



UNIVERSITY
OF WYOMING

Extension



The Forecast

November
Newsletter

2025

Sheridan County

WHAT'S IN THIS NEWSLETTER:



CLUBS

CALENDAR

ENROLLMENT FACTS

FOOD FUN & 4H

BEEF PROJECT TIMELINE

BEEF RATE OF GAIN WINNERS

ACHIEVEMENT DAY

CLOVERBUDS

BLOOD DRIVE INFORMATION

PRESERVE YOUR HARVEST CLASS

EAT HEALTHY FOR LESS CLASS INFO

WYOMING FOOD FUN

SHOWCASE SHOWDOWN ARTIFICIAL

INTELLIGENCE CHALLENGE

READY, SET, EXPLORE

COUNCIL MEETING MINUTES - OCTOBER

SHERIDAN COUNTY 4-H CLUBS

**Leaders:**

Jeremy Kisling
307-763-0694

Cory Panak
405-550-0155

Meets: 3rd Wednesday of
the month @ 6:00 pm
Extension Office

**Leaders:**

Sarah Opitz
307-340-1177

Meets: 3rd Tuesday of the
month @ 6:30 pm
Extension Office

**Leaders:**

Carol French
307-751-0380

Meets: 1st Saturday of the
month @ 10:30 am
Extension Office

**Leader:**

Katie Hiller
307-752-4503

Hilary Tipton
307-763-7569

Jessica Barnes
307-630-9958

Meets: 2nd Sunday of the
month @ 5:30 pm
Extension Office

**Leader:**

Jessie Koltiska
307-752-2298

Meets: 2nd Tuesday of
the month @ 5:30 pm
Extension Office

**Leaders:**

Rachel & Brian Mealor
307-330-4884

Sarah & Peter Burgess
307-461-0210

Meets: 1st Wednesday of
the month @ 1:00 pm
Extension Office

**Leaders:**

Rachel Reinholz
320-491-4300

Jonalee Watkins
307-751-0848

Meets: 2nd Sunday of the
month @ 12:00 pm
Ranchester Town Hall

**Leaders:**

Cindy Beaver
307-660-6064

Kathy Miller
307-751-7019

Meets: 1st Friday of
Each Month @ 12:05pm
Ignite Wesleyan Church

**Leader:**

Susie Terry
307-751-2233

Meets: 1st Tuesday of
the month @ 6:00 pm
Extension Office

For more information please contact the
Sheridan County Extension Office at 307-674-2980
sheridan.county@uwyo.edu

HELLO NOVEMBER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

For specific times and locations, please refer to the project information page within this newsletter

¹
Critters,
Crafts, &
Cooking Club
Meeting

²

Achievement
Day

³

Council Meeting

⁴

Wyotana
Meeting

⁵

The 5th H Club
Meeting

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Wyoming
Warriors
Meeting

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- Goose Creek
Club Meeting
- Tongue River
Roundup
Meeting

¹⁰

Food, Fun, 4-H

- Lucky 7 ¹¹
- Livestock
Judging

Extension
Office Closed

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¹³

CVH Blood
Drive

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- Cloverbuds ¹⁸
- Livestock
Judging
- Big Horn
Cowboys

¹⁹

307 Pioneers
Meeting

²⁰

CVH
Preservation
Class

²¹

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Watt Ag & Extension
Office Closed

³⁰

2025



2025

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Council Meeting	2 • Wyotana Meeting	3 The 5 th H Club Meeting	4	5 Wyoming Warriors Meeting	6
7	8 Food, Fun, 4-H	9 • Lucky 7 • Livestock Judging	10 CVH Preservation Class	11	12	13 Critters, Crafts, & Cooking Club Meeting
14 • Goose Creek Club Meeting • Tongue River Roundup Meeting	15	16 • Cloverbuds • Livestock Judging • Big Horn Cowboys	17 307 Pioneers Meeting	18	19	20
21	22	23	24	25	26	27
WATT AG BUILDING CLOSED FOR HOLIDAYS						
28	29	30	31	WATT AG BUILDING CLOSED FOR HOLIDAYS		



SHERIDAN COUNTY 4-H

ENROLLMENT

4-H AGES

4-H Age is determined by the child's age as of January 1st of that 4-H year

- Cloverbuds: 5-7 years old
- Juniors: 8-10 years old
- Intermediates: 11-13 years old
- Seniors: 14-18 years old



ENROLLMENT DEADLINES

Youth must be enrolled in ZSuites with an active status in 4-H to be able to participate in 4-H activities.

