



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

July-August 2023

Kemmerer Office – 307-828-4092

Upcoming Events

Jul 04	<i>Independence Day Holiday—Ext. Offices Closed</i>
Jul 07-09	State Shoot, Douglas, WY
Aug 02	2023 Co. Fair Online Entry Deadline
Aug 5-12	Lincoln County Fair, Afton, WY
Aug 12-19	Wyoming State Fair, Douglas, WY
Sep 04	<i>Labor Day Holiday—Ext. Offices Closed</i>
Sep 11	Nomination Forms Due to Extension Office
Sep 11	Record Books Due to Leader or Extension Office
Sep 13	Club Books & Record Books given to leaders are Due To Extension office

**RECORD BOOKS
DUE
Sept. 11, 2023
To Your Leader**

Instructions are on the State 4-H Website: <http://www.uwyo.edu/4-h/current-members/portfolios/index.html>

BUT, please print your record book and give it to your leader this year.
DO NOT SUBMIT IT ONLINE!

If you have questions, please contact Shar (885-3232) or Deborah (828-4092).

Nominate an Outstanding Member, Leader & Friend of 4-H

The Nomination form can be found at the end of the 4-H Section

Deadline: September 11, 2023

Inside This Issue

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Online Record Book Training Video

Online Record Book Recorded Training

<https://use.vg/wObPXX>

If you are not able to attend the record book training, click on the link above. If you have questions, please contact Shar (885-3232).



4-H Program Information

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

4-H Educator's Letter...

Summer is in full swing! June has been a busy month full of fun. Thank you to all the volunteers who assisted with the Mini Showcase and with State Showcase Showdown as well as all the volunteers who assisted with the County Shoot. Congratulations to all the participants of those events. We hope to see those of you who missed those opportunities take part next year.

We are coming up on fair time very quickly. Make sure to review the fair book and get your entries ready! If you don't have a copy of the book, check the Afton or Kemmerer Extension Offices or download it on the website: <https://www.lincolncountyfair.info/>. You'll find the fair book under "Get Involved – Forms and Downloads". Online entries for fair open on July 1 and close on August 2 at midnight. Go to the website above to complete your online entries prior to the deadline. *You must complete online fair entry on the Lincoln County Fair's website to participate at fair time. Enrolling for 4-H on ZSuite does not automatically enter your project at fair!*

Requirements for Livestock Weigh-in include:

- Sale consignment form
- 4-H/FFA Responsibility Form
- Fair Entry Receipt
- Form A (beef/sheep) or Bill of Sale (goat/swine)
- Current (within 30 days of fair) health certificate

State Fair will be a bit different this year. If you plan to take animals to state fair, be sure to keep track of any medications or supplements you are giving your animals on the health form as you must turn one in for each animal entry at the State Fair. Need this form? Contact the Afton or Kemmerer Extension Offices, and best of luck preparing your projects for fair – whether the county or state fair!

Deborah

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.

Forms Table —Market Livestock Forms Table will be on Tuesday afternoon from 1-4 pm. Parent & exhibitor must be present at the forms table. A Health Certificate, Form A/Bill of Sale, proof of entry into the Lincoln Co. Fair, 4-H/FFA Market Livestock Responsibilities Form, Sale Consignment Form, and forms table receipt will be required to weigh-in animal.

Livestock Fast Pass —will be available again this year.

BEFORE FAIR WEEK—Bring required paperwork to the Extension Office and receive a signed card.

- Form A (Beef/Sheep) or Bill of Sale (Goats/Swine)
- Current Cert. Vet Health Inspection (within 30 days)
- Signed 4-H/FFA Responsibilities Form
- Proof of Fair Entry
- Consignment Form

How to Enter RFID Tag Online—See the hint on Page 6 of this newsletter.

If you have questions, please contact the Extension Office—Afton Office, 885-3132 or Kemmerer Office, 828-4092.

July & August Birthdays!!!

