



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

February 2020

Kemmerer Office – 307-828-4092

Upcoming Events

- Feb 01 Market Beef Info & Pics Upload Deadline
- Feb 11 SV Record Book Trng., Afton Civic Ctr., 5:30 pm
- Feb 13 Kem Jr. Leaders Mtg., 6 pm
- Feb 15 4-H Scholarship Applications Due
- Feb 24 SV Jr. Leaders Mtg.
- Feb 25 4-H Open House, 6 pm, Afton Civic Ctr.
- Mar 09 SV Cloverbuds, 3 pm, Afton Civic Ctr.
- Mar 24 SV Record Book Trng., Afton Civic Ctr., 7 pm.
- Mar 26 Cokeville Record Book Trng., Town Hall, 7 pm.
- Mar 30 SV Jr. Leaders Mtg., 6 pm, Afton Civic Ctr.

Market Beef Information Upload

Don't forget to upload your market beef information, tag number (all 15 numbers), and pictures to wy.4HOnline.com. Instructions are on page 5 of this newsletter. Must be done by

FEBRUARY 1!

Inside This Issue

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New Online Portfolio Record Books

Wyoming 4-H has launched its online 4-H Record Book through zSuite!

4-H families can create an account and track all their kids' 4-H record books online, real-time, and saved. Similar content is still there as in previous portfolios, but you'll be able to easily add, track, delete, copy, paste, and, even PRINT them out whenever you want without losing data, saving files to your computer or worrying about where they are in the future.

Go get started at- <https://4h.zsuite.org/> One great feature that will be available soon is the ability for 4-H club leaders to see (not edit) the record books of their members.

zSuite is Wyoming 4-H's record keeping system. Your UW 4-H Educator is working with your county volunteers on any changes this might make for your county. Previous Adobe files used and found on our website will be removed.

Contact Afton (885-3132) or
Kemmerer (828-4092)
Extension Offices for questions

**SEE PAGE 2 OF THIS NEWSLETTER
FOR TRAINING DATES & LOCATIONS**



4-H Program Information

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

4-H Educator's Letter...

Leaders,

I hope that the new year is going well for everyone. With the new year here, I want to take a minute to share a couple of 4-H requirements from the State 4-H Office. As a state we strive to make our program better for our leaders and members. One leader from each club is asked to attend a training this year. Record book trainings listed below and the zoom training listed on page 3 count.

The State 4-H Office has asked us to supply educational trainings to all club officers. We will need your help with this. When members are elected in, please make sure they know they will need to attend specialized training for them. We want to help our officers excel in their leadership experience.

Thank you for all your hard work and hours that you give to the youth of Lincoln County. If you have any questions, please contact Shaily or I at the Extension Offices.

Shar

New Record Book Portfolio Trainings

SV Area—Feb. 11, Afton Civic Center, 5:30 pm

SV Area—Mar. 24, Afton Civic Center, 7 pm

Cokeville Area—Mar. 26, Town Hall, 7 pm

Kemmerer Area—TBD

**Come learn how to sign up and
navigate the new online site.**

**Please contact the Shar, 885-3132 to
enroll for one of the trainings**

**For training dates, times & locations in the
Kemmerer area, please contact Shaily
at 307-828-4092**

4-H Open House

February 25, 2020

Afton Civic Center

6 pm

**If you know of anyone who is interested in
joining 4-H and would like to know more
about the program, please have them come
to this 4-H event.**

Jr. Leader Meetings

The following is a list of the Jr. Leader Meetings in the different community areas.

Kemmerer Area—Feb. 13, Kemmerer Ext. Office, 6 pm

SV Area—Feb. 24, Location & Time TBD

4th H for Health Opportunity

If you are interested in learning about how to incorporate different physical activities into your meetings, or if you're looking for some ideas for healthy fruit and vegetable snacks, Shelley, Nutrition & Food Safety educator in Lincoln County would come to a club meeting and share her knowledge. This would not need to be a separate club meeting, but rather a 10-15 minute activity at an already planned meeting. Clubs that participate in the 4th H for Health have the opportunity to win \$100! Please call 307-885-3132 if you're interested in this opportunity.

