



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

May 2020

Kemmerer Office – 307-828-4092

## Upcoming Events

PER UNIVERSITY OF WYOMING COVID-19 RECOMMENDATIONS AND GUIDELINES, THROUGH MAY 15 (AS OF NOW), **ALL FACE-TO-FACE EXTENSION MEETINGS AND EVENTS ARE CANCELED. THIS INCLUDES ALL 4-H CLUB MEETINGS. AND MARKET ANIMAL TAGGING.**

May 04	Table Setting Zoom Mtg, 4 pm
May 05	Produce Judging Zoom Mtg, 4 pm
May 06	Livestock Skill-a-thon Zoom Mtg, 4 pm
May 11	Table Setting Zoom Mtg, 4 pm
May 12	Produce Judging Zoom Mtg, 4 pm
May 13	Livestock Skill-a-thon Zoom Mtg, 4 pm
May 18	Table Setting Zoom Mtg, 4 pm
May 19	Produce Judging Zoom Mtg, 4 pm
May 20	Livestock Skill-a-thon Zoom Mtg, 4 pm
May 30	<i>Memorial Day, Extension offices Closed</i>
Jun 01	<b>MARKET ANIMAL OWNERSHIP, TAGGING, INFORMATION UPLOAD DEADLINE</b>

## Inside This Issue

1	Calendar of Events & Notices
2	4-H Program Information
4	Club News
4	State & Regional 4-H Events
7	Character Counts
8	Cent\$ible Nutrition Program Nutrition & Food Safety Information
9-10	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 front of the pig's ear.
4. Upload animal information and required pictures to 4HOnline 1. Picture of tag in ear & 2. left side & 3. right side.

### **SHEEP/GOATS**

(Because of COVID-19, you **MUST** pick up your tags at the Extension Office )

1. **Market Sheep projects:** Bring a copy of the Form A Brand Inspection & **Market Goat projects:** bring a bill of sale to Extension Office.
2. Pick up tags from the Extension office and tag project animal.
3. 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 6 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...

I hope everyone is doing good and staying healthy. We miss seeing our 4-H families and are doing our best to still have 4-H virtual meetings for you guys. If you are not a part of our UW Lincoln County 4-H page on Facebook, please go on and like and follow it, Shar and I are doing our best to post things that are going on and great opportunities on there. We are also going to start hosting zoom meetings for Livestock Skill-a-thon, Produce Judging, and Table Setting events so please stay up to date on your emails to see when those will be. Again I hope everyone is doing good and enjoying the warmer weather!

*Shaily*

## Upcoming Zoom Meeting Events

The following zoom meeting links have been also sent through 4HOnline.com.

### Table Setting Meeting

Mondays starting May 4—May 18, 2020 at 4:00 pm.  
Link will be sent out through 4HOnline.com.

Please contact Shaily at 307-828-4092 or email sharsh-ba@uwyo.edu if you have questions.

### Produce Judging Meeting

Tuesdays starting April 28—May 19, 2020 at 4:00 pm  
Join Zoom Meeting  
<https://uwyo.zoom.us/j/94733986094>

If you have questions, please contact the Afton Extension Office at 307-885-3132.

### Livestock Skill-a-thon Meeting

Wednesdays starting Apr 29—June 3, 2020 at 4:00 pm  
Join Zoom Meeting Link:  
[https://us04web.zoom.us/j/73396459069?](https://us04web.zoom.us/j/73396459069?pwd=WE43bHRJcEdTSjNSUHp3LzJEbHprZz09)  
[pwd=WE43bHRJcEdTSjNSUHp3LzJEbHprZz09](https://us04web.zoom.us/j/73396459069?pwd=WE43bHRJcEdTSjNSUHp3LzJEbHprZz09)  
Meeting ID: 733 9645 9069  
Password: 3dkDYe

Please contact Shaily at 307-828-4092 or email sharsh-ba@uwyo.edu if you have questions.

## 4-H Livestock YQA Classes

Because of the COVID-19 virus, we are not able to provide face-to-face training. Uinta County has allowed us to use their online YQA training. The link is below.

<http://www.uintacounty.com/QA>

Call our offices to find out what level you will need. This is the only online YQA training we will accept.

**DEADLINE IS JUNE 1.**

Please contact the Afton Extension Office, 885-3132 or Kemmerer Extension Office, 828-4092.

