to develop skills and in turn create items for the fair? As a volunteer your job is to help members increase their skills and knowledge in a project area or interest they have. Join us on *March 26<sup>th</sup> from 6:30 – 7:30 pm* via Zoom, in an online meeting, to find out more about how we can structure 4-H learning experiences. A great 4-H learning experience will help members develop project skills, life skill, and maybe even produce a fair pro-

ject. This training would also be good for parents and 4-H families to learn more about 4-H projects you can do at home in case you do not have a leader.

**April – “Keeping Records”** – For many volunteers record keeping is not an enjoyable part of the 4-H experience. 4-H volunteers have to keep records and in turn, they should work to help members in keeping records. Join us on *April 23<sup>rd</sup> from 6:30 – 7:30 pm* via Zoom, an online meeting, as we learn more about filling out 4-H paperwork, what kinds of records to keep, and how to encourage and help your 4-H member with their 4-H portfolios.

## Changes to Wyoming 4-H for 2017-2018 year

by [Johnathan Despain](#)

As promised from the State 4-H Team meeting in Riverton and the feedback from you from a conference call, here are changes to the 4-H contests and events for 2017-18 4-H year:

- Judging contests that involve oral reasons (Horse, Meats, Livestock, Produce) will change to: Seniors will give 4 sets of reasons, Intermediates will give 2 sets of reasons and answer 2 sets of questions, Juniors will have the option to give one set of reasons (with the lowest possible score being a 35) and answer 3 or 4 questions classes depending on if they chose to give reasons or not.
- Only Junior and Senior teams can be identified for competitions (Livestock Skill-A-Thon, Hippology, Food Cook-Off, Cake Decorating and Dog Skill-A- Thon). However, each county can enter unlimited number of team designations.
- Food Cook-Off will now have teams options of 2-5 people per team. The reason for this is so that our team numbers match up with the National Food Challenge. The winning senior team will be offered the opportunity to compete at the National Food Challenge in Texas.
- Starting with the 2019 Western National 4-H Round-Up, attending will be an option for all senior aged (14-18) Wyoming 4-H members. There will be no addition financial support provided for individuals who want to go as delegates, but they can choose to attend using a registration process like CWF and LWF.
- WSF- Wyoming 4-H will only have one sheep showmanship contest instead of two (all three age divisions will be the same). Sheep exhibitors can enter a breeding or market animal in showmanship, but will all be judged in one showmanship class (with three age divisions). Wording will be added to the WSF to indicate and support the differences in showing styles should not be considered in placing and communicate that with the judge at the contest.
- WSF- Attempt to move the 4-H Swine Showmanship Contest to 1:00 pm on Thursday.
- WSF-Attempt to move the judging for Fashion Show contestants to be on Friday and Saturday and move the Fashion Revue (Show) to Saturday night.

## 4-H Club News—

### Lucky Clover 4-H Club

The **Lucky Clover 4-H club** meet the 4th Monday of each month in the Afton Civic Center Library Room from 7-8 pm.



## **Hamsfork Hands 4-H Club**

The Hamsfork Hands 4-H Club held their club meeting on February 5, 2018. 23 members attended. The club made decisions on their new sweatshirt designs. They held a discussion about an upcoming craft fair on March 3 and decided to sell food and various handmade crafts. The club just finished decorating doors at the long-term care center for valentines day and is excited to do it again for March. The club has multiple projects starting up including Fabric & Fashion, Quilting, Market Swine and other livestock, Cake Decorating, Food & Nutrition and Shootings Sports. Submitted by Braxton Pope & Rebecca Ashliman

## **Wyoming State and Regional**

### **Events & News –**

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

**Wyoming 4-H State Leadership Team** is a seven-person team that represents Wyoming 4-H at all statewide events and activities. [Wyoming State 4-H Leadership Team Application](#)- Due March 1, 2018.

**UW Horse Judging Academy** will be held March 24-25, 2018 at the University of Wyoming Animal Science building & Martha Hansen Teaching Arena. We encourage everyone to attend, including both adults and youth. We will be dividing up groups on experience to better accommodate everyone this year. Schedules and more information to come.