Please note: youth are not covered by 4-H insurance until they have an active status in 4-H.

SIGN UP HERE
[4H.ZSUITE.ORG](https://4h.zsuite.org)



FOOD FUN

4 - H W Y O M I N G

- Learn to prepare home-cooked meals and try new foods
- Receive a FREE kitchen utensil kit per family related to that month's recipe
- Can attend classes at the Extension Office or at home with your family
- Open to any currently enrolled 4-H member

Participate either in person or at home!
In person Classes will be monthly at the
Extension Office at 6 pm

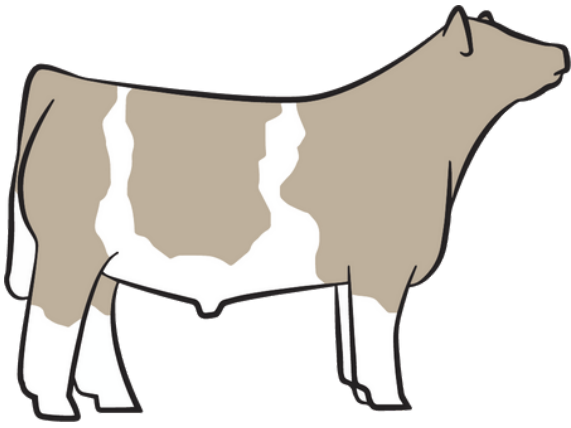
Scan HERE to sign up for
the in person classes. Class
size is limited to 10 people.



Scan HERE to see previous
recipes or sign up to
participate at home



Nov. 10th
Dec. 8th
Jan. 12th
Feb. 9th
Mar. 9th
April 13th



Beef Project Timeline

September- October	Shopping time!! Most show cattle in our area are bought during this time frame.
October- January	Feed, feed, feed!!! This is also the crucial time to halter break. It's also time to start a hair care routine.
January- February	Market Beef tagging is in January. Dates TBD. Pay attention to emails, Facebook, and the newsletter for these dates. Ownership deadline is February 1st. Keep feeding!
March- May	Continue your hair care routine. Begin practicing with a show stick to get them. Daily routines are your friend!
June- July	Keep them cool! You need to practice showing and making your cattle stand. They will need to stand a lot on show day.
July- August	Enter your projects for the county fair. Clip your cattle for fair. This is when you will be showing at the county and state fair. Keep up your routines!

Questions about your Beef Project? Contact
Rindy West at 307-751-3430
rindywest@gmail.com

2025 Beef Rate of Gain Results



Most Weight Gained:

- Katie Schreibeis 3.37 lbs a day
- Katie Schreibeis 2.94 lbs a day
- JP Reinholz 2.76 lbs a day

Achievement Day

Outstanding Club

Critters, Crafts, and Cooking 4-H Club

Outstanding Leader

Jeff Hinton

Outstanding 1st yr Leader

JD Ponciano

Outstanding Project Leader

Rindy West

1st Year Leaders

Jhett West

Gary Mefford

John Bridges

JD Ponciano

Eric Heinrich

10yr. Leaders

Daniel Walter

Jeff Hinton

Willy Benedict

25yr. Leader

Chris Lamb

Jr.

Myla Tipton

Carsyn Cates

Wesley Barnes

Finn Bittner

Grady Mealor

Finnleigh Opitz

Character Counts

Int.

Bentley Malone

Natalie Opitz

Noah Hinton

Eloise Burgess

Sr.

