

INSIDE THIS ISSUE

4-H Program Information2
 State & Regional Events.....6
 Travel Opportunities.....16
 Extension Calendar.....18

SPECIAL POINTS OF INTEREST

- Tagging Deadline.....4
- Dog Id’s and Vaccination Deadline.....4
- Paint Pour Party.....5
- IMLJT.....10
- Shooting Sports Leader Certifications.....11
- Volunteer Training Series.....11
- Lukas Simmons Memorial Livestock Judging.....11
- Campbell County 4-H Shooting Sports Jackpot.....11
- Cowboy Beef Expo.....13
- Campbell County 4-H Horse Judging & Hippology Contest.....14

the
**CLOVER
 CHATS**



University of Wyoming Extension

Sweetwater County

Winter Hours

Monday - Friday

8:00 am - 5:00 pm

Summer Hours

(May 17th - August 23rd)

Monday - Thursday

7:00 am - 5:00 pm

Closed Fridays

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UW Extension Educator
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Program Coordinator
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2500 College Drive A-700

Room # 2011

Rock Springs, WY 82901

307-352-6775

April Birthdays

Carson Jones

Colby Jones

Karli Rasmussen

Ian Meats

Aleigha Walsh

Gage Stephens

Draiven Houchin

Daryn Macy

Saylor Dewitt

Simeon Brady

Oakley Potter

Ryker Goodman

Cooper Brownlee

Kolbie Brownlee

Aden Scheer

Avery Thomas

Benjamin Lail

Brackin Lail

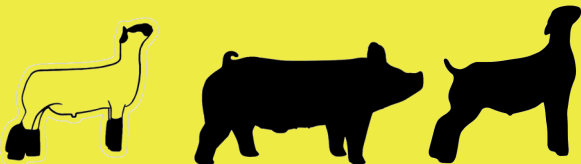
Autumn Christie

LEADERS

Your Club Charter Renewal, Secretary Book and Treasurer Book were due to the Extension Office on November 30th.

Please get them turned in ASAP! The packet containing this paperwork was mailed out to the main club leaders.

Swine, Sheep and Goat Ownership/ Tagging deadline is June 1st. Tags are available for pick-up at the Extension Office. Member needs to be enrolled in 4-H and have dues paid before tags will be given. Animal information and pictures will need to be uploaded into ZSuites by 4-H Member before the June 1st. Deadline.



New

Online 4-H Registration Started October 1

<http://4h.zsuite.org>

Enrollment How-To on Page 8

The email function still has not been set-up through ZSuites, so please log-in to ZSuites and Facebook regularly so that you don't miss out on important announcements.

Dog ID's Due

All members planning to show a dog at county fair must complete an ID form and turn in current vaccination records by May 1st. Forms may be picked up at the Extension Office or online at:

<https://www.wyoextension.org/sweetwatercounty/wp-content/uploads/2019/05/Dog-ID.pdf>

All forms are due on May 1st, 2021 by 5:00pm at the Extension Office. Late forms will not be accepted.

PAINT POUR PARTY

Date: Tuesday, April 13th
Location: WWCC Room #1306
Time: 6:00 PM

Due to COVID Restrictions space is limited to 10 participants. Please RSVP to the Sweetwater County Extension Office by April 9th.

mjohn157@uwyo.edu
307-352-6775

Open to all currently enrolled 4-H youth and Cloverbud members.

