

the CLOVER CHATS

INSIDE THIS ISSUE

4-H Program Information . 2
Community Service..... 5
Cent\$ible Nutrition.....16
Master Gardener.....17
Extension Calendar.....18

SPECIAL POINTS OF INTEREST

- Beef Ownership & Tagging Deadline (Page 4)
- Little Shoppers (Page 5)
- Craft & Paint Party (Page 6)
- Beef Selection (Page 10)
- Poultry Winter Series (Page 11)
- Breeding Sheep Camp (Page 12)



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

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

December Birthdays

Mike Freimuth

Wyatt Muir

Layla Bloedow

Kynlee Johnston

Gracie Fletcher

Neil McLaren

Curtis Spelbring

Addysen Bodin

Mary McLaren

Holly Hood

Tracy Meats

Darby McMartin

Marissa Suhr

Kyle Carpenter

Kristy Lucero

Wyatt Fletcher

Chase Westerberg

Candace Folks

Kayla Flor

William Hamilton

Ocean Gross

Marilyn Weaver

Mariah Price

Dalton Thomas

Brooklyn Dale

Madelyn Thomas

Izabelle Pedri

Kamilyn Lloyd

Zachery Mikesell

Archer Ohnstad

4-H Council Meetings every third Tuesday of the month at 6:30pm. Located at WWCC Room # 1309.
(There will be no December Meeting)

4-H Horse Development Committee Meetings every second Thursday of the month at 6:30 pm. Located at WWCC Room #1309

Wyoming West Community 4-H Club Meetings every second Monday of the month at 7:00 pm. Located at the Youth Center.

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



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 us 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.

