



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://4h.zsuite.org/>;
or Lincoln Co. Extension: <https://wyoextension.org/lincolncounty/>

Afton Office – 307-885-3132

May 2023

Kemmerer Office – 307-828-4092

Upcoming Events

May 11	Cokeville Market Sheep/Goat Tagging, 7 pm at the Monthly club meeting
May 12	4-H Camp Chaperone Interest Deadline
May 12	Co. Shoot (Air Pistol, Rifle & Archery) Registration Due
May 18	SV Market Sheep/Goat Weigh-in, 4 pm, Fairgrounds, Afton
May 19	Area Mini-Showcase Showdown Registration Deadline
May 20	Co. Shoot (Air Pistol/Rifle & Archery), Fairgrounds, Afton
May 31	Showcase Showdown Registration Deadline
Jun 01	Market Goat, Sheep & Swine Tagging/Ownership Deadline
Jun 01	Market Sheep/Goat & Swine Info & Pictures Upload Deadline
Jun 02	Co. Shoot (.22 Pistol/Rifle, Shotgun & Muzzleloading) Sign-up Due
Jun 06	SV Area Swine Clinic, 10 am, Afton Civic Ctr.
Jun 10	Co. Shoot (.22 Pistol/Rifle & Shotgun), Kemmerer
Jun 20-22	2023 Showcase Showdown, Laramie WY
Aug 02	2023 Co. Fair Online Entry Deadline
Aug 5-12	Lincoln County Fair

Animal Ownership/Tagging Deadlines

Market Beef—February 1
All Other Youth Livestock —June 1

Inside This Issue

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Online 4-H Registration

<https://4h.zsuite.org>

Returning Families— See pages 6-7 of this newsletter.

New Families—contact the Ext. Office for help or instructions are on page 5 of this newsletter.

Contact Afton (885-3132) Ext. Office or
Kemmerer (828-4092) Ext. Office for questions

2023

Market Sheep/Goat Weigh-in

Cokeville	May 11, 7 pm, @ the monthly club meeting (make sure you have the proper paperwork in the kid's name)
SV	May 18, 4:00 pm, Fairgrounds Scale If you want to tag your animal, you can do so at that time. You must have proper paperwork. See info below.
Kemmerer	Pick up tags at the Kemmerer Ext. Office (make sure you have the proper paperwork in the kid's name)

Email or bring the required paperwork—(brand Inspection-Form A in the kid's name for sheep, bill of sale in the kid's name for goat and swine).

1. Bring a copy of the Form A Brand Inspection (Sheep) or Bill of Sale (Goats) to weigh-in or the Extension Office to get tags.
2. Upload animal information and required pictures to ZSuite.

THE INSTRUCTIONS TO UPLOAD ANIMAL INFORMATION AND PICTURES IS ON PAGE 9 OF THIS NEWSLETTER & ON THE ZSUITE DASHBOARD.

If you have questions, please contact
Shar at 307-885-3132 or Deborah 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...

Welcome to May! We have many exciting events and activities coming up this month. Check the 4-H section for more information on the County Shoot and sign up deadlines.

We are looking for chaperones for 4-H camp this year. Chaperones must be adults and have completed all necessary volunteer and chaperone training prior to camp at the end of June. If you are interested in becoming a chaperone for camp, contact Shar at 885-3132 or Deborah at 828-4092 by May 12.

Do not forget the Afton and Kemmerer Extension Offices have many great resources to help you with your 4-H projects. Check out a Learning Lab Kit for your livestock projects or pick up curriculum to work on your cooking, sewing, or other projects. Remember, your curriculum might need to be ordered and orders are placed when we have a decent size order, so let us know as soon as possible of your need.

Registration for this year's Mini Showcase Showdown is in ZSuite in the Events section. See more information in the column to the right. Contact the Afton or Kemmerer offices if you need assistance with registering for the mini showcase.

You must have your market goats, sheep, and swine owned and tagged by June 1. Please bring your paperwork to the Afton or Kemmerer offices to pick up your tags. (Tagging/weigh-in dates and info are on the front page of this newsletter)

Finally take a look at the state Extension website for [Showcase Showdown](#) information. If you are interested in attending the 2023 Showcase Showdown in Laramie, be sure to let us know.

Deborah

SV Area Swine Clinic—June 6

There will be a swine clinic on June 6, 10 am at the Afton Civic Center.

Congratulations!

