



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

March 2020

Kemmerer Office – 307-828-4092

## Upcoming Events

Feb 25 4-H Open House, 6 pm, Afton Civic Ctr.  
Mar 02 Cokeville YQA, 4 & 5 pm, Location TBD  
Mar 09 SV Cloverbuds, 3 pm, Afton Civic Ctr.  
Mar 16 Kemmerer YQA, 4 & 5 pm, Events Ctr.  
Mar 18 First Grains Workshop, 5:30 pm  
Mar 23 SV YQA, 4 & 5 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.  
Apr 09 SV Parent/Leader Mtg., Afton Civic Ctr., 6:30 pm  
Apr 20 SV Horse Bowl, Afton Civic Ctr., 4 pm

## *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/>

There is a how to video on the state 4-H's website. The link is below:

<http://www.uwyo.edu/4-h/current-members/portfolios/index.html>

Scroll to the bottom of the page and click the "Portfolio Basics: How-to video"

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

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



## *Inside This Issue*

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



# 4-H Program Information

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

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

Spring is right around the corner! Which means warmer weather and more fun 4-H activities. There's a lot going on this month in 4-H so make sure you keep up on these newsletters. We have projects that have started meeting for the year so make sure you are not missing out on some of those meetings that your kids are interested in. Youth Quality Assurance will be held this month so make sure you get signed up for that in your area! If you are a senior in 4-H, make sure you look at the traveling opportunities for this year. LWF and CWF registration is due March 15. If you have questions on anything, please don't hesitate to ask Shar or myself.

*Shaily*

## New Record Book Portfolio Trainings

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 Livestock YQA Classes

Cokeville	March 2—4 pm Levels 1A, 1B, 2A
Cokeville	March 2—5 pm Levels 2B, 3A, 3B
Kemmerer	March 16—4 pm Levels 1A, 1B, 2A
Kemmerer	March 16—5 pm Levels 2B, 3A, 3B
SV Area	March 23—4 pm Levels 1A, 1B, 2A
SV Area	March 23—5 pm Levels 2B, 3A, 3B

**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.

## 2020 Shooting Sports Certification Training

Big Horn Co., Basin—March 7-8  
Uinta Co., Lyman—March 21-22  
Converse Co., Douglas—April 18-19  
Johnson Co., Buffalo—April 4-5

Click the link below for registration links.  
Deadlines are fast approaching. Register today.

<http://www.uwyo.edu/4-h/volunteers/additional-trainings.html>

## March Birthdays!!!

Tawny A.  
Shay A.  
Sage E.  
Kyle F.  
Paisley H.

Hyrum H.  
J. J. H.  
Raegan J.  
Emmie J.

Shaely K.  
Wyatt L.  
Taylor N.  
Page N.

Carlie O.  
Alisen P.  
Michea P.  
Bennett P.

McCartney P.  
Briggs S.  
Quill T.  
Camrynn Y.



## 2020 Fair Changes (so far)

**Date—August 1-8, 2020**

**Theme — Lincoln County Fair, A Family Tradition**

**Fair Entry Deadline—June 1-July 29, 2020**

**Trailer Camping Fees—\$25/night for 4-H participants & \$35/night for public. SPACE IS LIMITED & MUST BE RESERVED WITH BILL JOHNSON BEFORE PAYING ONLINE.**

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

**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*

### 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.

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—

### Dynamite Dogs 4-H Club

*The Dynamite Dogs 4-H Club* meet every Monday at 6 pm in the 4-H Exhibit Building.

### 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.

## 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.

### **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.

## 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.

- 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!

	Name	Role	Membership ID	Enrollment Status	Last Active Year	Edit
1)	Mrs. Tester	Adult	058993	Inactive	2014-2015	<b>Edit</b>
2)	Boy Tester	Youth	056882	Inactive	2014-2015	<b>Edit</b>
3)	Girl Tester	Youth	056883	Inactive	2014-2015	<b>Edit</b>
4)	Mr. Tester	Adult	023413	Inactive	2014-2015	<b>Edit</b>

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."