Kaia A.
Evalyn A.
Jack B.
Emma B.
Ivan C.
David C.
Kenley C.
Koi C.
Clara F.
Otto G.
Annabelle H.
Lucille H.
Case H.

Makayla H.
Hadlee H.
Palmer H.
Presley J.
Cameron J.
Emily K.
Levi K.
Olivya K.
Jaylyn L.
Jentrie L.
Lynsey L.
Flint L.

Kade L.
Kylee L.
Charlie L.
Charlie L.
Bentley M.
Wyatt M.
Isabelle M.
Bronson M.
Bryce N.
Seth N.
Anna O.
Kristi O.

Calvin P.
Lucas P.
Maliyah P.
Aspen P.
Trinity P.
Dawson P.
Porter P.
Shaun R.
Abby S.
Aurora S.
Destiny S.
Remington S.

Tobias S.
Sage S.
Kysen T.
Sage W.
Taizlee W.
Bridger W.
Emma W.
Morgan W.
Laci W.
Fischer W.
Madilynn W.
Charles Z.

LEADERS

Your club completion list, secretary and/or treasurer books and all record books that were given to you are due to:

**The Extension Office by
Wed, Sept. 13**

4-H Club News—

Divine Swine & Bovine 4-H Club

The Divine Swine & Bovine 4-H Club meet the 2nd Monday of each month.

Dynamite Dogs 4-H Club

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

Freedom 4-H Club

The Freedom 4-H Club met on June 12 at 6 pm. The meeting was called to order by 4-H leader, Amy Simpson. Members in attendance: Kinley & Quinn S., Beckham, Maddox, Addy, and Gunner B., Sheralyne M., Delancy B., and Sydney & Charlie L.

Kinley led the 4-H pledge. We ate pulled pork sandwiches and side dishes at the Brog's house. We welcomed Sheralyne Munger to our group. She is raising a steer this year. Addy told us important dates such as when to sign up for fair, fair, shows, and weigh-ins. We nominated officers. We passed around one of last year's portfolios to show what's expected. Discussed sending out letters and decorating the barn. Tyler, Sue, and Delancy took Sheralyne and JR to their house to show them how to walk a steer.

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 6 pm, location TBD.

COUNTY SHOOT RESULTS

Air Rifle

Junior Division

Lt. Target, Grand—Kimber S.
Lt. Target, Reserve—Lucas P.
Lt. Target, Purple—Remington D.
Lt. Target, Blue—Paizlee N.
Lt. Target, Blue—Jaylyn N.
Lt. Target, Red—Tyce P.

Intermediate Division

Lt. Target, Grand—Remington S.
Lt. Target, Reserve—Tayley C.
Lt. Target, Purple—Easton A.
Lt. Target, Blue—Kyla C.
Lt. Target, Blue—Koi C.
Lt. Target, Red—Wyatt P.
Lt. Target, White—Calvin P.
Lt. Target, White—Baze P.

Senior Division

Lt. Target, Grand—Destiny S.
Lt. Target, Reserve—Treyson C.
Lt. Target, Purple—Jentrie L.

Air Pistol

Junior Division

Grand—Remington D.
Reserve—Jaylyn L.
Blue—Paizlee N.

Intermediate Division

Grand—Easton A.
Reserve—Remington S.

Senior Division

Grand—Destiny S.
Reserve—Jentrie L.

Archery

Junior Division

Class A, Grand—Lucas P.
Class B, Grand—Kimber S.
Class B, Reserve—Tyce P.
Class D, Grand—Jaylyn L.
Class D, Reserve—Joleah M.

Intermediate Division

Class A, Grand—Calvin P.
Class B, Grand—Remington S.
Class D, Grand—Koi C.
Class D, Reserve—Easton A.
Class D, Purple—Tayley C.
Class D, Purple—Wyatt P.
Class D, Blue—Kyla C.
Class D, Red—Baze P.
Class D, White—Makinzie B.