Tinley Barnes

Harper Baltz

Kathryn Mantey-King

Matthew Hiniger Memorial Helping Spirit Award

Kathryn Mantey-King

Aspen Spirit Award

Faith Hinton

9 yr. Members

Ada Newbrough

Merritt Ehrmantraut

Willow Koltiska

Braxton McHenry

Natalee Herbst

Levi Peldo

Katie Schreibeis

Achievement Day

Friend of 4-H

Blacktooth Large Animal Vet
Sheridan County Cattlewomen
Kimber Solberg
Valley Meat

Born & Raised Producer

Sheep- M&K Livestock
Goat- Gorzalka Show Goats
Beef- West Showstock
Swine- The Kisling Family

Heifer Futurity

Phase 1- Penny Reinholz
Phase 2- Myla Tipton
Overall Winner - Myla Tipton

Wyoming 4-H Honors Club

Ella Hiller
Faith Hinton
Lukas Schreiber

Force for Good

Preston Knott	Carsyn Cates	McKinley Olson
Eli Schreiber	Tera Bittner	Noah Hinton
Ren Stolz	Jasper Edwards	Bailey Wohlers
Rhett Fritzpatrick	Chase Edwards	Shay Baltz
Jessie DeHaven	Lizzy Crump	Tinley Barnes
Beckton Seller	MacCorra Arambl	James DeHaven
Orin Sell	Finnley Opitz	Olivia Johnson
Joey Russell	Wesley Barnes	Lucy Linden
Mikah Raley	Natalie Opitz	



CLOVERBUDS

**Next Meeting
Tues. Nov. 18th
@ 5:30 pm
Extension Office**



**For children
ages 5-7**

**Come learn
about the
Citizenship &
Civic Engagement
Project
this month!**



CLOVERBUDS

2025-2026

Meeting Schedule

Meetings are at 5:30 pm at the Extension Office
unless stated otherwise

November 18 Citizenship & Civic Engagement

December 16 Community/Expressive Arts

January 20 Healthy Live Styles

February 17 Personal Development

March 24 Plants and Animals

April 21 Environmental/Earth Science

May 19 Science & Technology

June 16 Family & Consumer Science

July Friends at the Fair
*at the Fairgrounds



**NEW
DONORS
NEEDED!**

UW EXTENSION CENTER - SHERIDAN BLOOD DRIVE

THURSDAY, NOVEMBER 13

11:00 AM - 2:45 PM

1090 DOME LOOP

WATT AG BUILDING, ROOM 132



Extension
Sheridan County

TO SCHEDULE YOUR LIFESAVING DONATION, PLEASE SCAN QR CODE, OR CONTACT LARISSA AT (307) 655-8401, ANNIE AT (406) 860-6007, OR GO ONLINE TO: [DONORS.VITALANT.ORG](https://donors.vitalant.org).

VITALANT IS THE MAJORITY BLOOD SUPPLIER TO HOSPITALS IN WYOMING AND MONTANA. YOUR BLOOD DONATION SAVES LIVES IN THE SHERIDAN AREA!

All donors 18 and up will automatically be entered to win one of two \$10,000 gift cards for the November giveaway. Must have a valid email in your donor record.



For more information visit us at vitalant.org or call 877-258-4825. **Because of you, life doesn't stop.**

vitalant 



**2 Class Times
Offered**

Cost is \$20

SCAN TO BOOK



Preserve the Harvest with UWE

Date: Thursday, November 20

Time: 9:00am – 12:00pm OR 5:30pm – 8:30pm

Location: Watt Ag Center Room 131 (1090 Dome Loop)

Questions: Call 307-674-2980 or email

lbonnet@uwyo.edu

Join us to learn the basics of Boiling Water and Pressure Canning. Participants will receive 2 jars of canned items. Scan the QR code or go to <https://www.picktime.com/UWESheridan> to register.



Extension
Sheridan County

The University's policy has been, and will continue to be, one of nondiscrimination, offering equal opportunity to all employees and applicants for employment on the basis of their demonstrated ability and competence without regard to such matters as race, sex, gender, color, religion, national origin, disability, age, veteran status, sexual orientation, genetic information, political belief, or other status protected by state and federal statutes or University Regulations.



EAT HEALTHY for less

Learn to save money and time at the grocery store, cook healthier meals faster, and stretch your food dollars. Plus, get a free cookbook, kitchen utensils, and more!

Join the Cent\$ible Nutrition Program

**This 8 week program will start Tuesday, November 11th
6pm - 7pm**

**To register email:
stephq@uwyo.edu
tmccoy8@uwyo.edu
awillad1@uwyo.edu**



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.





