College of Agriculture and Natural Resources
Extension
Lincoln County

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: https://wyoextension.org/lincolncounty/

Afton Office – 307-885-3132 June 2019 Kemmerer Office – 307-828-4092

Upcoming Events

May 31	Co. Food Cook-off & Cake Decorating Contest Deadline
May 31	Co. Shoot Registration Deadline
Jun 01	Mkt Sheep, Swine, Goats Ownership/Tag Date
Jun 01	**Mkt Sheep, Swine, Goat Info Upload Deadline, 5 pm**
Jun 04	Co. Contest Registration Deadline
Jun 05	Market Goat Health Zoom Training, 7 pm
Jun 06	County Food Cook-off, SVHS, 11 am
Jun 06	Cake Decorate Contest, Afton Civic Ctr., 11 am
Jun 07	Showcase Showdown Registration Deadline
Jun 08	County Shoot, Kemmerer Events Ctr., 7 am
Jun 11	County Contest Day, Kemmerer Events Ctr. 10 am
Jun 21	State Shoot Registration Deadline
Jun 25-27	Showcase Showdown, Laramie, WY
Jul 04	*Independence Day—Ext. Offices Closed*
Jul 05	4-H Camp Registration Deadline
Jul 11-14	State Shoot, Douglas, WY
Jul 16-17	4-H Camp, Alpine 4-H Camp
Jul 19	Dog Trials—Live 4-H Auction
Jul 31	**County Fair Online Entry Deadline, 11:45 pm**
Aug 3-10	Lincoln County Fair, Fairgrounds, Afton, WY
Aug 13-17	WY State Fair, Douglas, WY

Inside This Issue

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2	4-H Program Information
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12-13	Extension Calendars

4-H Market Sheep, Goat, or Swine Project Members!

DEADLINE IS JUNE 1 5 pm

Make sure you have all your paperwork done.

SWINE

1. Bring a copy of the bill of sale to the Extension Office.
2. Receive tags and tag project animal.
3. Place tag with number on the back of the pigs ear (exception: if the pig has floppy ears & the eye may get scratched by the post).
4. Upload animal information and required pictures to 4HOnline
   Swine: 1. Picture of tag in ear, 2. left side & 3. right side.

SHEEP/GOATS

1. Bring a copy of the Form A Brand Inspection to tagging. Goats need a bill of sale only.
2. Upload animal information and required pictures to 4HOnline
   Sheep: 1. Picture of tag in ear & 2. Entire animal.
   Goat: 1. Picture of tag in ear & 2. Entire animal.

THE INSTRUCTIONS TO UPLOAD ANIMAL INFORMATION AND PICTURES IS ON PAGE 5 OF THIS NEWSLETTER

If you have questions, please contact
Shar at 307-885-3132 or
Shaily at 307-828-4092

4-H Program Information

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

4-H Educator's Letter...

June is here and what a busy month it will be! Please make sure you check the calendar and get signed up for all the fun 4-H events! Showcase Showdown registration is due by June 7, 2019 by 5 pm. This is a fun event that I would encourage all to attend. If you have questions about this event, please contact the Extension Offices.

Leaders, also remember that we have resource learning kits that can be checked out of the office for use with your clubs. We also have resource manuals that can be ordered through the office for members. If we can do anything to help, please call us.

I am excited for a fun and exciting summer; remember we are here to help!

Shar

County Food Cook-off—June 6

The County Food Cook-off will be held on June 6, 11 am at SVHS. The county rules differ from the state rules. Please refer to the email sent, April 18 for eligibility and specific instructions. **To register, please contact Shar at 307-885-3132 or Shaily at 307-828-4092. Registration and recipes are due by May 31.**

Co. Cake Decorate Contest—June 6

The County Cake Decorating Contest will be held on June 6, 11 am at the Afton Civic Center. The county rules differ from the state rules. Please refer to the email sent to cake decorating project members on April 18 for specifics. **To register, please contact Shar at 307-885-3132 or Shaily at 307-828-4092. Registration is due May. 31**

County Contest Day—June 11

The County Contest Day will be on June 11 at 10 am in the Kemmerer Events Center. We will start with Table-setting & Robotics, Produce Evaluation and ID, Presentations, and Impromptu, all at the same time. **PLEASE CALL 307-885-3132 OR 307-828-4092, AND SIGN UP FOR EVENTS THAT YOU WOULD LIKE TO PARTICIPATE IN. REGISTRATION IS DUE JUNE 4.**

2019 Fair Changes

Date—*August 3-10, 2019*

Theme — *Just a Small Town Throwdown*

Market Livestock—Livestock must be tagged by ownership dates: Beef-Feb. 1; Sheep/Goats-June 1; Swine-June 1.