Senior Division

Class B, Grand—Destiny S.
Class D, Grand—Jacetin C.
Class D, Reserve—Treyson C.
Class D, Blue—Jentrie L.

Muzzleloader

Intermediate Division

Grand—Easton A.
Reserve—Remington S.

Intermediate Division

Grand—Destiny S.
Reserve—Jentrie L.

.22 Rifle

Junior Division

Sporter, Grand—Jaylyn L.
Sporter, Grand—Kimber S.
Lt. Target, Grand—Tawny A.
Lt. Target, Reserve—Otto G.
Lt. Target, Blue—Hailey B.
Lt. Target, Red—Remington D.
Lt. Target, Red—Paizlee N.

Intermediate Division

Sporter, Grand—Remington S.
Sporter, Reserve—Koi C.
Lt. Target, Grand—Easton A.
Lt. Target, Reserve—Alex P.
Lt. Target, Red—Brenden L.

Senior Division

Sporter, Grand—Destiny S.
Lt. Target, Grand—Kaly N.

.22 Pistol

Junior Division

Grand—Otto G.
Reserve—Tawny A.
Red—Hailey B.
White—Jaylyn L.
White—Paizlee N.

Intermediate Division

Grand—Alex P.
Reserve—Remington S.
Blue—Easton A.
Blue—Brenden L.

Senior Division

Grand—Destiny S.
Reserve—Kaly N.
Blue—Jentrie L.

Shotgun

Junior Division

Grand Singles—Otto G.
Grand Handicap—Otto G.
Grand Overall—Otto G.

Intermediate Division

Grand Singles—Koi C.
Reserve Singles—Easton A.
Blue—Remington S.
Red—Brenden L.
Grand Handicap—Koi C.
Reserve Handicap—Remington S.
Blue—Easton A.
Red—Brenden L.
Grand Overall—Koi C.
Reserve Overall—Easton A.
Blue—Remington S.
Red—Brenden L.

Senior Division

Grand Singles—Evan C.
Reserve Singles—Jentrie L.
Blue Singles—Colt S.
Blue Singles—Kaly N.
Red Singles—Destiny S.
Grand Handicap—Evan C.
Reserve Handicap—Colt S.
Reserve Handicap—Kaly N.
Blue Handicap—Jentrie L.
Red Handicap—Destiny S.
Grand Overall—Evan C.
Reserve Overall—Jentrie L.
Blue Overall—Kaly N.
Blue Overall—Colt L.
Red Overall—Destiny S.

West Area Mini Showcase Show-down Results (Lincoln, Teton, Sublette, Sweetwater, and Uinta)

Impromptu Speech

Junior Division

Grand-Iva L.
Reserve-Taizlee W.
Purple-India B.
White-Richlee S.
White-Tawny A.

Intermediate Division

Grand-Bridger P.
Reserve-Payton L.
Purple-McKenna W.
Blue-Baze P.
Blue-Alex P.
Blue-Martin B.

Senior Division

Grand-Brix H.
Reserve-Porter P.

Livestock Skill-a-Thon

Junior TEAM Division

Grand-India B.
Grand-Taizlee W.
Grand-Lucas P.
Grand-Tyce P.
Grand-Malachi S.
Reserve-Caleb E.
Reserve-Abigail H.
Reserve-Iva L.

Intermediate TEAM Division

Grand-Martin B.
Grand-Calvin P.
Grand-Baze P.
Grand-Jase T.
Reserve-Tirzah E.
Reserve-Alex P.
Reserve-Bridger P.
Reserve-Tyler S.
Reserve-McKenna W.

Senior TEAM Division

Grand-Brix H.
Grand-Stone H.
Grand-Porter P.

Prepared Speech

Junior Division

Grand-India B.
Reserve-Taizlee W.
Purple-Caleb E.
Blue-Iva L.
Blue-Mason L.
Red-Malachi S.

Intermediate Division

Grand-McKenna W.
Reserve-Martin B.
Purple-Payton L.
Purple-Tyler S.
Purple-Laci W.
Blue-Bridger E.
Blue-Tirzah E.

