INSIDE THIS ISSUE

UW Extension Information	2
State & Regional Events	.11
Master Gardener	.16
Centsible Nutrition	.18
Extension Calendars	.21

SPECIAL POINTS OF INTEREST

- 4-H Enrollment (page 4)
- 4-H Achievement Night (page 5)
- Little Shoppers (page 6)
- ZSuites How To Enroll (page 7)

the

CLOVER CHATS





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State 4-H Website: http://www.uwyo.edu/4-h/

4-H Enrollment: https://4h.zsuite.org

Sweetwater Co. Extension: https://wyoextension.org/sweetwatercounty/



Adia Price

Adilayde McCort

Ama ida Weaver

Andrew Neher

Arlo Braly

Ashten Folks

Bailey Griffin

Ben Folks

Brohdan Kroupa (Flores)

Brooks Rushing

Carson Core

Christian Flores

Connor Weese

Cope Thomas

Cree Jones

Desmond Flansburg

Dylan Witt

Gavin Arnoldi

Jaycee Carr

Jaycee Corona

Jennifer Woodward

Jim Wasseen, II

John Smith

Paden Neilson

Sadie Woodward

Krystal Gurr

Marco Bowers

Mary Hamilton

Mikey Bowles

Molly Stanton

Nora Mathis

Saige Baker

Sentesa Cordova

Skylynn Davies

Sorrel Burris

Timothy Graham

Timothy Hays

Weston Labelle

Zaylen Mortensen

CLUB LEADERS

Your Club Charter Renewal,
Secretary Book and Treasurer
Book are due to the Extension
Office by November 14th. The
packet containing this paperwork was mailed out to the
key leader's personal address.

Open Enrollment

Online 4-H Registration
Started October 1st

For the 2022-2023 4-H Year

http://4h.zsuite.org

Returning Families — Follow the instructions on pages 8 and 9 of this newsletter.

New Families—Follow the instructions on page 7 or contact the Extension Office for help.

Shooting Sports Sign-Up Deadline

Due to the high enrollment numbers and facilities available for practices, the Shooting Sports deadline for enrollment in the 2022-2023 year is January 2, 2023. No new members will be accepted after this date until open enrollment on October 1, 2023.

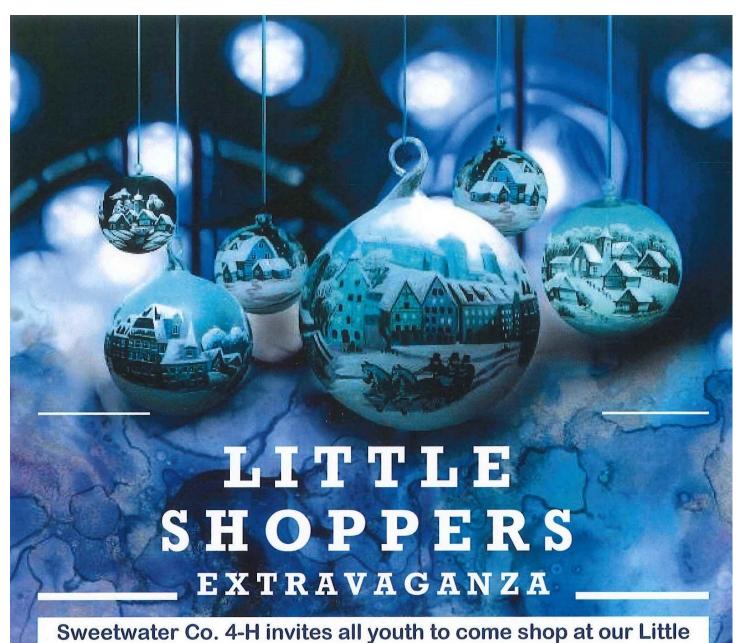
Please log-in to ZSuites and Facebook regularly so that you don't miss out on important announcements.

Dinner, Awards, Trivia, Prizes and FUN!!