Fair Entry Deadline—June 1-July 31, 2019

***Large Livestock Fees*—The fee will be $20 per animal.**

***Trailer Camping Fees*—$25/night for 4-H participants & $35/night for public.**

4-H/FFA Horse Show Team Sorting—Exhibitors will compete one time only unless there is an odd number of participants. The exhibitor who goes twice will only take their first score.

Animal Health Certificates—All market animals, horses, dogs, etc. need to have a current health certificate to present at fair.

Weigh-in Scales—Scales will be open for 30 minutes after last animal has weighed-in.

***Sale Checks*—Livestock sale checks must be cashed before 60 days after the check issue date. If not, the participant must attend a fair board meeting to ask for the check to be re-issued. A re-issue fee of $50 will be charged.**

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

June Birthdays!!!

Makinzie B.	Calvin E.	Madison H.	Olivia N.	Deven T.
Adisen C.	Saige E.	Avery H.	Braxton P.	Cloe T.
Treyson D.	Tate F.	Taylor H.	Collin R.	Cora W.
Myles D.	Kalob H.	Jayden K.	Easton S.	Greyson W.
Olivia D.	Kamdyn H.	William M.	Vienna S.	

County Shoot
June 8, 2019
Events Ctr. & Kemmerer Gun Club

Schedule

7 am	**Safety meeting (So. Lincoln Training & Events Ctr.)**
7:15 to 9:15 am	**Air Rifle and Air Pistol (Events Center)**
9:15 am	**Travel to Kemmerer Gun Club**
9:30 am to completion	**Archery, Muzzleloader, .22 Rifle Kemmerer Gun Club**
11:30 am	**Lunch Break (4-H Council Lunch Fundraiser available)**
11:45 am	**Safety Meeting (For Shotgun shooters not present at 7 am meeting) (Kemmerer Gun Club)**
12pm	**Shotgun Shooters can start & not wait for those participants in .22 Rifle/Pistol (Kemmerer Gun Club)**
12:30 pm	**.22 Rifle and .22 Pistol & Shotgun For shooters after they finish .22 (Kemmerer Gun Club)**

Awards will be given after all disciplines are finished and calculated.

Each shotgun round (25) of clays will cost $3.00. Participants will pay for their rounds when they register for county shoot – either $6 for 50 clays or $12 for 100 clays.

MUST USE FACTORY AMMO—NO RELOADS. Bring your own ammo or you may purchase it form the Kemmerer Gun Club for $6 a box of 25 shells.

County Shoot—June 8

The County Shoot will be on June 8, 7 am at the Events Ctr. In Kemmerer. Schedule is above.

State Shoot—July 11-14

The State Shoot will be held in Douglas, WY on July 11-14. **If you want to participate in State Shoot, complete the registration form (on page 8 of this newsletter) and give it along with your payment to the Extension Office by June 21.** You will not be registered for the shoot until payment has been received by the Extension Office.

4-H Camp
Tuesday-Wednesday
July 16-17
Alpine 4-H Camp
Cost: $35
Per 4-H Member or Chaperone

Registration Deadline: July 05

The registration form is on **page 9** of this newsletter. The schedule and packing list will be sent at a later time. If you have questions or need additional information, please contact Shar Perry, 885-3132 or Shaily Harshbarger, 828-4092.

Market Goat Workshop Series

This free series of workshops will be presented via zoom each night, so youth & volunteers can login and learn from home. Join us for one workshop or the entire series. We have a great group of presenters, which all come with a background in showing livestock.

