the

INSIDE THI ISSUE

UW Extension Information	2
State & Regional Events	.10
Master Gardener	22
Cent\$ible Nutrition	.23
Extension Calendars	25

SPECIAL POINTS OF INTEREST

- Beef Ownership & Tagging Deadline (Page 4)
- Little Shoppers (Page 5)
- Volunteer Today (Page 6)
- 4-H Achievement Night (Page 12)

CLOVER CHATS





Merry Christmas



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

Marty Henry

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

Amanda Romero

Horticulture Assistant abramwe2@uwyo.edu

Wendy Neilson

Cent\$ible Nutrition wnielson@uwyo.edu

Tracy Meats

Administrative Assistant tmeats@uwyo.edu

2500 College Drive, A-700 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/

December Birthdays

Abby Rose Henry

Addysen Bodin

Braelyn Harris

Brooklyn Dale

Candace Folks

Chase Westerberg

Chelsy Lail

Colby Wright

Daniel Hartford

Izabelle Pedri

Kama Collins

Kendall Porter

Kolbee Curtis

Kristy Lucero

Kynlee Johnson

Layla Bloedow

Marco Pineda

Mariah Price

Marilyn Weaver

Marissa Suhr

Mike Freimuth

Reese Dana

Sophia Bryant

Tracy Meats

Zachary Mikesell

LEADERS

Your Club Charter Renewal, Secretary Book and Treasurer Book were due to the Extension Office on November 14th. Please get them turned in ASAP! The packet containing this paperwork was mailed out to the main club leaders.

FEBRUARY 1ST, 2022 - 4-H Market Beef Ownership & Tagging Deadline

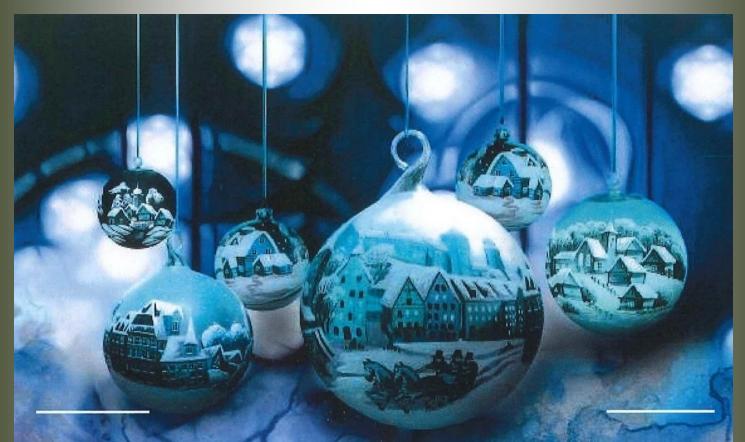
Please log-in to ZSuite and Facebook regularly so that you don't miss out on important announcements.



Shooting Sports Safety Meetings

December 11th - 3:00pm Events Complex Small Hall
January 2nd - Last Day to Enroll in Shooting Sports Club
January 8th - 3:00pm at Events Complex Bison Meeting
Room

All Shooting Sports members must attend one safety meeting before they are allowed to practice.



LITTLE SHOPPERS

EXTRAVAGANZA

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 8th

5pm – 8pm

Sweetwater
Events Complex

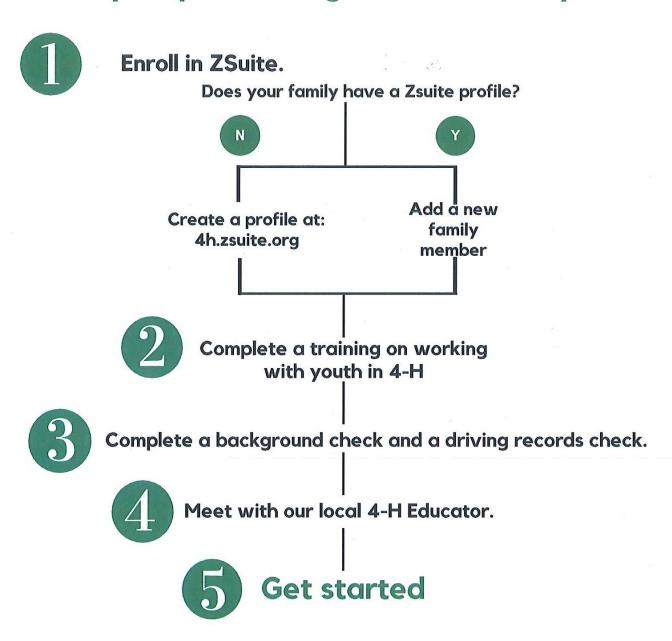
Main Exhibit
Hall

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.