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** - 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](mailto: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 classes: Wednesdays or Fridays 10 am**, Afton Civic Center starting in March. Call Shelley at the number above to sign up for either class.

### Making the Most of a Tight Budget

Tight budgets and putting food on the table can be difficult anytime, but especially during times of emergency. If you are worried about making your food resources last or putting food on the table, these tips can help:

- Contact your Food Bank of the Rockies partnering agencies to find out if food resources are available. Food pantries, soup kitchens, etc. may have extra resources during this time.
- Check with local food pantries to see what assistance is available. Talk to your local food pantry about receiving food through The Emergency Food Assistance Program (TEFAP).
- Check for mobile pantries in your area.
- Focus on inexpensive food sources. Beans, lentils, rice, canned fruits and vegetables, canned tuna and chicken. Eggs, and other dried and canned goods have long shelf lives and tend to be less expensive than fresh fruits, vegetables, and meat.
- Homemade casseroles, soups, chili, and skillet meals can help stretch food resources. Visit <https://whatscooking.fns.usda.gov/> for healthy, low-cost recipes or contact your CNP educator.
- Make a weekly budget and meal plan to make sure food resources last until the end of the month. Your CNP educator can help you do this!
- Check local social media pages for information about assistance, businesses offering support, and food availability in your area.
- Visit with your child's school to find out about qualifying for free or reduced-cost school lunch, food bag programs, and more.
- For questions about SNAP Benefits, contact your local Department of Family Services office.

Source:

[https://issuu.com/cnp\\_newsletters/docs/february\\_march\\_2019\\_english\\_newslet](https://issuu.com/cnp_newsletters/docs/february_march_2019_english_newslet)

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

**First Grains Workshop**  
**March 18, 2020, 5:30-8 pm**  
**\$10 per person**  
**Sign up by calling**  
**the Lincoln County Extension Office**

### National Nutrition Month



March is National Nutrition Month and this year's theme is Eat Right Bite by Bite. National Nutrition Month is a campaign that is celebrated annually to promote the importance of making informed food choices and developing healthy eating and physical activity habits. One of the key points to eating healthfully is that it doesn't have to be restrictive! Eating a variety of nutritious foods throughout the day can be fun, and only requires a pinch of meal planning.

You may be familiar with the MyPlate that was introduced in 2011 or possibly the past USDA Food Guides such as the MyPyramid or maybe even the Food Wheel. On the current MyPlate you'll notice the five different food groups, which are fruit, vegetable, protein, grain, and dairy. The MyPlate is a great visual of what foods to include in your diet and at what proportion. For example, the USDA promotes that half of your plate be filled with fruits and vegetables. According to the Center for Disease Control (CDC), in 2017 only 1 in 10 adults met the federal fruit and vegetable recommendations. This short coming can put individuals at risk for certain chronic diseases such as type 2 diabetes and heart disease. Fruits and vegetables also contain essential vitamins, minerals and fiber that our bodies need for optimal health.

The MyPlate recommends that we consume a variety of different food groups throughout the day, but it doesn't mean that you have to have all five food groups in each of your meals. For instance you might want to have a fruit or vegetable as a snack during the day rather than at one of your meals. The MyPlate also gets its name as your plate is going to be individualized to your needs, that's why "My" is included in its name. For example, an Olympic athlete who trains vigorously for two or more hours each day will have different nutritional needs than an individual that has a fairly sedentary lifestyle. Your daily intake recommendation for each food group varies depending on your age, activity level and sex. You can find your personalized energy needs on the [choosemyplate.gov](http://choosemyplate.gov) website under Resources, then click MyPlate Plan.



A key component of living a healthy lifestyle is getting adequate physical activity, not only adults but youth too! Youth aged 6-17 years old should receive 60 minutes or more of moderate to vigorous physical activity daily. Increased screen time, which is common among youth can be limiting the amount of time they are active throughout the day. Adults should obtain 30 minutes or more of moderate to vigorous physical activity at least five days a week, or 150 minutes or more per week. Physically active individuals tend to have stronger bones and muscles, lower body fat and increased fitness. Being physically active also has brain health benefits, and can help prevent various health conditions such as obesity, type 2 diabetes, and heart disease.