Colt Sotelo

**Was awarded by the 4-H Foundation
the J. M. Nichols Scholarship 2023**

WEST AREA

TETON
LINCOLN
SUBLETTE
SWEETWATER
UINTA

MONDAY, JUNE 5TH

AFTON CIVIC CENTER
10 AM

FOOD COOKOFF
CAKE DECORATING
PRESENTATIONS
LIVESTOCK SKILLATHON
PRODUCE JUDGING

SHOWCASE SHOWDOWN!

REGISTRATION DEADLINE MAY 19th

Register on the Events tab through **ZSUITE**

May Birthdays!!!

Wyatt A.
Benton B.
Lincoln B.
Tayley C.
Jacob C.
Holden D.

Ben D.
Samuel E.
Garrett F.
Arielle G.
Bryli G.
Benjamin H.

Marshall H.
Cayden J.
Pax L.
Reid L.
Brenden L.
Kalyn L.

Brooklyn L.
Chase M.
Karlee M.
Geneva M.
McCall M.
Evie O.

Tel P.
Tyce P.
Dominic P.
Bridger P.
Isabelle S.
Zach W.
Kahrie W.

County Shoot Dates

May 20

(Air Pistol, Air Rifle & Archery)

4-H Building, Fairgrounds, Afton

May 12—Sign-up Deadline

June 10

**(.22 Pistol, .22 Rifle & Shotgun,
Muzzleloading)**

Kemmerer Gun Club

June 2—Sign-up Deadline

*Registration form and range rules are in this
newsletter and on the ZSuite dashboard
(See discipline deadlines above)*

Be Respectful!

4-H is a fun family program. But during 4-H meetings & events in the Afton Civic Center, South Training Center or leaders' homes, please be respectful and do not allow any kids to run around the buildings/homes.

2023 Fair Changes (so far)

Date—August 5-12, 2023

Theme — Sewit, Growit, Showit

Fair Entry Deadline—July 1—August 2, 2023

Livestock Equipment—Must bring own hoses, they will not be provided.

If you have questions, please contact the Extension Office—Afton Office, 885-3132

4-H Clubs Needed to Test New Curriculum

Utah 4-H and InfiniD.io are working together to create a series of project-based camps that integrate InfiniD online missions with Experiential Learning in various 4-H project areas. We are looking for 4-H clubs and groups that would like to beta test this curriculum over the next few months. Participating programs will receive a starter kit of materials and free access to both the curricula and the InfiniD.io platform. Complete this survey if interested: https://usu.co1.qualtrics.com/jfe/form/SV_3myyQ7f9nrdTLHE <https://infinidlearning.com/> is the product website.

Grow A Little Extra

UW Extension is partnering with the Wyoming Hunger Initiative (WHI) for their Grow a Little Extra program. We would like to encourage 4-H clubs to use their **Hands to Larger Service** by growing and donating garden produce to be distributed to local food pantries and anti-hunger agencies. The Cent\$ible Nutrition Program (CNP) is offering \$500 to the club that donates the most produce. The clubs that come in second and third place will receive \$300 and \$200, respectively. Clubs can create their own garden for donations, donate from personal gardens and/or community gardens, or collect donations from neighbors.

Produce donations can be delivered to your local county Extension Office. Donations will be received through September 30, 2023. The donations will be weighed and recorded, and then delivered to a local food pantry or neighbors in need. Make sure to specify the 4H club name when donating. Tracking will be sent to the state CNP office to tally the results. Awards will be given the first part of December.

Make sure your clubs know that to get credit for their donations, they will need to connect with their local county Extension Office to coordinate produce drop off, weighing, and recording.

Please feel free to contact the CNP State Office with any questions or additional information. Cent\$ible Nutrition Program State Office, cnp-info@uwyo.edu, (307)766-5375

4-H Club News—

Divine Swine & Bovine 4-H Club

The Divine Swine & Bovine 4-H Club meet the 2nd Monday of each month. Below are some of the previous meetings' minutes.

11/14/2022 - Divine Swine & Bovine had their first meeting for the 2022-2023 4H season with a potluck dinner. We have a lot of new members so we did introductions. The kids each took turns and talked about why they want to do 4H and the adults talked about why they like having their kids do 4H. We talked about our 4H club and the expectations. We talked about setting goals. In attendance: Charly C. Wyatt C. Amber C. Jacob C. Greyson C. Emily K. Levi K. Sam L. Camilla O. Dawson P. Shaun R. Clara R. Isabelle S. Julianna S. Colt S. Danner T.