Market Goat Nutrition ~ May 29, 2019 - 7 pm
with Mari Palacio, Multi-Specie National Support Specialist

Market Goat Health—June 5, 2019, 7 pm
With Zane Mackey, EWC Assist. Livestock Judging Coach

Market Goat Daily Care & Showbox Tips—June 11, 2019, 7 pm
With Bree & Dawn Coxbill, Torrington, WY

Individuals can register on-line for the series and then the connection link will be emailed to them for the workshop.

AmazonSmile donates to Wyoming State 4-H Foundation

Did you know your purchases can make a difference? AmazonSmile donates to Wyoming State 4 H Foundation when you do your holiday shopping at smile.amazon.com/ch/83-6004106.

4-H Club News—

Hamsfork Hands 4-H Club
The Hamsfork Hands 4-H Club meet on the first Thursday of every month at 6:30 pm . See calendar for the location.

Hamsfork Hands 4-H Club met on May 2. We started with an activity on perception. We had to put paper plates on our heads and draw what we were told to draw. Everyone's turned out different and it was a fun activity. The club voted to change our meeting dates to the first Thursday of every month at 6:30 pm. We went over what County Contest Day was and Area Cook Off. We went over Showcase Showdown and got an estimate of kids that will be going. The club voted to do a group reservation for processing for the livestock projects. Shaily taught us about Section 2 for our record books. Victoria went over the 3 R's with everyone and we said what we could do with them. The next meeting is June 4 and is our highway clean up so we are meeting at 5:00 pm at the Events Center.

Lucky Clover 4-H Club
The Lucky Clover 4-H Club meet the second Monday of each month in the Afton Civic Center Library from 6:30 pm. The next meeting is June 10.

Hog Squad 4-H Club
The Hog Squad 4-H Club meet the third Thursday of each month in the Afton Civic Center Library Room from 6 pm. The next meeting is June 20.

Krazi Kritterz 4-H Club
The Dynamite 4-H Dogs Group of the Krazi Kritterz 4-H Club meet every Monday of each month at the fairgrounds from 6-7 pm.

Wyoming State/Regional Events & News –

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

Wyoming-Ghana 4-H Exchange—is tentatively scheduled for June 9/10/11-24/25/25. Registration was due January 1, 2019.

4-H Foundation Boulder Big Draw—will be held June 14-15.

Citizenship Washington Focus– will be held June 15-22. Registration date is TBD.

Wyoming-Mongolia 4-H Exchange—is tentatively schedule for June 23/24/25/26-July 7/8/9/10. Applications were due January 1, 2019.

Showcase Showdown—will be held June 25-27. Registration date is June 7, 2019.

State Shooting Sports Match—will be held July 11-14. Registration date is June 21, 2019.

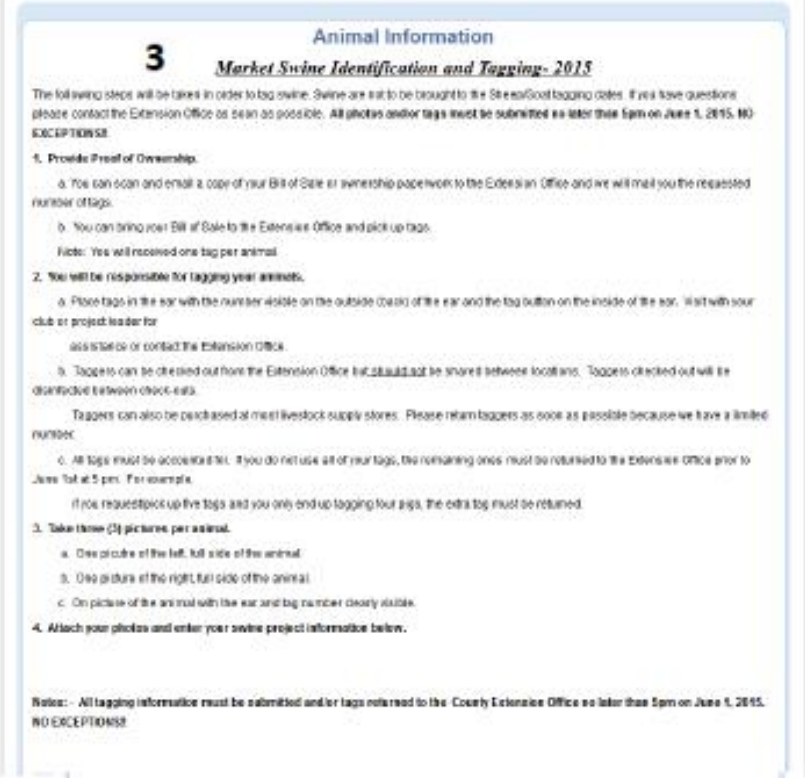
Leadership Washington Focus—will be held July 14-19. Registration date is TBD.