Senior Division

Grand-Porter P.

Food Cook-off

Junior TEAM Division

Grand-Abigail H. & Iva L.
Reserve-India B.

Intermediate TEAM Division

Grand-Alex P. & Easton A.
Reserve-Payton L. & Mason L.
Blue-Martin B. & Jase T.

Senior TEAM Division

Grand-Brix H.
Grand-Stone H.

Vegetable Judging

Junior Division

Grand-India B.
Reserve-Taizlee W.
Purple-Malachi S.
Blue-Caleb E.
Blue-Abigail H.
Blue-Lucas P.
Red-Iva L.
Red-Mason L.
Red-Tyce P.

Intermediate Division

Grand-Tirzah E.
Reserve-Martin B.
Purple-Calvin P.
Purple-McKenna W.
Purple-Jase T.
Red-Baze P.
Red-Alex P.
Red-Tyler S.
Red-Payton L.

Senior Division

Grand-Brix H.
Grand-Porter P.
Reserve-Stone H.

Vegetable ID

Junior Division

Grand-Mason L.
Reserve-India B.
Reserve-Abigail H.
Reserve-Iva L.
Reserve-Lucas P.
Blue-Caleb E.
Blue-Tyce P.
Red-Malachi S.
Red-Richlee S.
White-Taizlee W.

Intermediate Division

Grand-Payton L.
Reserve-Calvin P.
Reserve-Baze P.
Purple-Tirzah E.
Blue-Tyler S.
Blue-Martin B.
Red-Alex P.
Red-Bridger P.
Red-Jase T.
Red-McKenna W.

Senior Division

Grand-Porter P.
Reserve-Stone H.
Blue-Brix H.

Cake Decorating

NOTE: Only Grand Place was reported to us.

Junior TEAM Division

Grand-Tawny A. & Richlee S.

Junior Individual Division

Grand-Taizlee W.

Intermediate TEAM Division

Grand-Tirzah E. & Caleb E.

Intermediate Individual Division

Grand-McKenna W.

Senior Individual Division

Grand-Brooke W.

2023 4-H Judging Schedule

Mon. – Aug 7	4-H/FFA Horse Show	8 am
	4-H General (Interview) Judging	10 am – 12 pm
	4-H Fashion Show	3 pm
	Poultry & Rabbit Check-in	4:30-6:30 pm
Tues—Aug 8	4-H/FFA Horse Show	8 am
	Rabbit Show	8 am
	Poultry Show	Follows Rabbit
	All Large Livestock Animals in Place	3 pm
	Swine Weigh-in at pig barn	4 pm
	Beef Weigh-in at scales	4 pm
Wed.—Aug 9	Sheep/Goat Weigh-in at sheep barn	4 pm
	Swine Show (Market/Breeding Classes)	8 am
	4-H/FFA & Open Dog Show	9 am
	Dairy Goat Vet Check	2:30 pm
Thurs.—Aug 10	Dairy Goat Show	3 pm
	Swine Show (Showmanship Classes)	8 am
	Market Beef Show (4-H/FFA)	2 pm
Fri.—Aug 11	Breeding Beef Show (4-H/FFA Open)	Follows Market Beef
	Market Goat Show (Market/Breeding)	8 am
	Sheep Show (Market/Breeding)	Follows Market Goat
	Livestock Judging Contest	2 pm
	Mand. State Fair Mtg	Follows Livestock Judging
	(MUST ATTEND TO GO TO STATE FAIR)	
Sat. – Aug 12	Round Robin	4 pm
	Buyer Breakfast	8 am
	Buyer Registration	8-10 am
	4-H/FFA Livestock Sale	10 am

Market Livestock Forms Table will be on Tuesday afternoon from 1-4 pm. Parent & exhibitor must be present at the forms table. A Health Certificate, Form A/Bill of Sale, proof of entry into the Lincoln Co. Fair, 4-H/FFA Market Livestock Responsibilities Form, Sale Consignment Form, and forms table receipt will be required to weigh-in animal.

