

# 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**

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2500 College Drive A-700

Room # 1227

Rock Springs, WY 82901

307-352-6775

# January Birthdays

Dick Thoman

Cashton Jones

Trayden Starkey

Matthew Smith

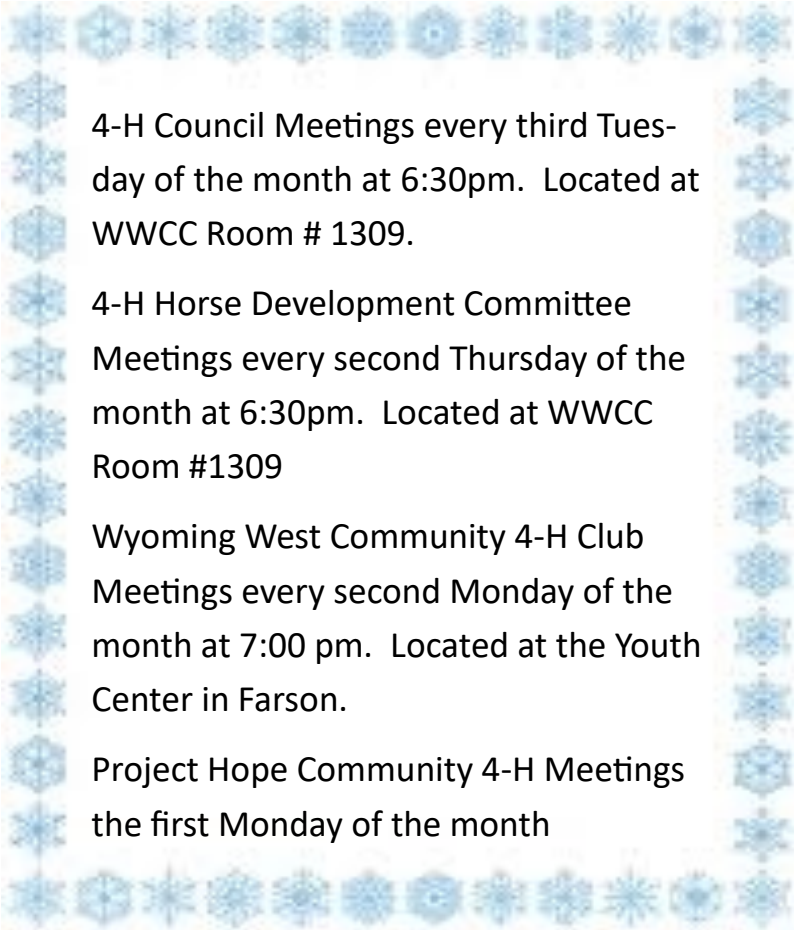
Garrett Freimuth

Jacob Smith

Chance Lovell

Emmett Griffin

Colten Walker



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. 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 in Farson.

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](mailto: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.**



## **SHOOTING SPORTS SAFETY MEETINGS**

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

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

**All Shooting Sports members must have “Active” enrollment and attend one safety meeting before they are allowed to practice.**

# 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

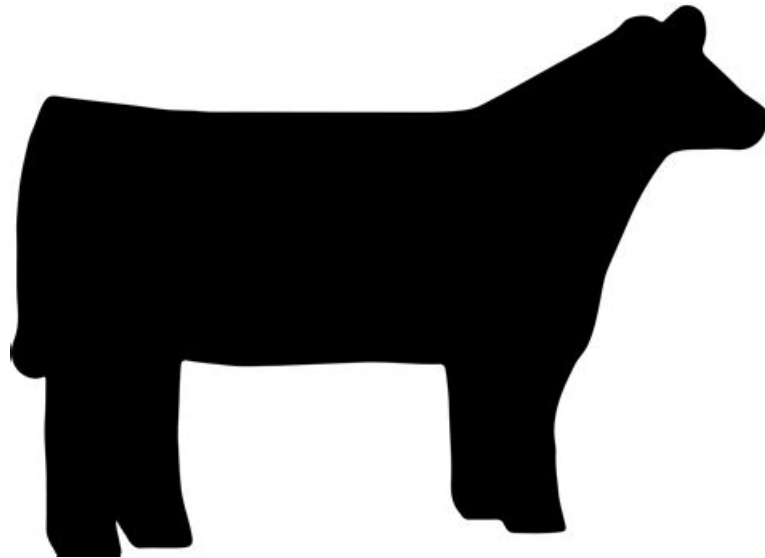
[mjohn157@uwyo.edu](mailto:mjohn157@uwyo.edu)

307-352-6775

Open to all current 4-H and Cloverbud members.