Wyoming-Finland 4-H Exchange—is tentatively scheduled for July 17-31. Registration was due January 1, 2019.

4-H Foundation Platte River Shootout—will be held July 19-20.

4-H Foundation Apache Clear Creek-Ucross Shootout—will be held July 28-29.

Wyoming State Fair—will be held August 12-17 in Douglas, Wyoming. Registration date is TBD.



ADDING ANIMAL ENTRIES (MARKET/BREEDING)

1. Once you are logged into **https://wy.4honline.com**, select the family member who will be showing the animal from the "Member List." Select the Animals/Livestock tab at the top of the page.

2. Use the dropdown menu to select your animal (market/breeding) species and click "Add Animal." This will take you to the corresponding entry screen for your animal. Each species has different information that is needed.
3. Please be sure to read and understand the information page.
   NOTE: All information must be in the 4honline system by 5 pm of the ownership date. The program will automatically turn the option off after this time:

   Beef—February 1
   Sheep—June 1
   Goats—June 1
   Swine—June 1

4. Fill in the information requested

5. Select the view of the picture you are uploading (make sure the picture of the tag is READABLE).

6. Don't forget to SAVE!!!!

**** For Family Floater Animal—animals purchased as an extra incase someone in the family has one that dies—these can be transferred to another family member later ONLY if they are designated as a floater at the time of tagging. Please write the word FLOATER in the Animal Name field. The floater must be assigned to the family member whose name is on the bill of sale and/or Form A.

For questions on this, please contact the Extension Office at 307-885-3132 or 307-828-4092.

4-H County Shoot Registration Form

Complete and return to your local County Extension Office for entry into the event

FORM DUE BY: May 31, 2019

Name:_____ County:_____

Age (As of Jan. 1)_____ ☐ Jr. (8-10) ☐ Int. (11-13) ☐ Sr. (14/up)

Seniors: Do you wish to be considered for the Raton Trip? ☐ Yes ☐ No

NOTE: Leaders will have to certify that you are safe to compete in the disciplines you select below. If your leader does not certify you, you will not compete in that discipline.

DISCIPLINES	**Select all that apply**		
.22 Pistol	☐		
Air Pistol	☐		
Shotgun	☐		
Muzzleloader *(check only one)*	☐ Traditional	☐ Non-Traditional	
.22 Rifle: *(check only one)*	☐ Sporter	☐ Light Target	☐ Precision
Air Rifle *(check only one)*	☐ Sporter	☐ Light Target	☐ Precision
Archery *(check only one)*	☐ Class A: Long Bow & Recurve ☐ Class B: Bare Bow ☐ Class C: Freestyle Limited ☐ Class D: Freestyle Unlimited		

Lunch available – Donation proceeds will go to the Lincoln Co. 4-H Council to benefit 4-H members.

Read and sign the range rules on the next page. Bring registration, range rules, and associated County Shoot fees to either Extension Office.

DO YOU PLAN TO PARTICIPATE IN THE STATE SHOOT? *

If so, please read your newsletter and complete state shoot registration form. There will be fees associated with some of the classes, lodging, and apparel. You are not registered for State Shoot until your registration form and payment has been received by the Extension Office.