12/12/2022 - Divine Swine & Bovine met and talked about tagging steers in January. We went over the club bylaws and expectations. We had a white elephant gift exchange. The kids had fun interacting and getting to know each other a little better. In attendance: Charly C. Wyatt C. Amber C. Jacob C. Greyson C. Holden D. Hadlee F. Presley F. Ben H. Emily K. Levi K. Sam L. Camilla O. Dawson P. Paxton P. Shaun R. Clara R. Isabelle S. Julianna S. Colt S. Wyatt S. Danner T.

1/19/2023 - Divine Swine & Bovine reviewed the bylaws and held club elections. We talked about the various duties. Animal care and nutrition were taught. In attendance: Charly C. Wyatt C. Amber C. Jacob C. Kimberly C. Greyson C. Holden D. Hadlee F. Presley F. Reagan F. Ben H. Hyrum H. Emily K. Levi K. Sam L. Camilla O. Dawson P. Paxton P. Shaun R. Clara R. Isabelle S. Julianna S. Colt S. Wyatt S. Danner T.

2/13/2023 - Divine Swine & Bovine helped with the Shriner's dinner this past Saturday. This meeting we had dinner. For education we split into two groups. The pig group talked about pig selection criteria - breeds, structure, feed and nutrition. The beef group went over feed, nutrition, diet and had a question answer time. In attendance: Charly C. Wyatt C. Amber C. Jacob C. Greyson C. Holden D. Ben H. Hyrum H. Emily K. Levi K. Sam L.

Camilla O. Dawson P. Paxton P. Shaun R. Clara R. Wyatt S. Danner T.

3/13/2023 - Divine Swine & Bovine - We talked about the importance of Quality Assurance. Dawson P taught Character Counts on Citizenship. We talked about the club helping at the RMEF in May. The pig people talked about preparing a place for their pigs. We talked about building a bond with your animal and putting the time and work in. We also talked about feed. We reminded people to be taking pictures for their books. In attendance: Charly C. Wyatt C. Amber C. Jacob C. Kimberly C. Greyson C. Holden D. Ben H. Hyrum H. Emily K. Levi K. Sam L. Camilla O. Dawson P. Paxton P. Shaun R. Clara R. Isabelle S. Julianna S. Colt S. Wyatt S.

4/10/2023 - Talked about how the animals are doing and asked various questions. Character Counts - Danner T. taught the group about Respect. Greyson C. taught about Responsibility. We divided into two groups and talked about parts of a pig and parts of a beef. In attendance: Charly C. Wyatt C. Amber C. Jacob C. Greyson C. Holden D. Ben H. Hyrum H. Emily K. Levi K. Camilla O. Dawson P. Paxton P. Shaun R. Clara R. Isabelle S. Julianna S. Colt S. Wyatt S. Danner T.

Dynamite Dogs 4-H Club

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

Hamsfork Hands 4-H Club

The Hamsfork Hands 4-H Club will be meeting on 1st Monday of every month, 6:15 pm at Training & Events Ctr..

Lucky Clover 4-H Club

The Lucky Clover 4-H Club meet on the 3rd Wednesday, each month at 6 pm at the Afton Civic Center.

Muckin Mavericks 4-H Club

The Muckin Mavericks 4-H Club meet on 2nd Tuesday, each month at 6 pm. Check with your leaders regarding location.

Nocked & Loaded 4-H Club

The Nocked & Loaded 4-H Club will meet the 2nd and 4th Thursdays at 7 pm, location TBD.

Wyoming State/Regional Events & News

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

Citizen Washington Focus—will be held June 10-16, 2023. Experience Washington D.C and connect with other young leaders while getting hands on experience to become representatives of change. Estimated cost is \$2250 per person, with scholarships available. Open to youth 14 and Older. Visit the Opportunities section on the state 4-H website for more detail or contact your County Educator with any questions. Registration has closed.

Showcase Showdown— June 20–22, 2023, University of Wyoming in Laramie. Cost is \$40 per participant. Reminder that registration will open April 17th and close May 31st at midnight. <http://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/registration.html>. The registration link will be on the site shortly.