Reminder! 2020 Scholarship Applications Are Due February 15, 2020!

The Wyoming State 4-H Foundation is proud to manage scholarship opportunities to students that are current and/or past 4-H members in Wyoming. The decision you make as to where to go to college affects the number of scholarship opportunities you will have. We offer many scholarships that are just to the University of Wyoming, some that can go to either UW other

February Birthdays!!!

Payton A.
Kaia B.
Bridger B.
Treyson C.
Kimberly C.
Derek C.

Rachel C.
Easton C.
Jace D.
Kaycee D.
Cameron E.
Presley F.

Baylee H.
Ashley H.
Anna K.
Ashlyn K.
Chet L.
Emmett M.

Jaydyn N.
Jayden N.
Malachi P.
Jace P.
Aaron S.
Weston S.

Marie S.
Brooklyn S.
Jolee S.
Grant T.
Talia T.
Croix W.



accredited colleges in Wyoming, and one that is for students pursuing a vocational program/certificate.

One single application is used for all our scholarships. Just check the boxes to those for which you want to be considered. As you choose to apply for scholarships, PLEASE read each one's parameters for eligibility so you don't miss out! **Applications are due by 02/15/20.**

307 Livestock Judging Series

Big Horn County Livestock Judging Contest

May 23, 2020, 9:30 am at Boardman's Farm, Frannie Wyoming. Pre-register by May 20, 2020. You can register online at the this link: <https://wyoming4h.formstack.com/forms/307livestockjudging>. For questions, contact Gretchen Gasvoda, (307) 272-0576.

Washakie County Livestock Judging Contest

June 4, 2020, 2 pm at Washakie County Fairgrounds, Worland, Wyoming. Pre-register by June 2, 2020. You can register online at the this link: <https://wyoming4h.formstack.com/forms/307livestockjudging>. For questions, contact Amber Armajo, 307-347-3431.

Sublette County Livestock Judging Contest

June 13, 2020—9:00 am, Sublette Co. Fairgrounds, Big Piney, Wyoming. Pre-register by June 10, 2020. You can register online at: <https://wyoming4h.formstack.com/forms/307livestockjudging>. If you have questions, contact the Sublette Co. Extension Office, 307-367-4380.

2020 Wyoming 4-H Volunteer Training Series

All trainings will be done via Zoom, and online learning classroom. They run from 6:30—7:30 pm.

Do Robert's Rules Really Create Order -

February 24, 2020

Most 4-H Clubs use the traditional method of Robert's Rules of Order to conduct business meetings. Robert's Rules of Order can often be confusing and are not used properly in many 4-H clubs. Join this workshop to find out more about how to best modify the decision making process in your 4-H club to help members understand the process of what they are doing and why they are doing it. This workshop will look at alternative decision making methods including how to use a simplified version of Robert's Rules of Order.

Retain Your Membership—

March 23, 2020

The Wyoming 4-H program has been part of multi-state retention study for the past four years. Our highest loss of members are first and second year members. Join us for this workshop to find out what the data from the study says. We will discuss why member leave and what we can do as volunteers to keep members coming back and engaging in the 4-H program. If you are a newer volunteer or parent please join us to create the future of our program by helping us to develop a working dialogue of what new members need to stay active and involved.

Record Books and Recognition—

April 27, 2020

We are using a new online Record Book for 2019-2020. During this workshop we will take a look at how the new online Record Book works and how to use it. We will also look at the National 4-H Recognition Model and how 4-H clubs and

county programs can provide different types of recognition for all youth involved.

A link to participate in the meetings above will be sent to your 4-H online e-mail account one week prior to the meeting. If you are unable to access the link or a computer, please contact your local 4-H Educator to talk about option. Hope to see you there

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 unless otherwise noted. See calendar for the location.

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.

Meadow Grazers 4-H Club

The Meadow Grazers 4-H Club meet the first Monday of each month in the Afton Civic Center at 6:30 pm.

Hogs R Us 4-H Club

The Hogs R Us 4-H Club did a service project at the Thayne Food Bank on Dec. 4, 2019. We helped sort and organize canned goods for holiday meals.

