

the CLOVER CHATS



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University of Wyoming Extension

Sweetwater County

Winter Hours

Monday - Friday
8:00 am - 5:00 pm

Summer Hours

(May 20th - August 30th)

Monday - Thursday
7:00 am - 5:00 pm

Closed Fridays

Marty Henry

UW Extension Educator
4-H/Youth Development
mgiffor2@uwyo.edu

Amanda Romero

Horticulture Assistant
abramwe2@uwyo.edu

Wendy Neilson

Cent\$ible Nutrition
Program Coordinator
wnielson@uwyo.edu

Melissa Griffin

Administrative Assistant
mjohn157@uwyo.edu

2500 College Drive A-700
Room # 1227
Rock Springs, WY 82901
307-352-6775

**4-H Council Meetings every third Tuesday of the month at 6:30pm
Located at WWCC Room # 1309.**

4-H Horse Development committee Meetings every second Thursday of the month at 6:30pm.

**Wyoming West Community 4-H Club meetings every second Monday of the month at 7:00pm.
Located at the Farson Community Hall.**

Project Hope Poultry meetings the first Thursday of every month.

Project Hope Community 4-H Club meetings the first Monday of the month.

Livestock Auction Committee meetings June 10th and July 8th at 6:30 pm. Located at WWCC Room # 1309.

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, ect. Coming up please send an email to

mjohn157@uwyo.edu 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.

LIVESTOCK JUDGING PRACTICES

June 2nd- SWCO Events Complex

June 4th- Green River High School Room # 311

June 13th - Green River High School Room # 311

Youth Quality Assurance

June 12th - WWCC Room # 1309
2:00 - 4:00 pm

June 17th - Green River High School
Room # 311
2:00 - 4:00 pm

**All 4-H entries for
County Fair are due
by midnight on
Monday, July 22nd.
NO EXCEPTIONS !**



JUNE BIRTHDAYS

Tyson Gardea

Camden Hughes

Isaac Frandsen

Brystoll Gines

Fred Hamilton

Daylan Smith

Paige Brady

Levi Johnson

Kimberly Blossom

Keaton Davies

Cadence Jones

Lain Mitchelson

Simeon Stotts

Jakob Lloyd

Zane Trujillo

Lois Sandbak

Travis Brady

Stephen Griffin

Kyler Hughes

Vicki Oliver

Colton Potter

Kade Smith

Sierra Christie

Wendy Koritnik

Madison Bernard

Charly Potter

Christopher Hamilton

Margaret Hamilton

KaeJay Davies

Maddux Tait

Pending Members and Volunteers

Colton Adams
Dominic Adams
Jake Adams
Amanda Borders
Kinley Ann Bruderer
Sorrel Burris
Emily Christie
Emma Curtis
Emmre Herren
Isaac Herren
Tiffany herren
Haley Jones
Tacelyn Jones
Cassidy Kellum

Brohdan Kroupa
Garey Lacey
Benjamin Lail
Brackin Lail
Darby McMartin
Ashlee Muir
Avaree Muir
Cody Muir
Wyatt Muir
Ashlyn Piaia
Ashlie Price
Brylee Price
Mariah Price
Rena Rogers

Abby Smith
Addyson Stephens
Gage Stephens
Aimee Thomas
Bryon Thomas
Cole Thomas
Monica Thompson
Casey Walker
Eva Wasseen
Connor Weese
Katherine Weese

Incomplete Members and Volunteers

Ava Cooper
Emma Cooper
Mikayla Cooper
Caydence Evans
Autumn horn
Chance Lugibihl
Joseph Majdic

Dylan Southard
Mckayla Sparks
Elisa sparks
Brynnlee Stephens
Payton Wells
Noah Williams

SWCO Clipping, Fitting & Livestock Judging Weekend

Location: Sweetwater Co. Events Complex, Rock Springs, WY

Contact: SWCO 4-H Office w/questions (307) 352-6775

Cost: \$15 per participant (this gets you your lunch(s) provided, a t-shirt & and an education!)

Bring: Your animal & anything you would use to clip/fit them. Especially generators for blowers!!!