FEBRUARY 1ST, 2019 - 4-H Market Beef Ownership & Tagging Deadline

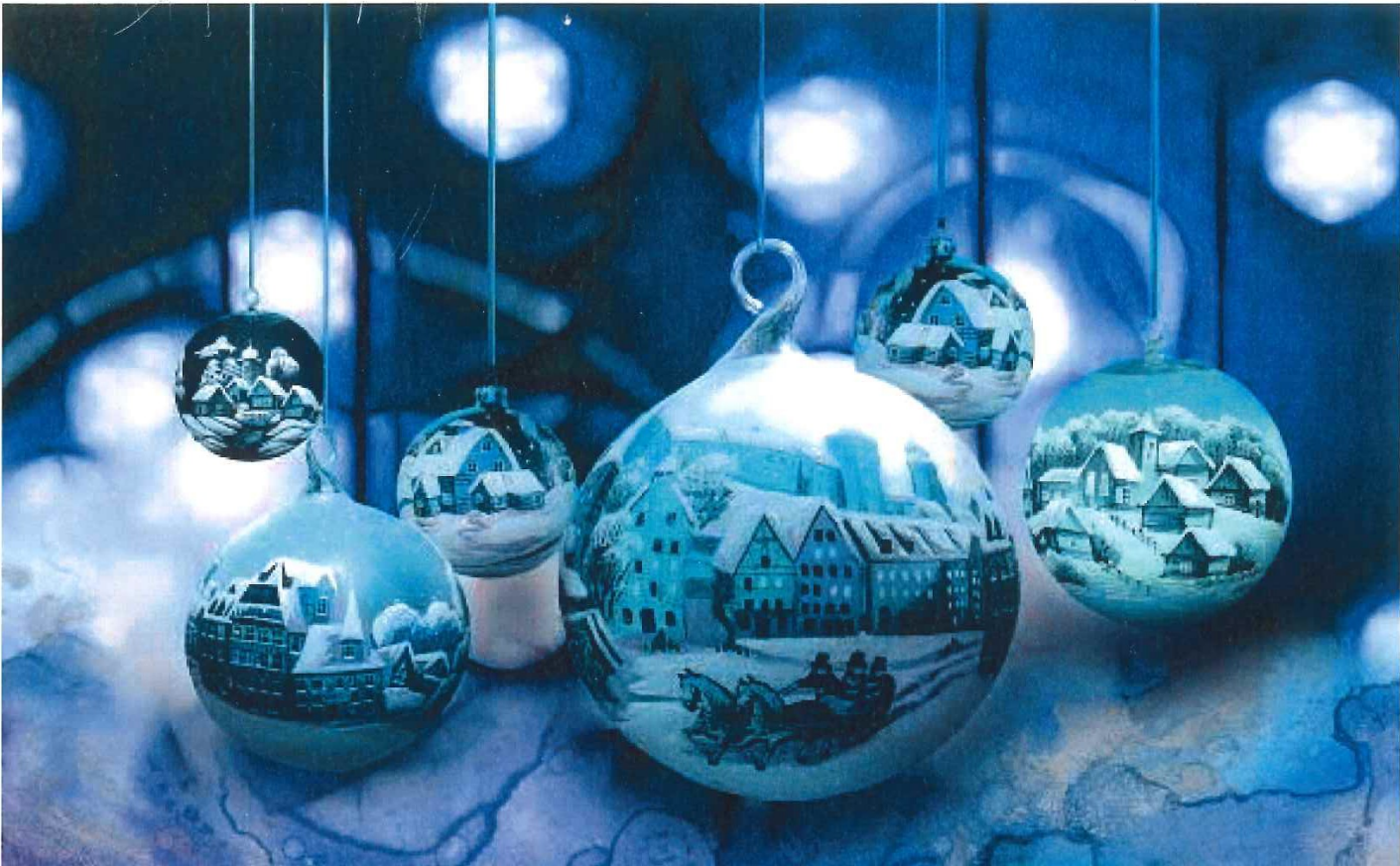
Shooting Sports Safety Meetings

December 7th - 5:30 pm at WWCC Room # 1309

January 3rd - 5:30 pm at WWCC Room # 1309

February 2nd - 2:30 pm at WWCC Room # 1309

All Shooting Sports members must attend one safety meeting before they are allowed to practice.



LITTLE SHOPPERS EXTRAVAGANZA

The Sweetwater Co. 4-H program welcomes all youth to join us at our Little Shoppers Extravaganza! Parents can bring their children to our “shopping center” located at WWCC’s Atrium to do all of their Christmas shopping by themselves, while parents can enjoy our sweets & treats lounge! Items are sold below or equivalent to garage-sale prices & we even wrap the gifts!

December 6th

4pm – 8pm

WWCC’s

Atrium

West Campus

Parking Lot

Craft & Paint Party

Date: January 14th

Time: 6:00 PM

Location: WWCC Room # 1309



Cactus DIY Craft

Space is limited

Please RSVP to the Extension Office

mjohn157@uwyo.edu

307-352-6775

Open to all current 4-H and Cloverbud members.

4-H Youth/Volunteer Enrollment Process: FOR EXISTING MEMBERS

1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As an existing Member/Family that is re-enrolling for the next 4-H year select the first option I have a profile
 - Enter your email address and password you used to create your Family login and click the button
 - Can't remember your password? Select I forgot my password enter your email address and click the button.
 - A new automated password will be sent to the email address you provided along with instructions to login and reset your password.
3. Once you are logged in you can review your Family info and update it if needed by clicking the button

Member List

Tester Family

123 Testing Ave
Laramie, WY 82071
307-234-3466
wyoming4h@yahoo.com
Training County [contact info]

Add A New Family Member
select a member type...

ReActivate An Archived Family Member
select a member...

Use this drop down menu to add a new member that is not in the Member list.

Member/Volunteer List						
	Name	Role	Membership ID	Enrollment Status	Last Active Year	Edit
1)	Mrs. Tester	Adult	868993	Inactive	2014-2015	<input type="button" value="Edit"/>
2)	Boy Tester	Youth	868982	Inactive	2014-2015	<input type="button" value="Edit"/>
3)	Girl Tester	Youth	868983	Inactive	2014-2015	<input type="button" value="Edit"/>
4)	Mr. Tester	Adult	903413	Inactive	2014-2015	<input type="button" value="Edit"/>

4. In the **MEMBER LIST** tab, please look at the Member/Volunteer List to view the members/adult volunteers associated with your family account.

Please do not add a new individual that is already listed in the member/volunteer list!

- To Re-Enroll for the new 4-H year click on the button to the right of each name
- Review the information displayed in the Personal Information screen.
- At the Bottom of the page on the right you will click the button.
- On the next page you can review/update the personal information page.

In an effort to reduce our mailing costs, please consider selecting the EMAIL option in the Correspondence Preference field in the first YOUTH PERSONAL INFORMATION Tab.

Correspondence Preference: Email
Cell Phone: [] 555-6
to receive notices via text message: [] Select your provider ...

You will now continue through several tabs verifying/updating information. To advance to the next screen click the button.

