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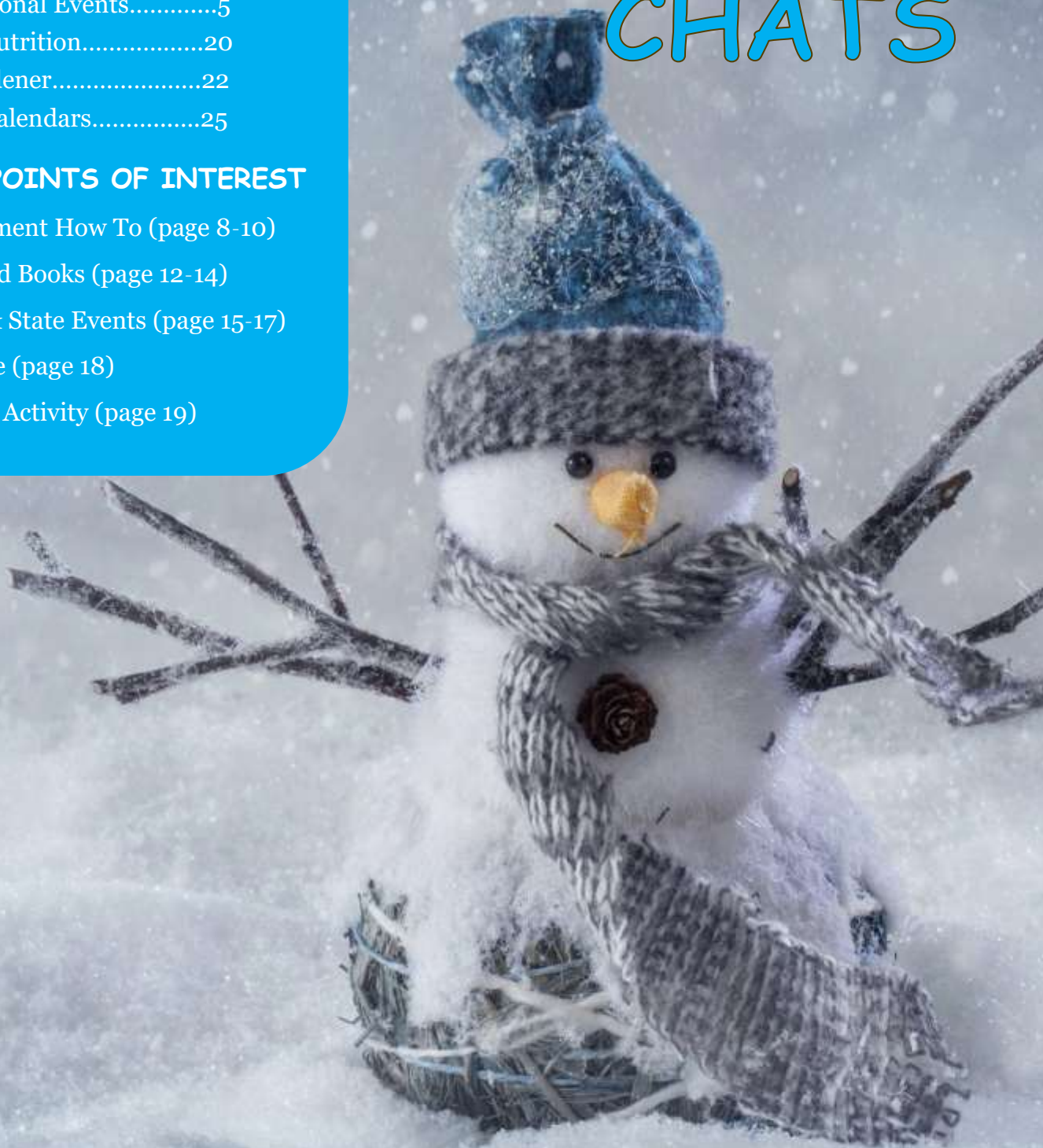
CLOVER CHATS

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SPECIAL POINTS OF INTEREST

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**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/>



January Birthdays

Trayden Starkey

Matthew Smith

Garrett Freimuth

Chance Lovell

Madison Tait

Tracie Westerberg

Colten Walker

Cashton Jones

Patrick Gross

Jackson Aanerud

Tacelyn Jones

Isabella Penland

Madeleine Roberts

Steven Hardesty

Kieran Taylor

Isaac Thomas

Jace Mulvey

Buckly Baker

Benjamin Folks

Mindy Reddon

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.