11.14.22 | 7PM - 9PM
ATRIUM, WESTERN WYOMING COMMUNITY COLLEGE

PLEASE RSVP TO THE EXTENSION OFFICE
BY NOV. 7TH
307-352-6775 OR TMEATS@UWYO.EDU



Sweetwater Co. 4-H invites all youth to come shop at our Little Shoppers Extravaganza! Parents can bring their children to our "shopping center" located at the Sweetwater Events Complex where they can do all their Christmas shopping by themselves. Items are sold below or equivalent to garage-sale prices & we even gift wrap every purchase!

December 9th 5pm – 8pm Sweetwater Events Complex

Main Exhibit Hall

All 4-H clubs are encouraged to participate by either donating items or helping out the day of the event. If donating items, please have them dropped off to the Extension Office by December 6th.

ZSuite 4-H Enrollment!

Enrolling in Wyoming 4-H

- 1.Go to https://4h.zsuite.org/ (open in Google Chrome, not Internet Explorer)
- 2. Click Sign Up
- Fill in the required fields (you can use your same email and password from 4HOnline).





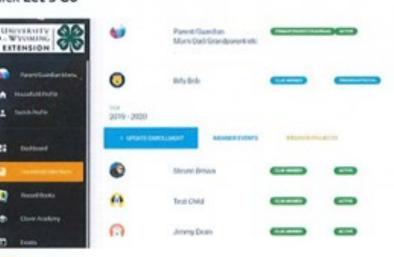
- Create a pin number (we recommend an easy to remember four-digit number, like the last four numbers of your phone number).
 - REMEMBER your password and pin number, you will need it to access your enrollment!
- Select Wyoming and your home County.
- 3. Click Let's Go

Add members of family

You should now be directed to the Dashboard screen.

- To add members, in the black drop down menu, select household members.
- 2.On the next screen, select
- Fill in the required fields for one of your members.
- 4. Don't forget to add a club! Click
- You will also need to select projects for each club by clicking then selecting a project from the drop down menu
- 5. Finish by clicking

You will return to the **Household Members** screen. The member you added should appear in the list along with yourself. Repeat this process for the other members of your household.



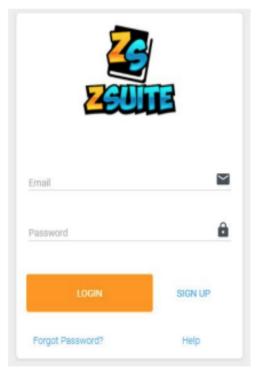
*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.



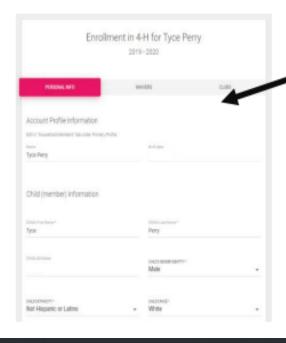
*UW Wyseming 4-H

ZSuite 4-H Enrollment









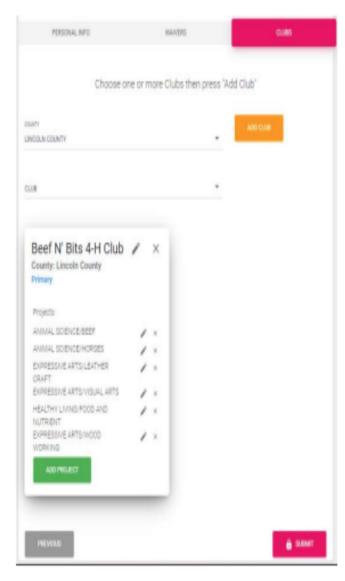
Returning Member Enrollment

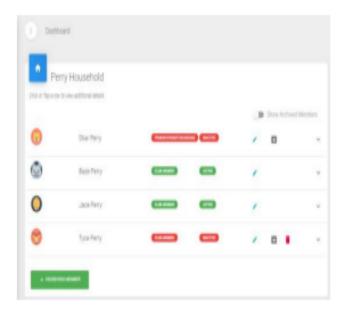
Yearly Re-enrollment of Family Members

Enrollment must be done annually to stay active in 4-H.