5. In the **ADDITIONAL INFORMATION** screen you will review and agree to the Publicity Release, Statement of Assumed Risk Transportation Release, Code of Conduct, and for Leaders Training and Screening Understanding.
 - Please Read this information! You must click the check box in each section in order to continue
6. The next screen is the **HEALTH FORM** If any of the individuals Health information has changed, please update it!
7. In the **PARTICIPATION** screen you will add or delete Clubs and Projects for each individual.
 - If you select a new club remember to click the Button to add it to your Club list.
 - When finished with club selections click the Button at the bottom.
 - You will be taken to the project tab where you can add or delete projects.
 - Remember to click the button to add a project to the Project List.
 - You can delete a project by clicking the button and then clicking the button.

When you are finished adding projects you will be taken to the Invoice Screen. There is a \$10 per member fee. Click the button to proceed to the payment tab.

8. On the **PAYMENT** Tab click the orange button. You will be re-directed to the University of Wyoming's TouchNet Payment Services page to enter your card and billing information. Once you are finished you will be routed back to complete the enrollment process. Make sure the card you entered is selected as the payment method and click the button. Next you'll be taken to the confirm tab.
9. In the **CONFIRM** tab, be sure to click the check box confirming that you agree to the "Pay by Computer Terms and Conditions and then click the Button.

Once you have Submitted an Enrollment you will then be taken back to the **MEMBER LIST** screen. You can then enroll new 4-H Members or Volunteers using the same steps. Your enrollment will be sent to the County Extension Office where they will review and approve/activate your profile, or return your enrollment to you for changes/additional information. Your credit card will not be charged until each member account is activated. If your enrollment status is Pending, your record is complete and waiting for county level approval. If your enrollment status is Inactive or Incomplete, click Edit to review your record for missing information and resubmit.

4-H Youth/Volunteer Enrollment Process

FOR NEW MEMBERS

1. Go to <http://wy.4honline.com> You will see a screen like this.
2. As a Member/Family Enrolling for the **FIRST** time select the second option **I need to setup a profile**
 - Select your county and fill in the fields
 - Save your password so you are able to log back in to your profile!

WRITE DOWN YOUR USER AND PASSWORD HERE

User Email: _____

Password: _____

3. Click the **Create Login** Button.
4. The next screen is the **FAMILY INFO** Screen
 - Fill in all the fields
 - The red asterisk * indicates required fields
 - If you would like to update the Family Information for all members records with the same address click this box

5. The next screen is the MEMBER LIST

- The Family Information is displayed on the left.
- Click the “Add a New Family Member” drop down menu and select Adult or Youth.
- 6. Click the **Add Member** Button.

7. The next screen is the YOUTH PERSONAL INFORMATION

- Fill in all the fields
- Years in 4-H: For returning members, this numer will automatically increase
- The red asterisk * indicates required fields
- If you have two email addresses you would like to have information sent to, please enter it in the Second Household email field
- Split families can also be set up for each member
- 8. When finished click the **Continue >>** Button at the bottom.

9. The next screen is the ADDITIONAL INFORMATION screen. Here you will review the Code of Conduct, General Authorization and Release, and Statement of Assumed Risk

- Please Read this information!
- You must click this box in each section before you are able to continue to the next screen

10. When finished reading click the **Continue >>** Button at the bottom.



MAKE A DIFFERENCE, VOLUNTEER TO HELP YOUTH IN THE WYOMING 4-H PROGRAM.

We have a position for your time, your talents, and your abilities.

5 easy steps to change the future of youth!

1

Enroll in 4-H online.

Does your family have a 4HOnline profile?

N

Y

Create a 4HOnline profile at:
wy.4honline.com

Add a new family member

2

Complete a training on working with youth in 4-H

3

Complete a background check and a driving records check.

4

Meet with our local 4-H Educator.