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

5 easy steps to change the future of youth!







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

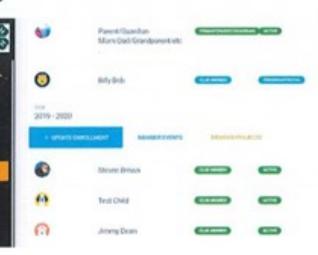
EXTENSION

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.



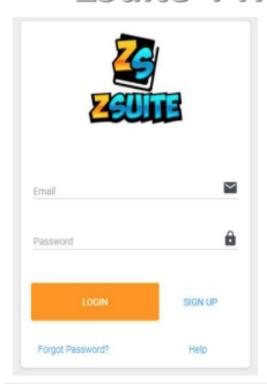
*Should you have any questions, you can always use the **Live Chat** located at the bottom right of the screen.

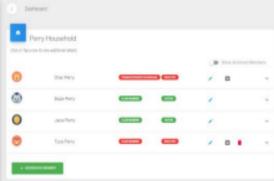


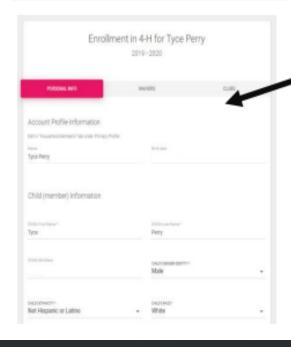
*UW Wyseming 4-H

ZSuite 4-H Enrollment







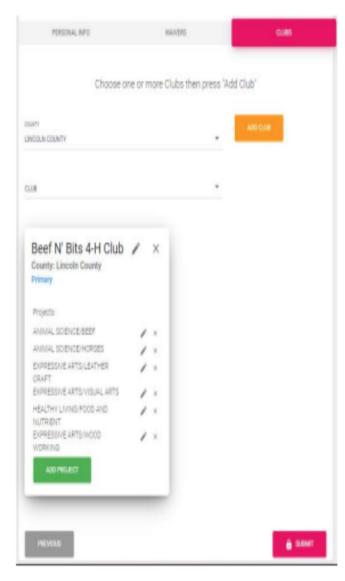


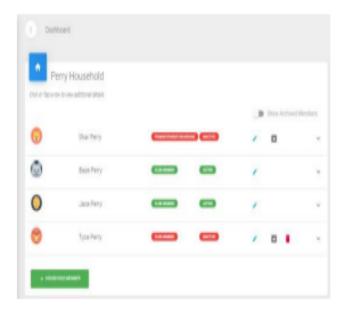
Returning Member Enrollment

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 Loon
 - 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 upcan 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.)
- 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'.

Wyoming State & Regional Events

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

Western National Round-Up: January 4-7, 2023, for more information visit https://co4h.colostate.edu/national-western-roundup/

7220 Wool Judging Invitational: January 10, 2023 at the Albany County Fairgrounds at 12pm. Please send questions to Courtney Newman, cnewman4@uwyo.edu. Registration is due December 15, 2023 (see page 16 for QR code).

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/.

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.

Wool Judging Contest: The 2023 Wyoming 4-H Wool Judging Contest will take place in Laramie on Friday, April 28th, at the UW Hansen Arena. Contest rules and eligibility can be found on the state's website.

Wyoming State & Regional Events

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

Meats Judging Contest: The 2023 Wyoming 4-H Meats Judging Contest will take place in Laramie on Saturday, April 29th, at the UW Meats Lab. Current contest information including rules and eligibility can be found on the state's website.

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.

Wyoming State Shoot: The 2023 Wyoming 4-H State Shoot is scheduled to be held in Douglas, Wyoming July 6-9.

Wyoming State Fair: The Wyoming State Fair is an opportunity for 4-H members to exhibit their projects and demonstrate what they have learned. The 2023 WSF dates will be August 14-20, 2023.



