



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

July-August 2020

Kemmerer Office – 307-828-4092

Upcoming Events

PER GOVERNOR GORDON'S COVID-19 RECOMMENDATIONS AND GUIDELINES FOR SOCIAL DISTANCING, EXTENSION EVENTS AND CLUB MEETINGS CAN START. THEY MUST FOLLOW THE SANITARY GUIDELINES FROM THE PUBLIC HEALTH.

- Jul 03 *Independence Day Holiday, Ext. Offices Closed*
- Jul 06 SV Jr. Leader Mtg., 4:30 pm, Afton Civic Ctr.
- Jul 16 Sheep Clinic, Time-TBD
- Jul 16 Goat Clinic, Time-TBD
- Jul 21 Online Fair Entry Help, 10 am, Afton Ext. Office
- Jul 29 **FAIR ENTRY ONLINE DEADLINE—
Before Midnight**
- Aug1-8 Lincoln County Fair
- Aug 11-15 WY State Fair
- Sep 14 Record Books Due to Leader/Ext. Office

New Online 4-H Registration Program and Portfolio Record Books

Wyoming 4-H has transitioned to a new registration system along with its online 4-H Record Book through zSuite!

Here's what you need to do to access it:

1. Go get started at- <https://4h.zsuite.org/>
2. If you had already enrolled in 4HOnline, information from 4HOnline should have been transitioned to zSuite. Use your email address you had in 4HOnline and then click the "forgot password". Then the program will prompt you for a new password. Then finish enrollment.
3. If you already have made a profile in zSuites for your record book, use that profile and information. We are trying to merge the transitioned information and your record book profile.

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"

The guide is on pages 5-10 of this newsletter.

Record Books are due September 14 to your leader or Extension Office.

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

Inside This Issue

1	Calendar of Events & Notices
2	4-H Program Information
4	Club News
4	State & Regional 4-H Events
17	Character Counts
18	Cent\$ible Nutrition Program Nutrition & Food Safety Information
19-20	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...

Hey Everyone,
I hope you all are having a fun summer so far! I just have a couple of reminders. Fair books are available at each of our extension offices, so if you don't have one and would like one, please let Shar or I know. Make sure you register for fair by July 29. The link to do that is in the Fair book. Also if you need a camper spot for Fair, get a hold of Bill Johnson. He is not taking reservations though until after the 4th of July. Next thing is, registering for 4-H via online. We DO NOT have 4-HOnline anymore. We have a new system called ZSuites that you will have to sign up on to register your kids and yourself if your a volunteer. The link to get registered is in this newsletter and on the state website, just follow the steps. There is also how to videos that do help. We are also more than willing to help but, just remember we are learning right along with you so please be patient with us. If we can't answer your questions, there is a help chat box in the bottom corner that you are more than welcome to use. They are very helpful and willing to work with you. If you have any questions please don't hesitate to ask!

Shaily

Jr. Leader Meeting

The next SV Jr. Leader Meeting will be on Monday, July 6, 2020 in the Afton Civic Center at 4:30 am. Please let Shar Perry (885-3132) know you are going to attend.

Fair Entry Help—July 21

The Afton Extension Office will be available on **July 21, 10 am** to help you enter your items in the fair. Please contact the Afton Office, 885-3132 to sign up.

With the eased restrictions it is still important to adhere to the UW & 4-H policies and guidelines for social distancing at our 4-H events and club meetings. If something happens and you are not adhering to the guidelines, you may not be covered under the 4-H insurance.

Meeting Guidelines

Can be found on **Page 11 & 12** of this newsletter. Contact our offices if you have questions. Afton—885-3132 or Kemmerer—828-4092

4-H Day at the MSSA Dog Trials

**Live & Silent Auction to benefit
the SV Area 4-H program
July 16 at 7 pm
4-H Exhibit Building**

Goat Clinic—July 16

There will be a goat clinic presented during the MSSA Dog Trials on July 16. The time is TBD. Bring your animal.

Sheep Clinic—July 16

There will be a sheep clinic presented during the dog trials on July 16. The time is TBD. Bring your animal.

July & August Birthdays!!!

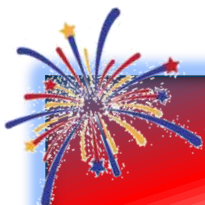
Brooklyn B.
Gwendolyn B.
Emma B.
Ivan C.
Dallas C.
Kenley C.
Matt F.
Kelli H.
Ruby H.
Emma H.

Rachel H.
Kimber J.
Olivia K.
Flint L.
Ray L.
Bentley M.
Adeline M.
Caisen M.
Wyatt M.
Bronson M.

Jordyn N.
Catherine N.
Kimberlee N.
Seth N.
Anna O.
Kristi O.
Calvin P.
Victoria P.
Tucker P.
Aspen P.

Porter P.
Brenden S.
Aurora S.
Destiny S.
Remington S.
Anna S.
Jonas S.
Sage S.
Kaydence S.
Taylee S.

Carley T.
Ali T.
Anthyn T.
Kysen T.
Riplee V.
Taizlee W.
Bridger W.
Emma W.
Fischer W.



2020 Fair Changes (*so far*)

Date—August 1-8, 2020

Theme — Lincoln County Fair, A Family Tradition

Fair Entry Deadline—July 29, 2020 before Midnight. Fair is a separate entry from 4-H Registration.

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.

Dry Camping will only be allowed on the west end of the fairgrounds.

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.

Replacement Ear Tag Cost—Replacement tags cost \$1.05 each.

Masks—Please remember your face masks. The State Health Dept. has recommended wearing them to help slow the coronavirus.

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

4-H General Judging Precautions During the Lincoln Co. Fair

- ◆ Judging tables & chairs will be wiped down with approved cleaner. Cleaner will be available for those who want to use it at the event to wipe down their chairs.
- ◆ Chairs will be set up in family pods—6 feet apart inside and outside to accommodate participants.
- ◆ Hand sanitizer will be available.
- ◆ Staff/Judges/Clerks will wear masks during the judging time.
- ◆ 4-H Participants need to bring their own clean masks to participate.

Virtual Showcase Showdown Contest Results

(Prepared Presentations—Not Posted Yet)

Impromptu Speech

Junior Division
4th-Bridger P.

Intermediate Division
7th-Flint L.
11th-Porter P.

Senior Division
8th-Eli L.

Livestock Skill-a-Thon
Junior TEAM Division
4th place
Flint L.
Porter P.
Bridger P.