## Congratulations!

### Katie Vigil

One of the newest members of  
the Wyoming 4-H Ag. Ambassadors

### Kaycee & Jackson Linford

Recipients of the Ella E. Schloredt  
Continuing Award

## May Birthdays!!!

Paisley A.  
Benton B.  
Tayley C.  
Jacob C.  
Holden D.  
Bryli G.

Garret H.  
Keisel H.  
Benjamin H.  
Eli L.  
Brenden L.

Kalyn L.  
Brooklynn L.  
Hailey M.  
Brinley M.  
Gage M.

Geneva M.  
Weston M.  
Whytney M.  
Evie O.  
Baze P.

Tyce P.  
Dominic P.  
Bridger P.  
Bridger S.  
Joseph W.  
Kabrie W.



## County 4-H Events Cancelled

With the recommendations/guidelines in place, these events would have more than 10 people so they are cancelled for 2020

**Food Cook-off/Cake Decorating  
4-H Camp  
County Shoot  
County Contest Day**

(There is a small possibility that some County Contest Day events may be hosted online—we will let you know at a later date)

## Face-to-face Market Sheep & Goat Tagging has been cancelled

You must pick up the tags at the Extension Office. Please bring your appropriate paperwork. Information is on pages 1 and 6 of this newsletter.

## State Shoot & Cake Decorating Contest Cancelled

Other State Events have been postponed or being held virtually.

Visit the State 4-H Website for more information

<http://www.uwyo.edu/4-h/>

## 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.

Market Animal Ribbons—This year there will only be blue, red, and white ribbons and premiums for market animals. If your animal receives a white ribbon, it will not be eligible for the livestock sale.

Market Beef—All market beef will compete together according to weight.

Animal Health Certificates—Reminder that all market animals, horses, dogs, etc. need to have a current health certificate, market beef heifers must be verified open by a certified vet, 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*

## 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



## Livestock Photography Workshop Series

Mark your calendars for May 5-7, 2020 at 6:30 p.m. each night for a Livestock Photography Workshop Series. In the series Kaylee Kerbs from Altitude Advantage we will be covering tips that can help youth capture those perfect shots as they are entering virtual livestock shows.

The workshop is being delivered via zoom, so you can join from any electronic device that has internet capabilities and a microphone, such as a computer, smart phone or tablet. This will be a three part series with an instructional workshop the first night, a questions and answer session the second night and how to load to YouTube on the third night. Join one or all three workshops.

Register by going to: <https://bit.ly/4Hphoto> For questions contact Dawn Sanchez at 307-799-8780 or [dawns@uwyo.edu](mailto:dawns@uwyo.edu).

## 307 Livestock Judging Series

### Online EWC Livestock Judging Contest

Excited to share the EWC Livestock Judging Contest set for May 2, 2020 has been transitioned to an online contest. This will still count for 307 livestock judging points. Youth will need to pre-register for the contest and be able to participate on the day of the contest on an electronic device that has internet capabilities. Youth can register at: <https://bit.ly/307judging>.

For more information contact Georgia Younglove at 307-799-5419 or e-mail her at [Georgia.younglove@ewc.wy.edu](mailto:Georgia.younglove@ewc.wy.edu).

Please check the State 4-H Website for the other contests at: <https://wyoming4h.org/animalopps/307-series/>

## State Leader Training Opportunity

### Retain Your Membership Zoom Training—May 18, 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 members 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.

## Virtual Showcase Showdown June 16-18, 2020.

This event will be hosted online

### Events:

Produce Judging, Impromptu Speech & Prepared Presentations, Livestock Skill-a-thon, Hippology, Dog Skill-a-thon, and Table Setting.

You must register online at

[bit.ly/showcaseshowdown2020](https://bit.ly/showcaseshowdown2020)

## 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.—**CANCELLED until further notice. Contact your 4-H leader.**

### 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. —**CANCELLED until further notice. Contact your 4-H leader.**

### 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. —**CANCELLED until further notice. Contact your 4-H leader.**

### 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. —**CANCELLED until further notice. Contact your 4-H leader.**

## Wyoming State/Regional Events & News

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

**Virtual Showcase Showdown**—will be held June 16-18, 2020. This event will be hosted online. Events included in the showdown are Produce Judging, Impromptu Speech & Prepared Presentations, Livestock Skill-a-thon, Hippology, Dog Skill-a-thon, and Table Setting. You must register online at [bit.ly/showcaseshowdown2020](https://bit.ly/showcaseshowdown2020).