Updated Food Cook Off Rules and guidelines....there are some new twists so PLEASE read the rules with your members



WHY ATTEND Showcase Showdown

THE 4-H SIGNATURE EVENT
JUNE 20-22, 2023

- 4-H Experiences**
 - Meet new friends and reconnect with 4-H'ers from across Wyoming
 - Have fun at the 4-H Dance
- Workshops and Contests**
 - Try something new, fun and exciting - you may discover a new SPARK
 - Compete in one of the many contests
- UW Campus Experience**
 - Explore all that campus has to offer
 - Stay in the dorms
 - Eat in the cafeteria
 - Take advantage of the State of the Art Half Acre Recreation and Wellness Center

QUESTIONS? Contact your local Extension Office for more details!

UNIVERSITY of WYOMING EXTENSION

State Shoot—July 6-9, 2023 in Douglas, WY

State Fair—August 12-19, Douglas W. NEW for 2023, the Wyoming State Fair will be drug testing Swine, Beef, Goats and Sheep. For these market species, drug testing will be mandatory for the Grand Champion and Reserve Champion award winners and two randomly selected market animals from each species. More information to follow. WSF Drug Declaration form is at the end of the 4-H section of this newsletter.

Got a who, what, when, where, or why question about the Wyoming State Fair? Get your questions answered! Wyoming 4-H is hosting two nights with WSF Director, Courtney Conkle, where you can ask questions and get answers. At 6:00 pm on Tuesday, May 9th and Tuesday, June 6th, 4-H members, parents, and volunteers are invited to participate via Zoom. If you've competed at the Wyoming State Fair in the past, or are considering attending, here's a chance to chat about the 2023 Wyoming State Fair and what to expect. Join us online at <https://uwyo.zoom.us/j/jdespain>.

National 4-H Congress—November 24-28, 2023 in Atlanta, Georgia. This is for youth ages 14 (as of January 1) or older. A chance for youth to expand their skills, engage with other 4-H members, and be inspired to make an impact in your club, community, county and world. Apply by September 1st, 2023 online. More information at <http://www.uwyo.edu/4-h/opportunities/travel.html>

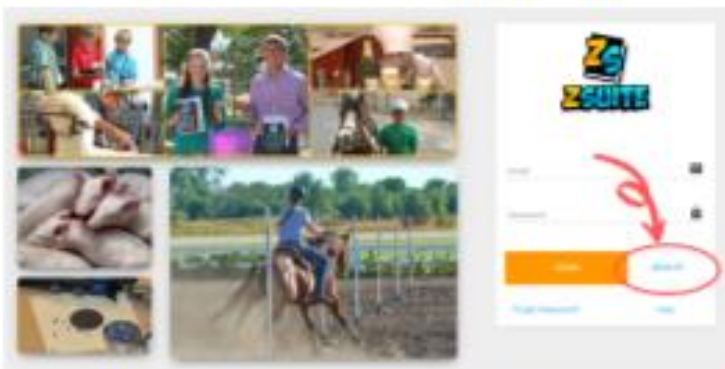
ZSuite 4-H Enrollment!

Enrolling in Wyoming 4-H

1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer)

2. Click **Sign Up**

- Fill in the required fields (you can use your same email and password from 4HOnline).



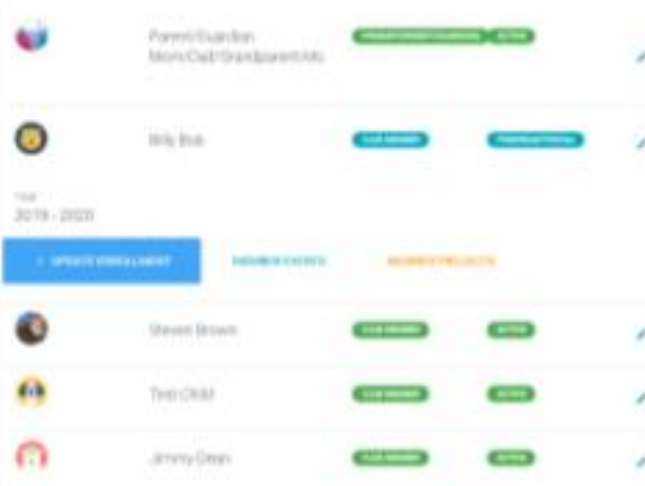
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.

3. 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 MEMBERS**.
3. Fill in the required fields for one of your members.
4. Don't forget to add a club! Click **ADD CLUB**.
5. You will also need to select projects for each club by clicking **ADD PROJECT** then selecting a project from the drop down menu.
5. Finish by clicking **SAVE**.



