# CLOVER CHATS

# Mappy St. Patrick's

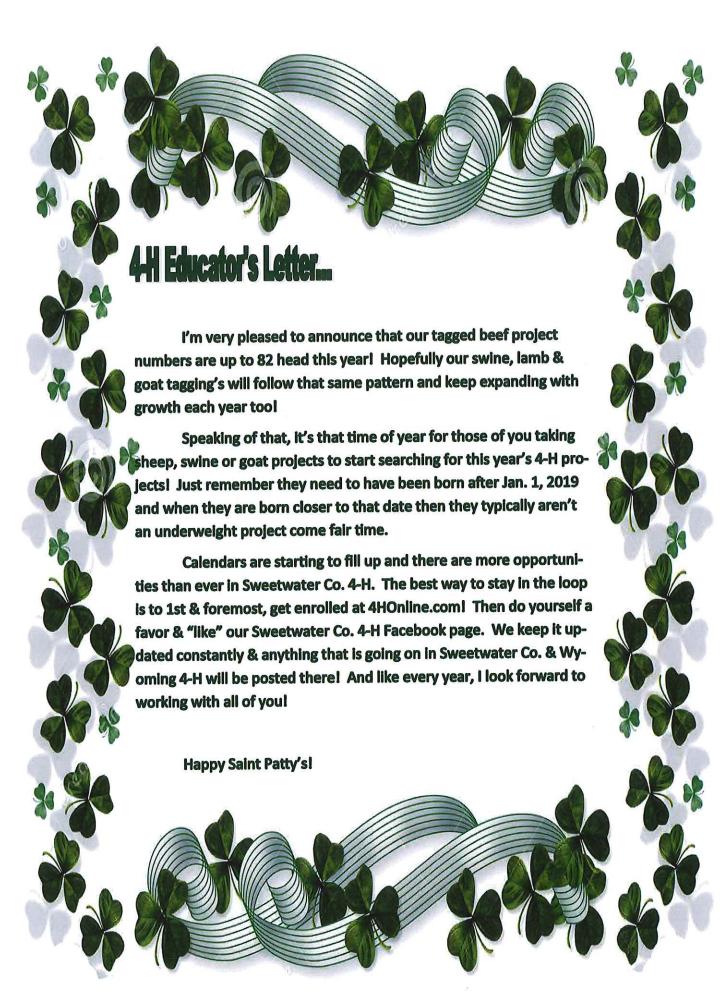


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### SPECIAL POINTS OF INTEREST

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4-H Council Meetings every third Tuesday of the month at 6:30 pm . Located at WWCC Room # 1309. Livestock Auction Committee Meeting March 4th @ 6:30pm. Located at WWCC Room # 1309 4-H Horse Development Committee Meetings every 2nd Thursday of the month at 6:30 pm. Wyoming West Community 4-H Club meeting every 2nd Monday of the month at 7:00 pm. Located at the Farson Community Hall. Project Hope Poultry meetings the 1st Thursday of every month starting December 2018 - May 2019 at 5:00 pm. Located at WWCC Green River Campus. Project Hope Community 4-H Club Meetings the 1st Monday of the month at 7:00 Farson Shooting Sports Meetings 7:00 pm every Monday at Aaron's Water Service. Swine Classes with BJ Flor every Tuesday night @ 6:30pm starting on February 5, 2019 and going to March 5, 2019. Classes will be located at WWCC Room #1202.

CLUB & PROJECT LEADERS! There is always space in the Clover Chats for important information you would like to share with all 4-Hers. So if you have an activity, event or community service opportunity, etc. coming up please send an email to <a href="mailto:mjohn157@uwyo.edu">mjohn157@uwyo.edu</a> with the information/contact and it will be included. Emails can also be sent out to everyone, especially if the date conflicts with the production of the newsletter.