Animal Tagging/Ownership Deadlines



2-1-21

All Market Beef must be owned/tagged by February 1st



5-1-21

All Dogs must be ID'd with shot records by May 1st



6-1-21

All Market Goats, Sheep & Swine must be owned/tagged by June 1st



6-1-21

All Market Poultry must be owned by June 1st



6-1-21

All Market Rabbits must be owned by June 1st



7-1-21

All Cats must have Health Certificates & vaccinations by July 1st



7-1-21

All Horses (owned or leased) must be safety certified by July 1st

Wyoming State & Regional Events

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

MEATS AND WOOL JUDGING - April 9 - 10, 2021

Laramie, WY

NATIONAL 4-H CONFERENCE -

Virtual Only

4-H HORSE CAMP - TBA

Registration due TBA, Location TBA

4-H FOUNDATION 3-D ARCHERY SHOOT - June 19, 2021

Pinedale, WY

SHOWCASE SHOWDOWN - June 15-17, 2021

Registration Due May 28th. Packages "B/C/D" late registrations received through June 8th will be charged an additional fee of \$25 per person. Package "A" late registrations received through June 22nd will be charged an additional fee of \$25 per person.

STATE SHOOTING SPORTS MATCH - July 8-11, 2021

Registration Due June 18th, Teams Due June 22nd.

LEADERSHIP WASHINGTON FOCUS -

Registration due March 2nd. Virtual Only

CITIZENSHIP WASHINGTON FOCUS -

Registration due March 2nd. Virtual Only

4-H FOUNDATION APACHE CLEAR CREEK SHOOTOUT - July 31, 2021

Ucross, WY

4-H FOUNDATION PLATTE RIVER SHOOTOUT - July 16-17, 2021

Encampment, WY

WYOMING STATE FAIR - August 17-21, 2021

Registrations Due TBA

Douglas, WY

WYOMING 4-H DEER HUNT - October 31 - November 2, 2021

Devil's Tower, WY



Platte River PHOTOGRAPHY WORKSHOP

CLASS DESCRIPTIONS

BASIC CAMERA (Beginners) with Chris Luse: Bring your camera and learn about your camera from the inside out, and how to properly expose a photograph using the manual setting.

INTRODUCTION TO PHOTOGRAPHY (Beginners) with Cathy Coddington Becker: Tools you can use today to create beautiful, thoughtful images! One class is not enough to learn everything that goes into telling stories with a camera! However, in this class we will discuss the tools you can use to create beautiful, thoughtful photographs. It doesn't matter if you choose

film, a digital camera, or your iPhone! The timeless concepts are the same and the options are endless. This class will help you get started creating a style of your own and will take your photos from "snapshot to stellar"! A field trip to Washington Park will be an option if the weather permits.

IPHONE CAMERA SETTINGS with Cathy Coddington Becker: iPhone photography is quickly taking over the world, and users are turning out photos that are stunning! Do you feel left behind? No worries! After this quick class you will walk away with tools you didn't know you had, and feel more confident sharing what you create.

WYOMING WILDLIFE with Ron Hayes shares the best practices in photographing Wyoming wildlife in their natural habitat.

WYOMING LANDSCAPE with Sarah Johnson will go over camera settings for different light situations, slow shutter speed situations, high dynamic range and bracketing, and composition. Weather permitting, we will take a short field trip and do most of the class outside and hands on. Students, please bring your film camera or DSLR and let's take some pictures!

INTRODUCTION TO PHOTOSHOP EDITING with expert Shaun Peterson uncovers the capabilities of Photoshop and how to create digital art. Feel free to bring your laptop.

MEET THE INSTRUCTORS

Chris Luse, Manager of Wyoming Camera Outfitters for 9 years, has a Bachelor Degree in Fine Arts Photography from Florida State University and is a former Photography Instructor at Casper College. Chris specializes in not being specialized...he photographs it all!

Ron Hayes started as a Wyoming photographer and has transitioned into photography world wide. He is now one of four hosts on the Wild and Exposed Podcast which is currently the #1 Wildlife and Adventure Podcast on Apple.

Cathy Coddington Becker has been a professional photographer for the past 10 years. Her career has taken her from Victoria, B.C. to Boston, shooting everything from weddings and families, to clothing companies, pharmaceuticals, and cannabis! Her passion is shooting live theatre and she is currently the marketing director for Opera Wyoming in Casper.