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

LIVE CHAT

© 2019 ZSuite - the experts of the 4-H

Chat with Chat Support

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.

UW | Wyoming 4-H




ZSuite 4-H Enrollment

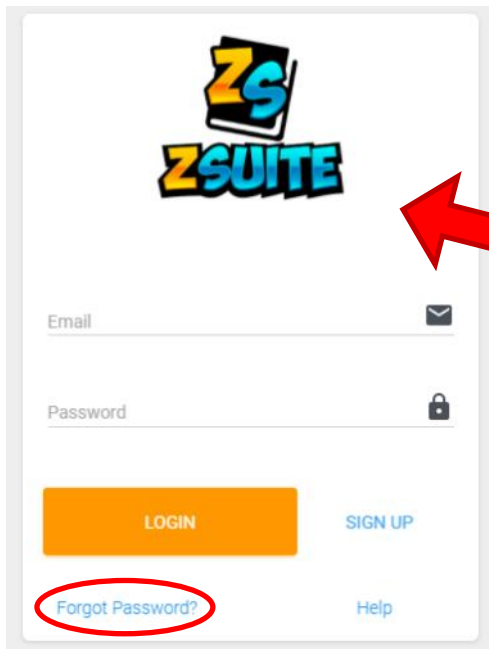


Returning Member Enrollment

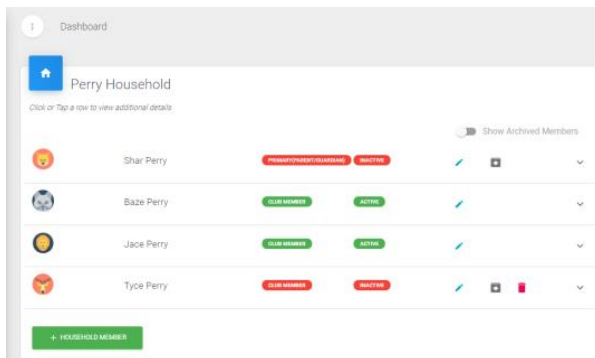
Yearly Re-enrollment of Family Members

Enrollment must be done **annually** to stay active in 4-H.

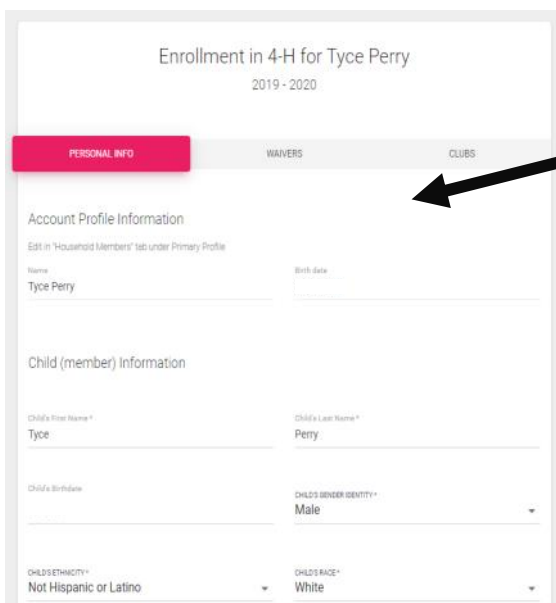
1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer). You will see a screen like this. (if not, press CTRL & F5).
2. Use the same email and password you used to sign up for zsuite.
3. Click  - if you forgot your password, click the **Forgot Password?** And you will be prompted to enter another password.
4. You **MUST** be signed in as the PRIMARY account to enroll members.
5. Once you log into your PRIMARY account, you will see a list of all the household members and their current enrollment status. - Note the background color—**Red** signifies inactive profiles, while **green** signifies a member is currently enrolled. (NOTE: Each year, all profiles are made inactive.)
6. Click the picture beside the member you want to update. You can easily update inactive profiles by clicking .
7. This will take you to the enrollment wizard form. Complete all information. (NOTE: Required fields will have an asterisk * behind it. The system will not go to the next section until all required fields are completed.)
8. If you need to leave, prior to finishing your enrollment, click the 'SAVE FOR LATER' link at the bottom right of the form so you will not have to re-enter the data you've already completed.
9. Click  at the bottom of the **Personal Information** section to go to the **Waivers** section. Click the Next button to go to the **Clubs** section



The login screen features the ZSuite logo at the top. Below it are input fields for 'Email' and 'Password'. A red arrow points to the 'Forgot Password?' link, which is circled in red. There are also 'LOGIN' and 'SIGN UP' buttons, and a 'Help' link.