# Pending Members and Volunteers

Colton Adams

**Dominic Adams** 

Jake Adams

Wyatt Armstrong

Saige Baker

Sarah Baker

Travis Baker

Amanda Borders

Kinley Ann Bruderer

**Emily Christie** 

Rayan Cordova

Ryley Cordova

Sentesa Cordova

**Emma Curtis** 

William Curtis

Gracie Fletcher

Wyatt Fletcher

**Emmre Herren** 

Isaac Herren

Cassidy Kellum

Darby McMartin

Ashlee Muir

Avaree Muir

Cody Muir

Wyatt Muir

Aiden Neher

Andrew Neher

Sonja Olsen-Fowler

Jacob Smith

Matthew Smith

Rebecca Smith

Marissa Suhr

**Aimee Thomas** 

**Avery Thomas** 

**Bryon Thomas** 

Cole Thomas

Cope Thomas

Madelyn Thomas

Meghan Thomas

**Rhyan Thomas** 

Kolten Tyler

Casey Walker

Eva Wasseen

James Wasseen II

# Incomplete Members and Volunteers

Ava Cooper

Emma Cooper

Mikayla Cooper

Tori Hester

Joseph Majdic

Dylan Southard

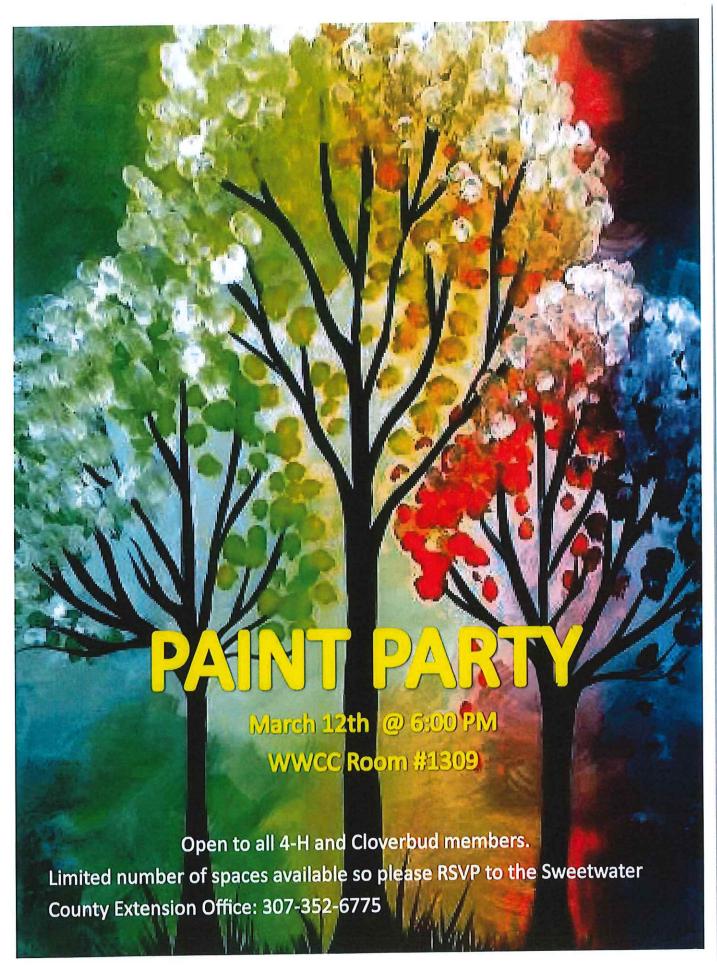
McKayla Sparks

Elisa Sparks

Payton Wells

Noah Williams





# Wyoming State & Regional Events

(more information online at: http://uwyo.edu/4-h/)

# MEAT JUDGING - April 26, 2019

The 2019 Wyoming 4-H Meats Judging Contest will take place in Laramie on Friday, April 26th in the University of Wyoming Meat Lab. Current contest information including rules and eligibility can be found at the link provided below.