5

Get started



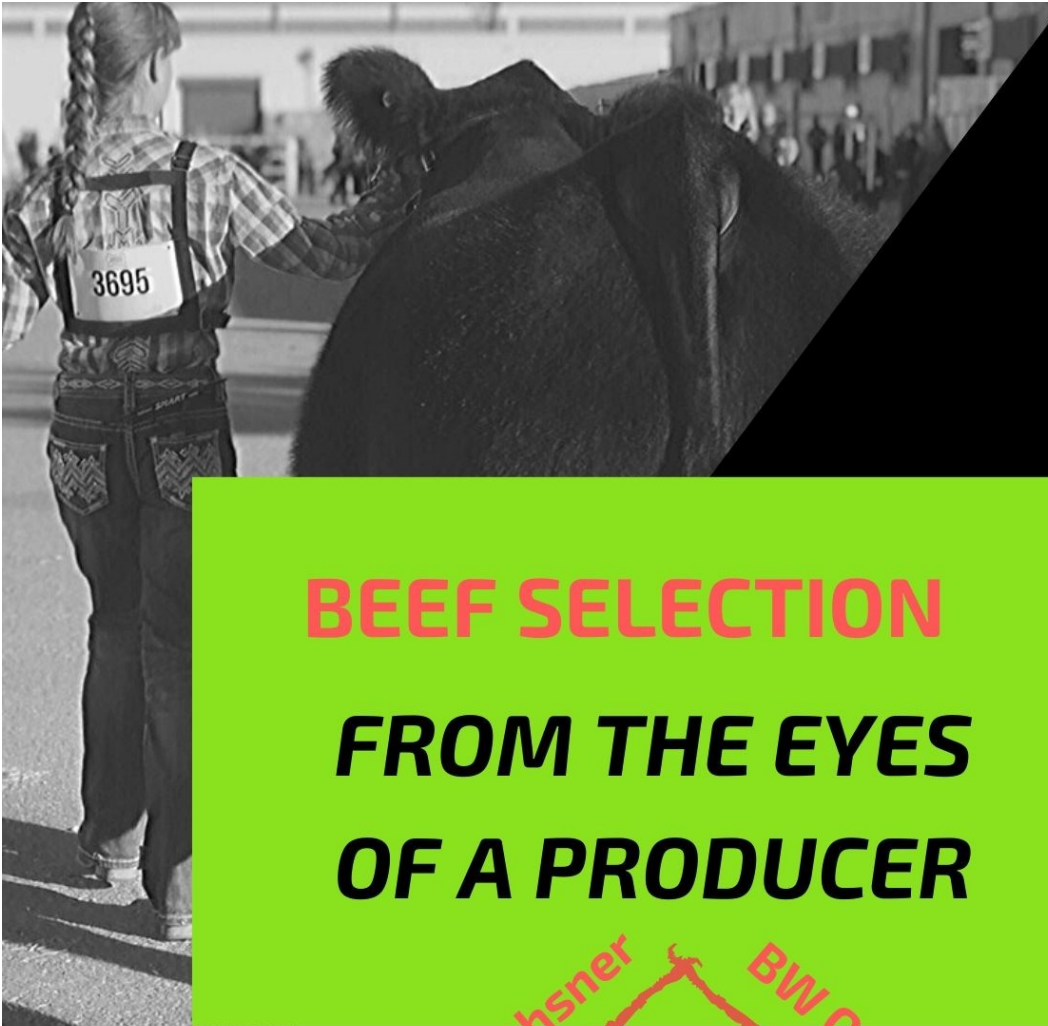
Give us a call
307-766-5170



Send us an e-mail
4h@uwyo.edu

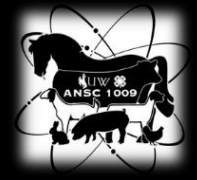


UW | Wyoming 4-H



18 U.S.C. 707

BEEF SELECTION
FROM THE EYES
OF A PRODUCER



Katie Ochsner

BW Ochsner



DECEMBER 3, 2019

7:00 p.m. via zoom

Register at: <https://wyoming4h.formstack.com/forms/beef>



For More Information:

Dawn Sanchez 307-799-8780 ~ dawns@uwyo.edu



WINTER POULTRY SERIES

COMMON PARASITES AND TREATMENTS OF SMALL FLOCKS OF CHICKENS

November 22, 2019 ~ 7:00 p.m.

NUTRITIONAL CONCERNS DURING WINTER MONTHS

December 4, 2019 ~ 7:00 p.m.