June 1st, Saturday

9:00 AM-12:00 PM

~CLIPPING CATTLE
W/COLBY HALES

12:00 PM-1:00 PM

~LUNCH BREAK

1:00 PM-6:00 PM

~FITTING CATTLE W/COLBY
HALES

6:00 PM

~HOOF TRIMMING
W/HIRCHELL LECLAIR
(\$50/PER HEAD)



June 2nd, Sunday

9:00 AM-12:00 PM

~CLIPPING & FITTING
LAMBS/GOATS
W/COLBY HALES

~CLIPPING & FITTING
SHOW PIGS W/
MARTY HENRY

12:00 PM-1:00 PM

~LUNCH BREAK

1:00 PM-2:00 PM

~LAMB/GOAT
SHOWMANSHIP
W/COLBY HALES

~SWINE SHOWMANSHIP
W/MARTY HENRY

2:00 PM- 4:00PM

~LIVESTOCK JUDGING
WORKSHOP W/ COLBY
HALES & MARTY HENRY



SWEETWATER COUNTY LIVESTOCK JUDGING CONTEST

WHEN: JUNE 21, 2019
3:00 P.M. REGISTRATION
3:30 P.M. JUDGING CONTEST

WHERE: SWEETWATER COUNTY EVENTS COMPLEX
3320 YELLOWSTONE ROAD, ROCK SPRINGS, WY

REGISTRATION INFORMATION

Pre-register by June 19, 2019 at the following link or register at the contest:

https://wyoming4h.formstack.com/forms/307_contests_registration

For questions about the contest contact:

Marty Henry 307-352-6775

For more information about the 307
judging series contact:

Caleb Boardman

(307) 766 - 2159 or (307) 250 - 2298

Caleb.Boardman@uwyo.edu

WYOMING



LIVESTOCK JUDGING

For more information about the 307
judging series contact:

State 4-H Office ~ Dawn Sanchez

(307) 799-8780 or (307) 766-5170

dawns@uwyo.edu



KIDS-4-KIDS JACKPOT SHOW

Sanctioned with 307 Series



SCHEDULE SHOWMANSHIP BREEDING & MARKET

- 9:00 a.m. - Barns/Registration Open
Weigh Slips due 1 hour before show starts
- 10:00 a.m. - Showmanship Clinics
- 11:30 a.m. - Pig Show - Ring 1
- 1:00 noon - Goat Show - Ring 2
- 2:00 p.m. - Beef Show - Ring 1
- 3:30 p.m. - Sheep Show - Ring 2

GUIDELINES

- Do not arrive before barns open.
- No wash racks available.
- Blow & go only for all beef.
- No power available, will need to bring own generators.
- Open to youth 19 & younger as of Jan. 1, 2019.
- Youth weigh own animals - random animals will be reweighed during the show - must weigh back within 5% of declared weight.
- Youth can double enter in breeding and market classes - must pay double fees.
- No money paid out - prizes for class winners & champions.
- Any animal showing symptoms of a contagious disease will be asked to leave.
- All exhibitors will have to conform to Wyoming health and brand laws. Out-of-state exhibitors will need to turn health inspection papers in at weigh-ins.
- Showmanship classes based on age as of January 1, 2019:
Pee Wee 7 & under, Junior 8-10, Intermediate 11-13,
Senior 14 & older.
- Registration is taken the morning of the show..

FEES

**\$10.00 PER CLASS
\$5.00 FOR SHOWMANSHIP**

**FREE FOR UINTA & SWEETWATER
4-H MEMBER**

For More Information

**Marty Henry 307-352-6775
Dawn Sanchez 307-799-8780**

JUNE 22, 2019

Sweetwater Events
Complex
Rock Springs, WY



Sublette County



4-H Camp Registration Form

**Tuesday, June 18th to Thursday, June 20th
at White Pine Lodge**

Camper Check-In: Tuesday, June 18th from 11-11:30 am
Camper Pick-Up: Thursday, June 20th from 12-2:00 pm

Name: _____ Age: _____ Gender: Male Female
T-shirt Size (circle one) Youth Sizes S M L XL Adult Sizes: S M L XL XXL
FOOD ALLERGIES: None Yes (Please List): _____

Name: _____ Age: _____ Gender: Male Female
T-shirt Size (circle one) Youth Sizes S M L XL Adult Sizes: S M L XL XXL
FOOD ALLERGIES: None Yes (Please List): _____