Produce Judging

Junior Division
4th, Evaluation-Bridger P.
9th, Eval. Questions-Bridger P.
9th, ID-Bridger P.
9th, Overall-Bridger P.

Intermediate Division
8th, Evaluation-Flint L.
14th, Eval. Questions-Flint L.
5th, ID-Flint L.
13th, Overall-Flint L.

16th, Evaluation-Porter P.
16th, Eval. Questions-Porter P.
17th, ID-Porter P.
17th, Overall-Porter P.

Produce Judging (Continued)

Senior Division
1st, Evaluation-Eli L.
5th, Eval. Questions-Eli L.
3rd, ID-Eli L.
3rd, Overall-Eli L.

Sweetwater Co. Livestock Judging

Junior Division
7th, Overall-Bridger P.
2nd, Questions/Reas.-Bridger P.
7th, Placings-Bridger P.
3rd, High Swine-Bridger P.

Intermediate Division
9th, Overall-Jace P.
8th, Questions/Reas.-Jace P.
10th, Placings-Jace P.

13th, Overall-Porter P.
12th, Questions/Reas.-Porter P.
14th, Placings-Porter P.

EWC Livestock Skill-a-thon

Junior Division
1st, Bridger P.

Intermediate Division
1st, Porter P.

EWC Food Skill-at-hon

Junior Division
1st, Bridger P.

Intermediate Division
1st, Porter P.

4-H Club News—

Dynamite Dogs 4-H Club

The Dynamite Dogs 4-H Club will meet every Monday at 6 pm at the Afton Fairgrounds.

SV Horse 4-H Club

The SV Horse 4-H Club will meet on Wednesday nights at 7 pm at the fairground arena.

Wyoming State/Regional Events & News

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

National Congress—this trip is for youth ages 14 and older who have a true passion for making change! The congress will be November 27-December 1, 2020. Scholarships are available. Visit this website to apply: <https://www.uwyo.edu/4-h/opportunities/travel.html>.

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.

ZSuite 4-H Record Books & You!

Understanding the new record book system



Create a family profile

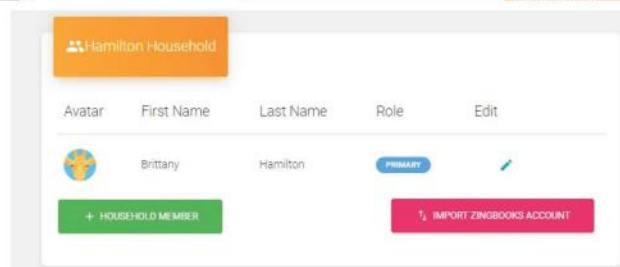
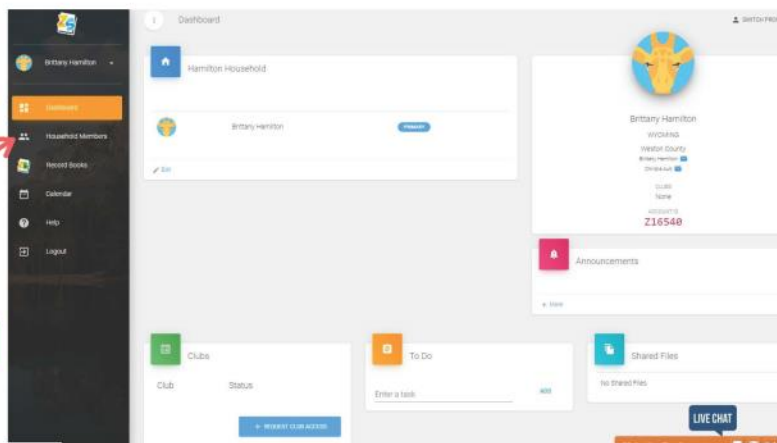
The screenshot shows the ZSuite login and sign-up interface. It includes fields for 'Email' and 'Password', a 'LOGIN' button, and a 'SIGN UP' button which is circled in red. There are also links for 'Forgot Password?' and 'Help'.

1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer) You will see a screen like this.
2. As a family creating a new profile, select **Sign Up**.
 - a. Fill in the required fields (you can use your same email and password from 4HOnline).
 - b. Create a pin number (we recommend an easy-to-remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your portfolios!
 - c. Select Wyoming and your home County.
 - d. Click **Let's Go**.

Add members of family

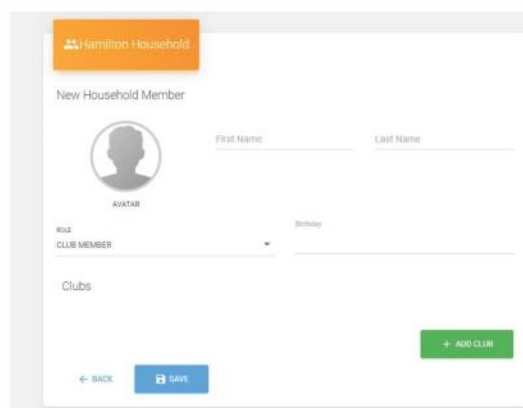
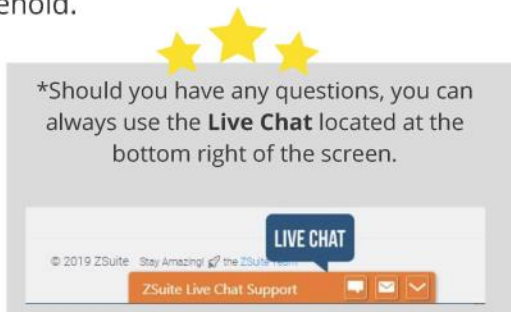
You should now be directed to the **Dashboard** screen.

1. To add members, in the black drop down menu, select **Household Members**
2. On the next screen, select **+ HOUSEHOLD MEMBER**
3. Fill in the required fields for one of your members.
4. Don't forget to add a club! Click **+ ADD CLUB**
5. Finish by clicking **SAVE**



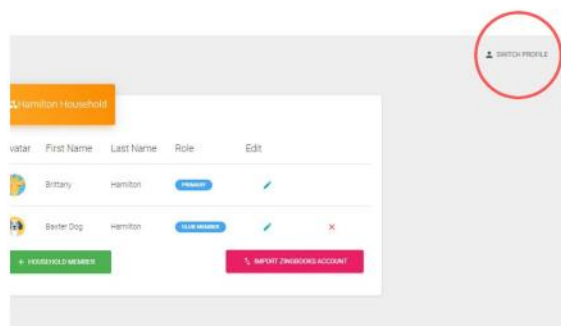
You will return to the **Household Members** screen. The member you added should appear in the list along with yourself. Repeat this process for the other members of your household.

