



College of Agriculture
and Natural Resources
Extension
Lincoln County

Lincoln County Chit Chat

State 4-H Website: <http://www.uwo.edu/4-h/>; 4-H Enrollment: <https://4h.zsuite.org/>;
or Lincoln Co. Extension: <https://wyoextension.org/lincolncounty/>

Afton Office – 307-885-3132

May 2024

Kemmerer Office – 307-828-4092

Upcoming Events

- May 06 4-H Record Book Training, 4 pm, Afton Civic Ctr.
- May 07 4-H Personal Finance Class, 6 pm, Afton Civic Ctr.
- May 08 4-H Presentations Clinic, 6 pm, Afton Civic Ctr.
- May 09 4-H Table Setting Clinic, 4 pm, Afton Civic Ctr.
- May 10 4-H Fun Cooking, 10 am, Afton Civic Ctr.
- May 11 No. Area (Archery/Air Rifle) Registration DEADLINE**
- May 11 4-H Intro to Raising Poultry Clinic, 9 am, Afton Civic Ctr.
- May 14 4-H Livestock Skill-a-thon Clinic, 5:30pm, Afton Civic Ctr.
- May 15 4-H Personal Finance Class, 5:30 pm, Afton Civic Ctr.
- May 16 SV Area Mkt Sheep/Goat Tagging, 4 pm, Scale
- May 18 No. Area (Archery/Air Rifle) Co. Shoot, LC Fairgrounds
- May 20 4-H Produce Judging/ID Clinic, 4 pm, Afton Civic Ctr.
- May 21 SV 4-H Cloverbuds, 4 pm, Afton Civic Center
- May 28 Cokeville Area Mkt Sheep/Goat Tagging, 9 am
- Jun 01 Market Sheep/Swine/Goat Ownership DEADLINE**
- Jun 01 Mkt Sheep/Swine/Goat Tag/Info Upload DEADLINE**
- Jun 01 So. Area (.22 Rifle/Pistol & Shotgun) Reg DEADLINE**
- Jun 06 West Area Mini Showcase Showdown DEADLINE**
- Jun 08 So. Area (.22 Rifle/Pistol & Shotgun) Co. Shoot
- Jun 13 West Area Mini Showcase Showdown, 8 & 10 am, Afton Civic Center
- Jun 18-20 Showcase Showdown, Laramie WY
- Jul 11-14 State Shoot, tentatively located in Douglas, WY
- Jul 31 Lincoln Co. Fair Registration DEADLINE, Midnight**
- Aug 03-10 Lincoln Co. Fair, Afton WY
- Aug 13-17 WY State Fair, Douglas, WY

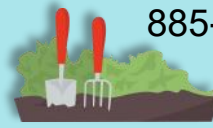
Be Respectful!

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.

Interested in 4-H Gardening or Bee Keeping?



Contact the Afton Extension Office,
885-3132 for more Info!



Inside This Issue

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Animal Ownership and Tagging Deadlines

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

4-H Fun Cooking—May 10

The last 4-H Fun Cooking activity will be on May 10, 10 am at the Afton Civic Center. This is a No-School Friday activity. **Please RSVP at 307-885-3132—Class size is limited.**

4-H Showcase Event Clinics

There will be several clinics during May. Below is a list of dates and events. They will all be held at the Afton Civic Center, 4 pm unless otherwise indicated.

May 8— 4-H Presentations Clinic, 6 pm

May 9— 4-H Table Setting Clinic

May 14— 4-H Livestock Skill-a-thon Clinic, 5:30 pm

May 20— 4-H Produce Judging & ID Clinic

2024 Market Sheep/Goat Weigh-in & Tagging

SV May 16, 4:00 pm, Fairgrounds Scale
Cokeville May 28, 9 am, Haderlie Ranch
Kemmerer Pick up tags at the Kemmerer Ext. Office

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). ALL Swine Project members pick up tags at the Extension Office. Bring required paperwork (see below).

1. Bring a copy of the Form A Brand Inspection (Sheep) or Bill of Sale (Goats) in the kid's name 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. Ownership, tagging, and info upload must be done before June 1.

If you have questions, please contact Shar at 307-885-3132 or Deborah at 307-828-4092

County Shoot Dates

This year there will be two 4-H County Shoots. One in the South area and one in the North area. Information is below.

South Area

.22 Rifle, .22 Pistol, and Shotgun - **June 8** at the Kemmerer Gun Club. Deadline is Sat., June 1.