# 4-H/FFA Beef Tagging Deadline

February 1st, 2020



There will be a few changes regarding beef tagging this year. First, with Marty being out of the office on maternity leave, it will be up to the individual to get their beef tagged before the February 1st deadline. Every member will need to take pictures of their beef with the tag in its ear and upload them into their 4-H Online Profile so that the Extension Office may access them for State Fair.

(Instructions for uploading photos are on the following page.)

When submitting your calves information on 4-H Online be sure to have the correct breed of your beef as we believe this will dictate the class that the calf will end up being shown in at County and State Fair. Please note that tags will not be dispersed to the member until 4-H enrollment has been completed and dues have been paid. It is for this reason that we encourage everyone to come and pick up their own tags.

# Animal Entry

## ADDING ANIMAL ENTRIES

1. Log into 4-H Online at <https://wy.4honline.com>

2. Once logged in you will be taken to the "Member List" which includes all of your family members enrolled in 4-H (youth members or adult volunteers). Click on the "Edit" to the right of the member listed to go to that member's personal information screen.



3. Locate and click on "Animals/Livestock"



4. You will see a dropdown list. Any previously entered animals will appear listed similar to the example.

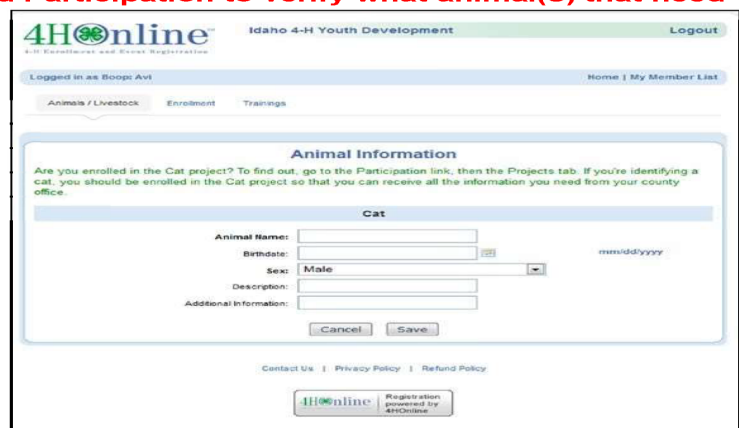
5. Select the animal type that you want to enter and click "Add Animal"

6. This will take you to the corresponding entry screen for your animal. Some species require additional information or additional entry fields will be activated.



**NOTE: The list will populate with more options than what the member MAY or MAY NOT be enrolled in. Click on Enrollment and Participation to verify what animal(s) that need to be added.**

7. Enter in the information requested and click the save button for **each animal** entered. In this example we would enter the pertinent information for the cat and click save.

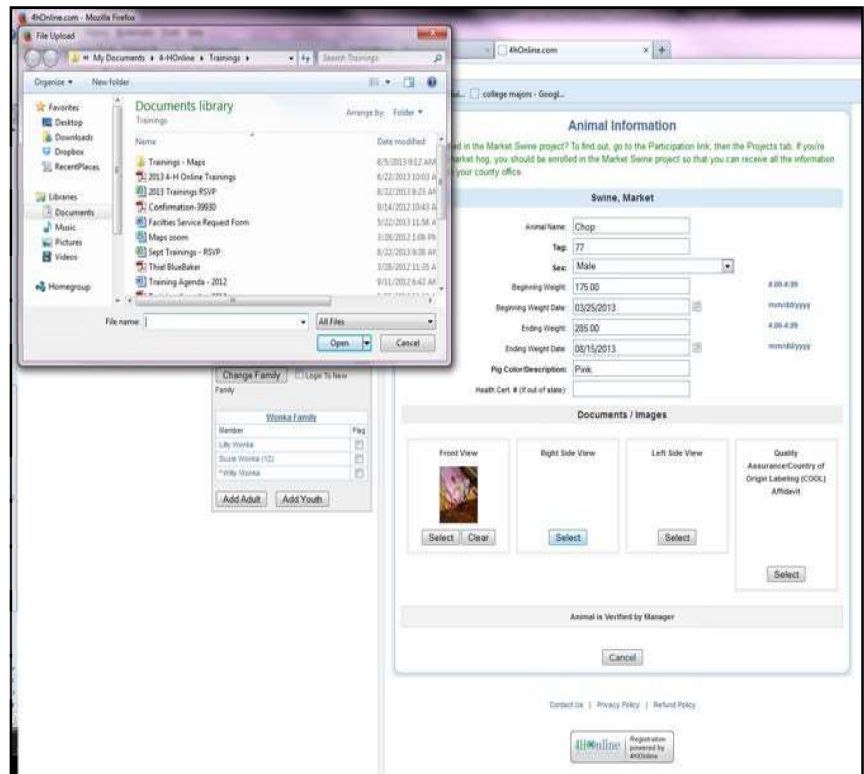


## MARKET ANIMAL PROJECTS

Market animal projects require some additional information. You will enter in the pertinent information and you will need to upload photographs.