*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.



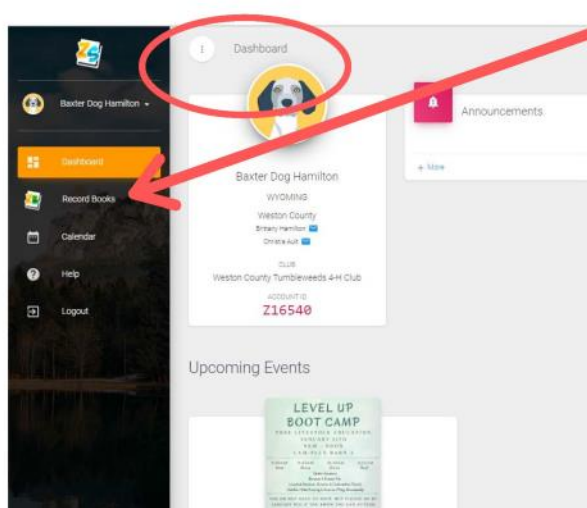
ZSuite 4-H Record Books & You!

Understanding the new record book system



Adding a Record Book

1. Whether you are on the **Dashboard** screen or **Household Members** screen, you will click on located at the top right of the screen.
2. Click **Choose Profile** of the member you wish to add a record book for.
3. The next screen is the **Dashboard** for that member's profile.
4. In the black drop down menu, select Record Books
5. The next screen is the **Record Books** screen. Click on to add a record book for that member.



6. The next screen should look like this. Fill in the required fields for the project record book you wish to add.

Example:

Project Name: Market Lamb
Club: Elk Mountain Outlaws (auto fills)
Primary Category: Animal Science
Sub Category: Sheep
Record Book Type: Junior Record Book
Start Date: 04/01/2020
End Date: 08/31/2020

7. Finish adding this record book by clicking .

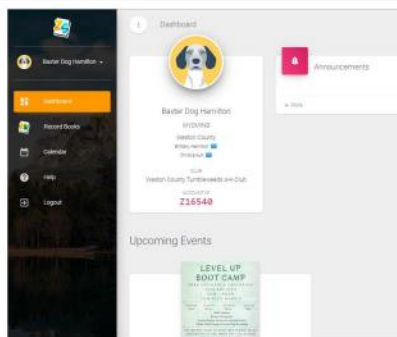
*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.



You will return to the **Record Books** screen. Repeat this process for the remainder of the project record books for that member. **Switch Profile** and select the profile for the next member you wish to add record books for.


ZSuite 4-H Record Books & You!

Understanding the new record book system


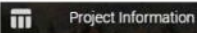


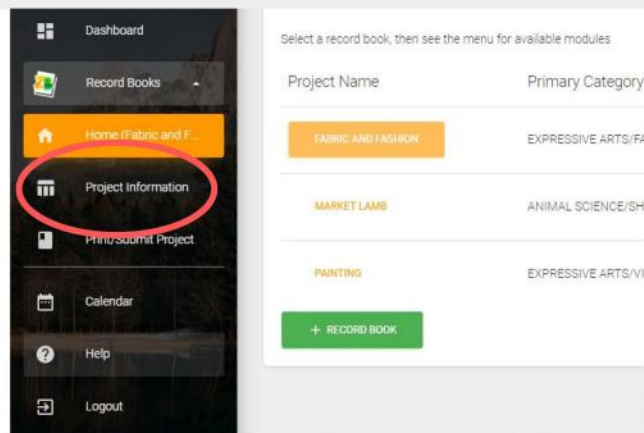
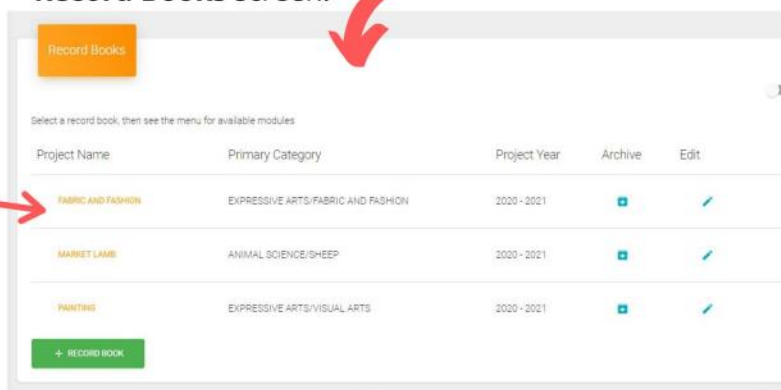
Editing a Record Book/Adding Info

Once all of your child's project records are added, you are ready to edit/add goals!

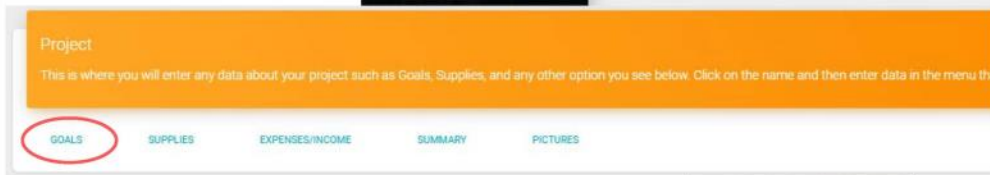
1. To edit record books from log in page:
 - a. Log in using username and password.
 - b. Select **Choose Profile** of the member you wish to edit a record book for, this will take you to the member's profile **Dashboard**.
 - c. On the **Dashboard** screen in the black drop down menu on the left, select  **Record Books**.
 - d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.


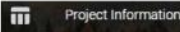
1. To edit record books from **Record Book** screen:

- a. Select the yellow **project name** of the project you wish to edit.
- b. In the black drop down menu on the left, a new option  **Project Information** should appear, and the project name you clicked on should be highlighted.
- c. Click  **Project Information**.
- d. The next screen is the **Project Information** screen, and a yellow info bar should appear that says Project.
- e. Click the **blue** tool bar options to add goals, starting supplies, expenses, etc. to your project record.
 - i. REMEMBER to only add the goals and items for the project you have selected! Do not put every project's information here!