Shaun Peterson's landscape images are breathtaking. His gallery, online at smpetersonphotography.com, features fine art images from Wyoming and beyond. He's captured the Milky Way and lightning over Devils Tower and perfect lighting over the Grand Tetons. He also captured totality during the Solar Eclipse of 2017. One look at his website and you will surely want to know some of this photographer's tips and tricks!

Sarah Johnson began shooting in 1996 and developed her own film. In the last 25 years she has studied and shot side-by-side with the world's greatest photographers including Tom Mangelson, Rick Salmon and Jennifer Woo. Her love for landscape and wildlife photography is one in million and she uses that to educate others.



Platte River PHOTOGRAPHY WORKSHOP

Sat., April 17th • Jackalope Events Center • 307-358-2000

Reserve your attendance in the photography workshop by completing this form and returning it, with payment, to either the Railroad Museum & Visitor Center or The Enterprise (130 S. 3rd, Douglas WY 82633). Make checks payable to The Enterprise. Classes are limited in attendance. First come, first served. Multiple classes are scheduled through the day from 9am-6pm. Jen Goodwin will contact each student to set up your workshop schedule.

Name: _____

Address, City, State, Zip: _____

Email: _____

Phone Number: _____

Please mark your selections when registering • Class descriptions and instructor biographies appear on the reverse side. Choose a package or select individual classes

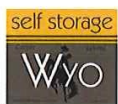
CLASS PACKAGES

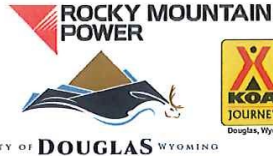
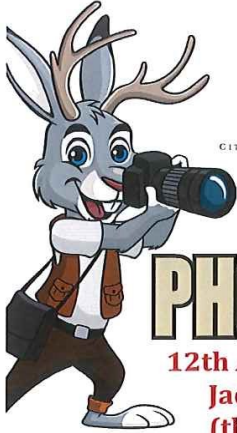
- Package #1: \$40 Basic Camera Operations & Intro to Photography
- Package#1a: \$50 Package #1 plus Cell Phone Settings class
- Package #2: \$80 Basic Camera operations, Introduction to Photography, Wyoming Wildlife, and Wyoming Landscape
- Package #3: \$60 Introduction to Photography, Wyoming Wildlife, Wyoming Landscape
- Package #4: \$65 Wyoming Wildlife, Wyoming Landscape & Introduction to Photoshop Editing
- Package #5: \$90 All 5 classes except Photoshop Editing

INDIVIDUAL CLASSES

- \$20 Basic Camera (Beginners) with Chris Luse *need camera
- \$20 Intro to Photography with Cathy Coddington Becker *need camera
- \$10 Cell Phone Camera Settings with Cathy Coddington Becker
- \$20 Wyoming Wildlife with Ron Hayes
- \$20 Wyoming Landscape with Sarah Johnson
- \$25 Introduction to Photoshop Editing with Shaun Peterson *can bring your laptop

A block of rooms is available at
The Hampton Inn in Douglas • 307-358-0707





Platte River PHOTOGRAPHY SHOW

12th Annual • April 17-22, 2021 • 11 a.m.-6 p.m.
 Jackalope Event Center • 206 N. 6th Street
 (the old school at 6th and Walnut Streets)

For more info call
 The Enterprise at 307-358-2000
 and ask for Jen Goodwin

Entries due by noon Saturday, April 10, 2021 at one of the below locations
The Enterprise, 130 S. 3rd Street in Douglas, Douglas Railroad Museum,
Laramie Peak Motors in Wheatland • Lusk High School

SHOW GRAND OPENING Friday, April 16, 2021 • 5-7 p.m.
 Prizes will be awarded at 6 p.m. in the auditorium

Name: _____
 Address, City, State, Zip: _____
 Email: _____
 Phone Number (s): _____
 County where you attend school (students only) _____
 Students: Limited entry fee sponsorships available. Please call Jen at 358-2000 for details.