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

4-H Scholarships

- *2023 Wyoming 4-H Foundation Scholarships - due February 15th
- *Wyoming CattleWomen Scholarships - due February 28th
- *Sweetwater 4-H Council Scholarship - due April 1st
- *Gary Grubb Scholarship - due April 1st
- *Shooting Sports Scholarship - due May 1st

BEEF Tagging Deadline

All 4-H/FFA Market Beef need to be tagged by February 1st. Information on tags will be released as soon as we get them, they have been ordered.



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/>

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/>.

2023 Wyoming CattleWomen Scholarships: They are offering two scholarships to deserving young women from the state of Wyoming. These scholarships will be awarded based on application criteria and an essay component. Each scholarship will be awarded in the amount of \$500. In addition, each awardee will be given a one-year membership to Wyoming CattleWomen. Application deadline is February 28, 2023. The application is available at wyocattlewomen.org or the 4-H office.

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.

Wyoming State & Regional Events

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

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.

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, 2023.

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.



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

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



UW | Wyoming 4-H

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.

1. To add members, in the black drop down menu, select household members.
2. On the next screen, select **ADD NEW 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**.



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 | Wyoming 4-H




ZSuite 4-H Enrollment

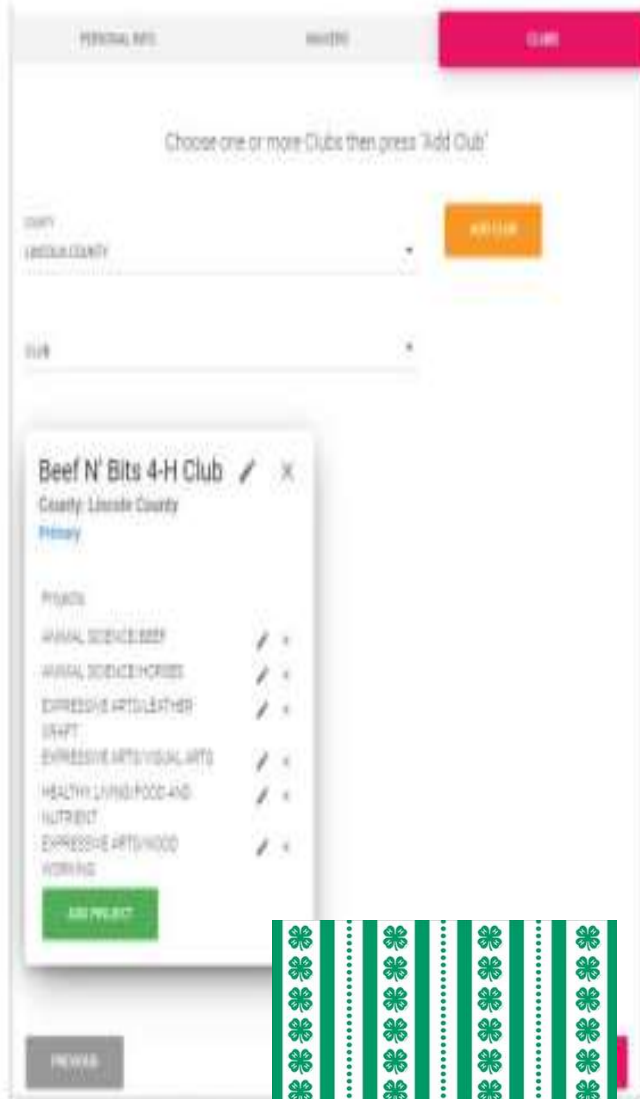


Returning Member Enrollment

Yearly Re-enrollment of Family Members

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

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



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.