Repeat this process for all individual project record books for each member.



*Note: To return to edit the other project records for the member, click  **Home (Market Lamb)** in the black drop down menu on the left of the screen. Select the next project to edit from the list, make sure it is highlighted in **yellow**, and click  **Project Information**


ZSuite 4-H Record Books & You!

Understanding the new record book system





Adding 4-H Year Involvement

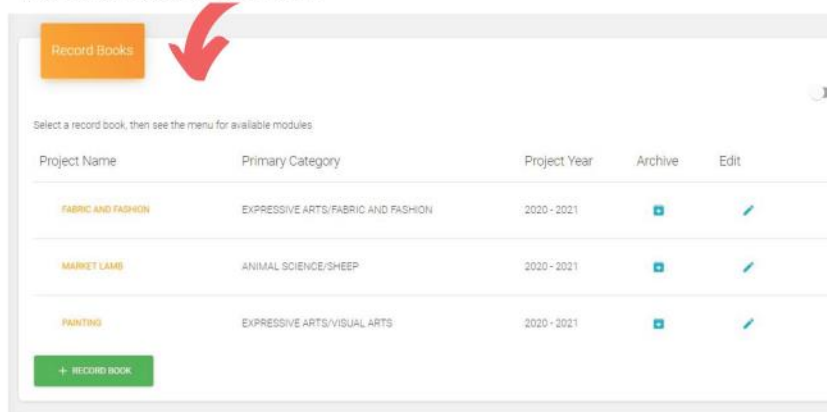
Once all of your child's project records are added, and you have entered all of your project information including goals, supplies, expenses, etc., you are ready to add your 4-H involvement information! This includes your leadership, community service, state experiences, etc. This will be the same process as adding a project record.

1. To add/edit record books from log in page:
 - a. Log in using username and password.
 - b. Select **Choose Profile** of the member you wish to edit a record book for, this will take you to the member's profile **Dashboard**.
 - c. On the **Dashboard** screen in the black drop down menu on the left, select  **Record Books**
 - d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.

1. To add 4-H year involvement from

Record Book screen:

- a. Select 
- b. On the **Create Record Book** page, call the project name My 4-H Year.
- c. Under the Primary Category menu, select My 4-H Year; the Sub Category will be 4-H Year Involvement. The record book type will be My 4-H Year Involvement Report
- d. Add beginning and end dates.
- e. Finish by clicking 



Create Record Book

Project Name: My 4-H Year

CLUB: WESTON COUNTY TUMBLEWEEDS 4-H CLUB

PRIMARY CATEGORY: MY 4-H YEAR

SUB CATEGORY: 4-H YEAR INVOLVEMENT

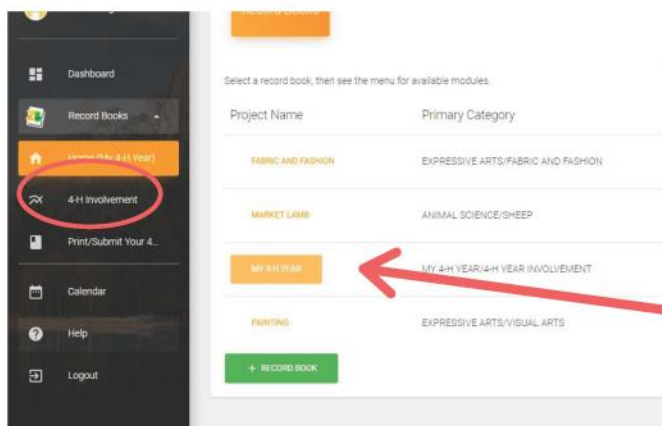
RECORD BOOK TYPE: MY 4-H YEAR INVOLVEMENT REPORT

Start Date: 10/1/2019

End Date: 9/30/2020


ZSuite 4-H Record Books & You!

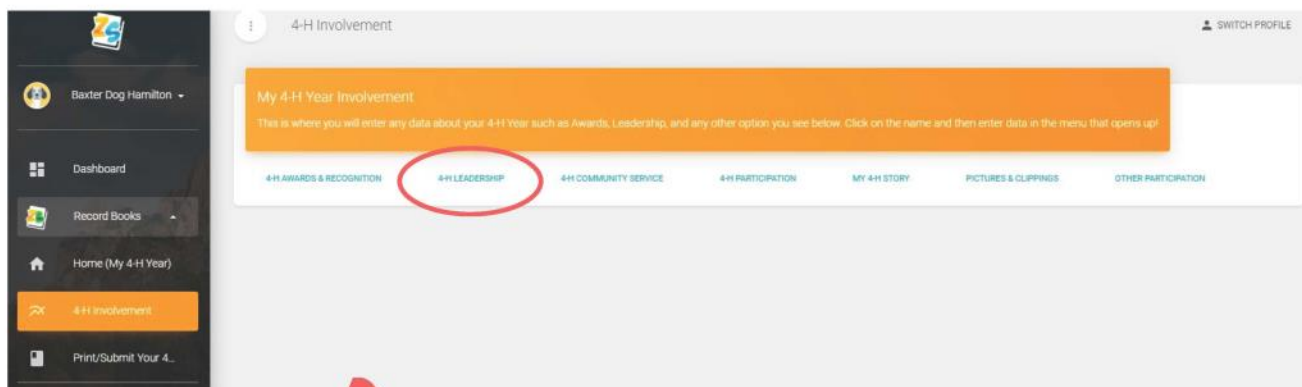
Understanding the new record book system





Adding 4-H Year Involvement Cont.

Once you have added My 4-H Year to your projects, you may add your 4-H involvement information, including community service, leadership, etc.

- To add information to your 4-H Year, select the yellow **My 4-H Year** button from the projects list. In the black drop-down screen to the left, you will see a new option called  4-H Involvement. Select this option.

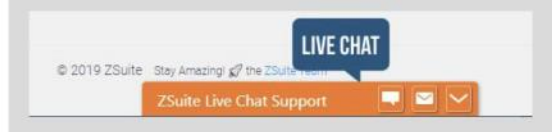


- The next screen should look like this.
 - Select any of the **blue** tool bar options to add community service, 4-H leadership, 4-H awards, etc.
 - The format will be similar to the old online portfolios.
 - REMEMBER to **Switch Profile** if you have more than one member and repeat this process to add 4-H Year Involvement.