**National 4-H Conference** is held the week of April 7-12, 2018, in Washington DC. Applications were due Oct. 30.

**State 4-H Wool Judging Contest** will be on the afternoon of Friday, **April 27**.

**State 4-H Meats Judging Contest** will be on the morning of Saturday, **April 28**.

**WY State Horse Camp** will be held in June in Douglas, WY.

**4-H Foundation 3-D Archery Shoot** will be held in June in Pinedale, WY

**Citizen Washington Focus** Conference will be held June 16-23 in Washington DC. This conference is for senior 4-H members. Applications are due March 2.

**Showcase Showdown** will be held June 26-28, 2018 at the UW campus in Laramie. Registration deadline is May 29.

**State Shooting Sports Match** will be held July 5-7 in Douglas, WY. Registration is due June 18.

**Leadership Washington Focus** will be held July 16-20 in Washington DC. This conference is for kids in grades 6-8. Applications are due March 2.

**National 4-H Congress** is held just after Thanksgiving Day each November in Atlanta, GA. Applications will be due by July 1 to the Wyoming State 4-H Office. Interviews will be held online in mid-July over a video conference call.



## 4-H Youth/Volunteer Enrollment Process

### FOR EXISTING MEMBERS

1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As an existing Member/Family that is re-enrolling for the next 4-H year select the first option ☐ I have a profile
  - Enter your email address and password you used to create your Family login and click the **Login** button
  - If you can't remember your password select ☐ I forgot my password enter your email address and click the **Send My Password** button.
  - A new automated password will be sent to the email address you provided along with instructions to login and reset your password.
3. Once you are logged in you can review your Family info and update it if needed by clicking the **Edit Family** button
4. In the **MEMBER LIST** tab, please look at the **Member/Volunteer List** to view the members/adult volunteers associated with your family account.
  - Please do not add a new individual that is already listed in the member/volunteer list!
  - To Re-Enroll for the new 4-H year click on the **Edit** button to the right of each name
  - Review the information displayed in the Personal Information screen.
  - At the Bottom of the page on the right you will click the **Enroll for 2015-2016** button.

Name	Role	Membership ID	Enrollment Status	Last Active Year	Edit
1) Mrs. Tester	Adult	88693	Inactive	2014-2015	<a href="#">Edit</a>
2) Boy Tester	Youth	88682	Inactive	2014-2015	<a href="#">Edit</a>
3) Girl Tester	Youth	88683	Inactive	2014-2015	<a href="#">Edit</a>
4) Mr. Tester	Adult	88613	Inactive	2014-2015	<a href="#">Edit</a>

- On the next page you can review/update the personal information page.
  - The red asterisk \* indicates required fields
- You will now continue through several tabs verifying/updating information. To advance to the next screen click the **Continue >>** button.

**NOTE: In an effort to reduce our mailing costs, please consider selecting the EMAIL option in the Correspondence Preference field.**

In the **ADDITIONAL INFORMATION** screen you will review the Publicity Release, Statement of Assumed Risk Transportation Release, Code of Conduct, and for Leaders Training and Screening Understanding.

- Please Read this information! You must click this box in each section in order to continue

- The next screen is the **HEALTH FORM** - If any of the individuals Health information has changed, please update it!

In the **PARTICIPATION** screen you will add or delete Clubs and Projects for each individual.

- If you are unsure of which Club to choose, please select I Club Placement and we will help choose a club.
- If you select a new club remember to click the **Add Club** Button to add it to your Club list.
- When finished with club selections click the **Continue >>** Button at the bottom.
  - You will be taken to the project tab where you can add or delete projects.
    - For returning members the years in project should automatically increase for projects you are continuing
    - Remember to click the **Add Project** button to add a project to the Project List.
    - You can delete a project by clicking the **Edit** button and then clicking the **Delete** button.
- When you are finished with club and project selections click the **Submit Enrollment** Button.

If your enrollment status is Pending, your record is complete and waiting for county level 4-H approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.



# Character Counts

## Respect

March

You can easily judge the character of a man by how he treats those who can do nothing for him.

— Johann Wolfgang von Goethe, German poet, novelist, playwright, scientist and philosopher (1749-1832)

**Respect** -means -admiration, deference, esteem, reverence, high opinion. In 4-H, it includes treating the traditions of the program, other members, volunteers, parents and judges like you would like to be treated. Don't engage in disrespectful conduct including verbal abuse of other competitors and judges. Win with grace and lose with dignity!