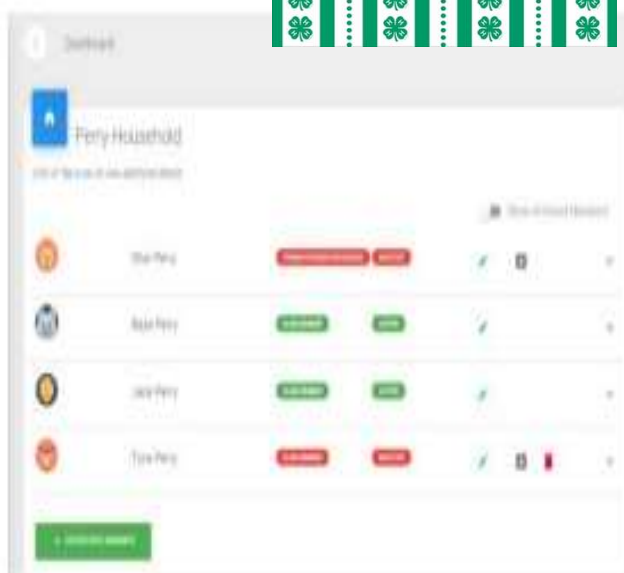
11. You can add projects by clicking the green **ADD PROJECT** button and selecting it from the drop down menu.

12. 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.

15. Once you're approved, your status will change to '**Active**'.



Attention Graduating Seniors!

Each year the Wyoming 4-H Foundation awards thousands of dollars in scholarships 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 record books.

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 the 4-H Scholarship application. Find out details at <https://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 by February 15th!



ZSuite 4-H Record Books & You!

Filling out your record book



There are two categories to complete:

- ***Project***

- Goals
- Supplies
- Expenses & Income
- Summary
- Pictures



Complete for each project

- ***4-H Involvement***

- 4-H Awards & Recognition
- 4-H Leadership
- Community Service
- Participation
- Story
- Pictures & Clippings
- Other Participation



Ongoing- Add to it each year

Fill out one for each year



ZSuite 4-H Record Books & You!

Filling out your record book



Project Sheets

Project Sheets • Goals

Goals should be **SMART**:

- Specific
-What exactly are you going to do?
- Measurable
-How do you know you've achieved it?
- Actionable/Attainable
-Do you have control over the outcome?
- Realistic
-Is it reasonable to accomplish?
- Time Bound
-When do you want to do it by?



"I want to win showmanship"

vs.

"I want to learn the cuts of my animal so I can better answer questions during the showmanship competition"



"I want to go to State Fair"

vs.

"I want to learn many stitching techniques to be able to sew an apron for the Fabric & Fashion Contest to earn a ribbon to qualify for State Fair."



ZSuite 4-H Record Books & You!

Filling out your record book



Project Sheets • Goals

- What's Your plan to accomplish your goals?
 - Complete this at the beginning of the 4- H Year.
 - If you set **SMART** goals before you start your project this should be easy!
- Think about.....
 - What your plan is to accomplish your goals
 - Who might be able to help you(Juniors only)
 - What materials, equipment, supplies might you need

Project Sheets • Supplies

- Enter
 - Items you have on hand
 - Equipment
 - feed
 - materials
 - Where it came from
 - How much its worth

Write N/A if it does not apply
Do not leave it blank



EXPLORE MORE
Of The World

**NATIONAL
4-H CONFERENCE**

WHEN and WHO
April 14 - 19, 2023
Open to youth 15 - 18
Cost estimated at \$2500 per person, scholarship will be given.

WHAT
Have an active role in making change. Present your ideas to high-ranking Government Officials. See D.C. and meet with your Congressman and Senators. Meet other 4-H youth like yourself from all over the United States.

APPLICATION
Apply at the following link by January 16, 2023, https://wyoming4h.formstack.com/forms/conference_congress_app

HAVE MORE QUESTIONS
If there are additional questions, please visit the Opportunities section on the state 4-H website or talk with your 4-H educator.




SCHOLARSHIP OPPORTUNITY



from the Wyoming CattleWomen for deserving young women from the state of Wyoming.

The Wyoming CattleWomen have a scholarship opportunity to boost your future in the Agriculture Industry

visit wyocattlewomen.org for details

We are currently taking applications for two scholarships to be awarded in the spring of 2023

7220 WOOL INVITATIONAL

January 10th, 2023
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

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.
 - o We will only be offering two tattoo clinics this year. Please plan accordingly.