*Note: To return to edit the other project records for the member, click  Home (Market Lamb) in the black drop down menu on the left of the screen. Select the next project to edit from the list, make sure it is highlighted in **yellow**, and click  Project Information



*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.



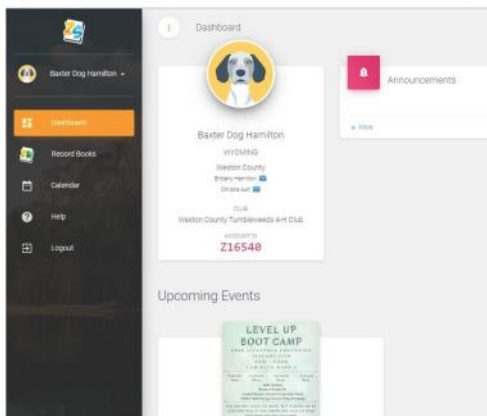
ZSuite 4-H Record Books & You!


Understanding the new record book system

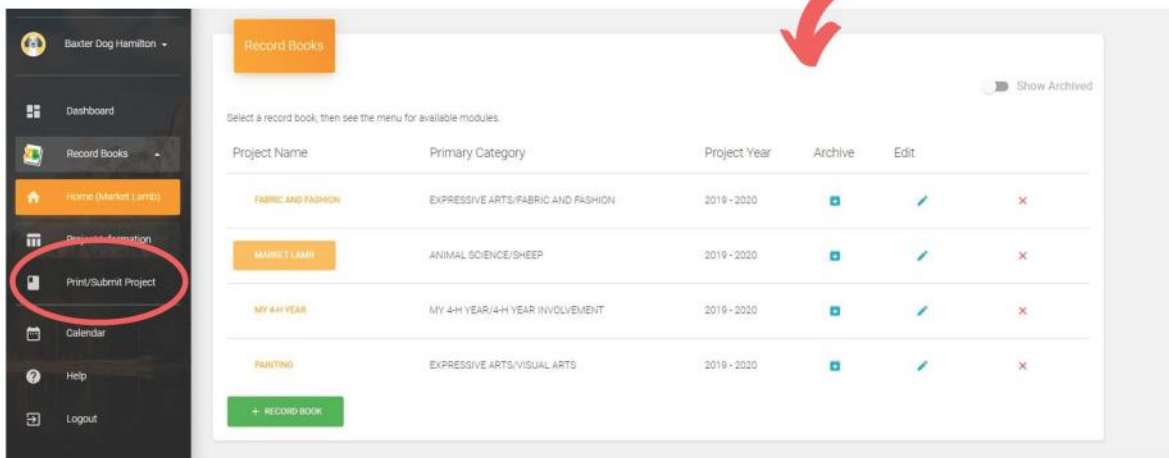



Downloading/Submitting Project Record

After you have entered all of your project information for each project and have completed your 4-H year involvement, you are ready to submit/download/print your record books!



1. To submit/download/print record books from log in page:
 - a. Log in using username and password.
 - b. Select **Choose Profile** of the member you wish to print a record book for, this will take you to the member's profile **Dashboard**.
 - c. On the **Dashboard** screen in the black drop down menu on the left, select  **Record Books**
 - d. Your member's list of record books added should now be shown, and you should now be on the **Record Books** screen.



1. From the **Record Books** Screen:
 - a. Select the project you wish to download/print/submit, make sure it is highlighted in **yellow**.
 - b. In the black drop-down menu to the left, select  **Print/Submit Project**
 - c. You can review the record book, and if there are no changes to be made, download/print/or submit that file.
 - d. Repeat this process for all other record books and 4-H involvement for each member when it is time to turn them in or if you would like them saved to your computer.

Wyoming 4-H

UW | EXTENSION



Hosting 4-H Meetings in Light of COVID-19

The health and safety of all 4-H members, volunteers, parents, guests, and staff is the top priority of the Wyoming 4-H Program. To help reduce the risks associated with the spread of COVID-19, the following guidelines from the Wyoming Department of Health and the Centers for Disease Control (CDC) should be followed to protect yourself and others.

- Stay home when sick and avoid contact with other people unless you need medical attention.
- Follow common-sense steps such as washing your hands often and well; covering your coughs and sneezes; and cleaning and disinfecting.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people by staying at least 6 feet apart.
- Wear cloth face coverings in public settings where social distancing is difficult to maintain.

To help safeguard the health and safety of our members and volunteers, the following guidelines need to be followed for all 4-H meetings.

Before Your 4-H meeting:

- Ensure that no more than ____ people are in attendance. The number needs to include everyone (volunteers, parents, members, siblings, guest speakers, etc.)
- Inform all possible participants to stay home if they are experiencing any of the symptoms of COVID-19 or have had known contact with anyone with COVID-19 in the last 14 days.
- Inform all possible attendees to stay home if they are considered at high risk themselves or if they live or work with individuals at high risk. (age 65+, are immunocompromised, or have other health factors identified by the CDC that increase risk if being exposed)
- Create and prepare any signs or documents that will be used at the event communicating procedures like, checking in, information for parents, expected times, etc.
- Wipe down all common surfaces as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

When everyone arrives:

- Have a “check-in” process in place and follow it - include providing hand-washing location, hand sanitizer, and directions for where to wait until activity starts to ensure practicing social distancing, etc.
- Take attendance. Be sure to write down the names of EVERYONE that attended and the date.

During the 4-H meeting:

- Maintain social distancing (6 feet) throughout the meeting or activity by households. You may need to be creative with different ice-breaker activities, roll-calls, etc.
- Ensure a protocol is in place and followed for use of any type of equipment. This may require planning of sanitizing equipment between uses. This is especially important for shared equipment like sewing machines, firearms, clippers, pencils, crayons, etc.

After the 4-H meeting:

- Have activities ready for individual youth to do while awaiting their pick-up. These could be handouts, games, etc, that don't involve contact with each other.
- Wipe down all common surfaces with a disinfectant as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

Preparing facilities for a 4-H meeting:

- Ensure that the size of the room or facility is large enough to allow for the number of expected attendees and in accordance with current Health Orders and County guidelines, this includes space to allow for social distancing.
- Space tables, chairs, shooting points, etc. farther apart to ensure social distancing (at least 6ft. apart).
- Wipe down all common surfaces as recommended by the Center for Disease Control (CDC). Common surfaces include tables, counters, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, chairs, etc.

Should you have food at your meeting?