The dashboard shows a list of household members for 'Perry Household'. Each member has a profile picture, name, and enrollment status. The status is indicated by a colored button: red for inactive and green for enrolled. The members listed are Shar Perry, Baze Perry, Jack Perry, and Tyce Perry.



The enrollment wizard form for Tyce Perry (2019-2020) has three tabs: PERSONAL INFO, WAIVERS, and CLUBS. The PERSONAL INFO tab is active, showing fields for Account Profile Information (Name, Birth date), Child (member) Information (Child's First Name, Child's Last Name, Child's Birthdate, Child's Gender Identity, Child's Ethnicity, Child's Race), and a 'NEXT' button at the bottom.

10. The 'CLUBS' section allows you to choose the clubs you'll be participating in for the year. You can choose more than one club, if desired, by selecting a club from the drop down menu and then clicking the orange **ADD CLUB** button. The clubs appear in their own box. NOTE: Do not click the "X" in the upper right hand of the club box unless you are not participating in that club.

11. You can add projects by clicking the green **ADD PROJECT** button and selecting it from the drop down menu.

12. You can delete projects by clicking the "x" next to the project you want deleted.

13. When done adding clubs and projects, click the **ADD TO CART** button.

14. If your county has an enrollment fee, you will handle this on the 'CHECKOUT' tab. Any payment methods chosen by your state will appear as options on the page. If your state does not have an enrollment fee, simply click the '**SUBMIT**' button to submit your enrollment.

15. Once your enrollment is completed, your county administrators will be contacted regarding your enrollment. Your enrollment will be in a '**Pending Approval**' state until approval from your county staff.

16. Once you're approved, your status will change to '**Active**'.

Please log into your zSuite account weekly to check for announcements from your county and club leaders.

If you have questions, please contact us

Shar Perry, Afton Extension Office, 307-885-3132

ZSuite Animal Information Upload Instructions

Year: 2020 - 2021

Club	Role
Star Shooters 4-H Club	Member
Star Valley Horse Club 4-H Club	Member
Meadow Grazers 4-H Club	Member
Beef N' Bits 4-H Club	Member
Lucky Clover 4-H Club	Member

Enrollment in 4-H for Jace Perry
2020 - 2021

PERSONAL INFO WAIVERS **CLUBS**

Beef N' Bits 4-H Club

County: Lincoln County
Primary

Projects:

- Animal Science - Horse
- Animal Science - Beef/Market

ADD PROJECT

Select Project

Choose Project Type
Animal Science - Beef/Market

4. Animal ID*
949000011230751, 949000011230752

5. Animal Description*
Black with white legs, Black with white spot on forehead

6. Animal Name*
Charley, Smokey

7. Animal Sex*
Market Steer, Market Steer

8. Animal Breed*
Angus X, Angus X

9. Animal Picture 1
 No file chosen

10. Animal Picture 2
 No file chosen

11. Animal Picture 3
 No file chosen

12. Animal Picture 4
 No file chosen

SAVE PROJECT

- Once you are logged into ZSuite primary profile at: **<https://4h.zsuite.org>**, select the family member who has the project and click the **UPDATE ENROLLMENT** button.
- Select **CLUBS** at the top right of the page.
- To enter the animal information, select the gray pencil to the right of the Breeding/Market project listed in the club box. **NOTE: If you have two animals, please put a comma between their information on each of the lines**
- Enter the 15 digit number in the **Animal Id** line.
- Enter the animal's description on the **Animal Identifier** line.
- Enter the animal's name (IF you don't have a name, put N/A. Also for the Floater animal, put FLOATER in the name field.
- On the **Animal Type** line enter whether they are market or breeding and then the gender.
- Enter animal's breed on the **Animal Breed** line.
- Animal Picture 1**—upload the picture of the tag in the animal's ear.
- Animal Picture 2**—upload the picture of the full body of the animal.
- Animal Picture 3**—upload the second animal's ear tag picture (if there is only one animal, you can upload the same picture as you did in Animal 1).
- Animal Picture 4**—upload the second animal's full body picture (if there is only one animal, you can upload the same picture as you did in Animal 2). **NOTE: All 4 picture areas must contain a picture.**
- Select the blue **SAVE PROJECT** button
- Press the **SUBMIT** button at the bottom of the Clubs page to save it to your profile. These click OK.