http://www.uwyo.edu/4-h/opportunities/state-contests/meat-judging/index.html

# **WOOL JUDGING - April 27, 2019**

The 2019 Wyoming 4-H Wool Judging Contest will take place in Laramie on Saturday, April 27th at the University of Wyoming Wool Barn. Contest rules and eligibility can be found at the link provided below. <a href="http://www.uwyo.edu/4-h/opportunities/state-contests/wool-judging/index.html">http://www.uwyo.edu/4-h/opportunities/state-contests/wool-judging/index.html</a>

# 4-H HORSE CAMP - June 14 - 15, 2019

Wyoming State Fairgrounds in Douglas, WY

4-H Horse Camp is open to all Wyoming 4-H Club Members, Parents, 4-H Leaders, and Wyoming Extension Personnel. The educational programs presented at Horse Camp are designed to provide practical, hands-on training. The major emphasis of the camp is to improve safe riding and handling skills.

http://www.uwyo.edu/4-h/opportunities/state-opportunities/horse-camp.html

# SHOWCASE SHOWDOWN - June 25-27, 2019

http://www.uwyo.edu/4-h/opportunities/state-contests/showcase-showdown/index.html

# WYOMING STATE SHOOT - July 11 - 14, 2019

Douglas, WY

http://www.uwyo.edu/4-h/opportunities/state-contests/state-shoot/index.html

# WYOMING STATE FAIR - August 13–18, 2019

Wyoming State Fairgrounds in Douglas, WY <a href="http://www.uwyo.edu/4-h/opportunities/state-contests/state-fair/index.html">http://www.uwyo.edu/4-h/opportunities/state-contests/state-fair/index.html</a>





# 2019 Volunteer Training Series

All trainings will be done via Zoom, and online learning classroom and run from 6:30—7:30 pm

# How to Engaging Parents —January 29, 2019

The 4-H program is about family. Many times parents will drop kids off or sit in the back of the room during club and project meetings. This session will present you with ideas and suggests to engage parents and other adults, getting the whole family involved in 4-H. Join us on January 29th from 6:30-7:30 pm via Zoom, in an online meeting, to learn more about how to engage parents and other adults in your club or the 4-H experience in general.

### Organizing Club Meetings - February 26, 2019

Club meetings can often be chaotic. Members are easily bored and adults monopolize the conversation and learning. This training will provide you with tips and tricks to spend less time doing business and more time learning and having fun. Join us on February  $26^{th}$  from 6:30-7:30 pm via Zoom, in an online meeting, to learn more about organizing your club meetings.

# Support Your Project with Curriculum—March 26, 2019

Did you know that every project in Wyoming has learning books or learning curriculum to help members learn and grow in the project. During this training we will look at all of the projects that Wyoming has to offer and the wide array of curriculum that you can use to support their learning. Join us on March  $26^{th}$  from 6:30-7:30 pm via Zoom, in an online meeting, to learn more about the curriculum we use in Wyoming. This would be a great meeting for newer families, especially those in projects that do not have a leader to help them.

### Working Together—April 30, 2019

4-H brings together all different kinds of personalities, some of which we might not agree with or even enjoy working with. This training will provide you with ideas on how to work with others. You will be able to find out more about your own personality and why some people may drive you crazy while others always seem to be on the same page as you. Join us on April 30th from 6:30 – 7:30 pm via Zoom, an online meeting, as we learn more about ourselves and how to work together to encourage positive youth development.

A link to participate in the meetings above will be sent to your 4-H online e-mail account one week prior to the meeting. If you are unable to access the link or a computer, please contact your local 4-H Educator to talk about option. Hope to see you there!

# 2019 4-H Shooting Sports Leader Certifications

University of Wyoming

Wyoming

SHOOTING

In the spring months, the Shooting Sports Training Team will be coming to a county near you! If you are a new shooting sports leader or have reached five years since your last training, plan to attend one of these certification/training opportunities.