### As Respectful Exhibitors we:

- Accept and tolerate exhibitors with projects different than ours
- Value and honor the decisions of judges and show officials
- Regard the property of other exhibitors, facilities and equipment
- Take pride in our projects and keep our areas clean
- Are courteous and polite to fellow exhibitors, volunteers, and the community



### 4-H Activity

#### Simon Says, "Who Are You?"

- Explain to members that they will play a version of Simon Says in which only some members will respond to each command. Tell them that they must watch carefully as they play the game because at the end, each member must tell one new thing they learned about a classmate.
- Have junior leaders start a game of Simon Says providing such directions as
- Simon says "Everyone with brown eyes, stand up."
- Simon says "Everyone who has a dog as a pet, put your right hand on your head."
- Simon says "Everyone who speaks more than one language, jump up and down."

At the end of the game, have all members sit in a circle. Ask each member to name one way in which he or she and another member are alike. The trait they share must be something they didn't know before playing the game. Members might say, for example, "I didn't know that Katie spoke Spanish" or "I didn't know that Jose was left-handed."





## Cent\$ible Nutrition Program

Helping Families Eat Better for Less



### Cent\$ible Nutrition Program -

**Kemmerer Area** - Classes are ongoing. 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 **Beth Barker** at the Uinta Co. Extension Office at 307-783-0570.

**SV Area** - New classes will be starting in January. If you are interested or would like more information about the CNP program, please contact **Shelley Balls** at 307-885-3132 or by email [sheap@uwyo.edu](mailto:sheap@uwyo.edu).

### Chicken Potato Packet

#### Ingredients

- 1-1/2 pounds boneless, skinless chicken cut into 12 strips
- 4 potatoes, cubed
- 2/3 cup low-fat Italian dressing
- 4 Tablespoons grated Parmesan cheese
- 2 teaspoons ranch seasoning

#### Directions

1. Wash hands in warm, soapy water.
2. Divide chicken and potatoes on four 12x18-inch sheets of foil. Top with dressing, cheese, and seasonings.
3. Wrap foil around mixture and place packets on a cookie sheet.
4. Bake at 450 degrees F for 40-50 minutes. Use a food thermometer to check internal temperature of chicken. Remove from oven when chicken is 165 degrees F.

**Makes 4 servings.**

From the Cent\$ible Nutrition Cookbook, pg. 383.

### Trivia

1. What are the 4 food safety principles?

\_\_\_\_\_

\_\_\_\_\_

2. What should you do before touching food?

\_\_\_\_\_

3. Cold food should be kept at or below what temperature?

\_\_\_\_\_

Content Source:

[https://issuu.com/cnp\\_newsletters/docs/cnp-newsletter-english-february-mar](https://issuu.com/cnp_newsletters/docs/cnp-newsletter-english-february-mar)

Cent\$ible Nutrition Program Website & Other CNP newsletters:  
<http://www.uwyo.edu/cnp/newsletters/index.html>



### Smiling Pistachio Or Happy Nut?

Pistachios are one of the oldest edible nuts and are commonly used all over the world. They are native to Asia.

Good things come in small packages, and the nutrition benefits of pistachios are no exception. Pistachios contain nutrient such as carbohydrates, protein, fats, and dietary fiber. Key vitamins and minerals include thiamin, vitamin B6, phosphorus, manganese, and copper. They provide an array of nutrients to help promote good health.

According to the SELF Nutrition Data website, an one-ounce serving of pistachios equals about 49 nuts, which is more nuts per serving than any other snack nut.

Pistachios contain a higher amount of protein in comparison with other nuts. They are a naturally cholesterol-free and sodium-free food that contains 13 grams of fat per serving; the majority comes from monounsaturated and polyunsaturated fats. The fat content in pistachios is also the lowest as compared to other nuts. Each serving has three grams of fiber to help keep your digestive tract running smoothly.

Out of all the nuts, pistachios have the highest amount of antioxidants. They even rank higher than green tea on an antioxidant scorecard created by U.S. Department of Agriculture. This green nut is bursting with two sight-saving antioxidants—lutein and zeaxanthin.

Buy pistachios with the shell on. It will take longer to eat and you can enjoy them for longer. Look for the pistachios with the shells cracked open, revealing the nut within. This feature is unique to the pistachio and is why people in the Middle East refer to the pistachio as the “smiling pistachio” and the Chinese call it the “happy nut.”