DIVISION #1 STUDENTS
 6th-12th Grades
 \$5 fee per entry
 Max 3 entries per category
Landscapes
 1st \$100 2nd \$50 3rd \$25
Wildlife & Animals
 1st \$100 2nd \$50 3rd \$25
Open
 1st \$100 2nd \$50 3rd \$25

DIVISION #2 HIGH SCHOOL SENIOR SCHOLARSHIP
 \$15 per entry
 Max 4 entries
 Only category is Open
 1st \$1,000 Scholarship
 2nd \$150 3rd \$75

DIVISION #3 ADULTS
 \$15 fee per entry
 Max 3 entries per category
Landscapes
 1st \$200 2nd \$125 3rd \$75
Wildlife & Animals
 1st \$200 2nd \$125 3rd \$75
Open
 1st \$200 2nd \$125 3rd \$75

DIVISION #4 PROFESSIONALS
 \$30 per entry
 Max 3 entries per category
Landscape
 1st \$400 2nd \$250 3rd \$125
Wildlife & Animals
 1st \$400 2nd \$250 3rd \$125
Open
 1st \$400 2nd \$250 3rd \$125

***If you make money on your photography, you are a professional**
****MUST have name, division and category on the back of each entry!**

Photography Show Rules • Please read the rules before entering

- Photographers are responsible for the pickup and delivery of their entries. If you ship your entries, you must include a pre-paid return shipping label including insurance. Call for shipping instructions.
- Entries can be picked up following the show.
- All pieces must be presented in a professional format and ready to hang in the show. Plastic frames are not acceptable. All frames and canvas images must have a wire hanger. Images printed on metal must have an affixed hanger.
- Photographer's name, division and category for entry should be

- marked on the back of the entry.
- Photographs can only be entered in one division.
- Make checks payable to: The Enterprise
- Winners are encouraged to leave their entries for display at the Pioneer Museum for one year. Contact information may be left with the Museum.
- Participants are encouraged to attend the show grand opening.



ELEVATE YOUR IDEAS!

Have an idea for a business, but don't know where to start? Build a foundation for success through the 2021 Rocky Mountain Youth Entrepreneur Series.

The series will be an opportunity for youth to establish a business plan, strategize future vision, meet like-minded peers, and get inspired by speakers who are business professionals. They will offer guidance and support for your business venture.

Register Today!

<https://forms.gle/dQAg0P98xgbH1sZA>

Funding for RMYES was provided by the John P. Ellbogen Foundation: Wyoming Communities, Agriculture, and Rural Living Project Fund. RMYES was developed by Kellie Chichester, Mary Louise Wood, Jaddae Jacobsen, and Glenn Owings.

SEMINAR DATES

3.8.2021

6:30 PM VIA ZOOM
Introduction & Business Overview with a business professional

5.10.2021

6:30 PM VIA ZOOM
Business Plan/Proposal & Management Plan/Proposal with a business professional

6.17.2021

Laramie, Showcase Showdown
In-Person Check-In & Lunch/Dinner in Laramie

DATE TBD

Douglas, State Fair
In-Person Check-In & Lunch/Dinner in Douglas

9.13.2021

6:30 PM VIA ZOOM
Product/Service Plan & Vision/Service Proposal

10.9 -10.10.2021

Cody, Weekend Trip
Analyze Market

CONTACT INFO

Kellie Chichester
kellie@uwyo.edu
(307) 334-3534

Facebook Page

ROCKY MOUNTAIN YOUTH ENTREPRENEUR SERIES

WHAT DOES IT MEAN TO BE AN ENTREPRENEUR?

An entrepreneur is someone who organizes, manages and assumes the risks of a business or enterprise.



WHAT WILL I LEARN DURING THE SERIES?

- Phase One of the Rocky Mountain Youth Entrepreneur Series will assist youth in establishing a business plan, creating a management proposal, forming a vision for their business (to include a Mission Statement/Vision Statement) and work with youth to analyze the market.
- Phase Two of the series will include lessons on business competition, marketing, operation and financial plans and business contingency plans. To complete the series, youth will pitch and present their completed Business Plan to a panel of business professionals for feedback and advice.

