



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

June 2024

Kemmerer Office – 307-828-4092

Upcoming Events

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 01	Online YQA Completion 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
Jun 22	4-H Goat Clinic, Afton Fairgrounds
Jun 26	Hike to the Star, 10 am, Afton Civic Ctr.
Jul 10	4-H Sheep Clinic, Afton Fairgrounds, 9 am
Jul 11-14	State Shoot, tentatively located in Douglas, WY
Jul 16	4-H Goat Clinic, Afton Fairgrounds
Jul 02	Drone Camp,
Jul 31	Lincoln Co. Fair Registration DEADLINE, Midnight
Aug 03-10	Lincoln Co. Fair, Afton WY
Aug 13-17	WY State Fair, Douglas, WY

2024

Market Sheep/Goat/Swine Tagging & Data Upload Due June 1

1. Email or bring a copy of the Form A Brand Inspection (Sheep) or Bill of Sale (Goats/Swine) the Extension Office to get tags by June 1.
2. Upload animal information and required pictures to ZSuite by June 1.

THE INSTRUCTIONS TO UPLOAD ANIMAL INFORMATION AND PICTURES ARE **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

Animal Ownership and Tagging Deadlines

Market Beef—February 1

All Other Youth Livestock —June 1

Inside This Issue

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2	4-H Program Information
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4-H Camp Cancelled

There were not enough trained leaders for overnight.

Day Camp activities are listed below.

June 26: Hike to the Star, 10 am (meet at the Afton Civic Ctr., Bring your lunch). Please RSVP.

July 2: Drone Camp, \$70, Please RSVP (Partial Scholarships are Available)

Check the Facebook page and ZSuite Dashboard for more updated info.



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 finally here! That means some big 4-H activities and events are coming up. Check the calendar and get signed up for some fun events this summer, such as State Shoot, Lincoln County Fair, and the Mini Showcase. You still have until June 6 to register for the West Area Mini Showcase in Afton. Contact the Afton or Kemmerer Extension Offices for questions about upcoming events.

One thing to keep in mind as you go into summer is to keep your record books up to date. This makes it much easier for you when you get ready to turn yours in. Need help with record books? Keep an eye out for word on record book trainings.

As we get closer to fair, don't forget that your 4-H project is *not* automatically entered at fair. You'll have to go to <https://www.lincolncountyfair.info/> and enter your projects there in order to exhibit them at the fair in August. Be sure to enter by the deadline to avoid late fees!

Don't forget to check the Extension Offices in Afton and Kemmerer for resources for your projects, such as livestock learning labs or project manuals. Also check out the state website, <https://www.uwyo.edu/4-h/index.html>, for club and volunteer resources, contest information, upcoming events, and more.

Have a great summer!

Deborah

4-H Goat Clinics

There will be a goat clinic held on June 22 at the Lincoln County fairgrounds. The time is being determined.

These will also be a goat clinic on July 16 at the Lincoln County fairgrounds. The time is still to be determined.

Sheep Clinic

There will be a sheep clinic held on July 10 at 9 am at the Lincoln County Fairgrounds. Please RSVP, 885-3132.

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

**REGISTRATION DEADLINE
June 6**

Register on the
Events tab through
ZS ZSUITE

Interested in 4-H Gardening or Bee Keeping?

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

June Birthdays!!!

Brooklyn B.
Makinzie B.
Natalie C.
Myles D.

Kimber D.
Kenlee F.
Flora G.

Kamdyn H.
Madison H.
Tucker H.

Halley M.
Hadlee M.
Sheralyne M.

Braxton P.
Kali R.
Andrew S.
Greyson W.

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

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

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

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

Returning Families & Leaders— Instructions, p. 8-9.

New Families & Leaders—contact Extension Office.

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

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.

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 (885-3132).

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.

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 office.

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 animal 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 or Kemmerer Office, 828-4092

4-H Club News—

Divine Swine & Bovine 4-H Club

The Divine Swine & Bovine 4-H Club met on the 17th of May at 5:30 pm. We had pizza then picked up trash on our section for the Adopt A Highway Program.

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

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

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 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. **Register through ZSuite on the Events tab in the black navigation bar on the left of the screen.** Lodging will be on your own. Contest rules and information are on the state 4-H website. **Registration closes May 31.**

State Shoot—The 2024 [Wyoming 4-H State Shoot](http://www.uwyo.edu/4-h/) 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



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:

<input checked="" type="checkbox"/> Licensed Mental Health Professionals First and Last Name	<input checked="" type="checkbox"/> Cost per session (less any insurance coverage)
<input checked="" type="checkbox"/> Dates of Services	<input checked="" type="checkbox"/> 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.

