

the
**CLOVER
CHATS**



INSIDE THIS ISSUE

4-H Program Information2
State & Regional Events.....6
Travel Opportunities.....15
Cent\$ible Nutrition.....17
Extension Calendar.....18

SPECIAL POINTS OF INTEREST

- Extension Office Contact Information (Page 3)
- Swine, Sheep & Goat Tagging Deadline (Page 5)
- Dog Ownership & Vaccination Deadline (Page 5)
- Livestock Breeding Ownership Certificate Deadline (Page 5)
- 4-H Opportunities (Page 7)
- New Family Orientation (Page 8)
- Youth Quality Assurance (Page 9)
- Livestock Judging (Page 11)
- EWC Livestock Judging Contest (Page 12)
- Boulder Big Draw (Page 14)

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

Wendy Neilson

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

Amanda Romero

Horticulture Assistant
abramwe2@uwyo.edu

Melissa Griffin

Administrative Assistant
mjohn157@uwyo.edu

2500 College Drive A-700

Room # 1227

Rock Springs, WY 82901

307-352-6775

PER UNIVERSITY OF WYOMING COVID-19 RECOMMENDATIONS AND GUIDELINES, THROUGH MAY 15TH, **ALL FACE-TO-FACE EXTENSION MEETINGS AND EVENTS ARE CANCELLED.** THIS INCLUDES ALL 4-H MEETINGS.

During this time our office will be closed. However, all Sweetwater County Extension staff will be working remotely and can be reached by cell phone or email.

We are doing our best to continue to serve our youth and families through online opportunities and providing resources.

Marty Henry

UW Extension Educator
4-H/Youth Development
mgiffor2@uwyo.edu
307-350-7735

Wendy Neilson

Cent\$ible Nutrition
Program Coordinator
w Nielson@uwyo.edu
307-350-5092

Amanda Romero

Horticulture Assistant
abramwe2@uwyo.edu
307-350-8243

Melissa Griffin

Administrative Assistant
mjohn157@uwyo.edu
307-350-5098

April Birthdays

Carson Jones

Colby Jones

Karli Rasmussen

Ian Meats

Jezebel Villa

Lincoln Foster

Draiven Houchin

Daryn Macy

Kiera Harrison

Simeon Brady

Kai McKeever

Oakley Potter

Ryker Goodman

Coral Spelbring

Aden Scheer

Avery Thomas

Kohl Kitchel

Sierra Kitchel



Swine, Sheep & Goat Tagging Deadline - June 1st.

It will be up to the individual to get their swine, sheep or goat tagged before the June 1st deadline. Every member will need to take pictures of their animal 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. When submitting your animals information on 4-H Online be sure to have the correct breed of your animal as we believe this will dictate the class that the animal 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.

Dog Ownership papers and vaccination records need to be turned into the Extension Office by June 1st. The paperwork can be found on the Sweetwater County Extension Website.

<https://www.wyoextension.org/sweetwatercounty/4h-youth-development/livestock-ownership-certificates/>

Livestock Breeding Ownership papers need to be turned into the Extension Office by June 1st. The paperwork can be found on the Sweetwater County Website.

<https://www.wyoextension.org/sweetwatercounty/4h-youth-development/livestock-ownership-certificates/>

Wyoming State & Regional Events

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

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 11-15, 2020

Wyoming State Fairgrounds in Douglas, WY

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



4-H

OPPORTUNITIES

UPCOMING 4-H EVENTS
& PROJECT LEARNING

WYOMING4H.ORG/4HOPPS



VIRTUAL LEARNING SERIES

New Family Orientation

NIGHT 1

JOIN US VIA ZOOM

APRIL 6

6:00 PM

NIGHT 2

JOIN US VIA ZOOM

APRIL 7

6:00 PM

New 4-H Family Orientation on April 6th via Zoom—your families are welcome to join using this link : <http://uwyo.zoom.us/j/872560299>

We'll present a broad scope Record Book discussion (who, what, when, where, why, ect.) along with an introduction to the new online method on April 7th. This is also open to your families using the same link.