**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.

**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 was 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 was due by March 15, 2020.

**Wyoming State Fair**—will be held August 11-15 at the State Fairgrounds in Douglas, Wyoming.

## 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	000003	Inactive	2014-2015	<b>Edit</b>
2)	Boy Tester	Youth	000002	Inactive	2014-2015	<b>Edit</b>
3)	Girl Tester	Youth	000003	Inactive	2014-2015	<b>Edit</b>
4)	Mr. Tester	Adult	000413	Inactive	2014-2015	<b>Edit</b>

- 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.



UNIVERSITY of WYOMING EXTENSION Wyoming 4-H Youth Development [Log out](#)

Logged in as [Bob: Bob](#) (9 County) [Home](#) [My Member List](#)

**1** [Animals / Livestock](#) [Enrollment](#) [Member Settings](#) [Trainings](#)

**2** **Add an Animal**

Animal Type:

**Animal List**

Species	Type	Animal	Status	Edit / View
---------	------	--------	--------	-------------

**3** **Animal Information**

**Market Swine Identification and Tagging- 2015**

The following steps will be taken in order to tag online. Swine are not to be brought to the Sheep/Goat tagging dates. If you have questions please contact the Extension Office or call in to provide. 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 paper from 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.

**Notes:** You will receive one tag per animal.
- You will be responsible for tagging your animals.**
  - Please tag in the ear with the number visible on the outside (back of the ear) and the tag button on the inside of the ear. Visit with your club or project leader for assistance or contact the Extension Office.
  - Tags can be checked out from the Extension Office but should not be shared between locations. Tags checked out will be destructive between check-outs.

Tags can also be purchased at most livestock supply stores. Please return taggers 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 pick up five 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.**

**Notes:** - 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**

Ear Tag Number:

Barren/Heifer or Geld/Heifer:

Breed:

Additional color(s)/color(s):

Color(s) (if any):

Animal Name:

Owner/Producer Tag Number (if any):

4-H Project or FFA Code:

**Documents / Images**

**5**

Animal Photo - Reading NO 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!

### Responsibility

Responsible people can always be depended on to do the right thing even when the right thing is the hard thing to do.

### What is responsibility?

Responsibility is proving you can be trusted with what is expected of you.

#### To Practice Responsibility:

- Keep deadlines
- Clean up after yourself
- Do your best
- Think about what will happen if you say or do what you want to say or do
- Think before you act
- Think how your actions will affect others



### 4-H activity to show responsibility

#### Roll Call

##### Suggestions:

- Describe a time when you saw someone being responsible. What were they doing?
- Name one way you can show you are responsible in your family.
- Name one way you could be responsible at school.

#### Activity during the meeting:

- Make assignment cards for jobs to be done during and after the meeting. Let children draw cards from a bag and complete the assignments.
- Create a mural by letting the children draw pictures of themselves being responsible.

#### Clover Connection

**Head:** Set realistic goals

**Heart:** Be rational, act out of reason, not anger

**Hands:** Work hard. Be disciplined with your time and money

**Health:** Make good decisions about food,





## 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](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.** Call Shelley at the number above to sign up for either class. These are classes taught online through Zoom.



### Meal Planning

Meal planning can look very different from one household to another. For example some families have a monthly meal plan lined out, while others plan a few days in advance. Whatever style you may have, meal

planning is a resourceful tool to use in the kitchen to eat better for less money.

#### Benefits

There are many benefits of meal planning, I'm sure you can think of a few. A couple of the more well-known benefits include saved time and money. Planning your meals saves time as it allows you to make fewer trips to the store, and frees up time that you could be spending with your family or friends. Meal planning can help individuals and families save money by making fewer unplanned purchases while shopping, provides the ability to utilize sales to your advantage, and you can plan your meals based on what's in season for a better price and higher quality product.

Meal planning improves organization as you will already have the ingredients at home, so you won't have to make a run to the store. Family members can also help prepare the meals when the food is on hand and everyone knows what the meal plan is. Some enjoy meal planning for the peace of mind that it provides. It can help eliminate that stress that is often felt when 6 pm rolls around, everyone is hungry and there is no food in sight. Meal planning can also improve food safety as you can safely thaw food out in the fridge a few days before its needed, rather than on the counter. It can also reduce food waste as you can plan to use perishable food items before they expire.