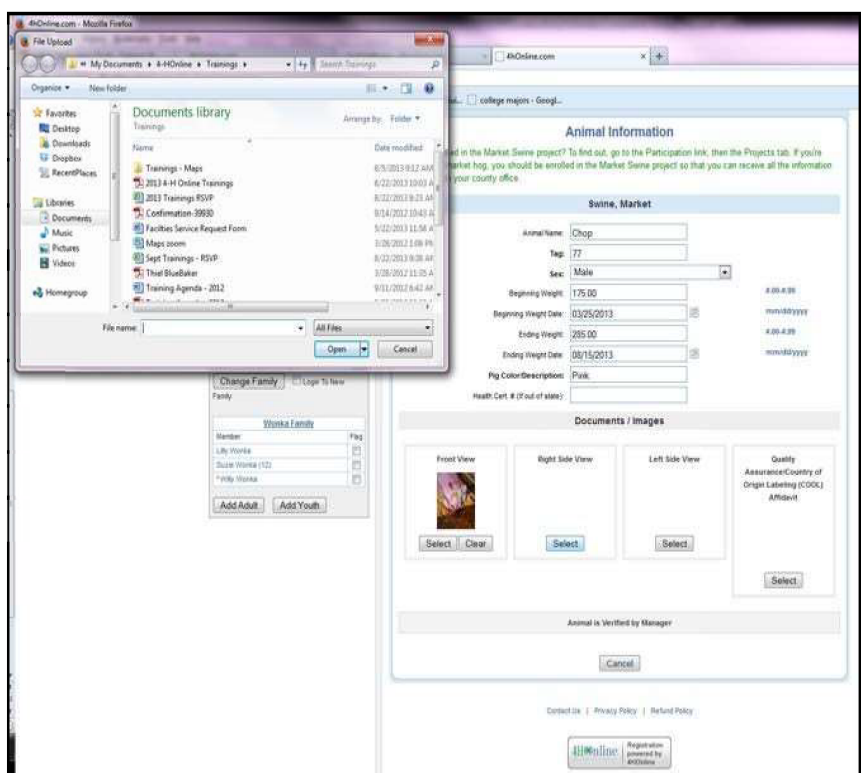
### Photos

1. Enter in your animal information (similar steps as above).
2. Click “Select” on the view you want to add a picture of.
3. A popup window will appear find the file name (upload .jpg or .jpeg files only) and click “Open”
4. Repeat steps so all views of the animal are uploaded.



### Documents

1. Click “Select” to upload any form - in this example the COOL form - locate the file and upload and click “Open”
2. The form should be printed off and filled out completely (please print legibly) with all required signatures and scanned and saved as a .pdf file.





# 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.

11. The next screen is the **HEALTH FORM**

- Here you will first verify if you have any of the following health conditions: diabetes, asthma, heart trouble, high blood pressure, seizures, or fainting spells. Select **Yes** or **No**
- In the Following fields you will note the following information:
  - Explanation of the conditions listed above, if any
  - Allergies/reactions to Drugs/Medicine
  - Allergies/Reactions to Foods
  - Allergies/Reactions to Things in Nature
  - List medications
  - Specify additional Health information

The screenshot shows a 'Health Form' with the following sections:  
- A question: 'Do you have diabetes, asthma, heart trouble, high blood pressure, seizures, or fainting spells?' with 'Yes' and 'No' radio buttons.  
- A text area: 'Please explain any health conditions mentioned above:'  
- A text area: 'Allergies or reactions to DRUGS/MEDICINES? (Aspirin, Penicillin, etc.)'  
- A text area: 'Allergies or reactions to FOODS? (dairy, peanuts, gluten, shellfish, etc.)'  
- A text area: 'Allergies or reactions to THINGS IN NATURE? (insect stings, hay fever, hives/allergies, etc.)'  
- A text area: 'List any required medications:'  
- A text area: 'Provide any additional health information or clarification:'  
- Navigation buttons: '<< Previous' and 'Continue >>'

**NOW THE FUN PART.**

12. The **PARTICIPATION** screen.

- Here you will add Clubs and Projects for each member/leader

13. First select your **CLUB(s)** from the drop down menu.

14. Click the **Add Club** Button. You will see your club selection added to the Club list.

- You can add additional clubs by repeating the steps above.