Name: _____ Age: _____ Gender: Male Female
T-shirt Size (circle one) Youth Sizes S M L XL Adult Sizes: S M L XL XXL
FOOD ALLERGIES: None Yes (Please List): _____

Interested in helping out? Circle One: JR Leader OR Chaperone
Name: _____ Adult T-Shirt Size: S M L XL XXL
Emergency Contact Name: _____ Phone: _____

Camp fee is \$30.00 per youth and \$50.00 per family

Registrations are due at the Extension Office no later than Wednesday, June 12th @ 5 pm

MAIL/DELIVER FORM & PAYMENT TO: Sublette County Extension Office
PO Box 579, Pinedale, WY 82941

List of Items to bring to camp:

- | | | | |
|--|--------------------------------------|---|------------------------------------|
| <input type="checkbox"/> Warm Sleeping bag | <input type="checkbox"/> Flash light | <input type="checkbox"/> Gloves | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Pillows | <input type="checkbox"/> Extra shoes | <input type="checkbox"/> Winter Hats | (Waterproof) |
| <input type="checkbox"/> Towels | <input type="checkbox"/> Medications | <input type="checkbox"/> Mud boots | <input type="checkbox"/> Bug Spray |
| <input type="checkbox"/> Extra clothes | <input type="checkbox"/> Toiletries | <input type="checkbox"/> Swimming Suits/
Water Clothes | |
| <input type="checkbox"/> Warm clothes | <input type="checkbox"/> Coats | | |

Please leave bear spray, pocket knives and guns at home! If campers have any of these items they will be taken away and given back to the camper at the end of camp.

We will be camping in the tents/teepees at White Pine Lodge but warm clothing/sleeping bags will be needed. There are bathrooms, but members still need to bring their own towels/toiletries. Remember to bring all medications and let the leaders know what medications you have at check in. The camp will take place in June, in Wyoming, so be prepared for all weather conditions. We hope to see you at camp!



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.

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

4-H HORSE CAMP - June 10-11, 2019

Thermopolis, 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

<http://www.uwyo.edu/4-h/opportunities/state-contests/state-fair/index.html>



WYOMING 4-H LIVESTOCK CAMPS

Free t-shirt!
Every camper will receive one!

BRING YOUR ANIMAL & JOIN IN THE FUN!

June 1, 2019
Sweetwater County Fairgrounds
9:00 a.m. Beef clipping
1:00 Beef fitting
\$15.00 - Lunch provided
No showmanship at this camp

June 2, 2019
Sweetwater County Fairgrounds
9:00 a.m.-2:00 p.m.
Sheep/Goat/Swine
\$15.00 - Lunch provided
Fitting & Showmanship
Youth select one species
to learn with all day.

June 6, 2019
Washakie County Fairgrounds
9:00 a.m. - 4:00 p.m.
Beef, Sheep, Swine, Goats
\$25.00 - Lunch provided
All Day Camp - Fitting & Showmanship
Youth select one species
to learn with all day.
Space limited to 20 youth per species.

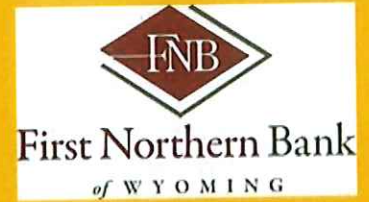
June 19 2019
Natrona County Fairgrounds
9:00 a.m. - 4:00 p.m.
Beef, Sheep, Swine, Goats
\$25.00 - Lunch provided
All Day Camp - Fitting & Showmanship
Youth select one species
to learn with all day.
Space limited to 20 youth per species.

These camps are open to any 4-H youth. Register at:
<https://wyoming4h.formstack.com/forms/livestockcamp>



For More Information Contact: Dawn Sanchez
dawns@uwyo.edu or 307-799-8780.





The University of Wyoming Extension is proud to offer the 3rd annual 307 Livestock Judging Series. This Series is designed to increase participation in state-wide judging contests by awarding scholarships and awards to the top 5 scoring Seniors and awards to the top 5 Intermediates, and top 3 Juniors throughout the year. To qualify, contestants must compete in a minimum of THREE eligible contests and the State 4-H Contest. See rules for complete details.