## **Southwest Area**

- · Lincoln County, Kemmerer
- Certification date February 16-17, 2019
- Registration link: https://bit.ly/2Sdn0eE





. Dates - April 6-7, 2019

Registration link: <a href="https://bit.ly/2Rz8yl8">https://bit.ly/2Rz8yl8</a>



- Natrona County, Casper
- Dates March 2-3, 2019
- Registration link: <a href="https://bit.ly/2AQIUyR">https://bit.ly/2AQIUyR</a>

# **Southeast Area**

- Albany County, Laramie
- Dates March 16-17, 2019
- Registration link: <a href="https://bit.ly/2MkW0I2">https://bit.ly/2MkW0I2</a>

# **Northeast Area**

- · Sheridan County, Sheridan
- . Dates March 30-31, 2019
- Registration link: <a href="https://bit.ly/2SZ15sf">https://bit.ly/2SZ15sf</a>





Warren Crawford

Youth Development Specialist

University of Wyoming Extension

College of Agriculture and Natural Resources

1000 East University Ave. Dept. 3354

Laramie, WY 82071

(307) 766-5170

crawford@uwyo.edu





# MARKET SHEEP PROJECT SERIES

This free series of workshops will be presented via zoom each night, so youth & volunteers can login and learn from home. Join us for one workshop or the entire series. We have a great group of presenters, which all come with a background in raising sheep..

Market Sheep Selection ~ February 25, 2019 -7:00 p.m. with Caleb Boardman, U.W. Livestock Judging Coach

Sheep Health Management ~ March 20, 2019 - 7:00 p.m. with Whit Stewart, U.W. Extension Sheep Specialists

Sheep Nutrition ~ April 22, 2019 - 7:00 p.m. with Earl Cole, Director of Technical Sales & Nutrition Cache Commodities

Sheep Daily Care & Showbox Tips ~ May 1, 2019 - 7:00 p.m. with Candy & Dawn Coxbill, Torrington, WY

Register by going to:
https://wyoming4h.formstack.com/
forms/sheepseries

For questions contact: Dawn Sanchez Dawns@uwyo.edu ~ 307-799-8780



# MARKET SWINE PROJECT SERIES

This free series of workshops will be presented via zoom at 7:00 p.m. each night, so youth & volunteers can login and learn from home. Join us for one workshop or the entire series. We have a great group of presenters, which all come with a background in raising pigs.

Swine Selection ~ February 11, 2019 with Colby Hales, Pinedale Vo. Ag. Instructor

Health Management ~ March 18, 2019 with Ben Cooley, Business Manager with Zoetis

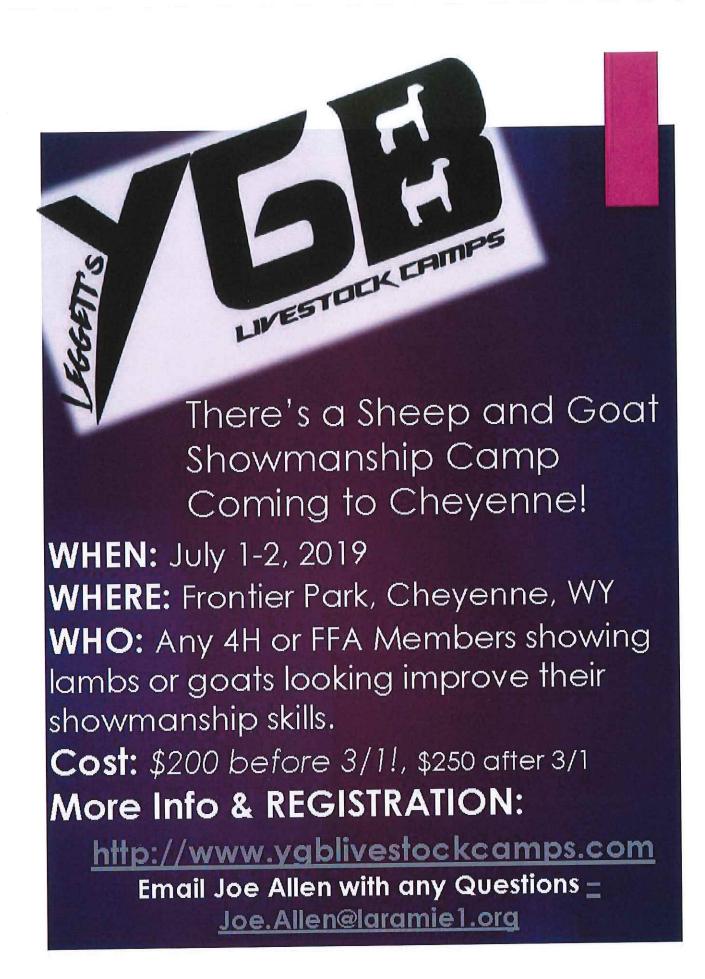
Swine Nutrition ~ April 17, 2019
with Krisha Custis-Geffert, ADM Show Tec Specialist