15. When finished adding clubs click the **Continue >>** Button at the bottom.

16. Next you will **ADD A PROJECT(S)**

17. Select the club from the drop down menu.

18. Pick a project from the list

19. Select Year in Project

- For returning Members the years in project automatically increases

20. Click the **Add Project** Button. You will see your project selection added to the Project List.

- You can add additional projects by repeating the steps above.
- If you are interested in Livestock Judging, click on the Activities tab and pick one of the County Livestock Judging options.

21. When you are finished adding clubs, projects and/or activities click continue at the bottom of the page.

22. Paying your enrollment fees:

If you would like to pay online, click "Add New Card" near the top of the page and you will be redirected to a secure page to enter your card information.

If you would like to send or bring a check to the UW Extension office, click select payment method at the bottom of the page and it will default to 4H Club Check.

23. Continue through until you are able to click the **Submit Enrollment** button.

The screenshot shows the 'Participation' screen with a progress bar at the top (Personal Information, Additional Information, Health Form, Participation). The 'Clubs' tab is selected. A message reads: 'Youth: You will need to select a club to move forward, however, placement will be finalized in your local county Extension office. If you are new to 4H or do not have any idea which club may be most appropriate, please choose: 1-Club Placement Requested'. Below this is a section 'Add a Club' with a dropdown menu 'Select a Club: Select a club ...' and an 'Add Club' button. A table below shows a 'Club List' with columns for 'Primary' and 'Club', and an 'Edit' button.

The screenshot shows the 'Participation' screen with the 'Projects' tab selected. A message reads: 'Select a minimum of 1 project(s)'. Below this is a section 'Add a Project' with dropdown menus for 'Select a Club: 4-H Builders', 'Select a Project: Select a project ...', and 'Years in Project: 1'. An 'Add Project' button is below. A table below shows a 'Project List' with columns for 'Club', 'Project', and 'Years in Project'. Navigation buttons '<< Previous' and 'Continue >>' are at the bottom.

Once you have Submitted an Enrollment you will then be taken back to the **MEMBER LIST** screen and your status should indicate "Pending". You can then enroll new 4-H Youth Members or Adult Members (Volunteers) using the same steps. Only add adult members if the adult would like to become a 4-H Club, Project or Activity/Event Volunteer.

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.

## 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:

Cell Phone:

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  to review your record for missing information and resubmit.



# 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](http://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](mailto:4h@uwyo.edu)



UW | Wyoming 4-H

# Wyoming State & Regional Events

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

## **WY 4-H LEAD Conference - March 7 - 8, 2020**

Wyoming State Fairgrounds in Douglas, WY

Two Tracks: Middle School Aged Youth and 4-H Volunteers. Registration cost is \$20. Food, lodging and materials are included.

## **WOOL JUDGING - April 24, 2020**

The 2020 Wyoming 4-H Wool Judging Contest will take place in Laramie on Friday, April 24th 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>

## **MEAT JUDGING - April 25, 2020**

The 2020 Wyoming 4-H Meats Judging Contest will take place in Laramie on Saturday, April 25th 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>

## **SHOWCASE SHOWDOWN - June 16 - 18, 2020**

Laramie, WY

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

## **WYOMING STATE SHOOT - July 9- 12, 2020**

Douglas, WY

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

## **WYOMING STATE FAIR - August 2020**



## 2020 Volunteer Training Series

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

### **Utilize Club Officers**—January 27, 2020

Your 4-H officers are a great asset to your 4-H club. As a 4-H volunteer or parent it is important to understand the role of an officer team and how to give them the power to create engaging and fun club meetings. In this workshop find out more about the duties of each officer and how you can work with them to lead great meetings.

### **Do Robert's Rules Really Create Order** - February 24, 2020

Most 4-H Clubs use the traditional method of Robert's Rules of Order to conduct business meetings. Robert's Rules of Order can often be confusing and are not used properly in many 4-H clubs. Join this workshop to find out more about how to best modify the decision making process in your 4-H club to help members understand the process of what they are doing and why they are doing it. This workshop will look at alternative decision making methods including how to use a simplified version of Robert's Rules of Order.