North Area

Archery, Air Rifle - **May 18** at the Lincoln Co. Fairgrounds Exhibit Building. Deadline is Sat., May 11

Shotgun Date and Location—TBD.
More information coming soon.

Registration form and range rules are on the ZSuite dashboard in the Shared Files section



WEST AREA TETON LINCOLN SUBLETTE SWEETWATER UINTA

Thursday, June 13

AFTON CIVIC CENTER
Table setting 8:00 AM, everything else 10:00 AM

FOOD COOKOFF

CAKE DECORATING PRESENTATIONS

LIVESTOCK SKILLATHON

PRODUCE JUDGING

TABLE SETTING

Register on the Events tab through **ZSUITE**

REGISTRATION DEADLINE June 6

4-H Families

If you have good white shirts that can still be worn, please bring them to the Afton Extension Office. We keep a bin of them for 4-H members who need to use them for the year.

4-H Club News—

Dynamite Dogs 4-H Club

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

Hamsfork Hands 4-H Club

The Hamsfork Hands 4-H Club usually meet on the first Monday of each month, 6:15 pm at the So. Events Center. Because of Spring Break the week before, they are meeting on April 8.

Hooves N Hides 4-H Club

The Hooves N Hides 4-H Club have started meeting.

Lucky Clover 4-H Club

The Lucky Clover 4-H Club will meet on the second Tuesday of each month.

Meadow Grazers 4-H Club

The Meadow Grazers 4-H Club will meet on the second Wednesday of each month starting April 10.

Nocked & Loaded 4-H Club

Nocked & Loaded 4-H Club started meeting. See the calendars at the end of this newsletter for specific disciplines, dates & locations.

Star Shooters 4-H Club

Star Shooters 4-H Club will have their first safety meeting on May 1.

SV Horse 4-H Club**2024 Fair Changes (so far)**

Date—August 3-10, 2024

Theme — “See the Best of the Best“ at the Lincoln County Fair

Fair Entry Deadline—July 1—July 31, 2024

Premiums—will only be available Wednesday-Saturday (11 am to 6 pm) of fair at the payout window by the fair board of-fice.

4-H Horse Certification Testing Deadline—must be done **before July 20** of the fair year.

Rules/Regulations – All Exhibitors are cautioned to carefully READ the rules and regulations as well as each division rules, they will be strictly enforced!

Improper Conduct—An exhibitor and/or parents may be asked to leave the fairgrounds for improper conduct.

Certified Vet Inspection Required—No animal will be allowed to exhibit or compete without a current Certificate of Veterinary Inspection, or meeting species requirements as outlined. The professional judgment of the veterinarian will be the final deciding factor on all animals.

Fitting—There will be absolutely no altering market animals' natural physical build by means such as tubing, drenching, airing, injections, or insertion of foreign material under the skin. If an animal is deemed in need of medical intervention by tubing, it is the responsibility of the exhibitor to notify the livestock committee and arrange for their personal veterinarian to come to the fairgrounds, observe the animal, prescribe treatment, and treat the animal. There will be no tubing or drenching allowed for cosmetic purposes. All concerns for animals health must be brought before a member of the Livestock Committee before action is taken.

Barn Safety—ALL BARN AISLES MUST BE KEPT CLEAR, no blocking of the aisles is allowed. Grooming, cleaning, storing of equipment, etc. that blocks the passage will not be allowed. This is a safety issue and will not be tolerated.

Auction Resale—There will be no resale allowed for any market animals, the sale animal has become the property of the buyer upon the final bid being made. If the owner wishes to sell their newly acquired animal, it is up to the new owner to facilitate that sale. It will no longer be allowed to resell during the livestock auction.

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

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

**Looking for 4-H
Camp Chaperones**

(Camp will be June 26-28)

Leader Chaperones are required to complete an extra chaperone training. Please let us know by **May 23** if you are willing to help.

If we do not get enough trained chaperones, 4-H Camp will be canceled!

SV Horse 4-H Club has started meeting on Wednesdays. Contact Katie Bagley or Nikki Burch for more information.

YQA Online

If you were not able to attend the YQA classes, click on the link below to complete one class per year

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

Deadline: June 1.

If you have questions, please contact Shar (885-3232).

Online 4-H Registration
<https://4h.zsuite.org>

Returning Families & Leaders— Follow the instructions on page 8-9 of this newsletter.

New Families & Leaders—Follow the instructions on page 7 or contact either Extension Office for help.

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

Congratulations!