- At this time we recommend food or snacks not be provided as part of 4-H meetings. If you feel you need to provide food or snacks, please communicate with your 4-H educator on recommended safety protocols.

Summary

As a volunteer, your health and that of our youth members is of utmost importance and as such some engagement may be minimized at the request of a UW employee or UW 4-H Volunteer based on a health concerns associated with COVID-19.

By following the above best practices, we hope to offer more opportunities for youth to interact face-to-face within the parameters provided by your county health officials. If you have any questions, please contact your UW 4-H Educator for assistance or clarification.

2020 Responsibilities of 4-H/FFA Market Livestock Members

Large Livestock & Small Animal Entries must be made **prior to Midnight, WEDNESDAY, July 29** for online entries. *Entries (Livestock only) received after the deadline will be assessed \$100 per family late fee to enter into fair. Contact the Show Coordinator or one of the two Livestock Fair Board members to pay late fee. (Must show some entry in ShoWorks to waive fee). Online entry link: <http://lincolncountyfair.info>. Click on Online Entries Tab. (See the open community entry page for instructions. Do Not print tags for animal entries*

Forms Needed before Weigh-In is Allowed – 4-H and FFA members must complete the following forms and turn in the forms to the forms table before weigh-in to be eligible to sell their animals at the auction.

- 4-H/FFA Responsibilities form and have it signed and dated by parent/Guardian and member. (Form found online at lincolncountyfair.info).
- Consignment form
- Brand inspection (Form A) or bill of sale. You will need to meet with the brand inspector, show your papers to him and sign his sheet as owner of the animal.
- Current written health inspection, market beef heifers must be verified open by a certified vet, (PLEASE HAVE THIS COMPLETED BEFORE ARRIVING ON THE FAIRGROUNDS AND MUST BE SIGNED BY A VET) required in hand

Additional Time for Forms Table – someone will be at the forms table Tuesday afternoon at 1 – 4 pm. A receipt from the forms table will be required to weigh-in animal.

Animals in Place & Weigh in/Check in: All large livestock are to be in assigned stalls by 3 pm on Tuesday of Fair. If not in place, animals stay in trailers and weigh in last. A current written health inspection (PLEASE HAVE THIS COMPLETED BEFORE ARRIVING ON THE FAIRGROUNDS AND MUST BE SIGNED BY A VET) and is required in hand. Health Certificate, Brand Inspection, proof of entry into the Lincoln Co. Fair, and forms table receipt are required before you are allowed to weigh-in animal. Weigh-in for your animal at the fairgrounds is Tuesday of Fair – **Swine (4 pm in Pig Barn), Beef (4 pm at scales) & Sheep/Goat (4 pm at Sheep Barn)**. Scales will be open for 30 minutes after last animal has weighed-in. **Rabbits/Poultry** – need to be checked in Monday from 3-5 pm. **Dairy Goats** – need to be vet checked on Wednesday at 2:30 pm.

Shows/Sale Dress Code – white shirt (long or short sleeve) and dark jeans for 4-H members, appropriate uniform for FFA members, and appropriate footwear (no open-toed shoes or sandals at any time). **4-H members are required to wear white shirts for all contests & shows. If you show up without a white shirt, you will be given a participation ribbon.**

Showmanship - Sign up for classes by deadline above. No entries will be allowed the day of the show.

Stall Fee - There will be a \$20 per animal (one-time) large livestock fee. This fee needs to be paid online by the deadline stated above.

Stall Cleaning - If the (livestock/horse) stall is not cleaned after fair and the sale, exhibitor/sale participant will not be assigned a stall for the next year's fair.

Market Animal Quality – Animals deemed by the judge as not properly conditioned will receive a **white** ribbon and will not be eligible for the sale.

Back Tags – A back tag number will be assigned to each livestock exhibitor to be used through all livestock events that the exhibitor has entered (except the sale). The back tag number must be returned to the table after their last show.

County Tail Docking Rule - “No extreme docked lamb will be tagged for the Lincoln County Fair. Lambs that have been redocked after they have been tagged will be disqualified. Any qualifying fair exhibitor who wants to go to State Fair will have to follow the State Fair Tail Docking Rule.”

Resale

Lambs – Any lambs that won’t be accepted by the resale buyer because of short tails will be returned to the sale participant at the expense of the sale participant. The sale participant will have the market price deducted from his/her sale check.

Resale Buy Back – The sale participant/owner of the animal can purchase only their animal back from the resale contractor. The sale participant will have to make all the arrangements with the resale contractor.

Resale Animals – Resale animals can leave the fairgrounds only when the “resale” trailer leaves. All other large and small animals (includes poultry and rabbits) cannot leave the grounds until 5 pm.

Premium Eligibility - To be eligible to receive a premium, animals must be displayed on the fairgrounds for the week of fair. The exception would be dogs, cats, pocket pets, horses, and breeding livestock. All buckles, awards, and premiums must be claimed within the same fair year as they were won.

Show/Sale Decisions - The fair committee for each livestock division will be the Fair Board Chairperson, the Fair Board livestock members, FFA Advisor, Extension Educator, and the Livestock Show Coordinator.

Sale– Each exhibitor will be allowed to sell only one animal of any species. Check sale order; be ready when it’s your turn. Animals that sell at the livestock sale will be assessed a 2% commission fee of the sale price.

Sale Animal – If by the last market show, the Livestock Committee has not been informed of which animal you want sold; the committee will pick your highest placing animal and that animal will sell in the sale.

Herdsmanship/Stall Information

- a. Stalls will be assigned and the stall cards will be in place by 2 pm on the Thursday before fair. A written health inspection (signed by a vet) is required in hand, if animals are brought to the fairgrounds before 2 pm on Tuesday of fair. There will be NO modifications of pens/stalls.
- b. Breeding Sheep & Goats may be brought the day of the show & taken home after, if there are not stalls available. The breeding animals must still have a vet check (See Schedule of Judging for day & time).
- c. The large animal Herdsmanship Award will be based on a score sheet so clubs can improve from year to year. The award’s objectives are to create pride in the barn area and promote healthy competition between clubs. The large animal Herdsmanship winners will receive recognition at the rodeo; a banner to display in the barn for the next year, and a traveling trophy to be awarded at Awards Night and be able to pick their stalls for the next county fair.
- d. Exhibitors alone are responsible for the cleanliness of the stalls and pens.
- e. Alleyways must be kept free of trash and manure.