Premium Payouts Will Begin on Wednesday of Fair. The windows by the Fair Board Office are open 11 am to 6 pm.

Reminder—Parking During Fair Week

During the week of fair, no livestock trailers will be allowed to be parked and left in any of the barn areas (especially north of the beef wash area and north of the sheep barn). These are for loading and unloading only. There is plenty of room on the west end of the fairgrounds to leave the trailers. This will cut down on congestion around the barns and create more parking for personal vehicles.

Reminder—Horse Stalls

If you need a horse stall during fair, you must reserve it. Paying online does not reserve your stall. Indoor stalls are limited. To reserve a stall, you must call Josh Nield, 307-248-0475.

Wyoming State/Regional Events & News

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

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.

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>

HOW TO ENTER RFID TAG #'S IN SHOWWORKS

Department

Division

Class *

Tag ID *  Last 5 digits go here

Description

Animal Name

Electronic ID *  All 15 digits go here

PLEASE LIST THE LAST 5 DIGITS OF THE TAG NUMBER IN THE TAG ID FIELD AND ALL 15 DIGITS IN THE ELECTRONIC ID FIELD.

<https://lincolncountyfair.info/>

We need both fields in order for the scanners to work with the iPads

Outstanding Member Nomination Form

This award is open to any **senior** member. There may be an Outstanding Member selected from Cokeville, Kemmerer, and Star Valley. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**.

Your Nominee Is: _____

Please mark where the member lives: Cokeville Kemmerer Star Valley

I feel this member is deserving of this award because:

Outstanding Leader Nomination Form

This award is open to any leader. There may be an Outstanding Leader selected from Cokeville, Kemmerer, and Star Valley. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**.

Your Nominee Is: _____

How many years have they been a Leader: _____

Please mark where the leader lives: Cokeville Kemmerer Star Valley

I feel this leader is deserving of this award because:

Friend of 4-H Nomination Form

This award is open to any person or business that has helped support the 4-H program in your area. Awards will be presented at Awards night in October. Please submit all nominations by **September 11**.

Your Nominee Is: _____

Please mark where the person/business resides: Cokeville Kemmerer Star Valley

I feel this person/business is deserving of this award because:

LINCOLN COUNTY FAIR

4-H/FFA & OPEN LARGE LIVESTOCK, 4-H/FFA SMALL ANIMAL 4-H GENERALS

ONLINE PROCEDURE ENTRY INFORMATION

Be sure to read the rules of the department or division you are entering

1. To enter in the 4-H/FFA Departments you must be a registered member those programs. Entries in all open divisions are not limited to residents of Lincoln County.
2. There is a copy of the fair book on the website under Get Involved.
3. Residents must complete online entry; this is the **ONLY** method. Exhibitors must complete all steps including the last step, **printing your entry tag (4-H Generals Only)**.
4. **Print your Fair Receipt.**

Online Entry-

<http://lincolncountyfair.info>

Then click on the Online Entries/Tickets Tab. (The system requirements for on-line entry are: Microsoft Internet Explorer 5.0 or above with Java Script and Cookies enabled. This program will not work with Firefox Browser!)

Non-Animal Entries - Print your tags and place them on entries along with your skill statements).

5. All Entries must be completed before midnight on the deadline date - **ENTRIES (Livestock Only) RECEIVED AFTER THE DEADLINE WILL BE ASSESSED \$100 PER FAMILY LATE FEE TO ENTER INTO FAIR (Must show some entry in ShoWorks to waive fee).** Enrolling in 4-H/FFA programs does not enter you into fair.

On-line entry

July 1 – August 2, 2023

PREMIUMS

Premium cash will be distributed during the fair Wednesday-Saturday 11 am to 6:00 pm at the payout window by the fair board office. Premiums can then be picked up at the Afton Extension Office (directly east of the Fair Board office) from August 18-31. Premiums not picked up will be forfeited. No checks will be mailed.