State 4-H **WOOL AND MEATS JUDGING CONTEST**

**FRIDAY, APRIL 28TH
SATURDAY, APRIL 29TH**

LARAMIE, WYOMING

**MORE INFORMATION WILL BE
RELEASED IN LATE JANUARY 2023.**

COUNTY EDUCATORS WILL REGISTER INDIVIDUALS AND TEAMS

CONTACT YOUR COUNTY OFFICE WITH QUESTIONS OR IF YOU ARE
INTERESTED IN PARTICIPATING.

2023 **SHOWCASE** **SHOWDOWN**



**JOIN US TO COMPETE IN STATE CONTEST,
WORKSHOPS, UW CAMPUS ACTIVITIES AND MORE!**

**Contest and Workshops will be presented from various industries.
Youth will be able to explore different areas/ industries.**

JUNE 20 - 22, 2023

**MORE INFORMATIONS TO COME, PLEASE CONTACT YOUR COUNTY OFFICE
WITH ANY QUESTIONS.**

UNIVERSITY OF WYOMING - LARAMIE, WY

4-H Pledge

I pledge

My Head to clearer thinking,

(right hand points to forehead)

My Heart to greater loyalty,

(right hand over heart)

My Hands to larger service, and

(arms slightly bent and arms up)

My Health to better living,

(arms at sides)

For My Club, My Community,

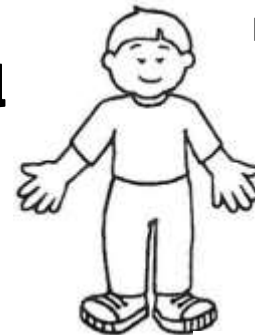
My Country, and My World.



Head



Heart



Hands



Health

The pledge tells what 4-H is all about. 4-H has as its goal the four-fold development of youth: Head, Heart, Hands and Health. The pledge was adopted by the delegates to the 1927 National 4-H Club Camp in Washington, DC. Otis Hall, State 4-H Leader from Kansas, wrote the pledge. The phrase "and my world" was added in 1973. The saying of the pledge has prominent place in 4-H activities at regular 4-H meetings, achievement events, camps and other club events.



Extension
Sweetwater County

Cloverbud Activity for January 2023

🕒 30 minutes | Grades: 3-5, 6-8

Tea-light Snowmen



Description

Light up a neighbor or friend's yard with these fun and decorative snowmen tea-lights!

Supplies



Battery Operated
Tea-Lights



Black Permanent
Marker

+



Red Ribbon
(for hat and scarf)



Black Felt

+



Orange Permanent
Marker



Glue Gun

Activity Steps

1. Using your black marker, draw coal eyes and mouth. Using your orange marker, color your tea-light's flame to make the carrot nose.
2. Cut your snowman's top hat out of the black felt. Glue red ribbon on hat for the band. Glue hat on to your snowman's head. Make sure to always ask an adult for help when using the glue gun.
3. Cut a length of red ribbon for scarf. Make a loop with the ribbon and glue front pieces together to hold. Attach to your snowman.
4. Get a length of ribbon and tie ends together. Attach to your snowman and hang up for all to see!

Fiber Focus Month

January is Fiber Focus Month. Fiber is an essential part of a healthy diet and helps your body in many ways.

Fiber-rich foods to add to your plate

Fiber is found in foods that come from plants- fruits, vegetables, grains, and legumes. Boost your fiber around the plate with these 10 fiber rich foods.

1. **Split peas and lentils**– 15.5-16g/cup
2. **Black beans**– 15g/cup
3. **Baked beans**– 10g/cup
4. **Green Peas**– 9g/cup
5. **Raspberries**– 8g/cup
6. **Whole wheat spaghetti**– 6g/cup
7. **Pears**– 5.5g/1 medium
8. **Broccoli**– 5g/cup
9. **Apple with peel**– 4.5g/1 medium
10. **Potato with skin**– 4g/1 medium

To learn more about fiber visit, https://uwyo.cnp.org/healthy_habits/fiber-focus-month/

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

FIBER RICH FOODS

Fiber is found in foods that come from plants- fruits, vegetables, grains, and legumes. Boost your fiber around the plate with these 10 fiber rich foods.