Bryli Groll

was awarded by the 4-H Foundation one of the
2024 Ella E. Schloredt First Year Scholarships

Eli Linford

was awarded by the 4-H Foundation one of the
2024 Ella E. Schloredt Continuing Scholarships

Wyoming State Fair Exhibitor Newsletter Sign Up

Last year we launched the Wyoming State Fair Exhibitor newsletter and we were able to share it with all 4H advisors and FFA educators. The newsletter covers changes (weigh cards, drug testing, new premium book categories), deadlines, and important dates which are great assets for our participants.

This year we want this to continue to be a tool for exhibitors and youth attending the Wyoming State Fair. I have attached below both the link and QR code for our mailing list sign-up. If you would please share this with your contacts it would be greatly appreciated.

<https://wystatefair.us9.list-manage.com/subscribe?u=003e444153b7b948315ce90b0&id=85c6511bbc>



WYOMING 4-H

VOLUNTEER TRAINING SERIES

Basic First Aid
May 2, 2024
6:30 to 7:30 pm
<https://uwyo.zoom.us/j/92438361355>

Does your 4-H club or project have a first aid kit? Is it stocked with the correct items, and do you know how to use them? Join us to talk more about basic first aid. This is a great training for volunteers, parents, and even older youth!



Talk to your local 4-H Educator about hosting a watch party at the Extension Office!



Wyoming State/Regional Events & News

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

Citizenship Washington Focus—June 15-22, 2024 in Washington DC. This is for youth 14 and older. The estimated cost is \$2500 per person with scholarship available. Registration is on a first come, first service basis. So register ASAP. [Apply at http://wyoming4h.formstack.com/forms/cwf](http://wyoming4h.formstack.com/forms/cwf). Plane tickets will be purchased by March 18, 2024.

Showcase Showdown—June 18-20, 2024 at the University of Wyoming, Laramie, WY. More information will be forthcoming.

State Shoot—The 2024 [Wyoming 4-H State Shoot](#) is tentatively scheduled to be held July 11-14 2024 in Douglas, Wyoming.

State Fair—The Wyoming State Fair will be held on August 13-17, 2024, in Douglas, Wyoming

National 4-H Congress—The National 4-H Congress 2024 will be held November 29 – December 3rd, 2024. Registration opened April 15 and will close July 29, 2024. Youth ages 14 (as of January 1, 2024) and older are invited to be part of the Wyoming delegation. Apply at https://wyoming4h.formstack.com/forms/conference_congress_app

Wyoming Association of Fairs Scholarship—Due May 1

Current/Alumni Wyoming 4-H or FFA member is eligible. One \$500 scholarship for 4-H and one for FFA. To get more information about this scholarship, click the link below. The following is a link to a Google form:

<https://forms.gle/TtULMWextbx4jfzT9>



INTERMOUNTAIN LIVESTOCK & MEATS JUDGES TRAINING

Spanish Fork, Utah

MAY
9-11, 2024

Join us for a one-of-a-kind camp that prepares youth to compete in livestock and meats judging contests locally and nationally.

The first 25 registrants will receive a custom travel mug!

- ✓ \$40 Saturday Contests
- ✓ \$100 Adult Attendees
- ✓ \$150 Camp Tracks

435-623-3450
jessie.hadfield@usu.edu

<https://extension.usu.edu/utah4h/events/intermountain-livestock-judges-training>

Wyoming 4-H

CROSS-CULTURE EXPERIENCES

ITALY OR FINLAND?

Deadline extended to May 1, 2024

2025

- **Italy** - Explore Ag in Northern Italy June 3-12, 2025. This tour travels down the west side of the Po River Valley from Turin through Cuneo, Langhe, and Liguria, ending in the French Riviera. Learn about centuries-old sustainable practices visiting a fruit orchard, an artisanal dairy farm, vineyards, olive farms, and more.
- **Finland** - Spend 2 weeks in Finland during July 2025 (exact dates TBA). You'll get to explore Helsinki, spend a few days at a youth camp, and immerse yourself in Finnish culture by living with a host families in Vierema.

What's the cost?

Italy - \$4,900 per person
Finland - \$3,200 per person

\$500 deposit required upon selection. Remaining balance can be made in monthly payments. **Scholarships are available, contact us for more info**

What's included?

- Roundtrip Airfare
- 2 Meals a day and Lodging
- In-Country Transportation & Activities
- Travel Insurance, accident and sickness protection

Additional expenses may include:

- Passport/Passport photos
- Immunization, if required
- Transportation to and from airport
- Spending money for souvenirs or other purchases
- One meal per day


APPLY TODAY! Open to 4-H Members ages 14-18 (at time of travel)
<https://form.jotform.com/240576340375154>
Applications are due:
Deadline extended to May 1, 2024

Contact Us

Finland
Emily Haver
ehaver@uwyo.edu
307-328-2642

Italy
Amber Armajo
amwall@uwyo.edu
307-347-3431

Dawn Sanchez
dawns@uwyo.edu
307-633-4383



Counseling Access for Wyoming Ag

The past few years have been demanding. Especially for our Wyoming producers.