- Go to https://4h.zsuite.org/ (open in Google Chrome, not Internet Explorer). You will see a screen like this.
- Use the same email and password you used to sign up for zsuite.
- 3. Click
 - if you forgot your password, click the Forgot Password? And you will be prompted to enter another password.
- You MUST be signed in as the PRIMARY account to enroll members.
- Once you log into your PRIMARY account, you will see a list of all the household members and their current enrollment status. - Note the background color—Red signifies inactive profiles , while green signifies a member is currently enrolled. (NOTE: Each year, all profiles are made inactive.)
- 6. Click the picture besides the member you want to up-
- This will take you to the enrollment wizard form.
 Complete all information. (NOTE: Required fields will

 have an asterisk * behind it. The system will not go to
 the next section until all required fields are completed.)
- If you need to leave, prior to finishing your enrollment, click the 'SAVE FOR LATER' link at the bottom right of the form so you will not have to re-enter the data you've already completed.
- Click at the bottom of the Personal Information section to go to the Waivers section. Click the Next button to go to the Clubs section



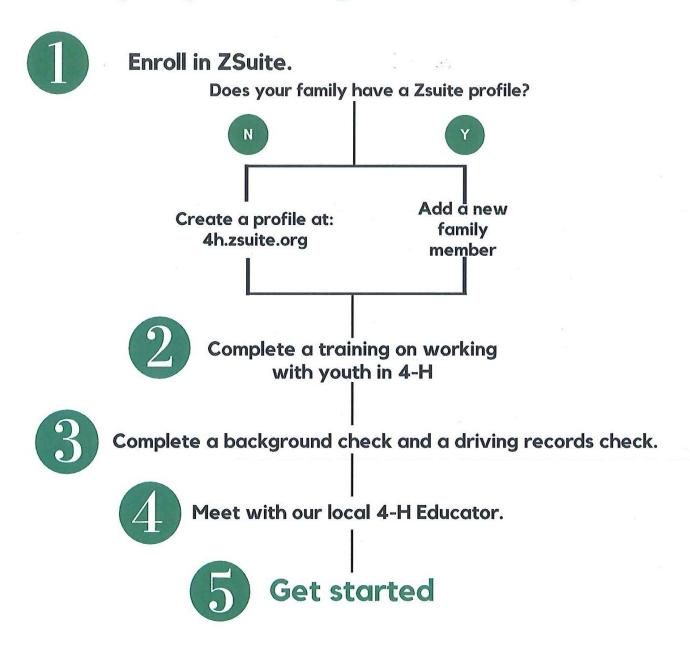


- 10. The 'CLUBS' section allows you to choose the clubs you'll be participating in for the year. You can choose more than one club, if desired, by selecting a club from the drop down menu and then clicking the orange ADD CLUB button. The clubs appear in their own box. NOTE: Do not click the "X" in the upper right hand of the club box unless you are not participating in that club.
- You can add projects by clicking the green ADD PROJECT button and selecting it from the drop down menu.
- You can delete projects by clicking the "x" next to the project you want deleted.
- 13. If your county has an enrollment fee, you will handle this on the 'CHECKOUT' tab. Any payment methods chosen by your state will appear as options on the page. If your state does not have an enrollment fee, simply click the 'SUBMIT' button to submit your enrollment.
- 14. Once your enrollment is completed, your county administrators will be contacted regarding your enrollment. Your enrollment will be in a 'Pending Approval' state until approval from your county staff.
- Once you're approved, your status will change to 'Active'.



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

5 easy steps to change the future of youth!







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

2023 Wyoming 4-H Foundation Scholarship Opportunities: The Wyoming State 4-H Foundation is proud to manage scholarship opportunities to students that are current and/or past 4-H members in Wyoming. Each year the Foundation awards thousands of dollars in scholarships. Applications for 2023 are due by February 15, 2023. For more information and tips on how to apply successfully, please visit the 4-H Foundation Page, https://www.wyoming4h.org/4hfoundation/scholarships/.