Southwest Area Cook-off Contest Rules

The area will follow the state rules located on the state 4-H website –

<https://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/rules-and-information/2024-food-cook-off-framework.pdf>

EXCEPT:

- To register: log-in to your ZSuite Dashboard, Event Section and register each 4-H member who would like to participate. Pre-registration is required in order to ensure adequate space is available.
- **Entry deadline is June 6, 2024.**
- Jr./Int. Teams (2-4 members) – Choose a Disney Theme recipe. Dessert or salad plate size is recommended for presenting.
- Sr. Teams (2-4 members) – Create a Disney Theme entrée using: Substitutions. Dessert or salad plate size is recommended for presenting.
- (1) Electric skillet and/or (1) single and/or double hot plate and or Rice/Vegetable cooker. Only 2 heating items allowed. No microwave or oven allowed.
- Each team should dress appropriately for the preparation of food (no full or draping sleeves; closed-toe shoes only; hair appropriately restrained, etc.) Each team can coordinate clothing, aprons, etc.
- All participant teams need to bring all their own food supplies and all the needed cooking equipment (do not add anything not listed on the state supply list). You must bring extension cords!
- Substitution supply lists are available on the state cook-off contest site listed above.

Call your Extension Office (Afton - 885-3132 or Kemmerer – 828-4092) if you have questions.

NOTE: Running water will NOT be readily available in the room. Contestants must make provisions for cleaning their own equipment. **DO NOT** clean anything in the bathrooms.



Southwest Area Cake Decorating Contest Rules

Event Date: June 13, 2024, Afton Civic Center, Afton WY

Entry Deadline: June 6, 2024

Eligibility/Rules:

- Open to all 4-H youth (excludes Cloverbuds). Age calculated as of January 1 of the current year.
- Entries are open to individuals.
 - ◊ Junior Individuals – 8-10 years old
 - ◊ Intermediate Individuals – 11-13 years old
 - ◊ Senior Individuals – 14-18 years old
- To register: log-in to your ZSuite Dashboard, Event Section and register each 4-H member who would like to participate. Pre-registration is required in order to ensure adequate space is available.
- **Entry deadline is June 6, 2024.**
- Call your Extension Office if you have questions.

Materials:

- * Contestants must bring their own cake (dummy form or cake) and have it base coated in white butter cream frosting. NO base frosting will be provided by the contest.
 - Senior Individuals – must have rectangle cake forms base coated in white butter cream frosting.**
 - Junior & Intermediate Individuals – must have round cake forms base coated in white butter cream frosting.**
- * Contestants must provide ALL their own equipment necessary to complete their creation – i.e., tools, tips, bags, stamps, coloring, specialty icing, fondant, utensils, etc. This includes bowls for mixing, spoons, paper towels, and other cleaning supplies, aprons, gloves, everything else that may be needed.
- * **Running water will NOT be readily available in the room. Contestants will have limited access to a sink for clean up after the contest is over. However, contestants must make provisions for cleaning their own equipment. DO NOT clean anything in the bathrooms.**

Proceedings:

- ⇒ Each individual will use a table as workspace.
- ⇒ Contestants have up to one (1) hour to complete their creation. During the first 5 minutes, coaches can help with the planning. After that allotted time the coaches may not have contact or help contestants. If coaches do not abide by this rule, they may be asked to leave the area and individuals may be disqualified.
- ⇒ This is a themed event. Youth will be informed of the topic/theme/subject for their creation upon the start of the event.
- ⇒ Judges will be roaming during the event evaluating teamwork, technique, theme representation, food safety practices and cleanliness, organization, etc.
- ⇒ Proper food safety practices will be encouraged and included in evaluations by judges.

We will follow the state contest rules except what is stated above. The state rules located on the state 4-H website: <https://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/rules-and-information/2024-cake-decorating-contest-rules.pdf>




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

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*
94900011230751, 94900011230752

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

14. SUBMIT

- 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 Beef/Market project listed in the club box. **NOTE: If you have two animals, put the second animal's information under animal #2 section.**
- 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.
- How Many Pictures**—select the number of pictures from the drop down menu.
- 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 #2 Info**—If you have a second animal, please follow instructions #4 through #11 to add the info for the second animal. If you don't have a second animal, skip to #13 & 14.
- Select the blue **SAVE PROJECT** button
- 14. Click the SUBMIT button at the bottom of the club page to save the updated information.**

**** **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.

For questions on this, please contact the Extension Office at 307-885-3132 .

WYOMING CHARACTER



that's what we're made of

June

RESPONSIBILITY

Responsibility

Responsibility is doing your best to take care of the things around you that need to be done.