Daily Care & Showbox Tips ~ May 6, 2019 with Steve Harrison, U.W. Extension Educator

Register by going to:

https://wyoming4h.formstack. com/forms/swine

For questions contact: Dawn Sanchez dawns@uwyo.edu or 307-799-8780





# LARAMIE COUNTY 4-H INVITES YOU TO: DANDY DOG **OPEN SHOW**



# MARCH 9TH

RALLY

CONFORMATION

SHOWMANSHIP

**OBEDIENCE** 

Great opportunity to knock off the winter blues and enjoy some time with man's best friend! Prizes will be awarded! Fun will be had!

> Chevenne, WY 9-9:30AM Registration Show begins at 10 AM **Archer Building M/K** 3967 Archer Parkway \$5 per class, max \$20 per exhibitor. Paid via check or cash on day of show.

REGISTER AT LINK BELOW:

HTTPS://GOO.GL/FORMS/UWHJVDCJEY7MU37P1



The University of Wyoming and the United States Department of Agriculture cooperate. The University is an equal opportunity/affirmative action institution



# 3oth A nual 4-H Shooting Sports Challenge Shoot MARCH

NIOBRARA COUNTY SHOOTING SPORTS BUILDING

SHOOT ANY TIME BETWEEN 9:00 AM AND 3:00 PM

AWARDS AT 4:00 PM

\$10 PER 4 PERSON TEAM

SHOOT ON MULTIPLE TEAMS

\$ NACHOS SERVED FOR LUNCH \$

Divisions

Youth Boys Youth Girls Youth Mixed

Men Women Mixed Family

IF YOU HAVE ANY QUESTIONS CONTACT THE NIOBRARA COUNTY EXTENSION OFFICE AT (307) 334-3534

Poster Made By PHOEBE ALLBRIGHT



Niobrara County 4-H **Shooting Sports Program** PO Box 210 Lusk, WY 82225

# ENGE SHOO

What: The Niobrara County 4-H Shooting Sports members invite you to come compete for fun and prizes to determine who the best shot in the county is!

Date: March 17, 2019

Time: Shoot anytime between 9:00 AM and 3:00 PM

Awards: 4:00 PM - awards will be given in a variety of individual and team categories.

Place: Niobrara County Fairgrounds Shooting Sports Building

Teams: 4-member team. Each team will shoot one target in each of four positions (prone, sitting, kneeling and standing) in air rifle. Each team member will shoot 20 shots (2 targets) in air pistol.

### ALL EQUIPMENT AND AMMUNITION IS FURNISHED

All NRA safety rules will apply, and safety rules will be posted. Ten practice rounds will be allowed for eve ryone.