<http://uwyo.zoom.us/j/872560299>



Level I

zoom

4/14/20 6:30 PM



4/16/20 6:30 PM

Level II

zoom

4/21/20 6:30 PM



4/23/20 6:30 PM

Level III

zoom

4/28/20 6:30 PM



4/30/20 6:30 PM

2020



Zoom Link - <https://uwyo.zoom.us/j/3075278560>



Virtual Learning Series

CLOVERBUD

Easter Crafts

Appropriate for all ages; suggested for 5-7 year olds

Join us via Facebook Live

April 7th

1:00 pm

Presented by: **Weston County 4-H**

<https://www.facebook.com/WESTONCOUNTY4H/>



Virtual Learning Series

LIVESTOCK JUDGING



With Bill Dalles

Join us via Zoom

April 6th & April 20th

5:15 pm

Presented by: Upton FFA & Weston County 4-H

Join us for Livestock Judging practice LIVE via ZOOM.

April 6th: <https://uwyo.us/j/739050925>

April 20th: <https://uwyo.zoom.us/j/979929864>



Eastern Wyoming College Livestock Judging Contest Delivered On-line

When:

May 2, 2020 ~ 9:00 a.m.

Where:

Live On-line

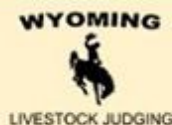
With the current recommendation around the coronavirus this contest will be held online. Once you register, you will receive instructions on how to connect to the contest. Youth will need to compete on the day of the contest at 9:00 a.m. as if they were at a live contest. They will need to have internet access on a technology device and an email account. Each class will be posted for a set time and then taken down. Youth will record reasons and send them in.

Registration Information

All contestants need to
pre-registered by:
April 29, 2020 at:
<https://bit.ly/307judging>



For questions contact: Georgia Younglove (307) 799-5419
Zane Mackey (307) 575-4756



For more information about the
307 judging series contact:

Caleb Boardman
(307) 766 - 2159
(307) 250 - 2298

Dawn Sanchez
(307) 799-8780
dawns@uwyo.edu



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

Caleb.Boardman@uwyo.edu

4-H and EWC Join Together To Host Virtual Learning & Contests



Horse Hippology ~ Livestock Skill-a-thon Dog Skill-a-thon ~ Food Skill-a-thon

Learning Sessions

These sessions are delivered via zoom

<http://bit.ly/Wyoming4-H>

Horse Hippology 1:00 p.m.

March 23, 25, 27, 31 April 2

Food Skill-a-thon 1:30 p.m.

March 23, 25, 27, 31 April 2

Dog Skill-a-thon 1:00 p.m.

March 24, 26, 30, April 1, 3

Livestock Skill-a-thon 1:30 p.m.

March 24, 26, 30, April 1, 3



Contest Dates:

April 4-5, 2020

Where:

Connect to the contests on:

<https://wyoming4h.org/animalopps/virtual-4-h-showdown/>

Time:

Contests will be open 9:00 a.m. on April 4 and close at 9:00 p.m. on April 5, 2020

Awards

Prizes will be given to high individuals in each age category: Jr., Int., Sr., Adults

Details

To practice social distancing, the Eastern Wyoming College contests will be held virtually. These individual contests will be held on-line and are open to anyone to participate. We invite you to join in the learning session and then practice what you have learning at the contest.