Responsibility involves a few things:

- Accountability
- Using Self Control
- Having Goals
- Choosing a positive attitude
- Doing your duty
- Being proactive
- Setting a good example
- After looking at these things, do you think you are responsible?

How do we learn to be responsible? When we practice being responsible, we learn how to be more responsible. We also learn responsibility from good role models.

A big part of being responsible is making good choices. The two fundamental principles of good decisions are: 1—We all have the power to decide what we do and what we say.

2—We are all morally responsible for the consequences of our choices.

Remember, being responsible isn't always easy. If we work hard, and take responsibility for ourselves, it will be worth it in the end. Being responsible helps us achieve great things, and helps us feel good about ourselves and our accomplishments.



4-H Activity

The Six Letter Solution

Prep: Have the following group of letters written on a flip chart or white board before club members arrive. Be sure to keep this exact order: RSIEXPLOETNTSIBELRISTY.

Directions: Hidden in this jumble of letters is a specific word in the English language that can only be found if you remove six letters. If you find it, write it down so everyone has a chance to discover

it. What questions do you have?

(The trick to the activity is to eliminate the letters "s-i-x-l-e-t-t-e-r-s" to reveal the hidden word of responsibility.)

After the youth have figured out the activity or you show them the trick, discuss the different aspects of responsibility. Possible discussion starters are:

What does responsibility mean to you?

How have you seen others act responsibly?

Do you think responsibility is important? Why?

How can we be responsible 4-H members?

Why be responsible?

Clover Connection

Head - Think things through thoroughly and set goals

Heart - Be a good friend and take care of those around you.

Hands - Do what needs to be done without being asked.

Health - Take care of your body by exercising and being aware of the foods you eat



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.

Online class series

The class will be running through June 19.

Chicken Fried Rice

A great way to use leftover rice and works great with canned, frozen, or fresh chicken.

Ingredients

- 3-4 green onions, sliced
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 1 1/2 cups pre-cooked chicken or 110-ounce can or pouch of chicken
- 3 cups cooked brown rice
- 2 Tablespoons low-sodium soy sauce

Directions

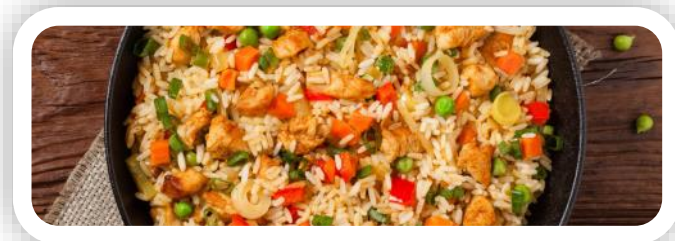
1. Wash hands with warm, soapy water for 20 seconds.
2. If rice is not cooked, follow directions on package and cook it first.
3. In a skillet or electric skillet, cook green onions in oil until tender. Add egg and cook to a scrambled egg consistency. Remove eggs from pan.
4. Increase heat to high. Add rice, chicken, and soy sauce. Stir constantly until rice is heated through.

Variation

- Add Veggies—In step 4, add 1 1/2 cups of canned vegetables or a 10-ounce bag of frozen vegetables.

Makes 6 servings

Source: Cent\$ible Nutrition Program.—<https://uwyoicnp.org/chicken-fried-rice/>



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).



June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1 4-H Mkt Sheep/ Swine/Goat Owner- ship & Animal Info Upload DEADLINE Online YQA Comple- tion 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 4-H Goat Clinic, Afton Fairgrounds
23	24 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	25	26 Hike to the Star, 10 am, Afton Civic Ctr.	27	28	29
30						

July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg. Hamsfork Hands Club Mtg., 6:15 pm, So. Events Ctr.	2 Drone Camp, Afton Civic Ctr.	3	4 <i>Independence Day Extension Offices Closed</i>	5	6
7	8 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	9 Lucky Clover 4-H Club Mtg	10 Meadow Grazers 4-H Club Mtg., 6 pm Afton Civic Center	11	12	13
14	15 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	16	17	18	19	20
21	22 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	23	24	25	26	27
28	29 Dynamite Dogs 4-H Club Mtg, 6 pm 4-H Exhibit Bldg.	30	31 LINCOLN COUNTY FAIR ONLINE ENTRY DEADLINE (BEFORE MIDNIGHT)			

LINCOLN COUNTY EXTENSION
PO BOX 309
AFTON WY 83110

CHANGE SERVICE REQUESTED

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Important announcements

IMPORTANT Lincoln County Extension NEWSLETTER

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