ELIGIBLE CONTESTS:

- | | | | |
|----------------------|------------|-----------------------|------------|
| ❖ Northwest College | March 29 | ❖ Fremont County | June 18 |
| ❖ Casper College | March 30 | ❖ Sweetwater County | June 21 |
| ❖ Eastern WY College | May 4 | ❖ Casper College Camp | June 24-25 |
| ❖ IMJT Camp | May 9-11 | ❖ Sublette County | June 28 |
| ❖ Crook County | June 7 | ❖ Big Horn County | July 6 |
| ❖ UW Judging Camp | June 10-12 | ❖ Sheridan County | August 4 |

Registration information for these contests is available on the State 4-H Web-site at:
<http://wyoming4h.org/animalopps/307-series/>

For more information contact:

Caleb Boardman

(307) 766 - 2159 (o)

(307) 250 - 2298 (c)

Caleb.Boardman@uwyo.edu

WYOMING



LIVESTOCK JUDGING

For more information contact:

State 4-H Office

(307) 766-5170- office

(307) 799-8780 -Dawn Cell

dawns@uwyo.edu

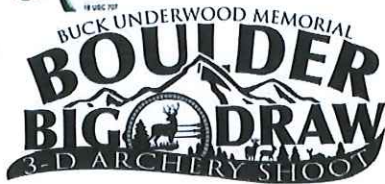


Wyoming State 4-H Foundation



11th Annual Boulder Big Draw

Saturday, June 15, 2019



Fremont Butte Ranch

OPEN TO ANY ADULT OR YOUTH

514 Highway 353~Boulder, Wyoming

Turn East on Highway 353 at the Boulder Store and follow signs

Shoot 40 Rinehart targets and never see the same one twice!
Motion Pop-Up Target System, Long Shot, and other fun challenges

**Chance to win a youth hunt donated by Mike Schmid of Solitude Ranch Outfitters
(8-12 yr. old turkey hunt and 13-18 yr. old white tail deer hunt)**

SPONSORSHIP

Stations at the shoot can be sponsored for \$25 each and your name/logo will be displayed!
o **YES! I would like to be a station sponsor! My check for \$25 is included!**

REGISTRATION Entries can be made before the shoot as well as at the event.

Entry Fees: Family~\$25 Adults~\$10 Youth (12 and under) \$10

Name: _____ Phone: _____

Address: _____ Email: _____

T-shirt size: S M L XL XXL

Division: (please circle one)

- | | | |
|----------------------------|---------|---------------------|
| Men's: | Release | Fingers Traditional |
| Women's: | Release | Fingers Traditional |
| Youth Senior (13-18): | Open | |
| Youth Junior (12 & under): | Open | |

Awards will be presented to 1st through 3rd place in each division.

Send your registration and a check payable to:

Wyoming State 4-H Foundation
Steve Mack, Director
1000 E. University Ave., Dept. 3354
Laramie, WY 82071

Questions?

Steve Mack, Director
Email: smack@uwyo.edu
Greg Schamber, Board Member 307-260-7505
Email: gregory.schamber@jonahenergy.com

EVENT SPONSOR – RINEHART TARGETS

Course Information

The course will open at 8:00 a.m. and close at 1:00 p.m. Four people will rotate to each of the 40 stations together, you should allow two hours to complete the shoot.

For Camping information contact Greg Schamber at 260-7505

Horse Day Camps



This year's day camps will run 9:00 a.m. to 4:00 p.m. and will focus on showmanship and "Riding the Pattern". Camps are open to any 4-H member space is limited to 15 participants per site, filled on a first-come, first-serve basis.

Camp 1

When: July 12, 2019

Where: Sundance, WY

For Questions: (307) 283-1192



Camp 2

When: July 16, 2019

Where: Cheyenne, WY ~ Archer Complex

For Questions: (307) 663-4383

Cost \$25 per camp -- Register At: https://wyoming4h.formstack.com/forms/horse_day_camps



For more information contact:
State 4-H Office ~ Dawn Sanchez
(307) 799-8780 or (307) 766-5170
dawns@uwyo.edu



Calendar Contest



Open to all Wyoming 4-H members

Contest Rules:

- Pictures will be accepted until September 30, 2019.
- Pictures must be the original work of the person submitting the entry.
- Each Wyoming 4-H member can submit 2 pictures.
- Pictures will be judged by the WAE4-HA fundraising committee. The top 13 member pictures will be placed in a calendar that will be available for purchase in the fall.
- Pictures will become the property of the Wyoming State 4-H office upon entry into the contest and will not be returned. They will also be used for promotional purposes. No amount of the money for the calendars will be returned to the contest entrants.
- Winners will receive a free calendar and recognition for their work.
- Entries must include Name, age, club, and county affiliation
- Entries will be accepted online at sfleenor@uwyo.edu