Align is partnering with the Wyoming Department of Agriculture to provide vouchers for up to six counseling sessions for individuals working in agriculture, rodeo, and/or farming communities.

Depression, anxiety, and other trauma-related symptoms are common responses during a stressful time such as a global pandemic. You are not alone. Asking for help, seeking support, resources, education, and simply reaching out are positive steps to take to deal with the overwhelming uncertainty that our agriculture, rodeo, and farming community are faced with every day.

Counseling Voucher Instructions

- Reimbursements for counseling services are available until August 2024 or until grant funds are fully utilized.
- Mental health professionals licensed in Wyoming are eligible to submit for reimbursement on behalf of their client's working agriculture, rodeo, and/or farming communities.
- Please send invoices and a W9 to Sheila Ricley at sricley@thealignteam.org for reimbursement consideration.

Invoices must include:

- ✓ Licensed Mental Health Professionals First and Last Name
- ✓ Cost per session (less any insurance coverage)
- ✓ Dates of Services
- ✓ Client connection to eligible industry

Invoices must not include any personal information for the client.
For more information for yourself or your counselor please email Sheila Ricley at sricley@thealignteam.org.

This work is supported by the Wyoming Department of Agriculture, Grant No. 2021-70035-35378 from the U.S. Dept of Agriculture, National Institute of Food & Agriculture.

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

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Chatting 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.




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.
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 besides 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

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. 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.

14. 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.

15. 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

Deborah Peavler, Kemmerer Extension Office, 307-828-4092

ZSuite Animal Information Upload Instructions

Jace Perry CLUB MEMBER ACTIVE

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

1. UPDATE ENROLLMENT CLUB MEMBER EVENTS CLUB MEMBER PROJECTS

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 ✎ ✕ **3.**

ADD PROJECT

Select Project

Choose Project Type
Animal Science - Beef/Market

4. Animal ID*
949000011230751, 949000011230752

5. Animal Gender*
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
Choose File | No file chosen

10. Animal Picture 2
Choose File | No file chosen

11. Animal Picture 3
Choose File | No file chosen

12. Animal Picture 4
Choose File | No file chosen

13. 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.



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 - 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 **Stephanie Anderson 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.

New Online class series

The class will be starting at 10am on Wednesday April 24 and running through June 19.

Zesty Lemon Pepper Fish Packets

Makes 4 servings

Ingredients

- 1 pound fish fillets (tilapia, catfish, cod, etc.)
- 2 small yellow squash or zucchinis, roughly chopped
- 2 bell peppers, cut into strips
- 1/2 cup onion, sliced
- 2 lemons, cut into thin rounds
- 1/2 teaspoon salt
- 1 teaspoon pepper
- Aluminum foil

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Divide fish fillets into 4 portions and place on 4 sheets of aluminum foil (12x 18 inches each). Sprinkle with salt and pepper.
3. Lay lemon rounds over fillets. Evenly divide chopped vegetables between packets, placing on top of fillets.
4. Wrap each packet by bringing up the sides. Double fold the top and ends to seal. Leave room for heat to circulate.
5. Cook the packets using one of the following methods:
 - **Oven**—place packets on a baking sheet. Bake at 450°F for 30 minutes. Halfway through baking, use a fork to poke small holes in the packet for steam to escape.
 - **Electric Skillet**— heat skillet to 400°F. Use a cooking rack in the bottom of the skillet. Pour 1/2 inch water into the skillet. Place the packets on the rack. Cover and close the steam vent. If you do not have a rack make your own with aluminum foil. Form foil into a long snake about 1 inch thick. Form into a coil to fit in the skillet. Place the packet on top of the coil.
 - **Grill**—heat grill to medium-high or 400-450°F. Place packets on grates and cook for 2-30 minutes.
6. Packets are done when the fish reaches 145°F on the food thermometer. When cooking is done, carefully open packets to allow steam to escape.

Source: Cent\$ible Nutrition Program.



ATTENTION!

Wyoming Gardeners:

We need your green thumbs to fight food insecurity.