**** **For Family Floater Animal**—animals purchased as an extra in case 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.

4-H COUNTY SHOOT Registration Form

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

FORM DUE BY:

May 12, 2023 (Air Pistol, Air Rifle & Archery)

June 2, 2023 (.22 Pistol, .22 Rifle, Shotgun & Muzzleloading)

Name: _____ County: _____

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

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

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

DISCIPLINES

Select all that apply

.22 Pistol

☐

Air Pistol

☐

Shotgun

☐

Muzzleloader (*check only one*)

☐ Traditional

☐ Non-Traditional

.22 Rifle: (*check only one*)

☐ Sporter

☐ Light Target

☐ Precision

Air Rifle (*check only one*)

☐ Sporter

☐ Light Target

☐ Precision

Archery (*check only one*)

☐ Class A: Long Bow & Recurve

☐ Class B: Bare Bow

☐ Class C: Freestyle Limited

Bring your own lunch.

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

DO YOU PLAN TO PARTICIPATE IN THE STATE SHOOT? *

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

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

STATE SHOOT DEADLINE: County Shoot Day

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

County Shoot Range Rules

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

Required Equipment/Procedures

- Shotgun
 - ◊ Hearing and Eye protection is required
 - ◊ Shell pouch or vest
 - ◊ At the beginning of each relay, squad leaders will ask if the squad is ready, then call for a clay to begin.
 - ◊ **Clays will cost \$4.00 per round of 25 - will be determined at a later date and due with pre-registration.** Clays used during practice are not included in this cost. Practice rounds will need to be paid for the day of county shoot. *This cost is subject to change year to year based on current prices.*
 - ◊ Firearms will be cased when brought to the firing line.
- Archery
 - ◊ Eye/Hearing protection is not required
 - ◊ Each contestant must have a quiver. Arm guards are recommended. All equipment is the responsibility of the shooter to provide.
 - ◊ Firearms will be cased when brought to the firing line.
- Muzzleloader
 - ◊ Eye and Hearing protection is required
 - ◊ Shooters will swab bore before reloading each shot
 - ◊ Powder measurer must be used – no loading directly from powder horn or flask.
 - ◊ Firearms will be cased when brought to the firing line.
- .22 Rifle and Pistol
 - ◊ Hearing and Eye protection is required
 - ◊ Rifles must be loaded one shot at a time.
 - ◊ Firearms will be cased when brought to the firing line.
- Air Rifle and Pistol
 - ◊ Eye protection is required
 - ◊ Rifles and Pistols must be loaded one pellet at a time
 - ◊ Firearms will be cased when brought to the firing line.

4-H Member Signature _____

Parent Signature _____

May



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, drink, and exercise...even when no one is watching.



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 **the State Cent\$ible Nutrition program at 307-766-5375**. Each class has hands-on activities and you will make a recipe from the CNP cookbook.

Lactose Intolerance vs. Milk Allergy

Do you experience abdominal cramps, bloating, nausea, gas, or diarrhea about 30 minutes to two hours after consuming a food or drink that contains milk or milk products? Well, it could be that you're lactose intolerant. Lactose is a natural sugar found in dairy and dairy products. Lactose intolerance is when your small intestine doesn't make enough of a digestive enzyme called lactase, so your body can't break down or digest lactose which causes those unfavorable symptoms. If you think you may be lactose intolerant talk with your doctor as they can run tests to check for lactose intolerance.

Being lactose intolerant is not the same thing as having a milk allergy. A lactose intolerance does not involve the immune system, whereas a milk allergy does. A milk allergy happens when your immune system overreacts to a specific protein in dairy products. Milk allergy symptoms can range from mild such as rashes, hives, itching, and swelling, to severe with trouble breathing, wheezing, and/or loss of consciousness. A milk allergy can be potentially life-threatening.

Causes

A lactose intolerance can occur in both children and adults and has been found to be hereditary. Lactose intolerance may start during the teen or adult years, in these cases, over time a person's body starts to make less lactase. But that's not only the cause of lactose intolerance, certain health conditions and treatments may lead to lactose intolerance as the result of intestinal damage. For example, celiac disease, some types of cancer treatment, and gastrointestinal surgery. As someone recovers, they may be able to resume consumption of foods and drinks that contain lactose. Some babies who are born prematurely may not be able to make enough lactase, but they often grow out of this. In rare cases, infants are born with an inability to make any lactase at all. Lactose intolerance is most common in Asian Americans, African Americans, Mexican Americans, and Native Americans.