Sponsored by:



JUNE 5-9



**Crook County
Fairgrounds, Sundance**



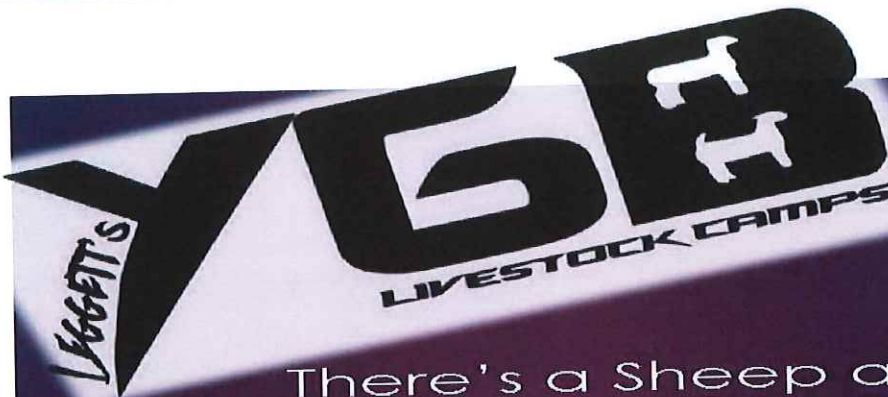
SAVE THE DATE

2019



**JUNE 5: DAIRY GOATS, RABBITS, CATS, POULTRY
JUNE 6-7: BEEF, SHEEP, GOATS, SWINE
JUNE 8-9: HORSE**

*Learn about daily care, vet care, grooming,
fitting and showing your animal projects*



**There's a Sheep and Goat
Showmanship Camp
Coming to Cheyenne!**

WHEN: July 1-2, 2019

WHERE: Frontier Park, Cheyenne, WY

WHO: Any 4H or FFA Members showing
lambs or goats looking improve their
showmanship skills.

Cost: \$200 before 3/11, \$250 after 3/1

More Info & REGISTRATION:

<http://www.ygblivestockcamps.com>

Email Joe Allen with any Questions =

Joe.Allen@laramie1.org



WYOBASKA HORSE JUDGING CLINIC AND CONTEST

JUNE 18, 2019

NIOBRARA COUNTY FAIRGROUNDS



REGISTRATION AT 8:00 A.M.
CLINIC STATIONS AT 8:30 A.M.
LUNCH AT NOON
JUDGING CONTEST AT 1:00 P.M.
AWARDS AND ICE CREAM AT 4:00 PM
\$10 PER PARTICIPANT

FOR MORE INFORMATION
CALL 307-334-3534 OR EMAIL [KELLIEC@UWYO.EDU](mailto:kelliec@uwyo.edu)



**OVER \$3,500
ADDED PAYOUT!**

**BREEDING AND MARKET
BEEF • SWINE • SHEEP • GOATS**

**GRAND
CHAMPION \$250**

**RESERVE
CHAMPION \$150**

ENTRY FEES:

Jackpot

\$15.00 per animal for pre-entry

\$20.00 after June 26th

(received by June 26th 5:00pm)

Showmanship

\$5.00 per youth per species

Payouts for individual Age Groups

SCHEDULE OF EVENTS:

Sheep and Goat

Weigh in begins at 8:30 am

All sheep and goats must be weighed in by 9:30 am

Show begins at 10:00 am

Swine

Weigh in begins at 9:45 am

All swine must be weighed in by 11:00 am.

Show begins directly after sheep/goat,
but no sooner than 12:00 pm

Beef

Weigh in begins at 11:00 am

All beef must be weighed in by 12:30 pm

Show begins at 1:00 pm

4'x6' stalls available - \$10 stall deposit will be refunded when stall is cleaned by the participant prior to departing fairgrounds and checked out by show help. Bring Bedding!