4-H Achievement Night Recognition

November 14, 2022

Gold Members:

Alexandria Robinson

Briley King

Brooklyn Dale

Buckly Baker

Chase Westerberg

Colten Walker

Madison Bernard

Stetzen Young

Thatcher Walker

Tinzley Young

Toby Meats

Brian Dale

Brianna Dale

Dawson Bernard

Jeremy Neher

Makenzi Reddon

Saige Baker

Samuel Walker

Tracie Westerberg

Brandon Dale

Ivory Neher

Randal Reddon

Shane Meats

Silver Member:

Isaac Frandsen

Honor Club Members:

Shane Meats Ivory Neher

Portfolio Winners:

Juniors

Grand Champion - Stezen Young
Reserve Champion - Tinzley Young

Intermediates

Grand Champion - Dawson Bernard Reserve Champion - Saige Baker

Seniors

Grand Champion - Shane Meats Reserve Champion - Ivory Neher

Leaders Recognized by Years

in 4-H:

1 year - Heidi Frandsen

1 year - Sheri Rothlisberger

5 years - Shay Bernard

5 years - Sarah Baker

5 years - Travis Baker

5 years - Nonie Gines

5 years - Tracy Meats

10 years - Scott Johnson

20 years - Nadine Stotts

30 years - Patty Ann Burton

Volunteer of the Year:

Patty Ann Burton



Cloverbud Activity for December 2022 STEM Binary Code

STEM Binary Code Ornaments

Description

Code without a computer, learn about the binary alphabet, and craft a simple ornament all in one great Christmas STEM project.





Activity Steps

- Look up binary alphabet on the Internet to get the code.
- Twist two pipe cleaners together to make a longer piece.
- Use the following guide: Make 0 out of red beads. Make 1 out of green beads. Make spaces out of white beads.
- Following the binary code, slide beads onto the pipe cleaner to create a word.
- Twist ends together and make a holiday shape from the beaded pipe cleaners.
- You can finish by gluing a piece of fabric to the backside of the ornament. Let it dry and then trim off the excess fabric.
- 7. Tie a bow to hang

Craft Hack Tips and Tricks

Use words that are longer than 5 letters to create a reasonably-sized ornament.

The 4-H Record Book

Goal setting, record keeping, and reflection are important aspects of 4-H learning and positive youth development. County UW 4-H employees and 4-H volunteers use this information annually to assist in assessing, planning, and implementing the 4-H program as well as for annual recognition. The annual record book is evaluated for annual status toward potential induction into Wyoming 4-H's highest achievement, the Wyoming State 4-H Honors Club. Additionally, 4-H alumni indicate significant value of the record book system in the development of a resume that is customarily used for a variety of scholarship applications- including Wyoming 4-H. Start your record book today with setting goals for your projects as we head into the new 4-H year!

ZSuite 4-H Record Books & You!



Filling out your record book

Why complete a record book?



- · Responsible Record Keeping
- To see where you've been, so you can decide where you're going
- · Gives you a place to start with projects
- Head start on how to keep records
- Scholarships
- · Gives accurate record of what you've learned
- Resumes
- Job Applications
- Fun to see how far you've come over the years!



Don't Wait!

Portfolios can be time consuming. It's best not to wait until the last minute. Update information as it is happening.



Attention Graduating Seniors!

Each year the Wyoming 4-H Foundation awards thousands of dollars in scholar-ships to youth that will be attending a college, university, or technical school to further their education.

Applications are due by February 15, 2023, and uses a resume built from your 4-H Portfolio.

As you consider your next steps in your education and career path, 4-H involvement may help you obtain scholarships at the college you choose to attend. The Wyoming State 4-H Foundation has updated our 4-H Scholarship application. Find out details at: http://

www.wyoming4h.org/4hfoundation/ scholarships

Click on each scholarship for its specific criteria and then use the universal application to apply.

There are many available scholarships! Up to \$30,000 total for new and first time qualified applicants!

Remember - the best way to be awarded a scholarship is to APPLY!

Please call the State Office if you have any questions - (307) 766-5170.

Do not Delay - Apply Right Away!!

















2023 Rabbit Clinic

Clinics start @ 9AM, Location: ARLC Building

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

- <u>January 14, 2023</u>: Rabbit Housing & Feeding- Casper Room
- February 11, 2023: Meat Pens- Midwest/Edgerton Room
- <u>March 18, 2023</u>: Committee Meeting- Mills/Evansville Room
- <u>April 15, 2023</u>: Breed ID, Breed Tattoo, Showmanship, ID Forms Clinic- Casper Room. <u>Bring your healthy, clean rabbits and carpet square</u>
- 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.



in Laramie, WY

Held 2 Days Prior to the 2023 NWSS Wool Judging Contest



Registration Begins at 7:30am Collegiate 11:30am 4H/FFA

Registration closes 12.15.22

http://uw.uwyo.edu/7220woolcontest2023

Questions?