Open to Wyoming Youth (Age 14 & older)

3 Unique Virtual Classes

2 In-Person Check-Ins

1 Weekend Trip



Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Kellie 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.

INTERMOUNTAIN LIVESTOCK JUDGES TRAINING



MAY 6-8, 2021
SPANISH FORK, UTAH

Save~the~Date

We are excited to share the dates for this year's Intermountain Judges' Training. As in the past, we are planning on having an adult and youth track. The committee is still finalizing the schedule, so mark your calendar and stay tuned for details.

For questions or to be added to email list:

Dawn Sanchez

Dawns@uwyo.edu ~ 307-799-8780



UW Wyoming 4-H

2021 Volunteer Training Series

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

Appreciation and Recognition—January 25, 2021

Recognizing 4-H members and leaders is so much more than your annual Achievement Nights. Come and find a variety of ways that leaders can recognize members and other leaders and why that is important. Member and leader appreciation and recognition is important for retention.

Using Technology - February 22, 2021

What is our new normal? Some 4-H clubs are meeting in person, some are still meeting via Zoom, some are hybrid. No matter how your engaging young people technology can aid us to help make meetings and events more fun. Come and gain new ways to use technology and SHARE ways that you are successfully using technology to reach leaders and members.

What Does a Great 4-H Experience Look Like—March 22, 2021

The Wyoming 4-H Leadership Team will join us as we look at great 4-H meetings and experiences. Hear directly from youth as to what they enjoy and love about their time in 4-H. We will look at ways to implement an engaging and fun 4-H experience for youth and adults.

Communication Best Practices—April 26, 2021

Communication is the key to success in a 4-H program. Key leaders from around the state will share communication techniques that work well for them and how you too can use them to communicate to your club and project members.

A link to participate in the meetings above will be sent to your 4-H enrollment 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

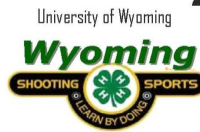


Lukas Simmons Memorial Livestock Judging

Saturday, May 1, 2021
Pre-register by April 23, 2021

Check in 9-9:30 am
EWC ATEC Building
Contest begins at 10:00 am
Awards for teams and individuals
all age divisions

Open to all 4-H age youth
Divisions:
Juniors: 8-10
Intermediate: 11-13
Seniors: 14-18



2021 4-H Shooting Sports Leader Certifications

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



Warren Crawford
Youth Development Specialist
University of Wyoming Extension
College of Agriculture and Natural Resources
1000 East University Ave. Dept. 3354
Laramie, WY 82071
(307) 766-5170
crawford@uwyo.edu

Northwest Area

- Fremont County, Riverton
- Dates - February 20-21, 2021
- [Registration link: Fremont County](#)

Central Area

- Converse County, Douglas
- Dates - March 6-7, 2021
- [Registration link: Converse County](#)

Southeast Area

- Goshen County, Torrington
- Dates - March 13-14, 2021
- [Registration link: Goshen County](#)

Northeast Area

- Johnson County, Buffalo
- Dates - March 27-28, 2021
- [Registration link: Johnson County](#)

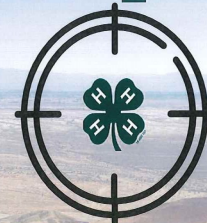
Southwest Area

- Uinta County, Lyman
- Dates - April 10-11, 2021
- [Registration link: Uinta County](#)

You can register using the links above or visit the Wyoming 4-H webpage at: <http://www.uwyo.edu/4-h/> then select "Volunteers" and "Additional Trainings."

SATURDAY, APRIL 10, 2021
CAMPBELL COUNTY AG
COMPLEX
WRIGHT, WY - 9 AM

Campbell County 4-H Shooting Sports Jackpot



THE COST IS \$2/DISCIPLINE OR \$5 FOR ALL

ARCHERY AIR RIFLE AIR PISTOL



CONCESSIONS AVAILABLE



4-H DOG SPIN GROUP



Developed by Campbell County 4-H
Emily Acord & Kim Fry - kbell10@uwoyo.edu

RSVP at
<http://tiny.cc/4-Hdogspin>



ALL YOU NEED IS LOVE
& A GOOD DOG!