NOTE: All costs will be the responsibility of the 4-H member and parents. Please make your checks payable to: ***Lincoln County 4-H.***

STATE SHOOT DEADLINE: County Shoot Day

** If you want to participate on a team at the State Shoot, you must qualify at the County Shoot.*

County Shoot Range Rules

1. Safety is a primary concern. Any violation of safe shooting will be grounds for participant disqualification. Shooter will follow the rules below:
    a. Muzzle must be in a safe direction at all times
    b. Action always open
    c. Finger off trigger until ready to shoot
    d. All firearms are considered loaded at all times.
2. Everyone in attendance will abide by the 3 R's - Respect, Restraint, Responsibility
3. Only certified leaders on the firing line
4. Absolutely no one on berms/areas between ranges. Non-participating children must be attended by an adult AT ALL TIMES.
5. Parents and spectators must remain a safe distance from youth participants while competing.
6. Coaching youth who are on the firing line is not allowed.
7. Anyone can call a cease-fire at any time, for any unsafe condition.
8. Contestants are responsible for providing their own eye and hearing protection when required.
9. Shooters are responsible to provide their own ammunition/arrows for each discipline.
10. Each discipline has unique requirements and procedures. Parents and shooters are responsible for knowing the range rules and safety conditions for the discipline they participate in. Shooters will be familiar with the firearm they are using.
11. No food or drinks are allowed on the firing line.

Required Equipment/Procedures

- Shotgun
    - ◊ Hearing and Eye protection is required
    - ◊ Shell pouch or vest
    - ◊ At the beginning of each relay, squad leaders will ask if the squad is ready, then call for a clay to begin.
    - ◊ **Clays will cost $3.00 per round of 25 - due with pre-registration**. Clays used during practice are not included in this cost. Practice rounds will need to be paid for the day of county shoot. *This cost is subject to change year to year based on current prices.*
    - ◊ Firearms will be cased when brought to the firing line.
- Archery
    - ◊ Eye/Hearing protection is <u>not</u> required
    - ◊ Each contestant must have a quiver. Arm guards are recommended. All equipment is the responsibility of the shooter to provide.
    - ◊ Firearms will be cased when brought to the firing line.
- Muzzleloader
    - ◊ Eye and Hearing protection is required
    - ◊ Shooters will swab bore before reloading each shot
    - ◊ Powder measurer must be used – no loading directly from powder horn or flask.
    - ◊ Firearms will be cased when brought to the firing line.
- .22 Rifle and Pistol
    - ◊ Hearing and Eye protection is required
    - ◊ Rifles must be loaded one shot at a time.
    - ◊ Firearms will be cased when brought to the firing line.
- Air Rifle and Pistol
    - ◊ Eye protection is required
    - ◊ Rifles and Pistols must be loaded one pellet at a time
    - ◊ Firearms will be cased when brought to the firing line.

4-H Member Signature_____

Parent Signature_____

2019 4-H State Shoot Individual Registration Form

Please complete this form and give it to the Extension Office along your payment
Payment must be made to Lincoln County 4-H before you will be registered for State Shoot

Name:_____County:_____

Age (As of Jan. 1)_____ ☐Jr. (8-10) ☐Int. (11-13) ☐Sr. (14/up)

Seniors: Do you wish to be considered for the Raton Trip? ☐ Yes ☐ No

NOTE: Leaders will have to certify that you are safe to compete in the disciplines you select below. If your leader does not certify you, you will not compete in that discipline.

DISCIPLINES **Select all that apply**

	Disciplines/Activity	Type	Class Cost	Total
☐	**.22 Pistol**		$0	
☐	**Air Pistol**		$0	
☐	**Shotgun**		$24	
	Muzzleloader *(check only one)*	☐ Traditional ☐ Non-Traditional	$0	
	.22 Rifle: *(check only one)*	☐ Sporter ☐ Light Target ☐ Precision	$0	
	Air Rifle *(check only one)*	☐ Sporter ☐ Light Target ☐ Precision	$0	
	Archery *(check only one)*	☐ Class A: Long Bow & Recurve ☐ Class B: Bare Bow ☐ Class C: Freestyle Limited ☐ Class D: Freestyle Unlimited	$5	
	Lodging	Campground w/hookups ($25/night) Campground w/o hookups ($10/night) State Fair Dorm ($10/night)	No. of days x fee per night	
	REGISTRATION FEE (Includes a T-Shirt) ***Please circle size*** Youth Sm Med Lg XL Adult Sm Med Lg XL XXL		$15	$15.00
	ADDITIONAL APPAREL - T-shirts ***Please circle size*** Youth Sm Med Lg XL Adult Sm Med Lg XL XXL		$10 each	
	ADDITIONAL APPAREL - Hats		$15 each	
			TOTAL OWED	

NOTE: <u>All costs</u> will be the responsibility of the 4-H member and parents. Please make your checks payable to: Lincoln County 4-H.