Pre-registration for the contest is not necessary, but if registered by April 1, 2020 you will receive a free pair of EWC gloves. Register by going to:

<http://bit.ly/4-HRegistration>

Wyoming



For questions contact: Georgia Younglove (307) 799-5419

or Dawn Sanchez 307-799-8780



EXTENSION



For more 4-H animal project opportunities visit the Wyoming 4-H web-site at:
<https://wyoming4h.org/animalopps/>

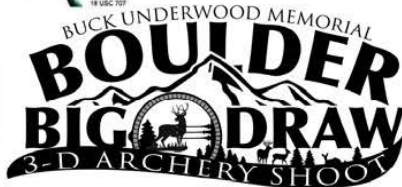




Wyoming State 4-H Foundation

12th Annual Boulder Big Draw

Saturday, June 13, 2020



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@uwoyo.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

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

HOW TO MAKE EGG SUBSTITUTIONS



Purpose of Egg in the Recipe	How to Make Substitutions (T=Tablespoon, t= teaspoon)
Leavening:	<ul style="list-style-type: none"> • ¼ cup carbonated water • 2 T water + 1 T oil + 2 t baking powder • 1 T vinegar + 1 t baking soda • 2 T lemon juice + 1 t baking soda
Binding:	<ul style="list-style-type: none"> • 1 T flaxseed meal or ground chia seed + 3 T water, sit 15 minutes • 1 T gelatin/agar agar + 1 T water, sit 15 minutes (gelatin-based desserts) <ul style="list-style-type: none"> • 3 T nut or seed butter • 2 T mashed potato or sweet potato <ul style="list-style-type: none"> • 2 T tomato paste • 2T mayo • 2 T starch (corn, potato, tapioca starch or arrowroot powder) + 3 T water <ul style="list-style-type: none"> • 1 T soy protein powder + 3 T water • ¼ cup pureed soft tofu or full fat yogurt • 3 T canned bean liquid (1 egg or egg whites) <ul style="list-style-type: none"> • 1 T soy lecithin (1 egg or egg yolk)
Moisture:	<ul style="list-style-type: none"> • ¼ cup unsweetened applesauce or fruit puree <ul style="list-style-type: none"> • ¼ cup mashed banana or avocado • 2 T dried fruit + 2 T water, pureed • ¼ cup buttermilk or milk (dairy or non-dairy) <ul style="list-style-type: none"> • ¼ cup sweetened condensed milk <ul style="list-style-type: none"> • ¼ cup yogurt or kefir • ¼ cup pureed silken tofu

Compiled by Nutrition and Food Safety Educator, Vicki Hayman



UNIVERSITY OF WYOMING
EXTENSION

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kelly Crane, Director, University of Wyoming Extension, College of Agriculture and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University of Wyoming is an equal opportunity/affirmative action institution.

HOW TO MAKE MILK SUBSTITUTIONS



Substitution	How To Use
Evaporated Milk	Mix with an equal amount of water in a 1:1 ratio.
Powdered Milk	Reconstitute dry milk as directed on package instructions.
Cream or Half and Half	Mix with water in a ratio for 60% cream to 40% water.
Canned Coconut Milk	Skim coconut solids from can and replace amount in recipe.
Yogurt	Use amount in recipe. Thin out Greek yogurt with water. Kefir can be used as a 1:1 substitute.
Sour Cream	Substitute in equal amount. Add vanilla to balance tangy flavor.
Buttermilk	Use amount in recipe.
Sweetened Condensed Milk	Use only in baked goods. Cut back on sugar in recipe.
Non-Dairy Alternatives	Nut, Oat, Rice, or Soy milk can be swapped for equal quantities of milk.
Water	Mix 1 cup of water with 1 ½ teaspoons melted butter.

Compiled by Nutrition and Food Safety Educator, Vicki Hayman



UNIVERSITY OF WYOMING
EXTENSION

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kelly Crane, Director, University of Wyoming Extension, College of Agriculture and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University of Wyoming is an equal opportunity/affirmative action institution.