DR, DAVID FRAME, DVM

Come join Dr. David Frame, Utah State University Extension Poultry Specialist

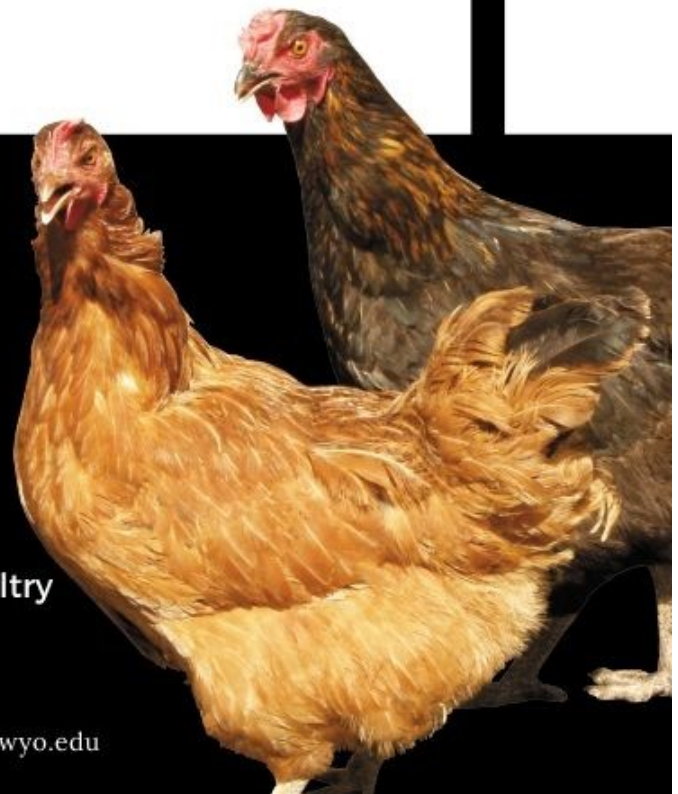
THESE WORKSHOPS WILL BE DELIVERED VIA ZOOM

So logon from home and learn about Poultry Parasites and Nutrition.

REGISTER BY GOING TO:
<https://wyoming4h.formstack.com/forms/poultry>



For more information:
Dawn Sanchez 307-799-8780 or dawn@uwyo.edu





BREEDING SHEEP DAY CAMP & WOOL JUDGING CONTEST

DECEMBER 7, 2019

Mary Meed Classroom
University of Wyoming ~Hansen Arena
306 HWY 230, Laramie, Wyoming

Register by going to:



<https://wyoming4h.formstack.com/forms/sheep>



Breeding Sheep Camp Agenda

- 10:00 a.m. Ewe Nutrition and Vaccinations
~ Whit Stewart, U.W. Sheep Specialist
- 11:00 a.m. Blood Testing and Pregnancy Testing
~ Eagle Talon - Tanya Madden &
Optimal Livestock Services Geri Parsons
- 12:00 Lunch Welcome to U.W. - Tour of sheep farm
~ Kalli Koepke, U.W. Sheep Manager Unit
- 1:00 p.m. Semen collection
~ New Frontier Genetics - Glen Erickson



Wool Judging Option

- 2:30 p.m. Coring a fleece demonstration - fiber diameter and micron scoring
- 3:00 p.m. Wool Judging Contest - U.W. Wool Lab

Ram/Billy Semen Collection Option

Youth are invited to bring their own rams or billys and have them semen collected. Youth are responsible to cover the discounted collection fee of \$10.00 per straw (a minimum of 25 straw collection) with 5-straws being donated to Wyoming 4-H.

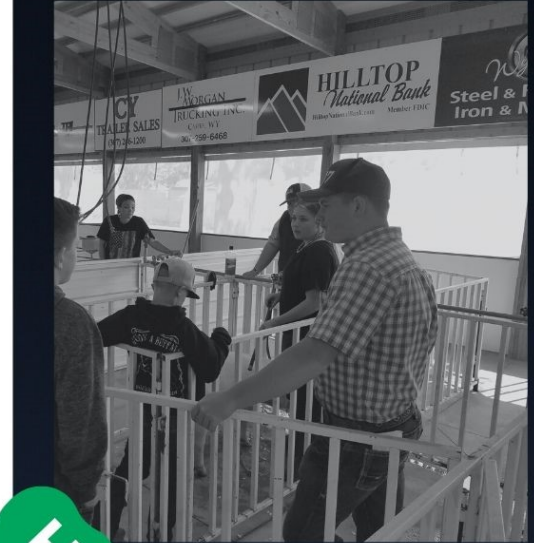


For More Information:
Dawn Sanchez 307-799-8780 or dawns@uwyo.edu



BECOME A...

WYOMING 4-H AG AMBASSADOR



Who is eligible?

- ~ Wyoming 4-H Members
- ~ Youth ages 14-18 years old

As an ambassador you would:

- Help with state fitting & showmanship camps.
- ~ Be engaged in the 4-H Livestock blog by answering questions.
- ~ Plan a community service project in your area to help promote and encourage involvement in agriculture.
- ~ Help plan and carryout additional educational opportunities for our 4-H members across the state.
- ~ Assist with state-wide 4-H functions as needs arise.

