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- ZSuites - How To Enroll (page 7)

*the*

**CLOVER  
CHATS**

*Happy  
Thanksgiving!*



**University of Wyoming Extension  
Sweetwater County  
307-352-6775**

**Winter Hours**

Monday - Friday  
8:00 am - 5:00 pm

**Summer Hours**

(May 15th - August 25th)

Monday - Thursday  
7:00 am - 5:00 pm  
Closed Fridays

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**Room #2011**

**Rock Springs, WY 82901**

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

**4-H Enrollment: <https://4h.zsuite.org>**

**Sweetwater Co. Extension: <https://wyoextension.org/sweetwatercounty/>**

# *November Birthdays*

Adia Price  
Adriayde McCort  
Amanda 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!!



4-H



# ACHIEVEMENT NIGHT

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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](mailto:TMEATS@UWYO.EDU)

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# LITTLE SHOPPERS EXTRAVAGANZA

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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 9<sup>th</sup>***

***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).

Register New Household

You are setting up and connecting your account to the household.

First Name

Last Name

Address

Address/Community

Phone Number (or Fax Number)

Confirm Password

BACK **LET'S GO**



- 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.

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



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



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.

# ZSuite 4-H Enrollment

The ZSuite login page. At the top is the ZSuite logo. Below it are two input fields: 'Email' with an envelope icon and 'Password' with a lock icon. There are two buttons: a large orange 'LOGIN' button and a smaller blue 'SIGN UP' button. At the bottom, there are two links: 'Forgot Password?' and 'Help'.The ZSuite dashboard for a household named 'Perry Household'. It shows a list of household members with their names, profile pictures, and enrollment status. The status is indicated by a colored bar: red for inactive and green for currently enrolled. There are also icons for editing and deleting profiles. A 'SHOW ALL MEMBERS' button is at the bottom.The enrollment wizard form for Tyce Perry. It has three tabs: 'PERSONAL INFO', 'WIVERS', and 'CLUBS'. The 'PERSONAL INFO' tab is active. The form contains several sections: 'Account Profile Information' with fields for Name (Tyce Perry) and Birth Date; 'Child (member) Information' with fields for Child Name (Tyce), Child Last Name (Perry), Child Gender (Male), and Child Ethnicity (Not Hispanic or Latino). There are also fields for Child Race (White). A black arrow points from the 'CLUBS' tab to the 'PERSONAL INFO' tab.

## Returning Member Enrollment

### Yearly Re-enrollment of Family Members

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

1. Go to <https://4h.zsuite.org/> (open in Google Chrome, not Internet Explorer). You will see a screen like this.
2. 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.
4. You **MUST** be signed in as the PRIMARY account to enroll members.
5. 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 beside the member you want to update. can easily update inactive profiles by clicking
7. 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.)
8. 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.
9. 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



Member Name	Status	Actions
Oliver Perry	Pending Approval	Edit, Delete
Babe Perry	Active	Edit, Delete
Jack Perry	Active	Edit, Delete
Tyler Perry	Pending Approval	Edit, Delete

- 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.
- 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.
- 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**'.



# 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 ZSuite.**

Does your family have a Zsuite profile?

N

Y

Create a profile at:  
[4h.zsuite.org](http://4h.zsuite.org)

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/>)

**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-city-thumpers-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
- May 14, 2023: Getting ready for Fair – Fair Prep- Mills/Evansville Room
  - o No Rabbits needed.
- June 3, 2023: 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](mailto:tmeats@uwyo.edu).

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



# Wyoming

## FOOD, FUN & 4-H

- 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](mailto: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.





# Wyoming

## FOOD, FUN & 4-H

Scan the QR code...Sign up today!



TO FIND OUT MORE:  
CONTACT US @ (307) 334-3534 OR [KELLIE@UWYO.EDU](mailto:KELLIE@UWYO.EDU)  
FREE TO PARTICIPATE; GROCERIES NOT INCLUDED



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Bildagentur Zoonar GmbH, shutterstock.com

## 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](mailto:abramwe2@uwyo.edu).**



**B-1186R**

Revised April 2020

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

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# Pumpkin Chili

Makes 8, 1 cup servings

Recipe taken from the **Simply Cent\$ible Nutrition Online Cookbook**



## INGREDIENTS

- ½ 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 15-ounce 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. Drain 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@uwo.edu](mailto:wnielson@uwo.edu).

Family & Consumer Science  
*Cent\$ible Nutrition Program*  
“Helping Families Eat Better for Less”



UNIVERSITY  
of WYOMING  
EXTENSION



*Cent\$ible Nutrition Program*

# 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](mailto: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](mailto: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 <i>Project Hope Club Mtg., 6:30 at the JWP Room at the GR College</i>  <i>RSVP DUE for Achievement Night</i>	8	9	10	11 <i>Shooting Sports Safety Meeting, small hall, 6:30pm</i>	12
13 <i>Shooting Sports Leaders Meeting, small hall, 3pm</i>	14 4-H Achievement Night 7pm	15 Fair Board Meeting 7pm	16	17	18	19
<b>Club Charter Renewals Due to Extension Office on Achievement Night</b>						
20	21	22	23	24  Happy Thanksgiving Day	25	26
<b>Extension Office Closed For Holiday</b> →						
27	28	29 <i>Shooting Sports Safety Meeting, Bison Room, 6:30pm</i>	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 Shooting Sports Air Practice—see club for sign up times
11 Shooting Sports Safety Meeting, small hall, 3pm	12	13	14	15	16 Shooting Sports Archery Practice—see club for sign up times	17 Shooting Sports Air Practice—see club for sign up times
<b>Extension Office Closed for the Holidays</b>						
18	19	20 Fair Board Meeting 7pm	21	22	23	24
<b>Extension Office Closed for the Holidays</b>						
25 	26	27	28	29	30 Shooting Sports Archery Practice—see club for sign up times	31 Shooting Sports Air Practice—see club for sign up times
<b>Extension Office Closed for the Holidays</b>						

# JANUARY 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1 <i>Happy New Year!</i>	2 <i>Last Day to Enroll in Shooting Sports</i>	3	4	5	6	7
<b>Extension Office Closed for the Holidays</b>						
8 <i>Shooting Sports Safety Meeting, Bison Room, 3pm</i>	9	10	11	12	13 <i>Shooting Sports Archery Practice—see club for sign ups times</i>	14 <i>Shooting Sports Air Practice—see club for sign up times</i>
<b>Extension Office Closed for the Holidays</b>						
15	16 <i>Extension Office closed—Martin Luther King/ Wyoming Equality Day</i>	17	18 <i>Shooting Sports Monthly Club Meeting, 7pm Bison Room</i>	19	20	21
22	23	24	25	26	27 <i>Shooting Sports Archery Practice—see club for sign ups times</i>	28 <i>Shooting Sports Air Practice—see club for sign up times</i>
29	30	31				



UNIVERSITY  
OF WYOMING

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**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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