*All out of state animals must have a certificate of health inspection and brand inspections.
Any animal showing signs of contagious disease will be asked to leave immediately.*

REGISTRATION

Form: http://www.wyoming4h.org/4hsublette/?page_id=971

Submit Registration Form by Email: sublette@uwyo.edu

Or by Mailing Address: Sublette County 4-H • PO Box 579 • Pinedale, WY 82941

WYOMING 4-H PRESENTS

JUNE 25-27

**Showcase
Showdown
2019**

LARAMIE • WYOMING

Showcase Showdown offers an opportunity for youth to explore various industries through contests and workshops. The event takes place at the University of Wyoming in Laramie, Wyoming. Youth can participate in contests, workshops, tours and activities over the course of three days.

**WHAT IS
SHOWCASE
SHOWDOWN?**

Hands on competition
Open to ALL 4-H youth
(excluding Cloverbuds)
**NO PRE-QUALIFICATION
REQUIRED**

**WORKSHOPS
& TOURS**

Fishing
Painting
Cowboy Athletics
Swing Dance
Photography
The Cud-Powered Car
Project Runway
Hiking **& MORE!**

**TEAM &
INDIVIDUAL
CONTESTS**

Presentations (Prepared & Impromptu)
Cake Decorating Contest
Table Setting Contest
Livestock Skill-A-Thon
Dog Skill-A-Thon
Produce Evaluation
Food Cook-Off
Horse Judging
Hippology
Robotics Contest
Filmfest



REGISTER AT: [HTTP://BIT.LY/WY4HSCSD19](http://bit.ly/wy4hscsd19)

FOR MORE INFORMATION CONTACT YOUR LOCAL EXTENSION OFFICE



WYOMING 4-H 307 LIVESTOCK SHOW SERIES GUIDE

JOIN TODAY BY Submitting A SHOW REPORT

307 Show Series is open to Wyoming 4-H Members:

- ~ Youth are entered once they submit a show report and pay their series registration fees.
- ~ Species within the 307 Show Series includes: beef, sheep, swine and goats .
- ~ Age divisions for showmanship will be based on January 1st of current year. Age divisions are:
Junior 8 -10 ~ Intermediate 11-13 ~ Senior 14-18
- ~ Year-end awards will be given to youth with the most points for 1st thru 10th place in each award category. Awards for sheep, goats and beef will be given in breeding, market and each age division for showmanship. Year-end swine awards will include market and each age division in showmanship. Awards will be distributed at the Wyoming State Fair.
- ~ Sanctioned livestock shows must be held within the State of Wyoming from April 1 thru July 15.
- ~ County and State Fairs will not be counted towards year-end awards.
- ~ Membership fees are \$20 per youth, per species. These must be paid by July 15, 2019.
- ~ Exhibitors must be present and exhibit at the show that they receive points for.
- ~ The show series has no say over rules of the livestock shows. Any concerns with the show, must be addressed with each shows' management.
- ~ This is a self-reporting series. Youth will need to complete the on-line show report after each sanctioned show, which includes submitting a picture of themselves with their animal in front of the show's backdrop. Show reports must be submitted online by July 15, 2019 in order to be counted. Report forms turned in after the deadline date will not be counted. Points may be verified with the show records, so please check what you are submitting is correct before completing the online show report.



COMPETE FOR FUN YEAR END PRIZES

Show reports & fees due: July 15, 2019

Complete show reports here: <https://wyoming4h.formstack.com/forms/showseries>

For questions contact Dawn Sanchez in the Wyoming State 4-H Office at dawns@uwyo.edu or 307-799-8780.



WYOMING 4-H 307 LIVESTOCK SHOW SERIES GUIDE

~ Points will be awards according to the following breakdown:

	Number of Animals or Youth in the Class									
	1	2	3	4	5	6	7	8	9	10+
5 or more in the class	10	9	8	7	6	5	4	3	2	1
4 or less in a class	6	5	4	3						