Western National Round-Up: January 4-7, 2023

National 4-H Conference: Will be held April 14 - 19, 2023. For more information visit https://4-h.org/parents/national-4-h-conference/. This is the US Secretary of Agriculture's premiere youth development opportunity. Young people assist in the development recommendations to help 4-H Youth Development programs nationally and in their communities. All Wyoming 4-H members age 15 and older are eligible to apply. Participants are chosen using an application and interview process.

Showcase Showdown: June 20 - 22, 2023 in Laramie. Showcase Showdown offers an opportunity for youth to explore various industries through contests and workshops. The event takes place at the University of Wyoming. Youth can participate in contests, workshops, tours and activities over the course of three days. There are also two award ceremonies that recognize youth for their efforts.

Meats and Wool Judging Contest: Dates TBD and more details to come soon.

2023 Rabbit Clinic

Clinics start @ 9AM, Location: ARLC Building

Sign up at: https://www.facebook.com/oil-citythumpers-398801110535193/

- January 14, 2023: Rabbit Housing & Feeding- Casper Room
- February 11, 2023: Meat Pens- Midwest/Edgerton Room
- March 18, 2023: Committee Meeting- Mills/Evansville Room
- April 15, 2023: Breed ID, Breed Tattoo, Showmanship, ID Forms Clinic- Casper Room. Bring your healthy, clean rabbits and carpet square
- April 26, 2023: Tattoo Clinic Time TBD PIC
- <u>May 14, 2023</u>: Getting ready for Fair Fair Prep-Mills/Evansville Room
- o No Rabbits needed.
- <u>June 3, 2023</u>: Mandatory Meat Pen Tattoo Clinic/Mock Show- Casper Room
- o We will have separate areas set-up for showmanship. Please make sure your rabbits are clean and healthy. We also ask you to dress like you will for the show at fair and bring a clean carpet square for showmanship.

We will only be offering two tattoo clinics this year.

Please plan accordingly.

2022-2023 Shooting Sports Safety Meetings

Each member must attend one rules/safety meeting before being allowed to shoot at a practice, no exceptions.

November 11th @ 6:30pm - Events Complex Small Hall November 29th @ 6:30pm - Events Complex Bison Room December 11th @3pm - Events Complex Small Hall January 8th @ 3pm- Events Complex Bison Room

December 9th - First Archery Practice **December 10th** - First Air Practice

Due to the high enrollment numbers this year and facilities available for practices, the Shooting Sports deadline for enrollment in the 2022-2023 year is January 2, 2023. No new members will be accepted after this date until open enrollment on October 1, 2023. This date may move up if numbers continue to increase each week. Information on practices will be shared at the safety meetings, we are still trying to get dates approved for facility usage.



Photos Needed

We are in need of photos for the 2022 Achievement Night Slide Show. Any 4-H picture from the year, we would love to see! We are starting to see pics being sent in, still missing pictures from our horse events outside of the mini's.

You can send pictures to the Sweetwater County 4-H Facebook Page through messenger or email them to tmeats@uwyo.edu.

4-H Achievement Night November 14th at 7pm RSVP by Nov. 7th



- Cook together and gather around the family dinner table,
- Learn to prepare home-cooked meals & try new foods.
- FUN family time.
- Receive a FREE kitchen utensil kit/family related to that month's recipes November -May.
- Self-guided at home.
- Open to any currently enrolled 4-H member...make it a project!

TO FIND OUT MORE:

CONTACT US @ (307) 334-3534 OR KELLIE@UWYO.EDU

FREE TO PARTICPATE; GROCERIES NOT INCLUDED



Wyoming Food, Fun & 4-H was made possible by funding from the John P. Ellbogen Foundation Wyoming Communities, Agriculture, and Rural Living Project Grant for UW Extension.





Scan the QR code...Sign up today!



TO FIND OUT MORE:

CONTACT US @ (307) 334-3534 OR KELLIE@UWYO.EDU

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WINTER WATERING

Winters in Wyoming can be difficult and are almost always windy. Extreme temperatures and constant winds often remove what little moisture remains in the soil from the previous growing season and any snow that may have fallen.