During the month of March on the [eatright.org](http://eatright.org) website, they are providing small bites of nutrition information each week that can help you and your family reach your nutrition goals. This website also provides interactive games and other nutrition-related resources for free. You can also talk to a Registered Dietitian (RD), who can provide you with the support and nutrition information to help reach your nutrition goals.

Source: : **Shelley Balls, MDA, RD, LD**  
University of Wyoming Extension- Nutrition and Food Safety Educator

# March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1	<p><b>2</b></p> <p>Cokeville YQA Levels 1A, 1B, 2A—4 pm Levels 2B, 3A, 3B—5 pm, Location TBD</p> <p>Kem Parent/Leader Mtg 5:30 pm</p> <p>Meadow Grazers 4-H Club Mtg. 6:30 pm, Afton Civic Ctr.</p> <p>HH Shooting Sports 6:30 pm</p> <p>Dynamite Dogs 4-H Club Mtg. 6 pm Afton Fairgrounds</p>	<p><b>3</b></p> <p>HH Shooting Sports 6:30 pm</p>	<p><b>4</b></p> <p>HH Horse 6 pm</p> <p>HH Livestock Judg- ing 6 pm</p>	<p><b>5</b></p> <p>Hamsfork Hands 4-H Club Mtg. 7-8 pm, Events Ctr.</p> <p>HH Cake Decorating 6 pm</p> <p>HH Livestock Judg- ing 6 pm</p>	<p><b>6</b></p> <p>HH Shooting Sports 6:30 pm</p>	<p><b>7</b></p>
8	<p><b>9</b></p> <p>SV Cloverbuds, 3 pm, Afton Civic Ctr.</p> <p>Lucky Clovers 4-H Club Mtg. 6:30 pm, Afton Civic Ctr.</p> <p>HH Shooting Sports 6:30 pm</p> <p>HH Swine 6:30 pm</p> <p>Dynamite Dogs 4-H Club Mtg. 6 pm Afton Fairgrounds</p>	<p><b>10</b></p> <p>HH Shooting Sports 6:30 pm</p>	<p><b>11</b></p> <p>HH Horse 6 pm</p> <p>HH Livestock Judg- ing 6 pm</p>	<p><b>12</b></p> <p>HH Cake Decorating 6 pm</p> <p>HH Livestock Judg- ing 6 pm</p>	<p><b>13</b></p> <p>HH Foods 1:30 pm</p> <p>HH Photography 2:30 pm</p> <p>HH Gardening 3:30 pm</p> <p>HH Shooting Sports 6:30 pm</p>	<p><b>14</b></p> <p>HH Visual Arts 11 am</p>
15	<p><b>16</b></p> <p>Kemmerer YQA Levels 1A, 1B, 2A—4 pm Levels 2B, 3A, 3B 5 pm - Events Ctr.</p> <p>HH Shooting Sports 6:30 pm</p> <p>Dynamite Dogs 4-H Club Mtg. 6 pm Afton Fairgrounds</p>	<p><b>17</b></p> <p>HH Shooting Sports 6:30 pm</p>	<p><b>18</b></p> <p><b>First Grains Work- shop, 5:30 pm, Af- ton Civic Ctr.</b></p> <p>HH Horse 6 pm</p> <p>HH Livestock Judg- ing 6 pm</p>	<p><b>19</b></p> <p>HH Livestock Judg- ing 6 pm</p>	<p><b>20</b></p> <p>HH Shooting Sports 6:30 pm</p> <p>HH Crocheting 6 pm</p> <p>HH Knitting 7 pm</p>	<p><b>21</b></p>
22	<p><b>23</b></p> <p>SV YQA Levels 1A, 1B, 2A—4 pm Levels 2B, 3A, 3B—5 pm, ACC</p> <p>HH Shooting Sports 6:30 pm</p> <p>Dynamite Dogs 4-H Club Mtg. 6 pm Afton Fairgrounds</p> <p>Kemmerer Spring Break</p>	<p><b>24</b></p> <p>SV New Record Book Trng, 7 pm, Afton Civic Ctr.</p> <p>HH Shooting Sports 6:30 pm</p> <p>Kemmerer Spring Break</p>	<p><b>25</b></p> <p>HH Horse 6 pm</p> <p>HH Livestock Judg- ing 6 pm</p> <p>Kemmerer Spring Break</p>	<p><b>26</b></p> <p>Cokeville New Rec- ord Book Trng., 7 pm, Town Hall</p> <p>HH Livestock Judg- ing 6 pm</p> <p>Kemmerer Spring Break</p>	<p><b>27</b></p> <p>HH Shooting Sports 6:30 pm</p> <p>Kemmerer Spring Break</p>	<p><b>28</b></p>
29	<p><b>30</b></p> <p>HH Shooting Sports 6:30 pm</p> <p>SV-Spring Break</p>	<p><b>31</b></p> <p>HH Shooting Sports 6:30 pm</p> <p>SV-Spring Break</p>				