6pm on
ZOOM

March 30th
April 13th
April 27th
May 11th
May 25th
June 8th

 UW | Wyoming 4-H

Spring Spectacular Online Horse Show
presented by State Line Tack

Session 2 March 15-21, 2021

1. Color Class
2. Showmanship at Halter
3. Stock Type Western Pleasure
4. Saddle Type Western Pleasure
5. Ranch Riding/Ranch Trail
6. Western Dressage
7. 4-H Color Class
8. 4-H Showmanship at Halter

Session #2 Sponsored by



UNIVERSITY OF WYOMING

BLOCK & BRIDLE CLUB

COWBOY BEEF EXPO

JUDGING CONTEST & CATTLE SHOW

APRIL 17TH & 18TH HANSEN ARENA - LARAMIE, WY

APRIL 17TH

JUDGING CONTEST

CHECK IN 7:45-8:30 AM START 9 AM
FOR CONTESTANTS AGES 8-18
10 CLASSES / 3 SETS OF REASONS
CRITIQUE AND AWARDS TO FOLLOW
EMAIL CDOUBET@UWYO.EDU BY 4/8 TO ENTER
\$15 / CONTESTANT DUE AT CHECK IN

BLOW & GO SHOWMANSHIP

CHECK IN 3-4 PM SHOW AT 5 PM
JUNIOR, INTERMEDIATE & SENIOR DIVISIONS
AWARDING CHAMPION & RESERVE

APRIL 18TH

HEIFER SHOW

CHECK IN 5-8 AM SHOW 9 AM
DIVISIONS - ANGUS, CHAROLAIS, CHAR COMPOSITE,
CHI, COMMERCIAL, GELBIEH, HEREFORD,
LIMOUSIN/LIM-FLEX, MAINE, MAINTAINER,
RED ANGUS, SIMMENTAL, SIM-SOLUTION
& SHORTHORN/SHOTHORN+

STEER SHOW

CHECK IN 5-10 AM SHOW AFTER HEIFERS
DIVISIONS - BLACK, RED, AOC & REG PUREBRED

TOP FIVE OVERALL STEER & HEIFER
\$1,000 - GRAND \$500 - RESERVE

JUDGES - TY BAYER & WILLIE WEIS

\$50 / HEAD ENTRY FEE, \$25 / SHOWMANSHIP

STEER AND HEIFER CHECK IN WILL BE AVAILABLE SATURDAY AFTERNOON
WASH RACK AVAILABLE

TRAILER STALLING ONLY

ENTER IN PERSON OR ONLINE FOR THE SHOW AT UW.UWYO.EDU/BEEFEXPO21
OR SCAN THE CODE BELOW WITH ANY SMART PHONE



CONTACT KENZIE MORRIS 970-630-3607
OR CURTIS DOUBET 303-681-7086

THE WORLD NEEDS MORE COWBOYS





WRANGLER ARENA
CAM-PLEX ~ GILLETTE, WY

CAMPBELL COUNTY 4-H HORSE JUDGING & HIPPOLOGY CONTESTS



Horse Judging Contest will be similar to the State Contest with halter and performance classes, as well as questions and reasons. Hippology Contest will be a good practice for the State Contest. Reasons will be moved to the Extension Office ~ 412 S. Gillette Ave where lunch will be served. Awards will follow after the contest.