Cent\$ible Nutrition News

Helping Families Eat Better for Less



December 2019 - January 2020

Volume 23 • Number 2

Simple Switches for the Holidays

The end of the year is almost here and it seems that sweets and treats are everywhere. Holidays and celebrations can be tough on our health, but with a few simple switches, they don't have to be. Along with your favorite seasonal dishes, try these ideas to make a healthy plate:



Sunshine Salad

A colorful salad makes a great addition to any meal, especially during the holidays. Toss together this simple salad to help make half your plate fruits and vegetables.

Ingredients

- 5 cups spinach leaves (packed, washed, and dried well)
- ½ red onion (sliced thin)
- ½ red pepper (sliced)
- 1 cucumber (whole, sliced)
- 2 oranges (peeled and chopped into bite-size pieces)
- ½ cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

Directions

1. Wash hands with warm, soapy water.
2. Prepare ingredients.
3. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Makes 5 servings

- Add fruit to the table. Try slices of apples or pears, kabobs with a rainbow of colors, or a dish of canned fruit, like peaches.
- Add more veggies to the table. Try steamed broccoli or green beans, salads, or even add them to other dishes, like cauliflower mashed potatoes.
- Toss salads with seasonal fruits, like oranges, apples, and pears. Add some sliced veggies and use spinach, lettuce, or cabbage as a base. Top with low-fat dressing.
- Top desserts with fruit or enjoy fruit-based desserts such as crumbles or crisps.
- Enjoy fruit as a light snack or breakfast before a large meal.
- Use vegetables as an appetizer. Carrots, snap peas, cauliflower, bell peppers, and celery make nice, crunchy snacks.
- Choose whole-grain breads and rolls, or make your own with whole-wheat flour.
- Remember portion sizes and pay attention to how you feel. Enjoy your meal but stop before you are ready to pop!

These switches are great year-round. Make them part of your new year!

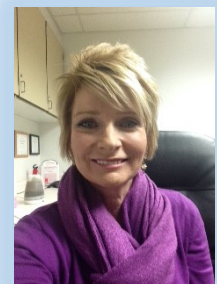
We hope that you and your family have a happy and healthy holiday season. See you in the new year!!

P.S.

Check out our website for some tasty featured recipes, like this Sunshine Salad!

Visit <https://uwyo.cnp.org/recipes/>.

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





April 2020


Sun Mon Tue Wed Thu Fri Sat

			<p>1</p> <p>Dog Skill-a-thon 1:00 pm (See Pg. 13)</p> <p>Livestock Skill-a-thon 1:30 pm (See Pg. 13)</p>	<p>2</p> <p>Horse Hippology 1:00 pm (See Pg. 13)</p> <p>Food Skill-a-thon 1:30 pm (See Pg. 13)</p>	<p>3</p> <p>Dog Skill-a-thon 1:00 pm (See Pg. 13)</p> <p>Livestock Skill-a-thon 1:30 pm (See Pg. 13)</p>	<p>4</p> <p>Horse Hippology, Food Skill-a-thon, Dog Skill-a-thon, Livestock Skill-a-thon Contests 9:00 am (See Pg. 13)</p>
<p>5</p> <p>Horse Hippology, Food Skill-a-thon, Dog Skill-a-thon, Livestock Skill-a-thon Contests end @ 9:00 pm (See Pg. 13)</p>	<p>6</p> <p>Livestock Judging 5:15 pm (See Pg. 11)</p> <p>New Family Orientation 6:00 pm (see Pg. 8)</p>	<p>7</p> <p>Cloverbud Easter Crafts 1:00 pm (See Pg. 10)</p> <p>New Family Orientation 6:00 pm (see Pg. 8)</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>12</p> 	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>Livestock Judging 5:15 pm (See Pg. 11)</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>		



May 2020

Sun Mon Tue Wed Thu Fri Sat

					1	2 Eastern Wyoming College Livestock Judging Contest (See Pg. 12)
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Summer Hours Begin	19	20	21	22 Office Closed	23
24	25 Office Closed 	26	27	28	29 Office Closed	30 Sweetwater County Livestock Judging Contest
31						



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**



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