2023 Responsibilities of 4-H/FFA Market Livestock Members

Large Livestock & Small Animal Entries must be made **prior to Midnight, WEDNESDAY, August 2** 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
- Proof of Entry – You will need to provide proof that you entered online into the Lincoln County Fair.

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. **Parents and participant must be at the forms table together.**

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.

Hoses – 4-H/FFA members must provide their own hoses.

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. 4-H/FFA members must provide their own hoses.
- 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 another 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. 11, 2023**, to your leader.

(FFA Record Book Deadline) – The record book is due **one week after state fair** to the 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:			
<div style="text-align: center;">  Preserved Food Summary Statement (Glue these to 4" x 6" index cards) </div> <div style="text-align: center;"> Fabric & Fashion Summary Statement  </div>			
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:			

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?		



Skills Summary Statement (For All Non-Food Exhibits)

(Glue these to 4" x 6" index cards)

Food Skills Summary Statement



4-H Member Name:	Age:	LINCOLN COUNTY
What is your project goal and what skills(s) did you learn while doing this project? (Note: All entries must answer this questions)		
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?		

(If exhibitor is under 18 yrs. of age)



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 **Cassie Jaspersen at 307-885-3132**. Each class has hands-on activities and you will make a recipe from the CNP cookbook.

Fuel to Perform, Both Physically and Mentally

How you fuel your body can make a big difference whether it's for work, school, or play. With a well-balanced diet, you could be giving your performance and recovery a boost, both physically and mentally.

Start Your Day Off Right

If you can, start your morning off right with a well-balanced breakfast that includes protein, whole grains, and a whole fruit of your choosing. Breakfast within one hour of waking up can help jump-start your metabolism. If you are rushed in the mornings, try pre-making a breakfast you can enjoy on the go, such as a whole-grain peanut butter breakfast bar or you could even pre-make and freeze homemade breakfast burritos that are packed with vegetables and protein to help keep you full until your next meal. Pair either of these with a banana, which is an economical and easy fruit to enjoy on the go! Keep a variety of healthful breakfast items on hand so you don't leave the house empty-handed. Studies have also shown that if you consume a well-balanced breakfast, it can help curb your snack cravings later in the day and promotes healthy weight management.

Lunch

If you can, pack a nutrient-dense lunch that will help you stay full and fueled until dinner. It might be easy to turn to fast food or a quick trip to a convenience store for lunch but typically these choices are filled with sodium, solid fat, and added sugars and lacking in healthful nutrients. Rarely do these fast-food trips include whole grains, fruit, vegetables, low-fat dairy, or lean protein which provides the nutrients your body needs to produce energy. Instead, try packing your own lunch from home. You don't have to create a special meal every day either, try utilizing leftovers, add a fruit or vegetable on the side and you're off to a good start!

Dinner

Dinner, the meal that can help slow down your busy day if done right. The perfect scenario is that you'd have dinner planned out ahead of time, so you already have all the ingredients that you need to make a healthy meal when you get home. In case this doesn't happen, it's always good to have some healthy go-to meals at the ready. This could be frozen lean meatballs, whole grain spaghetti, and frozen or canned fruit and vegetables for something quick yet healthy to put together. A well-balanced dinner can help decrease snack

cravings and sustain satiety throughout the night, so pick nutrient-dense foods to fill your plate with.

Snacks

Snacks are a great way to fit in the extra serving of vegetables or fruits throughout the day that you may have missed. Try preparing fruit and vegetables to snack on ahead of time so you don't turn to the chips that are conveniently ready to eat in the cupboard. Containers of cut fruit and sliced vegetables with dip are great snacks! A few healthy dip options include hummus, and peanut butter vanilla yogurt dip (1:1 ratio). If you're hungry around 10:30 am grab some fresh baby carrots to snack on, or pre-make a fruit parfait if you know you're always in need of a snack after lunch. When we get to the point that we're ravenous and finally get the chance to eat, we tend to overeat, so packing healthy snacks can help prevent overeating during your bigger meals as well.