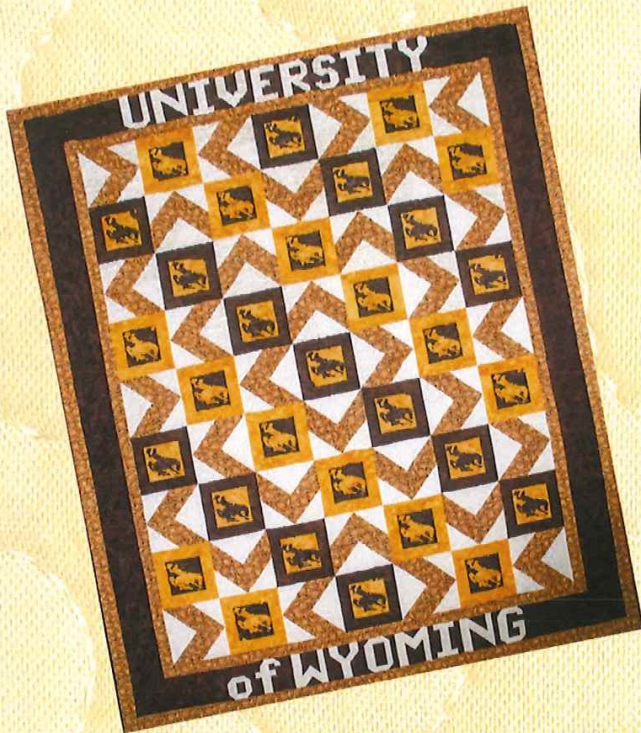


MAY 30, 2021

**CHECKIN AT 9AM WITH
CONTEST STARTING AT 9:30AM
\$10 FOR CONTEST & MEAL,
\$6 FOR MEAL**



RSVP to Corrina Knighten ~ 307.214.1242



Quilt Raffle

Benefitting the UW Animal Science Wool Judging Team
and the 4-H Wool Judging Program

Tickets available at UW Extension county offices.

Visit wyoming4h.org/quilt-raffle/ to view this \$4,000 quilt.

\$20/ticket • 7 tickets/\$100

Queen-sized handmade quilt

donated by Kathy & Russell Bell, of Gillette Wyoming.

Winner drawn September 14, 2021, at the State Ram Sale, Douglas, Wyoming.

Travel Opportunities

NATIONAL SHOOTING SPORTS INVITATIONAL - June 20-25, 2021

Grand Island, NE

WYOMING - FINLAND EXCHANGE - TBA

Finland

SHOOTING SPORTS AWARD TRIP - September 8-12, 2021

Raton, NM

NATIONAL 4-H CONGRESS - TBD - November

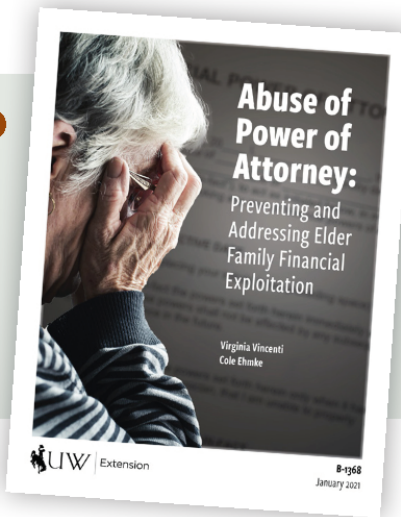
Atlanta, GA

WESTERN NATIONAL ROUNDUP - January 6-10, 2022

Registration Deadlines TBD

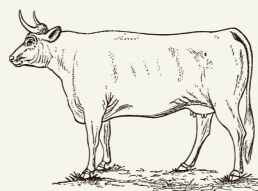
Denver, CO

DOWNLOAD
 UW Extension's
 New
**POWER OF
 ATTORNEY**
 Bulletin



A financial power of attorney is a potent estate planning tool, but it has the potential to be exploited. *Abuse of Power of Attorney: Preventing and Addressing Elder Family Financial Exploitation* provides best practices on setting up a document to avoid abuse, and guidance for responding when it occurs.

Download now at
<https://bit.ly/elderly-abuse>



Now
 100%
 online

THE WESTERN MEAT SCHOOL

Online Short Course

Master all the essentials for direct marketing niche meat from experts in production, marketing, processing & pricing.