Management

Being lactose intolerant doesn't mean that you have to cut out all dairy products. In fact, it's important that you don't cut out dairy altogether because dairy products contain important nutrients that can help prevent nutrient deficiencies such as calcium, protein, B vitamins, potassium, and vitamins A and D. It's important to try different dairy foods and see which ones cause fewer symptoms, to ensure you're not restricting yourself from foods you can continue to enjoy. It's more common to see lactose-free dairy options at the store now more than ever as well. For example, there is lactose-free cow's milk, which is a good alternative to regular cows' milk as it has

all the same nutrients, just with added lactase to help your body digest it.

When talking with your doctor you can also discuss the option of a lactase pill or lactase drops which you would take when consuming milk products. Certain dairy products are naturally lower in lactose, such as hard cheese, and Greek yogurt. You may find that you can tolerate a certain amount of lactose and don't need to completely avoid it. Give this lactose-reduced smoothie a try below, which is packed with nutrients!

Lactose Reduced Smoothie

Yield: 2 cups

Ingredients:

- 1 banana (fresh or frozen)
- 1 cup frozen fruit (berries, pineapple, mango, etc.)
- ½ cup lactose-free low-fat milk
- ½ cup Greek yogurt, honey, or vanilla
- ½ cup fresh spinach leaves

Instructions:

1. Wash hands with warm water and soap.
2. Measure ingredients and place in blender.
3. Blend until smooth and enjoy!

Written by: Shelley Balls, MDA, RD, LD

Sources:

Academy of Nutrition and Dietetics, [AND](#)



May 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Hamsfork Hands 4-H Mtg, 6:15 pm, SLTC Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	2	3	4	5	6
7	8 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	9 Muckin Mavericks 4-H Meeting, 6 pm	10	11 SV Cloverbuds Activity, 4:30 pm, Afton Civic Center Kem Robotics, 4 pm, SLTC Nocked & Loaded 4-H Meeting, 7 pm, 4-H Exhibit Building	12 Co. Shoot Sign-up Deadline for Air Pistol, Air Rifle & Archery	13
14	15 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	16 Hamsfork Hands Gardening mtg., 4 pm, Comm. Greenhouse	17 Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr.	18 Kem Robotics, 4 pm, SLTC	19	20 Co. Shoot for Air Pistol, Air Rifle & Archery, 4-H Bldg., Afton Fairgrounds
21	22 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	23 Kem Ext. Office Closed for Training	24 Kem Ext. Office Closed for Training	25 Kem Ext. Office Closed for Training Nocked & Loaded 4-H Meeting, 7 pm, 4-H Exhibit Building	26	27
28	29 <i>Memorial Day Holiday, Extension Offices Closed</i>	30	31 <i>Showcase Show-down Registration Deadline</i>			



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 <i>Co. Shoot Sign-up Deadline for .22 Pistol, .22 Rifle, Shotgun & Muzzle- loading</i>	3
4	5 Hamsfork Hands 4-H Meeting, 6 pm, BOCES Building Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	6	7	8 Nocked & Loaded 4- H Meeting, 7 pm,	9	10 Co. Shoot for .22 Pistol, .22 Rifle , Shotgun & Muzzle- loading, Kemmerer Gun Club, Kemmerer WY
11	12 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	13 Hamsfork Hands Fab & Fashion mtg., 2 pm, SLTC Muckin Mavericks 4- H Meeting, 6 pm	14 Hamsfork Hands Quilting mtg., Time TBD, SLTC	15	16	17
18	19 Area Mini-Showcase Showdown Registra- tion Deadline Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	20	21 Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr.	22 Nocked & Loaded 4- H Meeting, 7 pm,	23	24
25	26 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	27 Hamsfork Hands Woodworking Mtg., Time TBD, Witbeck's House	28	29	30	

LINCOLN COUNTY EXTENSION
PO BOX 309
AFTON WY 83110

CHANGE SERVICE REQUESTED

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CAREFULLY!

Don't miss out on any
Important announcements

IMPORTANT Lincoln County Extension NEWSLETTER

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