Red Stall Tag - Alleyways must be kept free of trash and manure. Exhibitors are responsible for the cleanliness of the stalls and pens. If the superintendent or livestock coordinator tags an unclean pen and it is not cleaned within eight (8) hours, the exhibitor may be asked to take the animal home and will not be eligible for the sale. Stalls must be kept clean during the fair and must be completely cleaned after the sale when your animals leave the fairgrounds.

Fitting - A 4-H or FFA member is expected to fit his own animal at fair. However, in the interest of safety, a 4-H or FFA member may be assisted by others (i.e. member, parent, or other adult). Assistance is defined as a learning situation where the teacher (helper) is teaching the 4-H or FFA member a technique in fitting or showing. The teacher/adult is allowed only to show how; the member is expected to perform the majority of each technique and/or skill required.

Shows - check show schedule and be on time for your class. Please follow directions of show superintendent.

Picture – The Fair Board will not be taking pictures of the kids! A card stock “thank you” form can be picked up from the Fair Board Office or payout window. A picture backdrop will be provided.

Thank you letters - send letters to ALL your buyers (**mandatory**). Mail them and let Jill Hubbard, the Extension Secretary, know you have mailed the buyer thank you. We strongly encourage that you also send a “thank you” to the add-on buyers. You can get a list of your buyers and add-ons from the Extension Office a few weeks after the fair.

Processing Information Sheet – The buyer will choose how to process their meat: either by having a wait period or letting the animal get on the processing trailer. **Pick up a copy of your processing information sheet before you leave the sale.** It has the name and phone number of your buyer and processor information. It is your responsibility to contact your buyer and make sure the buyer’s instructions are followed to process your animal. Please call the Extension Office if your processor information changes.

(4-H Record Book Deadline) - Record books are due **Monday, Sept. 14, 2020**, to your leader.

(FFA Record Book Deadline) – The record book is due **one week after state fair** to the Dallas Warren, FFA Advisor.

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.

By my signature, I am stating I am a Lincoln County resident and/or attend a Lincoln County school. I hereby have read and understand the preceding rules and information. I agree to adhere and abide by all the rules in the fair book and information given me.

Parent/Guardian Signature

Date

4-H/FFA Member Signature

Date

4-H Member Name:	Age:	LINCOLN COUNTY
Product Name:		
Processed Date:		
Process Method (circle)	Boiling Water or Pressure * *Pounds of pressure = _____	
Process Time:		
Altitude:		
Style of Pack (circle):	Raw or Hot	
Recipe or Reference Source:		
Project Goal:		

Preserved Food Summary Statement

(Glue these to index cards)

Skills Summary Statement (For All Non-Food Exhibits)

4-H Member Name:	Age:	LINCOLN COUNTY
How did you get the idea for your project and what do you like best about it?		
What tools did you use and what skill(s) did you use or learn in making your project?		
What is your project goal?		

4-H Member Name:	Age:	LINCOLN COUNTY
What is your project goal and what skill(s) did you learn while doing this project?		
How is this product nutritious or healthy? If you modified the recipe, what change(s) did you make and how did the change(s) make the product healthier or more nutritious?		

Food Skills Summary Statement

(Glue these to index cards)

Fabric & Fashion Summary Statement

4-H Member Name:	Age:	LINCOLN COUNTY
What is your project goal?		
Do you have a sewing machine?	Y	N
Do you sew at home?	Y	N
Do you only sew at club meetings?	Y	N
Is this the first project you made this year?	Y	N
Leader/Parent Comments:		



Character Counts Fairness

August



What is Fairness?

Every one has heard the words: It's not fair! But what does it mean to be fair? What is fairness, after all? Here are three different ideas about fairness:

Exhibiting CHARACTER during competition.

Using the fairness pillar as a fair exhibitor you should:

- ~ share time and use of limited resources such as wash rack space
- ~ follow guidelines and ethics for exhibiting and positioning animals in the show ring.
- ~ encourage fellow exhibitors at all times. Lend a hand to others.
- ~ make fair decisions by using the same rules for everyone.
- ~ follow show rules and regulations.

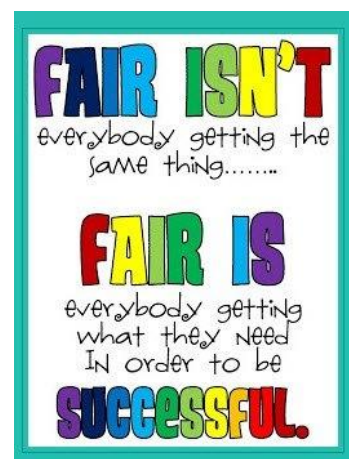
Quote of the month: "Many things in life are not fair, but all things should be."

Michael Josphenson

~SAMENESS: There is the fairness where everything is equal. So everyone pays the same price for a theater ticket, whether a child, an adult or a senior citizen. No one has more than another.

~DESERVEDNESS: In this notion of fairness you get what you deserve. If you work hard, you succeed and keep all that you earn. Fairness means keeping what you deserve and deserving nothing if you have not earned it. The hardest working, most diligent have more because of their character; the lazy, indifferent have less. This is fairness as individual freedom.

~NEED: The third idea of fairness is that those who have more to give, should give a greater percentage of what they have to help others. Fairness here takes into account the facts that humans have obligations to one another. This is fairness as social justice.



Fairness Activity Corner?

Supplies:

- Paper; pencils or pens

Directions:

Read the following scenario: A student is playing catcher in a softball game. Another student on the opposite team runs to home plate after his teammate hits the ball. As the runner slides into home plate, the catcher catches the ball and tags him. The runner says he is "safe." The catcher says he is "out." Fans sitting on one side agree with the runner. Those on the other side agree with the catcher. Who is correct?

Solicit answer.

Processing:

Explain: Either of the players might be correct because they saw the throw from different points of view. Then ask students to help define "point of view." How could each player act more fairly if he considered that everyone had a different point of view? Suggest: The players might have been more willing to accept the other's opinion. Or they could have decided to have the hitter bat again. Or simply accept the rules of the game and the umpire has the final say. Everyone has his or her own view of things. Sometimes things are clearly right or wrong, other times it is not so clear cut. Conclude by having the youth write the story from another person's point of view that would be at the game. Discuss their stories.