You don't need special training in fighting food insecurity to make a difference. You only need to identify a need and figure out how best to help fill it. Wyoming Hunger Initiative, the University of Wyoming Cent\$ible Nutrition Program, and Master Gardener program invite you to join the fight against food insecurity in Wyoming this season! When you commit to Grow A Little Extra for local anti-hunger organizations, everyone benefits.

Pick up (free!) seeds selected for Wyoming gardens at your local UW Extension office or donate your own favorite crop— either way, you'll be an anti-hunger warrior with two green thumbs as you help your neighbors in need. Increased access to fresh produce in Wyoming is a critical tool in the fight against food insecurity. Grow A Little Extra is helping to remove existing barriers one vegetable at a time.

(Available seeds are: Plum Regal Tomatoes, Lunchbox Peppers, Honey Bear Acorn Squash, Gateway Cucumbers, Sun Angel Spinach, and Provider Green Beans). These seeds can be picked up at the Extension Office in Afton and Teton County Extension (near Miller Park) today!

In conjunction with this, we are also looking for talented individuals that are comfortable sharing their gardening expertise with individuals and organizations that also want to participate in Grow A Little Extra.

Grow A Little Extra is a partnership with the First Lady Jennie Gordon's Wyoming Hunger Initiative, the University of Wyoming Extension's Cent\$ible Nutrition Program (CNP) and Master Gardener Program, encouraging community organizations and individuals to grow extra produce for neighbors facing food insecurity.

For more information, contact Cassie at the Afton Extension Office, 307-885-3132 or drop by our office at 150 South Washington Street, Afton, WY 83110 (In the Afton Civic Center).




May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Star Shooters 4-H Club Safety Mtg.	2	3	4
5	6 4-H Record Book Training, 6 pm, Afton Civic Ctr. Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg. Hamsfork Hands & Cloverbud Club Mtg., 6:15 pm, So. Events Ctr.	7 4-H Personal Finance Class, 6 pm , Afton Civic Ctr.	8 4-H Presentations Clinic, 6 pm, Afton Civic Ctr. Meadow Grazers 4-H Club Mtg., 6 pm Afton Civic Center	9 4-H Table Setting Clinic, 4 pm, Afton Civic Ctr. Nocked & Loaded Club Mtg., So. Exhibit Bldg., 6 pm	10 4-H Fun Cooking, 10 am, Afton Civic Ctr.	11 Intro to Raising Poul- try, 9 am, Afton Civic Ctr. North Lincoln Co. Shoot (Air Rifle & Archery) DEADLINE
12	13 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	14 4-H Livestock Skill-a- Thon Clinic, 5:30 pm, Afton Civic Ctr. Lucky Clover 4-H Club Mtg	15 4-H Personal Finance Class, 5:30 pm , Afton Civic Ctr.	16 SV Area Mkt Sheep/ Goat Tagging, 4 pm Fairgrounds Scale	17	18 North Lincoln Co. Shoot (Air Rifle & Archery)
19	20 4-H Produce Judging/ ID Clinic, 4 pm, Afton Civic Ctr. Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	21 SV Cloverbuds, 4 pm , Afton Civic Ctr.	22 CHS Graduation	23 4-H Camp Chaperone Interest DEADLINE Nocked & Loaded Club Mtg., So. Exhibit Bldg., 6 pm	24	25 KHS Graduation
26	27 Memorial Day Extension Offices Closed	28 Cokeville Area Mkt Sheep/Goat Tagging, 9 am, Haderlie Ranch	29	30 SVHS Graduation	31	



June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1 4-H Mkt Sheep/ Swine/Goat Owner- ship & Animal Info Upload DEADLINE So. Area (.22 Rifle/ Pistol & Shotgun) Reg. DEADLINE
2	3 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg. Hamsfork Hands Club Mtg., 6:15 pm, So. Events Ctr.	4	5	6 WEST AREA MINI SHOWCASE REGIS- TRATION DEADLINE Nocked & Loaded Club Mtg., So. Exhibit Bldg., 6 pm	7	8 So. Area (.22 Rifle/ Pistol & Shotgun) Co. Shoot, Kemmerer Gun Club
9	10 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	11 Lucky Clover 4-H Club Mtg	12 Meadow Grazers 4-H Club Mtg., 6 pm Afton Civic Center	13 West Area Mini Showcase Show- down, Afton Civic Ctr., 8 am—Table Setting 10 am—all other events	14	15
16	17 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	18 Showcase Show- down, Laramie	19 Showcase Show- down, Laramie	20 Showcase Show- down, Laramie	21	22
23	24 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	25	26	27	28	29
30						

LINCOLN COUNTY EXTENSION
PO BOX 309
AFTON WY 83110

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Important announcements

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