- ~ Points are awarded for only one animal in each category (market, breeding, showmanship) for each species, at each livestock show. The youth's highest placing animal in each species, will count for points for that particular show.
- ~ Youth can earn a maximum of 10 additional points by attending two 4-H educational events:
 - ~ 5 points each can be earned by attending a livestock clinic/camp/workshop that is sponsored/endorsed by Wyoming 4-H. This could include events like Showcase Showdown, State 4-H Meats Judging, zoom project series, UW Livestock Judging Camp or practice clinic, etc. Club/project meetings do not count.
 - ~ For each educational event, youth must complete the on-line self-reporting form by July 15, 2019. Educational event attendance may be verified by the event coordinator.
- ~ Additional points will be given for Champions and Reserves for each show:
 - Overall Grand Champions - 5 points
 - Overall Reserve Champions - 3 points
- ~ Participants will receive only one set of additional championship points on one animal per show, per category, per species.
- ~ Mail membership fees to :
Wyoming State 4-H Foundation , 1000 E. University Ave. Dept. 3354, Laramie, WY 82071

Show reports & fees due: July 15, 2019

Complete show reports here: <https://wyoming4h.formstack.com/forms/showseries>

For questions contact Dawn Sanchez in the Wyoming State 4-H Office at dawns@uwyo.edu or 307-799-8780.

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 June. 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 and several 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 quad occupancy) and \$925 per person for adults (based on double occupancy). Transportation package \$175 per person. Some donor funds are available through the Wyoming State 4-H Foundation depending on the year.

<https://4-h.org/parents/citizenship-washington-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'ers from across the nation.
- 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://4-h.org/parents/leadership-washington-focus/>

INTERNATIONAL

Come explore the world with us! You can experience the rich history and culture of Mongolia, Ghana, or Finland. The International 4-H Exchange Programs are designed to advance cultural understanding, prepare youth leaders to become responsible citizens, spark an interest in learning about foreign cultures, and develop a cadre of Americans with cultural understanding who can advance international dialogue and compete effectively in the global economy. Current members of the Wyoming 4-H program (14-19 years of age) are eligible to participate. Members must have an interest in traveling internationally, learning about different cultures, and living with a host family. Applications are due January 1, 2019

Cent\$ible Nutrition Program

Tropical Morning Treat

Ingredients

- 2 Tablespoons orange juice
- 1 apple
- 1 orange
- 1 banana

Directions

1. Wash hands with warm, soapy water.
2. Place orange juice in bowl.
3. Wash apple, dry, and cut. Remove the seeds and dice. Coat apple pieces with orange juice to prevent browning.
4. Peel orange and break into sections. Cut sections into small pieces.
5. Peel and slice banana into ¼-inch circles.
6. Toss all fruit and orange juice lightly. Chill or serve immediately.

Serves: 4

Eat Better for Less

"My favorite part of the class is that we made food that I actually eat and found ways to make it healthy. I doubted you but I liked everything we made and I know that I can do this."
 -CNP Participant 2019

Contact Us!

Nutrition Facts	
4 servings per container	
Serving size	.5 cups (116g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	10%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	0%
Iron 0.2mg	0%
Potassium 229mg	4%

For more information on Cent\$ible nutrition classes contact Wendy @ 307-352-6775

Family & Consumer Science
Cent\$ible Nutrition Program
 "Helping Families Eat Better for Less"