Dynamite Dogs 4-H Club

The Dynamite Dogs 4-H Club will start meeting on February 10, 2020 from 6-7 pm at the Afton Civic Center. Do not bring dogs to this meeting.

Wyoming State/Regional Events & News –

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

WY 4-H LEAD Conference —March 7 & 8, 2020, Wyoming State Fairgrounds, Douglas WY. The conference costs \$20. There are two tracks; Middle school aged youth & 4-H volunteers. More information coming soon

National Congress—this trip is for youth ages 14 and older who have a true passion for making change! The cost of this trip is about \$1700. Scholarships are available. Visit this website to apply: <https://www.uwyo.edu/4-h/opportunities/travel.html>. Registration was due January 3, 2020.

4-H Foundation scholarship application deadline has been changed to align with the UW scholarship application deadline. All applications will be due on February 15, 2020 by 11:59 pm.

Citizen Washington Focus (CWF) - will be held June 20-27, 2020. This is for youth ages 14 & older (high school aged youth). The total trip cost is approximately \$1900. Scholarships are available. Visit this website to apply: <https://www.uwyo.edu/4-h/opportunities/travel.html>. Registration is due by March 15, 2020.

Leadership Washington Focus (LWF)—will be held July 26-31, 2020. This is for youth in 6th-8th grades). The total cost of the trip is approximately \$1200. Scholarships are available. Visit this website to apply: <https://www.uwyo.edu/4-h/opportunities/travel.html>. Registration is due by March 15, 2020.

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.

Use this drop down menu to add a new member that is not in the Member list.

- 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!

I have read, understand, and agree to the the terms and conditions stipulated and is done freely and without inducement.

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.

UNIVERSITY OF WYOMING EXTENSION Wyoming 4-H Youth Development

Logged in as & Dear: Boby (9 County) # Home | My Member List

1 Animals / Livestock Enrollment Member Settings Trainings

2 Add an Animal

Animal Type: Market Swine

Add Animal

Species	Type	Animal	Status	Edit / View
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3 Animal Information

Market Swine Identification and Tagging- 2015

The following steps will be taken in order to tag swine. Swine are not to be brought to the Shear/Good tagging dates. If you have questions please contact the Extension Office as soon as possible. **All photos and/or tags must be submitted no later than 5pm on June 1, 2015. NO EXCEPTIONS!**

- Provide Proof of Ownership.**
 - You can scan and email a copy of your Bill of Sale or ownership paperwork to the Extension Office and we will mail you the requested number of tags.
 - You can bring your Bill of Sale to the Extension Office and pick up tags.

Note: You will receive one tag per animal.
- You will be responsible for tagging year animals.**
 - Place tags in the ear with the number visible on the outside (back) of the ear and the tag button on the inside of the ear. Wait with your club or project leader for assistance or contact the Extension Office.
 - Tags can be checked out from the Extension Office but should be shared between locations. Tags checked out will be distributed between clubs only.

Tags can also be purchased at most livestock supply stores. Please return tags as soon as possible because we have a limited number.

 - All tags must be accounted for. If you do not use all of your tags, the remaining ones must be returned to the Extension Office prior to June 1st at 5 pm. For example:
 - If you request 10 tags and you only end up tagging four pigs, the extra tag must be returned.
- Take three (3) pictures per animal.**
 - One picture of the left, full side of the animal.
 - One picture of the right, full side of the animal.
 - One picture of the animal with the ear and tag number clearly visible.
- Attach your photos and enter your swine project information below.**

Note: - All tagging information must be submitted and/or tags returned to the County Extension Office no later than 5pm on June 1, 2015. NO EXCEPTIONS!

4 Market Swine

Fair Tag Number:

Dam/Sire or Old Female:

Breed:

Additional comments:

Ear notch if any:

Animal Name:

Breeder/Producer Tag Number (if any):

4-H Project or PTA Code:

Documents / Images

5

Animal Photo - Readable Tag

Animal Photo - Left Side

Animal Photo - Right Side

6

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. **ALL 15 numbers needed for the tag number.**

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.