2019 Lincoln County 4-H Camp Registration Form

(Must be filled out by Leaders & Members Attending)

(July 16-17, 2019)

Camp starts at 2 pm on July 16 and ends July 17 at 11 am

4-H Camp Cost: $35

Return this form and payment to either the Extension Office in Kemmerer or Afton by **JULY 5, 2019**.

Name: _____ **Phone Number:** _____

Mailing Address:_____

Email Address: _____

Please Check the Category and Circle the Age (AS OF JANUARY 1 of the Current Year)

Senior_____ (14, 15, 16, 17, 18)

Intermediate_____ (11, 12, 13)

Junior_____ (8, 9, 10)

Leader/Chaperone _____

SENIORS ONLY (Junior Leaders)

I would like to: (choose all that apply)

_____ Help teach a class

_____ Be over a group with another junior leader

_____ General help at camp

PLEASE LIST ANY SPECIAL NEEDS: (Dietary, Medication, Allergy or Other) _____

_____

Did you attend camp last year? _____

What are some activities you would like to do at camp in the future? _____

_____

What are some classes would you like to have at camp in the future?_____

_____

REMEMBER TO HAVE A COPY OF THE 4-H HEALTH FORM WITH YOU AT CAMP!

WYOMING CHARACTER

that's what we're made of

June

RESPONSIBILITY

Responsibility

Responsibility is doing your best to take care of the things around you that need to be done.

Responsibility involves a few things:

- Accountability
- Using Self Control
- Having Goals
- Choosing a positive attitude
- Doing your duty
- Being proactive
- Setting a good example
- After looking at these things, do you think you are responsible?

How do we learn to be responsible? When we practice being responsible, we learn how to be more responsible. We also learn responsibility from good role models.

A big part of being responsible is making good choices. The two fundamental principles of good decisions are: 1—We all have the power to decide what we do and what we say.

2—We are all morally responsible for the consequences of our choices.

Remember, being responsible isn't always easy. If we work hard, and take responsibility for ourselves, it will be worth it in the end. Being responsible helps us achieve great things, and helps us feel good about ourselves and our accomplishments.

4-H Activity

The Six Letter Solution

Prep: Have the following group of letters written on a flip chart or white board before club members arrive. Be sure to keep this exact order: RSIESXPLOETNTSIBELRISTY.

Directions: Hidden in this jumble of letters is a specific word in the English language that can only be found if you remove six letters. If you find it, write it down so everyone has a chance to discover it. What questions do you have?
(The trick to the activity is to eliminate the letters "s-i-x-l-e-t-t-e-r-s" to reveal the hidden word of responsibility.)

After the youth have figured out the activity or you show them the trick, discuss the different aspects of responsibility. Possible discussion starters are:

What does responsibility mean to you?

How have you seen others act responsibly?

Do you think responsibility is important? Why?

How can we be responsible 4-H members?

Why be responsible?

Clover Connection

Head - Think things through thoroughly and set goals

Heart - Be a good friend and take care of those around you.

Hands – Do what needs to be done without being asked.

Health – Take care of your body by exercising and being aware of the foods you eat

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

Nutrition and Food Safety™

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 - 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. Classes take place in Room 119/120 at the Afton Civic Center and around the valley.

Get SMART about Physical Activity

Summer is here and it is a great time to be active. Even though it might be tempting to relax in front of the TV, it is important for you to move regularly. Regular physical activity contributes to health benefits including reduced risk for chronic diseases, such as obesity and diabetes, now and in the future. Adults should be active for 150 minutes per week or 30 minutes for 5 days a week. Making a SMART goal for physical activity is one way you and your family can stay healthy, keep moving, and reach your physical activity goals.

SMART stands for:
Specific—Focus on one thing you want to change or do.
Measurable—Attach number or amount of time to your goal.
Attainable—Make sure the goal is challenging, but not too far out of reach to accomplish.
Relevant—Focus your goal on an area that can use change.
Time-bound—Give your goal an end date.

A great example of a SMART goal would be:
To be more active this month, we will go outside as a family to play in the evenings for 30 minutes 3 times a week.