Concessions will be served all day (or until they run out)

Questions? Call the Extension Office at 334-3534 or Kenny Jensen at 340-8179 or Krystal Peterson at 334-2130

Krystal Peterson at 334-2130	
Team Name:	
1	
2	
3	
4	
Division (choose 1):	
□ Men's □ Women's □ Mixed □ Family	
□ Youth Boys □ Youth Girl's □ Youth Mixed	
Paid: ☐ Check # ☐ Cash ☐ Sponsored By:	

UNIVERSITY OF WYOMING

Department of Animal Science

# 2019 UW Horse Judging Academy

Join the University of Wyoming Horse Judging Team at the 3<sup>rd</sup> Annual Wyoming Horse Judging Academy!

When & Where: Saturday, April 27<sup>th</sup> at UW Animal Science: We will be hosting a classroom academy day teaching the basics of horse judging and oral reasons Sunday, April 28<sup>th</sup> at Spur Ridge Equestrian Center: classroom material will be applied judging live horses

\*Age groups will be divided this year for individualized learning\*

This event is perfect to prepare coaches & 4-H and FFA youth for their upcoming competitions! The WY Horse Judging Academy is open to all ages wishing to learn about horse judging. Food, fun and prizes will be provided.

Detailed schedule to come!

# 4-H or FFA Team- (4 youth):

Early Bird: \$90 per team by April 9th

\$130 After April 9th

# Adult Team- (4 Adults):

Early Bird: \$130 per team by April 9th

\$170 After April 9th

# Youth (Up to 18 years of age):

Early Bird \$25 each by April 9th

\$35 After April 9th

# Adults (19 and over):

Early bird \$35 each by April 9th

\$45 after April 9<sup>th</sup>

# <u>UW Judging Manual</u>

Early Bird \$25 each by April 9th

\$35 After April 9th







# Register online:

https://goo.gl/forms/R6lBbTDieXJoM wF42

If you have any questions please don't hesitate to contact Josey Bailey at jbaile36@uwyo.edu.

The World Needs More Cowboys!

The academy directly supports the UW Horse Judging Team at collegiate horse judging contests across the nation.

# **Travel Opportunities**

NATIONAL 4-H CONFERENCE - April 6-11, 2019

General registration due Friday, February 15, 2019 (Registrations received after Friday, February 15, 2019 are not eligible for refunds.)

Late Registration Deadline: Friday, February 22, 2019

National 4-H Conference is held in Washington D.C. and because it is the U.S. Secretary of Agriculture's premiere youth development opportunity, young people assist in the development of recommendations to help guide 4-H Youth Development programs nationally and in their communities. This is a working conference and delegates prepare in advance, attend workshops and develop recommendations during the conference, and, afterwards report accomplishments to the USDA they have achieved as a result of the conference.

Youth delegates selected to represent Wyoming 4-H are selected through an application and interview process. Members selected to attend may be awarded funding through the Wyoming State 4-H Foundation.

https://4-h.org/parents/national-4-h-conference/

### CITIZENSHIP WASHINGTON FOCUS - June 15 - 19, 2019

Citizenship Washington Focus (CWF) is held each suite. Delegates will learn about the democratic process, meet new people, see the sights of Washington D.C., meet Wyoming's U.S. Congressional Representatives, and experience our national government from a new perspective. This trip features tours, indiseveral nighttime events. Be ready to have a good time! There is not an application process—simply contact your local County 4-H Educator and let him/her know you would like to attend. The cost of the trip is approximately \$855 per person for youth (based on guard occupancy) and \$925 per person for adults (based on double occupancy). Transportation package \$175 per person. Some donor funds are evailable through the Wyoming State 4-H Foundation depending on the year.

https://a-h.org/parents/citizenship-weshington-focus/

### LEADERSHIP WASHINGTON FOCUS - July 14 - 19, 2019

Leadership Washington Focus (LWF) Is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H youth Conference Center, Just 1 mile from the Washington, D.C. border. For more than 50 years, thousands of 4-H ers have participated in our high school program, Citizenship Washington Focus and now we are happy to introduce its precursor for middle school 4-H ers, LWF. Middle school 4-H delegates will:

- Build confidence in their ability to motivate and direct others in meaningful action.
- Practice effective communication with others through group discussion and public speaking
- Work with others to create and accomplish goals
- Develop an understanding of their own personal leadership style
- Exchange ideas, practice respect, and form friendships with other 4-H ersfrom across the motion
- Experience hands-on learning using the historical backdrop of Washington, D.C.