GET COOKING WITH 4-H

Learn, cook, taste, and share with your family while building lifelong skills in the kitchen.

WHAT IT'S ABOUT:

- Monthly recipes and cooking challenges
- Hands-on learning: baking, grilling, holiday treats & more
- Fun for the whole family — kids and parents cook together
- Opportunities to try new foods and explore creative twists

YOUTH SAID IT BEST:

"I liked learning how to make eggs a new way."

"The banana bread became our new family favorite."

"I made my own grilled chicken sauce and everyone loved it!"

WHY JOIN?

- Try new recipes
- Build kitchen confidence
- Create family memories



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JOIN US FOR YEAR 4!

SIGN UP AT
[HTTPS://FORMS.GLE/JCDUBZF9UVCTRYJ26](https://forms.gle/JCDUBZF9UVCTRYJ26)



SCAN ME



SHOWCASE SHOWDOWN

June 15 - 18, 2026

University of Wyoming, Laramie

New for 2026!

- **New Contests**
 - Horse Quiz Bowl
 - Livestock Quiz Bowl
- **Full Cloverbud Track**
 - Full schedule of cloverbud activities
- **NEW Residence Halls**
 - All participants will be housed in the brand-new University of Wyoming residence halls!
 - Nightly activities specific for those who stay in the residence halls!
- **Event T-shirt** design by the 4-H youth, Jansen Hornecker who won the 2025 Showcase Showdown design contest!

ARTIFICIAL INTELLIGENCE CHALLENGE

BY 4-H 



 *Registration Deadline: Nov 15th, 2025*

National 4-H AI Challenge:

How can you use Artificial
Intelligence to solve
problems in Agriculture?

Create your
project and
upload it
in ProjectBoard

Youth in
6th - 12th
grade



<https://events.projectboard.world/4HAIinAg>



**Beyond
Ready**



READY, SET, EXPLORE!

OCTOBER, 2025 - MAY, 2026

We are so excited to invite you to join our program from University of Wyoming Extension

Ready, Set, Explore!

This is a free, family-friendly program designed to inspire outdoor adventures and create unforgettable memories. Each month, families are encouraged to step outside, discover the beauty of the natural world, and enjoy quality time together. Whether it's hiking through scenic trails, discovering local wildlife, or simply enjoying a picnic under the stars, "Ready, Set, Explore" brings families closer to nature—and to each other!

HOW IT WORKS!

1. Register to participate at:
https://bit.ly/readyssetexplore_registration
2. Upon registering, you'll receive a link to the full Ready, Set, Explore! packet that includes activities and extras for all months (Oct–May).
3. Choose to do 4 or more of the activities listed for each month.
4. Submit monthly completion form and share pictures from your adventures!
https://bit.ly/readyssetexplore_completion

To register use the following link or scan the QR code!

https://bit.ly/readyssetexplore_registration

EXTRAS!

The fun doesn't stop there! Each month participants are encouraged to do the extra activities, but not required:

- Nature Journaling Prompt
- Vibrant Health Tip
- Snack Idea
- Leave No Trace Tip
- Natural Resource Handout



FAMILY ADVENTURES AWAIT!

QUESTIONS? ☎ 307.235.9400 ✉ readyssetexplore.4h@gmail.com



UNIVERSITY
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4-H, CVH, WORTH, & ANR