When making a SMART goal, be sure to think about the big picture. What do you want to accomplish? Then, take smaller steps to lead up to your major goal. Changing your routine can be hard, but with small, realistic goals you can make changes for better health.

Source:
https://issuu.com/cnp_newsletters/docs/june-july-2018_english_newsletter

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

Fresh Approaches

Ideas for enjoyable and healthy foods at social events and other gatherings

Challenges to being a food planner

- Groups are often unpredictable in terms of what they like and want.
- Audiences' needs in terms of such things as allergies and religious preferences can widely vary. When appropriate, use a reply or registration form to ask about special dietary issues or requests.
- Cost. Fresh fruits and vegetables can be expensive, but they are refreshing and nutrient rich.
- Some food providers are more flexible and willing to try different options.
- Look beyond your personal preferences.

Three quick keys to planning foods that are enjoyable and healthy

What? Include items that are moderate or low in terms of fat and sugar and therefore, calories.

How much? Keep portion sizes reasonable.

When? Timing is important:
- ◊ Most of us don't need extra calories at mid-morning or mid-afternoon.
- ◊ Snacks make some people drowsy especially in the afternoon.
- ◊ Other people need a small pick-me-up in the morning or afternoon.

- ♦ *Beverages can meet this need.*
- ♦ *When serving a snack, try to keep it light—like fresh or dried fruit. Also, hard candy and gum can provide people with a little something that helps maintain alertness without being calorie laden.*
- ♦ *Don't overlook stretch breaks and other short physical activities that can help refresh people in ways that don't involve eating.*

Source: http://www.wyoextension.org/agpubs/pubs/MP112-3.pdf

June 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					May 31 Co. Food Cook-off & Cake Decorating Deadline Co. Shoot Registration Deadline	1 **MKT SWINE , & MKT SHEEP/ GOAT OWNERSHIP/TAG & INFO UPLOAD DEADLINE, 5 PM**
2	3 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds	4 Co. Contest Registration Deadline	5 Market Goat Health Zoom Training, 7 pm	6 Co. Food Cook-off, SVHS 11 am. Co. Cake Decorate Contest, Afton Civic Ctr. 11 am. Hamsfork Hands 4-H Club Mtg, 5 pm Events Ctr. 4-H Livestock Judging, 7 pm, Afton Civic Ctr.	7 Showcase Showdown Registration Deadline	8 Co. Shoot, Kemmerer Gun Club, 7 am
9	10 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds Lucky Clover 4-H Club Mtg., 6:30 pm Afton Civic Ctr.	11 Co. Contest Day, Kemmerer Events Ctr. 10 am	12	13	14	15
16	17 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds	18	19	20 4-H Livestock Judging, 7 pm, Afton Civic Ctr. Hog Squad 4-H Club, 6 pm, Afton Civic	21 State Shoot Registration Deadline	22
23	24 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds	25 Showcase Showdown, Laramie WY	26 Showcase Showdown, Laramie WY	27 Showcase Showdown, Laramie WY	28	29
30						

July 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds	2	3	4 *Independence Day—Extension Offices Closed.*	5 4-H Camp Registration Deadline	6
7	8 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds Lucky Clover 4-H Club Mtg., 6:30 pm Afton Civic Ctr.	9	10	11 State Shoot, Douglas, WY	12 State Shoot, Douglas, WY	13 State Shoot, Douglas, WY
14 State Shoot, Douglas, WY	15 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds	16 4-H Camp, Alpine 4-H Camp	17 4-H Camp, Alpine 4-H Camp	18 Hog Squad 4-H Club, 6 pm, Afton Civic Ctr.	19 Dog Trials-Live 4-H Auction, 7 pm	20
21	22 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds	23	24	25	26	27
28	29 Krazi Kritterz Dynamite 4-H Dogs Group 6-7 pm, Fairgrounds	30	31 **FAIR ONLINE ENTRY DEADLINE <u>BEFORE</u> MIDNIGHT**			

LINCOLN COUNTY EXTENSION
PO BOX 309
AFTON WY 83110

CHANGE SERVICE REQUESTED

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CAREFULLY!

Don’t miss out on any

Important announcements

IMPORTANT
Lincoln County Extension
NEWSLETTER

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