Don't Forget to Hydrate

Even in a 1% dehydrated state, it can dramatically affect performance. Fluid needs will vary depending on the environment, physical activity level, age, sex, and others, so a one size fits all water recommendation doesn't work. The easiest way to tell if you're properly hydrating is the color of your urine. If your urine is pale yellow this indicates proper hydration, whereas if it's dark yellow this indicates your fluid intake is inadequate. For activities lasting less than one hour or low-intensity activities, water is a great, economical option. For longer activities, sports drinks can be helpful in maintaining proper hydration and fueling to perform, such as athletic tournaments, or out hiking.

Whether it's the state championships or a big project at work, a day filled with well-balanced meals and snacks may give you the energy and nutrients your body needs to finish the day off strong.

Written by Shelley Balls, MDA, RD, LD

Sources:


Academy of Nutrition and Dietetics, [AND](#)
Kelly K, McGuinness O, Buchowski M et al. Eating breakfast and avoiding late-evening snacking sustains lipid oxidation. *PLoS Biol.* 2020;18(2):e3000622. doi:10.1371/journal.pbio.3000622
Leidy H, Ortinau L, Douglas S, Hoertel H. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. *Am J Clin Nutr.* 2013;97(4):677-688. doi:10.3945/ajcn.112.053116



July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	4 Independence Day Holiday, Extension Offices Closed	5	6 Hamsfork Hands 4- H Leathercraft, 2 pm, SLTC Building	7 State Shoot, Doug- las, WY	8 State Shoot, Doug- las, WY
9 State Shoot, Doug- las, WY	10 Hamsfork Hands 4- H Meeting, 6:15 pm, SLTC Building Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	11 Hamsfork Hands 4- H Ropecraft, 2 pm, SLTC Building Muckin Mavericks 4 -H Meeting, 6 pm	12	13	14	15
16	17 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	18	19 Lucky Clover 4-H Meeting, 6 pm, Afton Civic Ctr.	20	21	22
23	24 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm	25	26	27	28	29
30	31 Dynamite 4-H Dogs Club Meeting, 4-H Bldg., 6 pm					

August 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 ONLINE FAIR ENTRY DEAD- LINE BEFORE MIDNIGHT	3	4	5 LCF—KICKIN' KLASSICS CAR SHOW PARADE THE VOCALIST
6	7 LCF—4-H/FFA HORSE SHOW 4-H GENERAL JUDGING 4-H FASHION SHOW POULTRY & RABBIT CHECK-IJN ENDURO CROSS	8 LCF—4-H/FFA HORSE SHOW RABBIT POULTRY MKT ANIMAL WEIGH-IN HORSE PULLS	9 LCF—SWINE MKT SHOW 4-H/FFA & OPEN DOG DAIRY GOAT VET CHECK DAIRY GOAT SHOW WILD WED BULL FIGHTS	10 LCF—SWINE SHOWMANSHIP MKT BEEF BREEDING BEEF FREESTYLE REINING	11 LCF—MKT GOAT SHOW SHEEP SHOW LIVESTOCK JUDGING MAND. 4-H STATE FAIR MTG. ROUND ROBIN PRCA RODEO	12 LCF—BUYER BREAKFAST BUYER REGISTRATION 4-H/FFA LIVESTOCK SALE PRCA RODEO
13	14 WY STATE FAIR	15 WY STATE FAIR	16 WY STATE FAIR	17 WY STATE FAIR	18 WY STATE FAIR	19 WY STATE FAIR
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 <i>Labor Day Holiday, Extension Offices Closed</i>	5	6	7	8	9
10	11 RECORD BOOKS DUE TO LEADER OR EXT. OFFICE NOMINATION FORMS DUE TO EXTENSION OFFICE	12	13 CLUB BOOKS DUE TO EXT. OFFICE	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

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