Dry soils can seriously damage root systems of herbaceous perennial plants as well as woody shrubs and trees. The reason is dry soils change temperature very quickly. They also heave, expand and contract with changes in temperature. The resulting soil movement can physically damage or destroy roots. Moist soils, on the other hand, change temperature much more slowly, which is one of the basic properties of water. Consequently, soils kept moist during the winter are less susceptible to temperature changes and do not expand and contract like dry soils do. Keeping soil moist tends to save root systems from being damaged.

Evergreens are most susceptible to winter drying since they do not lose foliage during these months. In lawns, grass roots may die, leading to large areas of dead turf. Any plant stressed from

B-1186R

Revised April 2020 Karen Panter, Extension Horticulture Specialist, Department of Plant Sciences, University of Wyoming winter desiccation is more likely to succumb to disease and insect problems the following growing season.

Spring bulbs may not bloom properly. Lack of water for bulbs can lead to brown or deformed flowers or flowers that don't open at all. Perennial herbaceous plants may show root loss, and crown buds may die due to inadequate winter watering.

If perennial plants, especially new ones, are not watered during the winter, symptoms of winter desiccation may appear during the next growing season. Symptoms usually include branch die-back and leaf burn or even total plant loss.

Mulching and watering during the winter months can help. Mulch tends to insulate the ground and keep the soil at relatively constant temperatures. Watering fills open spaces and can help seal cracks in the soil and minimize root damage caused by temperature swings.

During the winter, when there is no snow cover, when temperatures are above 40°F, when the ground is not frozen, and when the wind is not blowing, homeowners are encouraged to get out their hoses. Water enough to moisten the soil at least six to eight inches down. Remember to drain and store hoses again to prevent ice damage to the hose or water taps.



For more information or questions on Master Gardener or Horticulture topics, contact Amanda at 307-352-6775 or abramwe2@uwyo.edu.



B-1186R

Revised April 2020

Karen Panter, Extension Horticulture Specialist, Department of Plant Sciences, University of Wyoming

Editor: Katie Shockley, University of Wyoming Extension

Design: Tanya Engel, University of Wyoming Extension

December 2007. Karen Panter, Extension Horticulture Specialist, Department of Plant Sciences, University of Wyoming

Louised 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, University of Wyoming, Laramie, Wyoming 82071. • The University's policy has been, and will continue to be, one of nondiscrimination, offering equal opportunity to all employees and applicants for employment on the basis of their demonstrated ability and competence without regard to such matters as race, sex, gender, color, religion, national origin, disability, age, veteran status, sexual orientation, genetic information, political belief, or other status protected by state and federal statutes or University Regulations.

Pumpkin Chili

Makes 8, 1 cup servings

Recipe taken from the Simply CentSible Nutrition Online Cookbook



INGREDIENTS

- 1/2 pound lean ground meat (beef, turkey, or game)
- ½ cup onion (chopped)
- 2 garlic cloves (or 1 tsp minced or 1/2 tsp powder)
- ½ cup green bell pepper (chopped)
- 3-4 cups cooked pinto or kidney beans (or two 15ounce cans, drained)
- 1 15-ounce can whole tomatoes
- 1 8-ounce can tomato sauce
- 1 15-ounce can pumpkin (or 2 cups fresh cooked pumpkin, puréed)
- 1 4-ounce can green chilies (drained)

INSTRUCTIONS

- 1. Brown meat, onion, garlic, and bell pepper in a large pot. Drian Fat.
- 2. Add remaining ingredients. Cover and simmer for 30 minutes or longer. Add a small amount of water if chili gets too thick.
- 3. Serve with brown rice or corn bread muffins.

For more information on Cent\$ible Nutrition classes, contact Wendy @ 307-352-6775 or wnielson@uwyo.edu.

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



HELPING FAMILIES EAT BETTER FOR LESS

The Cent\$ible Nutrition Program (CNP) is a state-wide cooking and nutrition education program. It is funded by the USDA through two grants, the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

The goal of CNP is to help families and individuals eat better for less. It follows the USDA MyPlate and the Dietary Guidelines for Americans. CNP is free to families and individuals who income qualify.