Courtney Newman cnewman4@uwyo.edu



- Cook together and gather around the family dinner table,
- Learn to prepare home-cooked meals θ 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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AMERICAN EGG BOARD

2023 EGG DESIGN Submission Call

Presented by America's Egg Farmers

For over 40 years, the First Lady of the United States is presented with a beautifully decorated Commemorative Easter Egg by America's egg farmers to celebrate Easter. To mark the 2022 Easter season, all 40 eggs presented to past First Ladies were displayed in a special exhibit.

During the 2023 Easter season, a new exhibit will feature decorated eggs from each U.S. state/territory designed by kids across the country. We are calling on parents with kids aged 5-18 to design an egg under the theme of "United States of Possibility" that represents their home U.S. state or territory. Here's how parents can help their child get involved:

Design and Entry Submission Process

- Download the PDF included in the submission form, and use the template provided to have your child create
 his/her own egg design and corresponding design inspiration statement explaining your child's vision behind the idea.
 The design statement should be no longer than 50 words in length.
- 2. Your child should embrace his/her personal artistic style be bold, fun, and unique. Your child can use any medium of choice (crayons, watercolors, paint, etc.) for the egg design. Art should be your child's original creation, and not feature assets from third parties (unless in the public domain). Anything not original or not in the public domain may not be included in any entries.
- Fully complete the submission form, including your contact information and your child/artist's full name, so you can be contacted if your child's egg design is selected.
- Upload your child's submission, including your child's egg design, to the submission portal at www.incredibleegg.org/unitedstatesofpossibility by 11:59:59 PM ET on Saturday, December 31, 2022.
- The American Egg Board selection committee will review all submissions and select one egg design per state/territory, which is expected to serve as inspiration for a unique exhibit during Easter 2023.
- 6. Parents of selected egg design submissions will be notified by March 10, 2023, and selected egg designs will be created by egg artists across the country for a special exhibit, as determined by sponsor and artist in their sole discretion.

United States of Possibility Theme - How to Get Started Your Child Started Each U.S. state and territory is special. From the mountain ranges of Washington to farmlands of lowa to beaches in Florida, our different locations combined make up a diverse and united country and give us a special sense of local and national pride. So how can our differences contribute to the future of the United States?

This is the United States of Possibility. What role will your individual state or territory play in the next 5, 10 or 15 years? What are some special aspects that you think will contribute to our country's unity? We're looking for egg designs that show how your state/territory might make a difference in the future of our country. Consider your home's unique natural resources, scientific and technological inventions or cultural developments in the arts, sports or film. Then put it into an egg design...

Here are some questions to ask your child when thinking about their egg design:

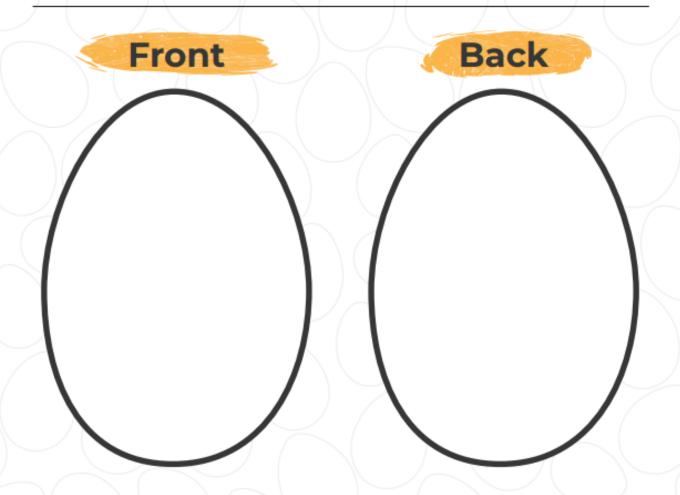
- · What is the thing I love most about my state or territory?
- · What makes my state/territory unique?
- · What makes my state's/territory's citizens different?
- · And how can any of these things contribute to the unity of our country in the future?

For full rules and terms and conditions of entering this opportunity with American Egg Board, please visit www.incredibleegg.org/unitedstatesofpossibility/rules.