 UNIVERSITY
 OF WYOMING
 EXTENSION





Sun Mon Tue Wed Thu Fri Sat

						<p>1</p> <p>Swine, Sheep & Goat ownership/ tagging deadline</p> <p>County Shoot Outdoor Shooting 8:00 am @ Little Firehole Range</p> <p>Beef Fitting Clinic (See pg. 6)</p>
<p>2</p> <p>Swine, Sheep & Goat Fitting Clinic (See pg. 6)</p>	<p>3</p>	<p>4</p> <p>Livestock Judging Practice @ Green River High School Room # 311</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>Extension Office Closed</p> <p>307 Livestock Judging Contest - Crook County</p>	<p>8</p>
<p>9</p>	<p>10</p> <p>4-H Horse Camp - Thermopolis, WY</p> <p>Livestock Auction Committee Meeting 6:30 pm @ WWCC Room# 1309</p>	<p>11</p> <p>4-H Horse Camp - Thermopolis, WY</p> <p>UW Judging Camp - Laramie, WY</p> <p>4-H Council Meeting 6:30pm @ WWCC Room # 1309</p>	<p>12</p> <p>Youth Quality Assurance 2:00 - 4:00 pm @ WWCC Room # 1309</p> <p>UW Judging Camp - Laramie, WY</p> <p>4-H Camp Registration Deadline (See pg. 9)</p>	<p>13</p> <p>Horse Development Committee Meeting 6:30 pm - TBA</p> <p>Livestock Judging Practice @ Green River High School Room # 311</p>	<p>14</p> <p>Extension Office Closed</p>	<p>15</p> <p>CWF—Washington, D.C</p> <p>Boulder Big Draw (See pg. 13)</p>
<p>16</p> <p>CWF - Washington, D.C.</p>	<p>17</p> <p>CWF - Washington, D.C</p> <p>Youth Quality Assurance 2:00 - 4:00 pm @ Green River High School Room # 311</p>	<p>18</p> <p>CWF - Washington, D.C.</p> <p>4-H Camp (See pg. 9)</p> <p>307 Livestock Judging Contest - Fremont County</p>	<p>19</p> <p>CWF - Washington, D.C.</p> <p>4-H Camp (See pg. 9)</p>	<p>20</p> <p>CWF - Washington, D.C.</p> <p>4-H Camp (See pg. 9)</p>	<p>21</p> <p>Extension Office Closed</p> <p>307 Livestock Judging Contest - SWCO Events Complex (See pg. 7)</p>	<p>22</p> <p>Kids - 4 - Kids Jackpot SWCO Events Complex (See pg. 8)</p>
<p>23</p>	<p>24</p> <p>Casper College Judging Camp</p>	<p>25</p> <p>Showcase Showdown - Laramie, WY</p> <p>Casper College Judging Camp</p> <p>Fairboard Meeting - 7:00 pm</p>	<p>26</p> <p>Showcase Showdown - Laramie, WY</p>	<p>27</p> <p>Showcase Showdown - Laramie, WY</p>	<p>28</p> <p>Extension Office Closed</p> <p>307 Livestock Judging - Sublette County</p>	<p>29</p> <p>Sublette County Summer Jackpot Show (See pg. 17)</p>
<p>30</p>						



Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2	3	4 <i>Extension Office Closed</i>	5 <i>Extension Office Closed</i>	6 307 Livestock Judging Contest - Big horn County
7	8 4-H Auction Committee Meeting 6:30 pm @ WWCC Room # 1309	9	10	11 4-H Horse Development Committee Meeting 6:30 pm - TBA State Shoot - Douglas, WY	12 <i>Extension Office Closed</i> State Shoot - Douglas, WY	13 State Shoot - Douglas, WY
14 State Shoot - Douglas, WY LWF - Washington, D.C.	15 LWF - Washington, D.C.	16 LWF - Washington, D.C. 4-H Council Meeting - 6:30 @ WWCC Room # 1309	17 LWF - Washington, D.C.	18 LWF - Washington, D.C.	19 <i>Extension Office Closed</i> LWF - Washington, D.C.	20
21	22 All 4-H entries for County Fair are due by midnight. No Exceptions!	23 <i>Fairboard Meeting 7:00 pm</i>	24	25	26 <i>Extension Office Closed</i>	27
28 Sweetwater County Fair	29 Sweetwater county Fair	30 Sweetwater County Fair	31 Sweetwater County Fair			



Sweetwater County Office

2500 College Drive

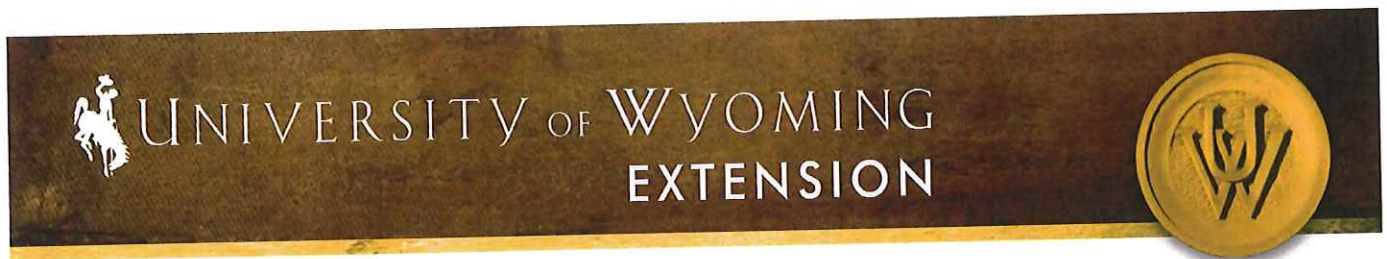
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mgiffor2@uwyo.edu

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