# April 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> HH Horse, 5 pm HH Livestock, 6 pm	<b>2</b> Hamsfork Hands 4-H Club Mtg. 6:30 pm, Events Ctr. HH Archery, 7:30 pm SV-Spring Break	<b>3</b> HH Archery, 7:30 pm SV-Spring Break	<b>4</b>
<b>5</b>	<b>6</b> Dynamite Dogs 4-H Club Mtg. 6 pm Afton Fairgrounds Meadow Grazers 4-H Club Mtg. 6:30 pm, Afton Civic Ctr. HH Shooting Sports 6:30 pm	<b>7</b> HH Shooting Sports 6:30 pm	<b>8</b> HH Horse, 5 pm HH Livestock, 6 pm	<b>9</b> <b>SV Parent/Leader Meeting, 6:30 pm, Afton Civic Ctr.</b> HH Livestock, 6 pm HH Archery, 7:30 pm	<b>10</b> HH Foods, 1:30 pm HH Gardening, 3:30 pm HH Archery, 7:30 pm	<b>11</b>
<b>12</b>	<b>13</b> Dynamite Dogs 4-H Club Mtg. 6 pm Afton Fairgrounds Lucky Clovers 4-H Club Mtg., 6:30 pm, Afton Civic Ctr. HH Shooting Sports 6:30 pm HH Swine, 6:30 pm	<b>14</b> HH Shooting Sports 6:30 pm	<b>15</b> HH Horse, 5 pm HH Livestock, 6 pm	<b>16</b> HH Livestock, 6 pm HH Archery, 7:30 pm	<b>17</b> HH Archery, 7:30 pm	<b>18</b>
<b>19</b>	<b>20</b> Dynamite Dogs 4-H Club Mtg. 6 pm Afton Fairgrounds <b>SV Horse Bowl, 4 pm, Afton Civic Ctr.</b> HH Shooting Sports 6:30 pm	<b>21</b> HH Shooting Sports 6:30 pm	<b>22</b> HH Horse, 5 pm HH Livestock, 6 pm	<b>23</b> HH Livestock, 6 pm HH Archery, 7:30 pm	<b>24</b> HH Archery, 7:30 pm	<b>25</b>
<b>26</b>	<b>27</b> Dynamite Dogs 4-H Club Mtg. 6 pm Afton Fairgrounds HH Shooting Sports 6:30 pm HH Quilting, 6:30 pm	<b>28</b> HH Shooting Sports 6:30 pm	<b>29</b> HH Horse, 5 pm HH Livestock, 6 pm	<b>30</b> HH Livestock, 6 pm HH Archery, 7:30 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**

Issued in furtherance of Cooperative Extension work, acts of May 8 and Jun 30, 1914, in cooperation with the U.S. Department of Agriculture. Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, national origin, sex, age, religion, political belief, disability, veteran status, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW Extension Office. To file a complaint, write the UW Employment Practices/Affirmative Action office, University of Wyoming, Laramie, WY 82071. The University of Wyoming, United States Department of Agriculture, and Lincoln County cooperate.