Character Counts Trustworthiness



Teaching Trustworthiness

Being trustworthy means:

- Telling the truth
- Following the rules
- Not taking things that don't belong to you
- Doing what you say you'll do

When you think about teaching trustworthiness to others you must remember that it does not happen overnight. Instead it is something you should model for others everyday—you influence and are a role model for everyone you come in contact with.

Take time to discuss with others how trust is earned and why we consider others trustworthy. Provide specific examples and illustrations to express thoughts. For example: How do others earn your trust? How do you know when you can trust people? Which people do you feel are the most trustworthy?



"Watch your thoughts; they lead to attitudes. Watch your attitudes; they lead to words. Watch your words; they lead to actions. Watch your actions; they lead to habits. Watch your habits; they form your character. Watch your character; it determines your destiny."

~Unknown~

Trustworthiness in 4-H: Six Feelings

Supplies: Seven large signs with one name on each of the Seven Dwarfs on each sign (Happy, Sneezy, Dopey, Grumpy, Bashful, Sleepy, and Doc). Post these signs on the wall.

Ask the participants to look at all the signs on the on the wall. Have club members and guests stand by the sign that best describes how they feel at that moment. Explain that it is ok to be honest about what and how they are feeling. Give each group about 10 minutes to create a 30 second commercial to show their emotion. Have each group act out their commercial.

Discussion Questions:

Do you think how you feel or act affects whether a person feels they can trust you or not? Why or why not?

Roll Call Suggestions

- Tell a time when you were honest and no one was watching
- Share an example of someone showing loyalty to a friend
- Name one person who you trust and tell why



Cent\$ible Nutrition Program

Helping Families Eat Better for Less



Cent\$ible Nutrition Program -

Kemmerer Area - Next series of classes will be starting in January. 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. Each class has hands-on activities and you will make a recipe from the CNP cookbook

New class: Wednesdays, 10 am, SV Community Center, Etna, (Jan 8-Feb 26)

Cottage Cheese Vegetable Dip

Ingredients

1 12-ounce carton low-fat cottage cheese
1-2 teaspoons Ranch dressing mix
Raw vegetable: carrots, celery, cauliflower, radishes, tomatoes, broccoli, green peppers, etc.

Directions

1. Combine cottage cheese and dressing mix. Beat or blend until smooth
2. Chill.
3. Wash, peel, and prepare vegetables while dip is chilling.

Makes 6 servings.

Cent\$ible Nutrition Program Cookbook, page 338

Source:
https://issuu.com/cnp_newsletters/docs/december2018-january2019_english_ne

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



Stay Active in the Winter

(blog by Karla Case)

Winter has set in and our days are shorter but that is no reason to hunker down and hibernate! There are plenty of ways to be active in the winter, even when the weather turns cold. Get in shape and have fun while you're at it. Try these fun activities to keep you and your family in motion through the winter months. Depending on your location and likes, you can choose to workout inside or outside.

Outdoor Activities:

- Walking – it's easy and requires little more than a good pair of shoes. You can burn calories, increase blood flow, and give your heart and lungs a boost just by putting one foot in front of the other. Walking is also a great stress reducer.
- Hiking – offers many of the same benefits as walking, and gives you the chance to explore new areas.
- Ice Skating – nothing says the holidays like lacing up the skates and taking a spin on the ice.
- Skiing – many communities have downhill ski resorts or cross-country trails to explore.
- Build a snowman – this is an age-old tradition that starts with one small snowball and grows into a great afternoon of activity. You can even make snow bricks, build an igloo, and create your own winter wonderland.
- Snowshoeing – this is a lesser-known pastime that gets people outdoors in the colder months. Snowshoeing gives you a whole new perspective on the outdoors, and allows you the chance to make tracks on uncharted winter territory, and share some time with the winter wildlife.

Indoor Activities:

- Mall walking – if you love to walk but it's too miserable outside then consider walking in your local mall. You can window shop while you're at it, and meet other people with the same idea.
- Exercise videos – you can stay in the comfort of your own home and work out to your favorite videos.
- Treadmill or stationary bike – this is an investment, but one that pays off if you use it regularly. The convenience of having it nearby increases the chance of getting on it.
- Fitness centers – many of these have special New Year discounts and no contracts to get tangled up in. And they all offer classes designed to meet whatever it is you're looking for.
- Stairs – if you have these in your home, it makes for a very convenient and efficient workout. Spend as little as 20 minutes at a time climbing up and down at your own pace.