The cost of the trip is approximately \$625 per student/adult leader/chaperone

https://d-h.org/parents/leadership-washington-focus/

## INTERNATIONAL

Come explore the world with us! You can experience the rich history and culture of Mongolia, Chana, or a risnd. The International 2-HFS hange Provides are designed to advance cultural understanding, prepare youth leaders to become responsible citizens, span in a interest in learning about foreign cultures, and could be a cadre of Americans with cultural understanding who can advance international dialogue and complete interesting the global coonomy. Cultural members the Wyoming 4-H program (14-45, years of egg) are eligible to participate. Mambers must have an interest in traveling internationally, learning closer different cultures, and living with a host family. Applications are due January 1, 2019

## **Food Safety**

Handling food safely is an important part of eating healthy. Eating contaminated or unsafe food can make you and your family sick. To be food safe, keep in mind the four food safety principles: Clean, Separate, Cook, and Chill.

- Wash hands with warm water and soap for 20 seconds before touching food
- Sanitize counter tops and clean kitchen utensils and appliances
- Rinse fresh produce with cool water before eating, cutting, or peeling

- Separate raw meat, poultry, and seafood from other foods while shopping and when storing in the refrigerator
- Keep raw food away from ready-to-eat food and use different cutting boards for produce and raw meat, poultry, and seafood

### Cook

- Check internal temperature of food with a food thermometer
- Cook cuts of beef, pork, lamb, veal, and fish to 145°F
- Cook ground beef, pork, lamb, and veal to 160°F
- Cook all poultry to 165°F
- Heat leftovers and casseroles to 165°F

### Chill

- Cold foods should be kept at 40°F or lower
- Hot foods should be kept at 140°F or higher
- Never leave food out of refrigerator for over 2 hours

## Chicken Potato Packet

### Ingredients

- 1½ pounds boneless, skinless chicken cut into 12 strips
- 4 potatoes, cubed
- 3/3 cup low-fat Italian dressing
- 4 Tablespoons grated Parmesan cheese
- 2 teaspoons ranch seasoning

### **Directions**

- Wash hands in warm, soapy water.
- Divide chicken and potatoes on four 12x18-inch sheets of foil. Top with dressing, cheese, and seasonings.
- 3. Wrap foil around mixture and place packets on a cookie sheet.
- 4. Bake at 450°F for 40-50 minutes. Use a food thermometer to check internal temperature of chicken. Remove from oven when chicken is 165°F.

### Makes 4 servings.

From the Cent\$ible Nutrition Cookbook, pg. 383.

### Trivia

- What are the 4 food safety principles?
- What should you do before touching food?
- 3. Cold food should be kept at or below what temperature?

USDA Center for Nutrition Policy & Promotion. DG TipSheet No. 23. October 2012. 10 Tips: Be Food Safe

# Eat Better For Cent#ible Nutrition Program NEW! FREE CLASS

What: NUTRITION & COOKING CLASSES When: EVERY MONDAY, STARTING MARCH 25th 1:30 pm

MANSFACE TERRACE APT. Where: 320 MANSFACE GREEN RIVER

Why: LEARNING, FOOD & FUN! FREE COOK BOOK AND GADGETS! Contact: WENDY @ 307-350-5092



UNIVERSITY OF WYOMING | EXTENSION

This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP, and the Expanded Food and Nutrition Education Program — EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To 12/2015

The University of Wyoming

# MASTER GARDENER COURSE

# January 16th through April 25th 2019 Location: WWCC Green River Campus

The Master Gardener Course Offers Training In:

- · Gardening
- · Plant, Pest & Weed Identification
- · Plant Problems & Solutions
- · Lawn Care
- · Trees
- Other Horticultural Issues

here are many advantages to completing a Master Gardener Class. Not only will you receive valuable information on horticulture and gardening, you will meet new friends and develop associations with skilled individuals who share your interest.