Comprehensive, self-paced short course to take your meat business to the next level. Farmers, ranchers, butchers, & others are encouraged to sign up.

-14 modules, 30 hours of education-

Go to www.westernmeatschool.com to enroll.

HOW DOES STRESS AFFECT FARMERS & RANCHERS?

TAKING THIS SURVEY HELPS US SAVE FARMERS' & RANCHERS' LIVES

SURVEY DETAILS:

- Information from this survey will determine how assistance for farmers & ranchers will be provided
- All submissions will be anonymous
- Survey only takes 15 minutes of your time

COMPLETE THE SURVEY & ENTER TO WIN A \$50 ONLINE GIFT CARD

*TEN \$50 CARDS AVAILABLE PER PARTICIPATING STATE

SURVEY LINK:
[HTTPS://BIT.LY/AGRI-STRESS-SURVEY](https://bit.ly/agri-stress-survey)

CONTACT US:

If you have any questions or concerns, you can contact Dr. Lorann Stallones at lorann.stallones@colostate.edu.
 THANK YOU FOR YOUR PARTICIPATION!



SIGNS AND SYMPTOMS OF *STRESS*

BEHAVIOR SIGNS

- ✓ Loss of interest in hobbies
- ✓ Trouble making decisions
- ✓ Relationship problems
- ✓ Poor concentration
- ✓ Negative thinking
- ✓ Substance abuse
- ✓ Anti-social
- ✓ Sad mood
- ✓ Irritability
- ✓ Worrying
- ✓ Anxiety



Additional Stress and Mental Health Resources Available at:
umash.umn.edu/stress

PHYSICAL SIGNS

- ✓ Poor or disturbed sleep
- ✓ Weight loss or gain
- ✓ Changes in appetite
- ✓ Stomach problems
- ✓ Grinding teeth
- ✓ Chest pain
- ✓ Poor hygiene



UMASH is funded by the National Institute for Occupational Safety and Health cooperative agreement U24OH010170.

April 2021



Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2 Extension Office Closed	3 4-H Working Cow Horse Clinic 9:00am @ SWEC
4	5	6	7	8 Horse Develop- ment Committee Meeting 6:30pm	9 Meats & Wool Judging, Laramie, WY	10 Meats & Wool Judging, Laramie, WY Shooting Sports Leader Certifications (see pg. 11))
11 Shooting Sports Leader Certifica- tions (see pg. 11)	12	13 Paint Pour Party 6:00pm (see pg. 5)	14	15	16	17 Platte River Photog- raphy Show (see pg. 7) Cowboy Beef Expo (see pg. 13)
18 Platte River Photog- raphy Show (see pg. 7) Cowboy Beef Expo (see pg. 13)	19 Platte River Pho- tography Show (see pg. 7)	20 4-H Council Meeting 6:30pm Platte River Photog- raphy Show (see pg. 7)	21 Platte River Pho- tography Show (see pg. 7)	22 Platte River Pho- tography Show (see pg. 7)	23	24
25	26 Volunteer Train- ing Series (see pg. 11)	27 Fair Board Meet- ing 7:00pm	28	29	30	

May 2021

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1 Dog ID and Vaccination Deadline (see pg. 4) Lukas Simmons Memorial Livestock Judging (see pg. 11)
2	3	4	5	6 Intermountain Livestock Judges Training (see pg. 10)	7 Intermountain Livestock Judges Training (see pg. 10)	8 Intermountain Livestock Judges Training (see pg. 10)
9	10	11 Auction Committee Meeting 6:30pm	12	13 Horse Development Committee Meeting 6:30pm	14	15
16	17 Summer Hours Begin	18 4-H Council Meeting 6:30pm	19	20	21 Extension Office Closed	22
23	24	25 Fair Board Meeting 7:00pm	26	27	28 Extension Office Closed	29
30 Campbell County 4-H Horse Judging & Hippology Contests (see pg. 14)	31 Extension Office Closed					



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