All that is required for winter activities is some planning and safety precautions if you prefer to be outside. Keep the following tips in mind:

- Insulate your body. The best approach to dressing for outdoor exercise is with layers. Layering provides the most effective heating method, plus it allows you to remove the top layer if you get too hot. The top layer should be both wind and water resistant.
- Drink up. It's just as important to stay hydrated when exercising in winter as it is in summer, even though you might not feel as thirsty.
- Lighten up. If possible, it's best to exercise outdoors during daylight hours. But it may be harder to do now that the days are shorter. If you exercise outdoors when it is dark, wear reflective materials to ensure that you can be seen.
- Be prepared. Check the weather forecast before going out for a day's activity.
- Use your head. Use well-maintained, well-fitting equipment, including the appropriate safety helmet for your activity.

Source: <https://uwyoextension.org/uwnutrition/2018/12/10/stay-active-in-the-winter-2/#more-2427>

February 2020



Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1 Market Beef Tagging/Ownership & Information Upload to 4HOnline.com DEADLINE
2	3 Meadow Grazers 4-H Club Mtg. 6:30 pm, Afton Civic Ctr. HH Shooting Sports 6:30 pm	4 HH Shooting Sports 6:30 pm	5 HH Cake Decorating 6 pm	6 Hamsfork Hands 4-H Club Mtg. 7-8 pm, Events Ctr.	7 HH Foods 1:30 pm HH Photography 2:30 pm Kem Parent/Leader Mtg, 5:30 pm HH Shooting Sports 6:30 pm	8 HH Visual Arts 11 am
9	10 Dynamite Dogs 4-H Club Mtg, 6 pm, Afton Civic Ctr. Lucky Clovers 4-H Club Mtg, 6:30 pm, Afton Civic Ctr. HH Shooting Sports 6:30 pm HH Swine 6:30 pm	11 SV New Record Book Trng, 5:30 pm, Afton Civic Ctr. HH Shooting Sports 6:30 pm	12 HH Cake Decorating 6 pm	13 Kem Jr. Leaders 6 pm	14 HH Shooting Sports 6:30 pm Valentine's Day 	15 4-H Scholarship Applications DEADLINE
16	17 HH Shooting Sports 6:30 pm	18 HH Shooting Sports 6:30 pm	19 HH Horse 6 pm	20 HH Crocheting 6 pm HH Knitting 7 pm	21 HH Shooting Sports 6:30 pm	22
23	24 SV Jr. Leaders, 6 pm, Afton Civic Ctr. HH Shooting Sports 6:30 pm	25 4-H Open House, Afton Civic Ctr., 6 pm HH Shooting Sports 6:30 pm	26 HH Horse 6 pm	27	28 HH Shooting Sports 6:30 pm	29



March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Kem Parent/Leader Mtg 5:30 pm Meadow Grazers 4-H Club Mtg. 6:30 pm, Afton Civic Ctr. HH Shooting Sports 6:30 pm	3 HH Shooting Sports 6:30 pm	4 HH Horse 6 pm HH Livestock Judging 6 pm	5 Hamsfork Hands 4-H Club Mtg. 7-8 pm, Events Ctr. HH Cake Decorating 6 pm HH Livestock Judging 6 pm	6 HH Shooting Sports 6:30 pm	7
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22	23 HH Shooting Sports 6:30 pm	24 SV New Record Book Trng, 7 pm, Afton Civic Ctr. HH Shooting Sports 6:30 pm	25 HH Horse 6 pm HH Livestock Judging 6 pm	26 Cokeville New Record Book Trng., 7 pm, Town Hall HH Livestock Judging 6 pm	27 HH Shooting Sports 6:30 pm	28
29	30 SV Jr. Leaders Mtg, Afton Civic Ctr., 6 pm HH Shooting Sports 6:30 pm	31 HH Shooting Sports 6:30 pm				

LINCOLN COUNTY EXTENSION
PO BOX 309
AFTON WY 83110

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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