CNP is part of the University of Wyoming Extension and the University of Wyoming Family and Consumer Sciences Department.

Join and learn secrets to:

- 1. Invest your food dollars in the best nutrition choices
- 2. Stretch your food dollar to last the whole month
- 3. Choose foods lower in fat and cholesterol
- 4. Prepare low-cost meat dishes in tender, delicious ways
- 5. Recognize advertising techniques that encourage you to spend more
- 6. Increase calcium intake by including more calcium-rich foods in your diet
- 7. Plan meals your family will enjoy
- 8. Alter recipes so they are lower in fat, sugar, and sodium
- 9. Protect your family from food born illnesses
- 10.Save time, energy, and make new friends!

 A series of lessons are available to participants. Those completing the lessons receive a diet analysis, a Cent\$ible Nutrition Program Cookbook, cooking utensils, a grocery

shopping list, and more.

For more information about the program, please contact Wendy Nielson at the Sweetwater County Extensions, (307) 352-6775 or wnielson@uwyo.edu.

Clover Chat Additions

There is always space in the Clover Chats for important information you would like to share with all 4-Hers. If you have an activity, club meeting, event or community service opportunity, etc... coming up, please send an email to tmeats@uwyo.edu with the information/contact and it will be included. Emails can also be sent out to everyone or certain clubs, especially if the date conflicts with the production of this newsletter.



NOVEMBER 2022

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4	5
	6	7 Project Hope Club Mtg., 6:30 at the JWP Room at the GR College RSVP DUE for Achievement Night	8	9	10	11 Shoot- ing Sports Safety Meet- ing, small hall, 6:30pm	12
i I i	13 Shoot- ng Sports Leaders Meet- ng, small nall, 3pm	14 4-H Achieve- ment Night 7pm	15 Fair Board Meeting 7pm	16	17	18	19
	C	ub Charter	Renewals D	ue to Exten	sion Office (n Achieven	ent Night
4	20	21	22	23	24 Happy Thanksgiving Day	25	26
		Exte	ision Off	ce Close	For Hol	day	
4	27	28	29 Shoot- ing Sports Safety Meet- ing, Bison Room, 6:30pm	30			

DECEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 Little Shoppers (see pg 6) Shooting Sports Archery Practice	10 Shoot- ing Sports Air Prac- tice—see club for sign up times
11 Shoot- ing Sports Safety Meet- ing, small hall, 3pm	12	13	14	15 Closed fo	16 Shoot- ing Sports Archery Practice—see	17 Shoot- ing Sports Air Prac- tice—see club
					up times	times >
18	19	20	21	22	23	24
		Fair Board Meeting 7pm				
	Extensi	on Office	Closed fo	r the Hol	idays	
25	26	27	28	29	30 Shoot- ing Sports Archery Practice—see club for sign	31 Shoot- ing Sports Air Prac- tice—see club for sign up
	Extensi ———	on Office	Closed fo	r the Hol	idays ^s	times -

JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy	2 Last Day to Enroll in Shoot-	3	4	5	6	7
New Year!						
8 Shooting Sports Safe- ty Meeting, Bison Room,	9 Extensi	10	11 Closed f	12	13 Shoot- ing Sports Archery Practice—see	14 Shoot- ing Sports Air Prac- tice—see
3pm	<u> </u>		Giosca i		ups times	club for sign up times
15	16 Extension Office closed— Martin Luther King/ Wyoming Equality Day	17	18 Shooting Sports Monthly Club Meeting, 7pm Bison Room	19	20	21
22	23	24	25	26	27 Shoot- ing Sports Archery Practice—see club for sign ups times	28 Shoot- ing Sports Air Prac- tice—see club for sign up times
29	30	31				



Sweetwater County Extension Office 2500 College Drive A-700 Room #2011 Rock Springs, WY 82901 307-352-6775

Marty Henry
UW Extension Educator 4-H/Youth Development





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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