### **Retain Your Membership**—March 23, 2020

The Wyoming 4-H program has been part of multi-state retention study for the past four years. Our highest loss of members are first and second year members. Join us for this workshop to find out what the data from the study says. We will discuss why member leave and what we can do as volunteers to keep members coming back and engaging in the 4-H program. If you are a newer volunteer or parent please join us to create the future of our program by helping us to develop a working dialogue of what new members need to stay active and involved.

### **Record Books and Recognition**—April 27, 2020

We are using a new online Record Book for 2019-2020. During this workshop we will take a look at how the new online Record Book works and how to use it. We will also look at the National 4-H Recognition Model and how 4-H clubs and county programs can provide different types of recognition for all youth involved.

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

\$20



**NEW THIS YEAR!**  
**4-H LEAD**

Two tracks:  
Middle School Aged Youth  
4-H Volunteers

**MARCH 7 STARTING AT 1:00 PM**  
**MARCH 8 ENDING AT 1:00 PM**

**Wyoming State Fairgrounds**  
Food • Lodging • Materials  
Included

The logo for the University of Wyoming (UW) and Wyoming 4-H, featuring a small cowboy silhouette next to the text 'UW | Wyoming 4-H'.

# 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](mailto:mbrittin@uwyo.edu)*





# Big Horn County Livestock Judging Contest

**When:**  
**May 23, 2020**

**9:00 a.m. - Final registration**  
**9:30 a.m. - Judging contest**

**Where:**  
**Boardman's Farm**  
**10 Lane 1, Frannie, Wyoming**

## Registration Information

**Pre-register by:**  
**May 20, 2020**  
or register morning of the contest

**Online at:**  
[https://wyoming4h.formstack.com/  
forms/307livestockjudging](https://wyoming4h.formstack.com/forms/307livestockjudging)



For questions contact: Gretchen Gasvoda (307) 272-0576



For more information about the  
307 judging series contact:

**Caleb Boardman**  
(307) 766 - 2159  
(307) 250 - 2298  
[Caleb.Boardman@uwyo.edu](mailto:Caleb.Boardman@uwyo.edu)

**Dawn Sanchez**  
(307) 799-8780  
[dawns@uwyo.edu](mailto:dawns@uwyo.edu)



For up-to-date standings for the:  
307 judging series go to:  
<http://wyoming4h.org/animalopps/307-series/>



# Sublette County Livestock Judging Contest

**When:**  
**June 13, 2020**

**8:00 a.m. - Final registration**  
**9:00 a.m. - Judging contest**

**Where:**  
**Sublette County Fairgrounds**  
**10937 US 189, Big Piney, WY**

## Registration Information

**Pre-register by:**  
**June 10, 2020**  
or register morning of the contest

**Online at:**  
[https://wyoming4h.formstack.com/  
forms/307livestockjudging](https://wyoming4h.formstack.com/forms/307livestockjudging)



For questions contact:  
Sublette County Extension Office (307) 367-4380



For more information about the  
307 judging series contact:

**Caleb Boardman**  
(307) 766 - 2159  
(307) 250 - 2298  
[Caleb.Boardman@uwyo.edu](mailto:Caleb.Boardman@uwyo.edu)

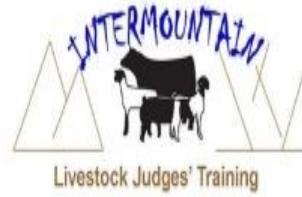
**Dawn Sanchez**  
(307) 799-8780  
[dawns@uwyo.edu](mailto:dawns@uwyo.edu)



For up-to-date standings for the:  
307 judging series go to:  
<http://wyoming4h.org/animalopps/307-series/>



# 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

# Travel Opportunities

## **NATIONAL 4-H CONFERENCE - April 6 - 11, 2020**

General registration due Friday, January 3, 2020

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 20 - 27, 2020**

Registration Deadline March 15, 2020

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 \$1400 - 1600 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 27 - 30, 2020**

Registration Deadline March 15, 2020

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 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 15, 2020

[https://wyoming4h.formstack.com/forms/4h\\_exchange](https://wyoming4h.formstack.com/forms/4h_exchange)

## Physical Activity

Physical activity is an essential part of a healthy lifestyle. Being active is important because it strengthens your bones and muscles, can help you reach or maintain a healthy weight, and decreases your risk for heart disease, type 2 diabetes, high blood pressure, and high cholesterol. Being active can also boost your mood and energy.