 SPLIT PEAS & LENTILS 15.5-16 grams/cup	 WHOLE WHEAT SPAGHETTI 6 grams/cup
 BLACK BEANS 15 grams/cup	 PEAR 5.5 grams/1 medium
 BAKED BEANS 10 grams/cup	 BROCCOLI 5 grams/cup
 GREEN PEAS 9 grams/cup	 APPLE WITH PEEL 4.5 grams/1 medium
 RASPBERRIES 8 grams/cup	 POTATO WITH SKIN 4 grams/1 medium

Refer to <https://www.fda.gov/oc/ohrt/ohrt-report-2015-2016> for more information on fiber. Source: USDA, 2015/2016.

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

 UNIVERSITY
OF WYOMING
EXTENSION


Cent\$ible Nutrition Program

Bean Cookies

These cookies have minimal sugar but all the flavor of your favorite chocolate chip cookie recipe. Made with white kidney beans, these cookies are high in fiber and protein.

Ingredients

- 2 cups oatmeal
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 cup brown sugar
- 15 ounce can white kidney beans
- 1/4 cup butter
- 1/2 cup ground flaxseed (optional)
- 1 cup chocolate chips



Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F. Spray a cookie sheet with cooking spray. [You can add a layer of tin foil to help prevent sticking.]
3. Add all ingredients except chocolate chips to a blender. Blend well until mixed.
4. Fold in chocolate chips. Mix well.
5. Scoop batter into small cookies. Bake for 10-12 minutes, or until lightly browned.

Makes 30 servings

Notes

- Blend beans first if ingredients are not mixing well. Add water a little at a time to help the blender work smoothly.
- If you don't have a blender, you can combine ingredients in a bowl. First mash the beans with a rolling pin, fork, or other kitchen tool.
- Bulk containers of flaxseed are usually available at grocery or warehouse stores, which costs less than smaller containers. Flaxseed can be stored for a long time. Add it to oatmeal, smoothies, stews, and baked goods, and many other recipes for added fiber and Omega-3s.

Nutrition Facts	
30 servings per container	
Serving size	1 cookie (38g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 95mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	9%
Total Sugars 7g	
Includes 4g Added Sugars	7%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 26mg	0%
Iron 0.9mg	6%
Potassium 139mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe found online, Wyoming Cent\$ible Nutrition, <https://uwyocnp.org/bean-cookies/>.



HOW MUCH SHOULD A TREE DRINK WHILE DORMANT?

As usual, the answer is 'It Depends'

If the moisture evaporates on warmer windy days and is not replaced, the roots can begin to shrivel and die in the dry soil.

Winter watering when appropriate will keep trees in the best condition possible to survive until spring moisture arrives.

Tree roots need enough moisture to keep their cells from dying during winter. The dormant buds on the tips and along the branches can also shrivel and die without plentiful moisture.

Most years, there is some snow cover the majority of the winter, but there are weeks when there are open lawns and above-freezing temperatures, and homeowners can get out the hoses and water.

How much moisture a tree requires depends upon the type of tree, the time of the season, and the weather during fall and winter.

Nature's unique antifreeze

Trees are mostly water, up to 90 percent, along with the cellulose and minerals. All living cells contain water to keep life going but trees usually have less

in winter. Trees will transpire water in the fall to concentrate sugars and carbohydrates in their cells for winter, in effect making their own antifreeze. However, trees can become desiccated to the point of cell death without moisture surrounding the roots. If the moisture evaporates on warmer windy days and is not replaced, the roots can begin to shrivel and die in the dry soil.

Fall and warm winter days with temperatures above 45 degrees and with little wind are a great time to drag out the garden hoses and try to give these trees a drink.

The wise tree care provider will be aware of how long filling the soil profile takes to benefit the trees.

How much to water?

How much water do the trees need, or how much water should be applied to keep the tree roots moist?

That answer also depends, in part, upon the type of soil. Filling

Article on page 16 and 17, taken from the Barnyards & Backyards Winter 2019 magazine. For more information or questions on Master Gardener or Horticulture topics, contact Amanda Romero at 307-352-6775 or abramwe2@uwo.edu.

a clay soil with moisture may take a long time, but that moisture is retained quite well; however, it may run off if the water is left on very long and runs too fast. Slow and steady is a good rule to follow when watering clay soils. Filling a sandy soil takes less time as the water runs right in, but it is also not retained as long, so more frequent watering may be needed.