Not only do pistachios make for a delicious snack, but they also offer nutrients and minerals great for overall health.

Note: Edited for length.

Source: <https://uwyoextension.org/uwnutrition/2018/02/22/smiling-pistachio-or-happy-nut/#more-1941>

# March 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 State Leadership Team Application Due to State 4-H Office  WRLF, San Diego, CA	2 WYLI Application Due to Ext. Office  WRLF, San Diego, CA	3   WRLF, San Diego, CA
4   WRLF, San Diego, CA	5 Kemmerer YQA, 1:30 pm (1A, 1B, 2A) 3 pm (2B, 3A, 3B) Events Ctr.  Krazi Kritterz Dyna- mite Dog 4-H Group, 6 & 7 pm	6 SV Cloverbuds, 3 pm, Afton Civic Ctr.  Lucky Clover 4-H Club Sewing A, 3 pm, Mrs. Lawson's Home	7 Livestock Skill-a- thon, 3:30 pm, Afton Civic Ctr.  SV YQA, 4:30 pm (1A, 1B, 2A) 5:30 pm (2B, 3A, 3B) Afton Civic Ctr.	8	9	10
11	12 Record Book Train- ing, 4:30 pm, Afton Civic Ctr.  Krazi Kritterz Dyna- mite Dog 4-H Group, 6 & 7 pm	13 Livestock Judging, 3:30 pm, Afton Civic Ctr.  Lucky Clover 4-H Club Sewing B, 3 pm, Mrs. Lawson's Home	14	15	16 WYLI, White Pine Ski Area, Pinedale	17 WYLI, White Pine Ski Area, Pinedale
18 WYLI, White Pine Ski Area, Pinedale	19 Cokeville YQA, 8:30 am (1A, 1B, 2A) 9:30 am (2B, 3A, 3B) CHS  Krazi Kritterz Dyna- mite Dog 4-H Group, 6 & 7 pm	20 Lucky Clover 4-H Club Sewing A, 3 pm, Mrs. Lawson's Home	21 Cokeville Area Spring Break	22 Cokeville Area Spring Break	23 Cokeville Area Spring Break	24
25	26 SV Jr. Leader Mtg, 6 pm Afton Civic Ctr.  Lucky Clover 4-H Club Meeting, Af- ton Civic Ctr., 7 pm  Krazi Kritterz Dyna- mite Dog 4-H Group, 6 & 7 pm	27 Lucky Clover 4-H Club Sewing B, 3 pm, Mrs. Lawson's Home	28	29	30	31



# April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 SV Area Spring Break	3 SV Area Spring Break	4 SV Area Spring Break	5 SV Area Spring Break	6 SV Area Spring Break	7
8	9 Krazi Kritterz Dynamite Dog 4-H Group, 6 & 7 pm	10 Livestock Judging Practice 3:40 pm, Afton Civic Ctr.  Lucky Clover 4-H Club Sewing A, 3 pm, Mrs. Lawson's Home	11	12	13	14
15	16 Record Book Training, 3:30 pm, Afton Civic Ctr.  Krazi Kritterz Dynamite Dog 4-H Group, 6 & 7 pm	17 Lucky Clover 4-H Club Sewing B, 3 pm, Mrs. Lawson's Home	18 Livestock Skill-athon Practice, 3:40 pm, Afton Civic Ctr.	19	20	21
22	23 Lucky Clover 4-H Club Meeting, Afton Civic Ctr., 7 pm  Krazi Kritterz Dynamite Dog 4-H Group, 6 & 7 pm	24 Livestock Judging Practice 3:40 pm, Afton Civic Ctr.  Lucky Clover 4-H Club Sewing A, 3 pm, Mrs. Lawson's Home	25 SV Cloverbuds, 3:00 pm, Afton Civic Ctr.	26	27	28
29	30 Krazi Kritterz Dynamite Dog 4-H Group, 6 & 7 pm					

US DEPARTMENT OF AGRICULTURE  
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CHANGE SERVICE REQUESTED

PLEASE READ EACH PAGE  
CAREFULLY!

Don't miss out on any  
Important announcements

# **IMPORTANT**

## **Lincoln County Extension**

### **NEWSLETTER**

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