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



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

Kid Friendly Summer Snacks

The kids are out of school for summer and this means they'll be spending more time at home. It seems to be inevitable that a few things they'll be looking for is something to eat and activities to do. A great way for kids to stay active during the summer is getting them involved in the kitchen. They can even help prep their own healthy snacks and meals. For example, make snack time into an activity such as making a fruit necklace out of berries and grapes, or make homemade frozen yogurt pops! When kids help in the kitchen, they also benefit from obtaining math, reading, and life skills. For example, reading and following recipes, measuring ingredients, etc. are all beneficial tasks they can help with.



There are so many fresh fruits and vegetables available in the summer time, so why not use them as an opportunity to increase the intake of these food groups? Kids can even help in the garden by growing their own produce, which has been shown to increase acceptance of eating vegetables. Gardening can

also provide your kids with a healthy way to stay active during the summer months.

When healthy snacks aren't available, we often turn to more calorie-dense options such as chips and candy. If you have some extra time during the week, plan to prepare your fruits and vegetables for the coming week. You can even make a designated location in the fridge and pantry for healthy snacks, so kids and other family members can easily find and access them. Dips seem to be a popular addition when it comes to eating fresh fruits and vegetables. If you're looking for a quick and easy recipe or some snack inspiration, please see below for a few ideas.

Snack Ideas:

Homemade Popcorn	Smoothies
Fruit and Yogurt Parfaits	Homemade Granola Bars
Hummus and Vegetables	Energy Bites
Frozen Grapes	Unsweetened Applesauce
Fruit and Cheese Kabobs	Fruit & Veggie Muffins
Guacamole &	Homemade Trail Mix
Whole-grain crackers	Fruit Leather
Fruit Salad	Watermelon Wedges
Veggie Cups	Frozen Yogurt Fruit Bark

Raspberry Fruit Leather

Recipe Source: North Dakota State University Extension

Ingredients:

4 cups raspberries
2 tbsp. honey
½ tsp. ascorbic acid crystals or 2 T lemon juice

Instructions:

1. Thoroughly rinse raspberries under running water.
2. Place berries in the top of a double boiler. Place water in the bottom of the double boiler and bring it to a boil. Cover and steam the fruit for 15 or 20 minutes or until it is soft and a thermometer placed in the fruit mixture registers 160 F.
3. Place the cooked fruit in a blender. Add ½ teaspoon of ascorbic acid crystals or 2 tablespoons of lemon juice per 2 cups of fruit. If desired, add 1 to 2 tablespoons of honey.
4. Drying time will vary depending on the equipment, moisture content of the fruit leather and the humidity in the air.
5. Spread puree evenly onto the sprayed drying tray, about ¼ inch thick. Fruit leather may be dried in an oven or food dehydrator. Be sure the fruit has dried sufficiently or it will become moldy during storage. Properly dried fruit leather will be slightly tacky to the touch, but it should peel easily from the plastic wrap or tray. Test for dryness by touching the leather in several places; no indentations should be evident. Lift the edge of the leather, which will adhere tightly to the surface, and peel it back about an inch. If it peels readily, it is properly dried. If the leather cracks or chips, it has dried too long, but it still is edible.
6. After loosening the edge of the leather from the plastic wrap or pan, loosely roll the leather in plastic wrap or waxed paper in one piece. Store the roll in one piece or cut it into strips. Place the strips or rolls of leather in a plastic bag, glass container or other container. Store fruit leather in a cool, dry, dark place. It will retain good quality for up to one year in the freezer, several months in the refrigerator or one to two months at room temperature.

Peanut Butter Yogurt Dip

Recipe Source: Cent\$ible Nutrition Program
Yield: 8- ¼ cup servings

Ingredients:

- 1 cup low-fat vanilla yogurt
- 1 cup peanut butter

Instructions:

1. Mix well in a bowl. Store any leftovers in the fridge
2. Great with apples, strawberries, celery or bananas.



By: Shelley Balls, MDA, RD, LD

University of Wyoming Extension- Nutrition and Food Safety Educator

Sources: Academy of Nutrition and Dietetics, eatright.org

July 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 SV 4-H Horse Club Mtg., 7 pm Fair- grounds Arena	2	3 <i>Independence Day Holiday— Extension Offices Closed</i>	4
5	6 SV Jr. Leader Mtg., 4:30 pm. Afton Civic Ctr. Dynamite 4-H Dogs Mtg., 6 pm, Fair- grounds	7	8 SV 4-H Horse Club Mtg., 7 pm Fair- grounds Arena	9	10	11
12	13 Dynamite 4-H Dogs Mtg., 6 pm, Fair- grounds	14	15 SV 4-H Horse Club Mtg., 7 pm Fair- grounds Arena	16 MSSA 4-H Day Goat Clinic, TBD Sheep Clinic, TBD Live Auction, 7 pm 4-H Exhibit Bldg.	17	18
19	20 Dynamite 4-H Dogs Mtg., 6 pm, Fair- grounds	21 Online Fair Entry Help, 10 am, Afton Ext. Office	22 SV 4-H Horse Club Mtg., 7 pm Fair- grounds Arena	23	24	25
26	27 Dynamite 4-H Dogs Mtg., 6 pm, Fair- grounds	28	29 FAIR ONLINE ENTRY DEADLINE (BEFORE MID- NIGHT) SV 4-H Horse Club Mtg., 7 pm Fair- grounds Arena	30	31	

August 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1 LCF— CAR SHOW PARADE ENDUROCROSS
2	3 LCF—4-H/FFA HORSE SHOW 4-H GENERAL JUDGING 4-H FASHION SHOW CHECK-IN RABBITS POULTRY SWIFT IDOL	4 LCF—4-H/FFA HORSE SHOW RABBIT POULTRY MKT ANIMAL WEIGH-IN HORSE PULLS	5 LCF—SWINE MKT SHOW 4-H/FFA & OPEN DOG DAIRY GOAT VET CHECK DAIRY GOAT SHOW MONSTER X TRUCKS	6 LCF—SWINE SHOWMANSHIP MKT BEEF BREEDING BEEF FREESTYLE REINING	7 LCF—MKT GOAT SHOW SHEEP SHOW LIVESTOCK JUDGING MAND. 4-H STATE FAIR MTG. ROUND ROBIN PRCA RODEO	8 LCF—BUYER BREAKFAST BUYER REGISTRATION 4-H/FFA LIVESTOCK SALE PRCA RODEO
9	10	11 WY STATE FAIR	12 WY STATE FAIR	13 WY STATE FAIR	14 WY STATE FAIR	15 WY STATE FAIR
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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.