I recommend learning how long filling the soil profile in any particular location takes, then water for that length of time every time. The soil around trees and shrubs should be moist down 10 to 12 inches to maintain healthy roots. If the yard only has grass or perennials, then the moisture should penetrate to a depth of 6 to 8 inches. In summer, this can be measured with a long screwdriver pushed into the soil to most efficiently water your trees (you will feel more resistance when the screwdriver hits dry soil) or by digging a hole with a shovel to see how deep the moisture has penetrated.

Winter watering is a bit trickier than watering in summer. Frost levels are a factor that can reduce watering time. If the soil is frozen at 4 inches down, then the moisture cannot penetrate the full distance desired. So if 12 inches is your usual goal, you may only need to water one third the usual time to fill up those first 4 inches. Be sure to watch the water and make sure it is not just running off due to frost and making a puddle that eventually freezes, creating a slipping hazard.

Donna Hoffman is the county horticulturist in the Natrona County office of the University of Wyoming Extension. She can be reached at (307) 235-9400 or at dhoffman@natronacounty-wy.gov.

Getting moisture into the soil

Soaker hoses are one of the most efficient ways to water, since they keep the moisture near the soil level so little is lost to evaporation or carried away by wind. However, be sure most of the water is gone from soaker hoses before it freezes. If soaker hoses are not used, then try using sprinklers that cover a large area but keep the water lower to the ground to minimize evaporation loss. Watering with a hose can also be efficient if adequate attention is paid so that you don't over or under water.

Type of tree important

Young or newly established trees have less extensive root systems than more mature trees, so special care should be taken to ensure they don't dry out.

Many of the trees recommended by UW Extension use less water than some native riparian trees. Knowing the tree species and its particular needs will aid in adjusting watering schedules throughout a specific winter or over a number of winters with differing moisture conditions in any particular site across Wyoming.

If you have questions about watering techniques or specific water needs for the trees in your care, there are UW Extension offices in every county to answer your questions. For more information on winter watering, be sure to check out UW Extension publication B-1186 on winter watering at <http://bit.ly/wyowinterwater>.



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


January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2 Farson Shooting Practice 6pm	3	4	5 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	6	7
Extension Office Closed - Can be reached on cell phone →						
8 Shooting Sports Safety Meeting, Bison Room, 3pm	9 Farson Shooting Practice 6pm	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 Luther King/Wyoming Equality Day Farson Shooting Practice 6pm	17	18 Shooting Sports Monthly Club Meeting, 7pm Bison Room	19 Sagehoppers Meeting, 6:30-8:30pm, Small Hall	20	21
22	23 Farson Shooting Practice 6pm	24 Fair Board Meeting, 7pm Meeting Room	25	26 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	13 Shooting Sports Archery Practice - see club for sign ups times	28 Shooting Sports Air Practice - see club for sign up times
29	30 Farson Shooting Practice 6pm	31				

February 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1 4-H/ FFA Mar- ket Beef Tagging Deadline	2 Hotdog- gers Meeting, 6:30-7:30pm, Small Hall	3	4
5	6 Farson Shooting Prac- tice 6pm	7	8	9 Hotdoggers 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 Farson Shooting Prac- tice 6pm	14 	15 Shooting Sports Monthly Club Mtg. 7pm Bison Room WY 4-H Schol- arship Applica- tion Deadline	16 Sagehop- pers Meeting, 6:30-8:30pm, Small Hall	17	18
19	20 Farson Shooting Prac- tice 6pm	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 Farson Shooting Prac- tice 6pm	28 Fair Board Meeting, 7pm Meeting Room				

March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	3	4
5	6 Farson Shooting Practice 6pm	7	8	9 Hotdoggers 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 Farson Shooting Practice 6pm	14	15 Shooting Sports Monthly Club Meeting, 7pm Bison Room	16 Sagehoppers Meeting, 6:30-8:30pm, Small Hall	17 	18
19	20 Farson Shooting Practice 6pm	21	22	23 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	24 Shooting Sports Archery Practice - see club for sign ups times	25 Shooting Sports Outdoor .22/ muzzleloader practice - see club for sign up
26 Shooting Sports Shotgun Practice - 12pm	27 Farson Shooting Practice 6pm	28 Fair Board Meeting, 7pm Meeting Room	29	30 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	31	



Extension
Sweetwater County

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Rock Springs, WY
PERMIT # 2

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Marty Henry
UW Extension Educator 4-H/Youth Development



*Happy
New
Year!*

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