One of the great benefits of meal planning is the improved nutrition that comes with it. When you plan meals, you have control over the ingredients and the portion you serve yourself. You can plan healthy options that include a variety of different food groups, colors, textures, and flavors which might not happen when you're in a hurry. Often times when we don't have planned out meals, we miss out on food groups such as fruits and vegetables as we turn to fast food. Our fast

food options rarely contain adequate fruits and vegetables, and are higher in sodium, solid fats and added sugars, which if consumed on a regular basis can increase your risk for chronic diseases.

#### Tips

Creating a meal plan can be tough sometimes, so I hope to provide you with some helpful tips as you are creating yours. One of the great things about creating meal plans is that there is an abundance of resources you can use to help you. One important resource to keep in mind is your food budget, as this will help you stretch your food dollar so it lasts the entire month. Most grocery stores now have apps and store websites where you can find what items are on sale, so that may help you utilize those to your advantage.

When you are having a hard time coming up with meal ideas, pull from your resources such as your favorite cookbooks, collect input from family members, look at school or senior lunch menus to give you some ideas. Getting family input can also improve meal acceptance at home and even better they can help in the kitchen. Don't forget to check your fridge, pantry, and freezer for items that you already have on hand to prevent food waste.

Planned-overs are one of my favorite things! Using planned-overs reduces food waste, saves money, and requires less clean up. If you're not interested in having the same meal multiple times, you can freeze the extra food for later when it sounds appetizing again. Don't be afraid to create new meals with your leftovers. For example, if you have a turkey dinner the first night, make this into turkey sandwiches, a turkey casserole, turkey soup, or other turkey recipes throughout the week. This creates variety, while still utilizing what you've already cooked. Snacks and vegetables for meals can also be prepared in advance when you have extra time, so they are ready and convenient to eat all week long. For example, you can prepare a bag of fresh vegetables with a tasty dip that can be munched on for a few days.

Don't forget to create your meal plan with the family calendar in mind, as you don't want to plan a meal that takes 2 hours to cook on a night that you have to be done with dinner by a certain time. Everyone is going to have a different style of meal planning, so choose a method that works for you. Don't forget to be flexible as plans may change in a blink of an eye.

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

#### Sources:

United States Department of Agriculture, [USDA](http://www.usda.gov)



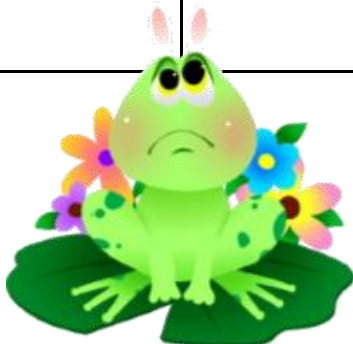
<http://halieskitchen.blogspot.com/2011/04/how-long-does-food-stay-fresh.html>



# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>All face-to-face meetings or events have been canceled through <b>May 15 (AS OF NOW)</b>.</b> <b>This includes 4-H clubs.</b>					1	2 EWC Livestock Judging Contest, Online (see Pg. 2 for link)
3	4 Table Setting Zoom Mtg, 4 pm (see Pg. 2 for link)	5 Produce Judging Zoom Mtg, 4 pm (see Pg. 2 for link)	6 Livestock Skill-a-thon Zoom Mtg, 4 pm (see Pg. 2 for link)	7	8	9
10	11 Table Setting Zoom Mtg, 4 pm (see Pg. 2 for link)	12 Produce Judging Zoom Mtg, 4 pm (see Pg. 2 for link)	13 Livestock Skill-a-thon Zoom Mtg, 4 pm (see Pg. 2 for link)	14	15	16
17	18 Table Setting Zoom Mtg, 4 pm (see Pg. 2 for link)	19 Produce Judging Zoom Mtg, 4 pm (see Pg. 2 for link)	20 Livestock Skill-a-thon Zoom Mtg, 4 pm (see Pg. 2 for link)  SV Mkt Sheep/Goat Tagging, CANCELLED	21	22 Cokeville Mkt Sheep/Goat Tagging, CANCELLED	23
24	25 MEMORIAL DAY—Extension Offices Closed	26	27	28	29	30
31						



SUN	MON	TUE	WED	THU	FRI	SAT
	1 <b>MARKET GOAT, SHEEP, &amp; SWINE OWNERSHIP, TAGGING AND INFO UPLOAD DEADLINE</b>	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



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.