Egg Design Submission Document

America's Egg Farmers U.S. State and Territory Egg Design Submission Form

Parent Name
Parent Email
Child Name
Child Age
Home State/U.S. Territory:
Associated Organization/Club (If Applicable)
Design Inspiration: 50 Words Or Less



GROWING FOOD IN WYOMING

fruits and vegetables that thrive in Wyoming gardens

Easy to Grow from Seeds

- Lettuce
- Spinach
- Kale
- Peas
- · Green beans
- Herbs cilantro, basil, oregano, chives, many others
- Carrots
- Onion
- Potato
- Squash
- Zucchini

Plants to Start Indoors

- Peppers
- Tomatoes
- Cucumbers
- Pumpkins
- Melons

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



Broccomole Dip

Makes 4, 1/4 cup servings (1 cup total)

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

INGREDIENTS

2 cups fresh broccoli (chopped, steamed, and chilled)

1/4 cup reduced-fat sour cream

1-2 Tablespoons onion, finely chopped

1 Tablespoon fat-free mayonnaise

2-3 Tablespoons lemon juice

1/4-1/2 teaspoon chili powder

1/2 avocado (optional)





In a food processor, combine all the ingredients. Cover and blend until smooth. Refrigerate for several hours. Serve with vegetable slices, whole-grain crackers, or tortilla chips.

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

Family & Consumer Science 🔏 UNIVERSITY Centbible Nutrition Program Was WOMING "Helping Families Eat Better for Less"

EXTENSION



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.

The Extension Office is Closed over Western Wyoming Community College's Winter Break, but you can reach the office on their work cell phones, as they work from home over break.

Marty Henry - 307-350-7735

Tracy Meats - 307-350-5098

Amanda Romero - 307-350-8243

Wendy Nielson - 307-350-5092

December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Project Hope Club Meeting at the GR Library, 6:30pm	6	7	8 Little Shoppers Extravagan- za 5pm - 8pm, Events Complex	9 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 Extension	14 Office Close	15 d - Can be rea	16 Shooting Sports Archery Practice - see club for sign up times	17 Shooting Sports Air Practice - see club for sign up times
18	19 Extens	20 Fair Board Meeting 7pm, Meeting Room	21 osed - Can be	22 reached on ce	23	24
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
	Extens	ion Office Clo	sed - Can be	reached on ce	ll phone	

January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Haybyy New New	2 Last Day to Enroll in Shooting Sports	3	4	5 Hotdog- gers Meeting, 6:30-7:30pm, Small Hall	6	7
	Exten	Sion Office Ci	oseu - Can be	reactied off c	en priorie	
8 Shooting Sports Safety Meeting Bison Room, 3pm	9	10	11	12 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	13 Shooting Sports Archery Practice - see club for sign ups times	14 Shooting Sports Air Practice - see club for sign up times
	Extension Office Closed - Can be reached on cell phone					
15	16 Extension Office CLOSED - Martin Lu- ther King/ Wyoming Equality Day	17	18 Shooting Sports Monthly Club Meeting, 7pm Bison Room	19 Sagehoppers Meeting, 6:30-8:30pm, Small Hall	20	21
22	23	24 Fair Board Meeting, 7pm Meeting Room	25	26 Hotdog- gers Meeting, 6:30-7:30pm, Small Hall	27 Shooting Sports Archery Practice - see club for sign ups times	28 Shooting Sports Air Practice - see club for sign up times
29	30	31	26			

February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 4-H/FFA Market Beef Tagging Deadline	2 Hotdog- gers Meeting, 6:30-7:30pm, Small Hall	3	4
5	6	7	8	9 Hotdog- gers Meeting, 6:30-7:30pm, Small Hall	10 Shooting Sports Archery Practice - see club for sign ups times	11 Shooting Sports Air Practice - see club for sign up times
12	13	14	15 Shooting Sports Monthly Club Meeting, 7pm Bison Room WY 4-H Scholar- ship Application Deadline	16 Sagehoppers Meeting, 6:30-8:30pm, Small Hall	17	18
19	20	21	22	23 Hotdog- gers Meeting, 6:30-7:30pm, Small Hall	24 Shooting Sports Archery Practice - see club for sign ups times	25 Shooting Sports Air Practice - see club for sign up times
26	27	28 Fair Board Meeting, 7pm Meeting Room	27			



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.

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 communication or program information (Braille, large print, audiotape, etc.) should contact their local UW Extension office. To file a complaint, write to the UW Employment Practices/Affirmative Action Office, University of Wyoming, Department 3434, 1000 E. University Avenue, Laramie, WY 82071.