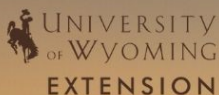
The Wyoming 4-H Ag. Ambassadors is a leadership team whose role is to help promote, grow and provide education based around the 4-H livestock projects in Wyoming.

Application process:

1. Submit an online application with one letter of recommendation from someone connected to your 4-H experience that is not an Extension Educator or FFA Advisor.
2. Complete an interview.

Application link: https://wyoming4h.formstack.com/forms/ag_ambassador

Applications will be accepted until December 10, 2019



For More Information Contact:

Dawn Sanchez, State 4-H Specialist 307-799-8780 or dawns@uwyo.edu

4th H for Health Challenge

4-H Clubs are invited to participate in the 4th H for Health CHALLENGE in the coming year! One 4-H Club from each county can win a \$100 gift card by completing this challenge!



What to do?

- Serve a fruit or vegetable as a snack at three (3) meetings
- Serve water as the main beverage at six (6) meetings
- Add 15 minutes of physical activity at nine (9) meetings

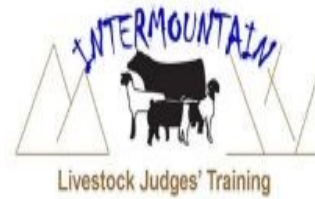


Clubs can register for the challenge and learn more about the challenge on our website:
<http://www.uwyo.edu/4-h/opportunities/state-opportunities/health-movement.html>

FMI Contact Megan Brittingham in Goshen County at 532-2436 or mbrittin@uwyo.edu



INTERMOUNTAIN LIVESTOCK JUDGES TRAINING



MAY 7-9, 2020
SPANISH FORK, UTAH

More Information to Come
Features youth & adult tracks

SAVE THE DATE

For questions or to be added to email list:

Dawn Sanchez

Dawns@uwyo.edu ~ 307-799-8780

Cottage Cheese Vegetable Dip

Ingredients

- 1 12-ounce carton low-fat cottage cheese
- 1-2 teaspoons Ranch dressing mix
- Raw vegetables: carrots, celery, cauliflower, radishes, tomatoes, broccoli, green peppers, etc.

Directions

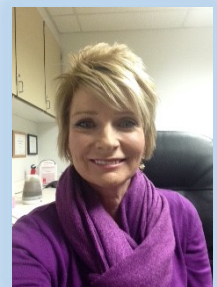
1. Combine cottage cheese and dressing mix. Beat or blend until smooth.
2. Chill.
3. Wash, peel, and prepare vegetables while dip is chilling.

Makes 6 servings.

Cent\$ible Nutrition Program Cookbook,
page 338



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



Cent\$ible Nutrition Program



The University of Wyoming

MASTER GARDENER COURSE

Starting Spring 2020

Location: WWCC Rock Springs Campus

The Master Gardener Course Offers Training In:

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

There 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 furtherance 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 Wyoming 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.

December 2019



Sun Mon Tue Wed Thu Fri Sat

1	2	3 <i>Beef Selection</i> <i>(see pg. 10)</i>	4 Winter Poultry Series <i>(see pg. 11)</i>	5	6 Little Shoppers Extravaganza 4:00pm - 8:00pm @ WWCC Atrium	7 Breeding Sheep Day Camp <i>(see pg. 12)</i>
8	9	10	11	12 Horse Development Committee Meeting 6:30 pm @ WWCC Room # 1309	13	14
15	16	17	18	19	20	21
<p>Extension Office Closed for Holidays</p> 						
22	23	24	25 	26	27	28
						
29	30	31				
						

JANUARY 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			<i>1</i> Extension Office Closed	<i>2</i>	<i>3</i> Shooting Sports Safety Meeting 5:30 pm @ WWCC Room # 1309	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i> Horse Develop- ment Committee Meeting 6:30 pm @ WWCC Room # 1309	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i> Craft & Paint Party 6:00 pm @ WWCC Room # 1309	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> Extension Office Closed	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i>	<i>28</i> 4-H Council Meet- ing 6:30 pm @ WWCC Room # 1309 Fairboard Meeting 7:00 pm	<i>29</i>	<i>30</i>	<i>31</i>	



Sweetwater County Office

2500 College Drive

Rock Springs, WY 82901

307-352-6775

mgiffor2@uwyo.edu

RETURN SERVICE REQUESTED

**PRESORT STANDARD
US POSTAGE PAID
Rock Springs, WY
PERMIT # 2**



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