The Master Gardener course is offered by the University of Wyoming Extension in Sweetwater County. Classes will be taught by Master Gardeners and experts from the University of Wyoming. The \$100 fee for the class covers the textbook, materials, and additional literature. \$25 discount for senior citizens age 60+.

For more information contact the University of Wyoming Extension office at 307-352-6775.

Issued in firther acce of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

Persons seeking admission, employment, or access to programs of the University of Hyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW Extension office. To file a complaint, write to the UW Employment Practices/Affirmative Action Office, University of Wyoming. Department 3434, 1000 E. University Avenue, Laramie, WY 82071.





# MARCH 2019

			** 3		SIR S	102
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	dicin.					
					1	2
					Leadership Team Application Dead- line	
3	4	5	6	7	8	9
	Livestock Auction Committee Meeting	4-H Swine Class 6:30 pm - 9:00 pm		Master Gardener Class	Shooting Sports Meeting./Air	Shooting Sports Archery 6:00pm - 8:00pm Dandy Dog Open Show
	6:30pm	, , , , , , , , , , , , , , , , , , ,		6:00 pm - 9:00 pm	6:00 pm - 8:00 pm	Cheyenne, WY
10	11	12	13	14	15	16
		Paint Party 6:00 pm - 7:30 pm		Horse Development Committee Meeting 6:30 pm @ Farson Youth Center		
17	18	19	20	21	22	23
	Market Swine Project Series (see pg. 10 for info)	4-H Council Meeting 6:30 pm	Market Sheep Project Series (see pg.10 for info)		Shooting Sports Air 6:00pm - 8:00pm	Shooting Sports Out- door .22/ muzzleload- er 9:00am Shotgun 1:00 pm
24	25	26	27	28	29	30
		Fairboard Meeting 7:00pm				4-H/FFA Horse Clinic @ SWCO Fairgrounds
						2019 Challenge Shoot Lusk, WY
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2	Master Gardener Class 6:00pm-9:00pm	4	5	National 4-H Conference
<b>7</b> National 4-H Conference	8 National 4-H Conference	National 4-H Conference Paint Party 6:00pm	National 4-H Conference Master Gardener Class 6:00pm-9:00pm	National 4-H Conference  Horse Development Committee Meeting 6:30pm @ Farson Youth Center	12	13
14	15	16 4-H Council Meeting 6:30pm	Market Swine Project Series (see pg.10 for info.)	18 Master Gardener Class 6:00pm-9:00pm	WWCC Campus Closed - Extension Office Closed Meat/Wool Judging registration deadline	20
21	<b>22</b> Market Sheep Project Series (see pg.10 for info)	23 Fairboard Meeting 7:00pm	24	25	<b>26</b> Meat Judging Contest - Laramie, WY	27 Wool Judging Contest - Laramie, WY  4-H/FFA Horse Clinic - SWCO Fairgrounds UW Horse Judging Academy - Laramie, WY
28	29	30	Pori	April ng N	Showe lay flo	rs (



Sweetwater County Office

2500 College Drive

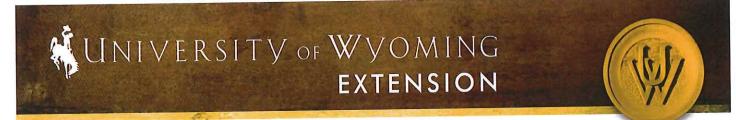
Rock Springs, WY 82901

307-352-6775

mgiffor2@uwyo.edu

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