Any activity that increases your heart rate counts as physical activity. To get the most benefit, physical activity should be either moderate or vigorous. Moderate activities increase your breathing so you can still talk but not easily. Vigorous activities make it hard to talk without stopping.

Moderate physical activities include walking briskly, slow bicycling, gardening, water aerobics, and golf. Vigorous activities include jogging, walking quickly, fast bicycling, swimming, and competitive sports.

Adults should be active for at least 150 minutes at the moderate level or 75 minutes at the vigorous level each week. Aim to be active every day. The more active you are, the more your health will benefit. To help get enough physical activity each week try being active for 10 minutes at a time several times a day. Take the stairs at work, go for a walk after dinner, follow an exercise video on YouTube, or play a game outside with your kids.

## Peach Orange Delight

### Ingredients

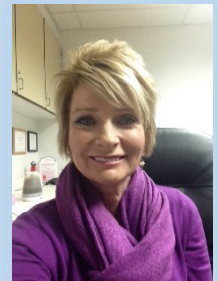
- 1 peach, peeled and chopped (1 cup)
- $\frac{3}{4}$  cup low-fat or fat free milk
- $\frac{1}{4}$  cup low-fat vanilla yogurt
- $\frac{1}{4}$  cup frozen orange juice concentrate
- $\frac{3}{4}$  teaspoon vanilla

### Directions

1. Wash hands in warm, soapy water.
2. Blend ingredients well in a blender. Pour into two glasses and serve cold.

### Makes 2 servings.

From the Cent\$ible Nutrition Cookbook, pg. 310.



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”





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.

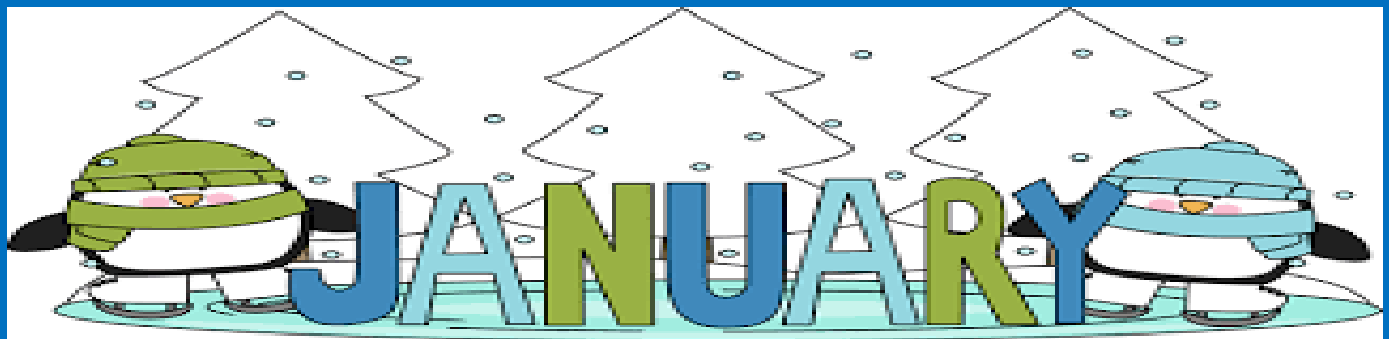
The Master Gardener course is offered by the University of Wyoming Extension in Sweetwater County. Classes will be taught by Master Gardeners and experts from the University of Wyoming. The \$100 fee for the class covers the textbook, materials, and additional literature. \$25 discount for senior citizens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

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Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

# February 2020

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1 Beef Tagging Deadline
2 Shooting Sports Safety Meeting 2:30 pm @ WWCC Room #1309	3	4 4-H Swine Clas- ses 6:30 pm @ WWCC Room #1306	5	6	7	8
9	10	11 4-H Swine Classes 6:30 pm @ WWCC Room # 1306  Craft & Paint Party 6:00 pm @ WWCC Room # 1309	12	13 Horse Develop- ment Committee Meeting 6:30 pm @ WWCC Room #1309	14	15 4-H Foundation Scholarship Application Deadline
16	17 Extension Office Closed	18 4-H Council Meeting 6:30 pm @ WWCC Room #1309  4-H Swine Classes 6:30 pm @ WWCC Room #1306	19	20	21	22
23	24	25 4-H Swine Classes 6:30 pm @ WWCC Room #1306  Fairboard Meeting 7:00 pm	26	27	28	29



Sweetwater County Office

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Rock Springs, WY 82901

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mgiffor2@uwyo.edu

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