Call Meeting to order - 5:34pm

Secretary Report

- Motion to approve by Jessie, Second by Rachel

Treasurer Report

- Current Balance - \$36,463.47
- Outstanding checks - \$2,478.01
- Larissa Bonnet reimbursement - \$105 for the NILE Motion to approved by Susie, Second by Rachel, Motion Carries
- Rindy West reimbursement for the Casper College Judging Contest - \$90 total Motion to approved by Susie, Second by Rachel, Motion Carries
- Bill for the Ultrasound for \$3000 - Tabled for more information
 - Need to know a lot more about the event
 - Check with Stewart Kincaid and Katie Hiller
 - Check Livestock Committee meeting minutes
 - Follow-up via email: Donor check was deposited into the council account. Check was written and sent
- Livestock Judging team - Natalie Herbst, Ella Hiller, Steven Gamble, Levi Peldo, Tinley Barnes, Travis Adam (Coach)
 - Team won 2nd at the State Fair
 - Won a trip to American Royal in Kansas City
 - Are seeking additional funding to get to Kansas City to get them to the competition
 - Looking at funding to cover fuel, hotel rooms, parking, and some to cover certain meals. Will be gone Friday through Sunday or Monday
 - Funding for national trips has been traditionally \$500 per participant from Council
 - Susie moved to give \$500 per participant for a total of \$2500, second by Jessie
 - Discussion - does the coach get any travel funds?
 - Not sure how this was handled in the past but we can look into it.
 - Susie amends the motion for a total of \$3000 (\$500 per participant, \$500 for coach), Jessie second, motion carries.

Roll Call of clubs:

- 307 Pioneers (Cory Panak, Jeremy Kisling, and Emily Wardell)
 - Meet on 10/15 at 6pm at the Extension Office
 - Will election officers at the next meeting
 - Will do the Statewide service project at the next meeting
- The 5th H (Brian & Rachel Mealor and Peter & Sarah Burgess)
 - Meet at 1pm on the 1st Wednesday of the month
 - Elected officers this year
 - Painted pumpkins for a service project this last meeting
- Bighorn Cowboys (Sarah Opitz)
 - 10/21 next meeting
 - Elect new officers
 - Wrap up to the end of the year
 - Just completed the highway clean up
- Critters, Crafts, and Cooking (Carol French)
 - Elected officers at the last meeting
 - Taking cookies to businesses for 4-H week
- Goose Creek Livestock (Katie Hiller, Hillary Tipton, & Jessica Barnes)
 - Painted windows for 4-H week for their meeting on 10/5
 - Add Hillary Tipton to the list as a co-leader
- Lucky 7 (Jessie Koltiska)
 - 1st meeting on October 14th at 5:30 at the Extension Office
 - Working on the healthcare cards
- Tongue River Roundup (Rachel Reinholtz & Jonalee Watkins)
 - Picking up roadside at the next meeting
 - Next meeting 10/12
- Wyoming Warriors (Cindy Beaver and Kathy Miller)
 - November 7 @ 12ish at Ignite Church room 113
 - Will continue with the officers
 - Bakesale saturday at papamurphies
- Wyotana (Susie Terry)
 - Went to the pumpkin patch
 - Will have pumpkins that were painted for 4-H week

Old Business

- AG Expo (9/16/2025 at Sheridan County Fairgrounds)
 - Saw a lot of 4th graders
 - Jeff would like to acknowledge the effort put forth
 - Only comment would be to work the animals outside differently so all the stations can be hit
- Achievement Day- Nov. 2nd
 - Do we want to do candy bars as we have in the past
 - Gold record books get large candy bars
 - Need to get a number for what we need to have
 - Door prizes
 - Each club will supply 1 door prize up to \$50
 - Council will supply \$200 worth of door prizes
- Council Nominations (Vice President & Secretary)
 - Rindy West is interested in VP
 - Amber Edwards is interested in Secretary
- 4-H Week
 - Was able to get 4 banners for the cost
 - Clubs are doing things throughout to help with the week
- Charter paperwork due October 30th
 - Pink sheets due by October 30th
- Leaders need to register on ZSuite ASAP

New Business

- Cook trailer
 - Cook trailer was acquired from the Elks Youth Rodeo
 - Kathy moved to give the cook trailer to the fairground, Cindy 2nd, motioned carried
- Pledge flag set
 - Susie moves to purchase a flag set, gavel and pledge flag for \$100. Jessica 2nd, Motion Carried
- Larissa
 - Junior and Teen Leader program
 - Larissa will provide resources to club leaders to guide the youth leaders
- ALL leaders have to be enrolled by the 31st of October please

Meeting adjourned at 6:24pm

Next Meeting 11/3/2025 @ 5:30pm

Sheridan County Extension
University of Wyoming
1090 Dome Loop
Sheridan WY 82801
Watt Agriculture Center
(307) 674-2980
shercnty@uwyo.edu



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