

the

CLOVER CHATS

INSIDE THIS ISSUE

UW Extension Information.....	2
State & Regional Events.....	5
Master Gardener.....	20
Cent\$ible Nutrition.....	21
Extension Calendars.....	25

SPECIAL POINTS OF INTEREST

- Important Deadlines (page 4)
- Record Book How-To's (page 8)
- Shows/Clinics/Opportunities (page 12)
- 4-H Honor Club Requirements (page 19)
- Cloverbud Home Activity (page 23)

**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

Marty Henry

UW Extension Educator
4-H/Youth Development
mgiffor2@uwyo.edu
(307)350-7735 (work cell)

Wendy Neilson

Cent\$ible Nutrition
wnielson@uwyo.edu
(307)350-5092 (work cell)

Amanda Romero

Horticulture Assistant
abramwe2@uwyo.edu
(307)350-8243 (work cell)

Tracy Meats

Administrative Assistant
tmeats@uwyo.edu
(307)350-5098 (work cell)

**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/>

Sweetwater County 4-H Facebook: <https://www.facebook.com/SWCO4H/>

April Birthdays

Aden Scheer

Stezen Rothlisberger

Colter Cudney

Oakley Potter

Simeon Brady

Avery Thomas

Benjamin Lail

Liliya Cross

Brackin Lail

Ryker England

Payson Potter

Molly Owens

James King

Sadie Nichols

Sally McCort

Burnice Healey

Bailey Walsh

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.

Horse Safety Certification/ Ownership Deadline

All Horses (owned or leased) need to be safety certified by July 1st. Safety Certifications are required for each horse that a member plans to compete with in the Sweetwater County Fair Youth Horse Show. See page 16 for dates. hww.uwyo.edu/4-h/projects/_files/horse/horse-id-safety.pdf.

Dog ID's Due

All members planning to show a dog at County Fair must complete an ID Form and turn in current vaccination records by May 1st. No late forms will be accepted. Forms may be picked up at the Extension Office or online at: <https://www.wyoextension.org/sweetwatercounty/wp-content/uploads/2019/05/Dog-ID.pdf>

4-H Scholarships

- *Sweetwater 4-H Council Scholarship - due April 1st**
- *Gary Grubb Scholarship - due April 1st**
- *Shooting Sports Scholarship - due May 1st**

Tagging Deadline

Swine, Sheep, and Goat Ownership/ Tagging Deadline is June 1st. Animal information and pictures will need to be uploaded to ZSuites by 4-H Member by the June 1st deadline.

Ownership Certificates

Breeding Ownership certificates are due to the Extension Office by June 1st (this includes poultry and rabbits). Ownership certificates can be found at <https://www.wyoextension.org/sweetwatercounty/4h-youth-development/livestock-ownership-certificates/>.

Wyoming State & Regional Events

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

FFA & 4-H Meat Judging Workout: Will be held March 31st and April 1st at the University of Wyoming Meat Lab. If there are any questions, please contact Mckensie Phillips Mckensie.Phillips@uwyo.edu.

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.

Livestock Judging Contests: There are back to back contests being held in Cheyenne and Torrington on May 19th and May 20th. Register on the same link for both contests, <https://bit.ly/LivestockJudgingContests>

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.

Wyoming State & Regional Events

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

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.

National 4-H Congress: Save the date, November 24 - 28th in Atlanta, GA. Registration will open end of June/ beginning of July. 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 14 (as of January 1st) and older are eligible to apply.



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 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.

Jan/Feb Clover Chats included information on setting goals, recording your expenses and income and providing your project summary. In March we talked about the 4-H Involvement Section of your record book, starting with awards & recognition and 4-H Leadership.



ZSuite 4-H Record Books & You!

Filling out your record book



4-H Involvement

My 4-H Year Involvement

This is where you will enter any data about your 4-H Year such as Awards, Leadership, and any other action you see below. Click on the name and then enter data in the menu that opens up!

4-H AWARDS & RECOGNITION

4-H LEADERSHIP

4-H COMMUNITY SERVICE

4-H PARTICIPATION

MY 4-H STORY

PICTURES & CLIPPINGS

OTHER PARTICIPATION

4-H Involvement • 4-H Community Service

Ongoing-add to it each year

- Include any 4-H community service activity you have done as a 4-H member.
- Leader or participant
- Not helping your own family

Think about...

- Have you volunteered?
- Have you helped other members?
- Were you elected as a club officer?

4-H Community Service ⓘ

This section is for you to list the community service activities that you took part in for when and what the activity was that you did.

Date	Description of 4-H Community Service	Edit
7/10/2014	Training new members how to hold a meeting	✍ ✖
8/21/2019	These are test phrases for trial to make sure everything is working properly.	✍ ✖
11/10/2019	This is a test phrase for today.	✍ ✖

+ SERVICE

For my club, my community, my country & my world



ZSuite 4-H Record Books & You!

Filling out your record book



4-H Involvement

My 4-H Year Involvement
This is where you will enter any data about your 4-H year such as Awards, Leadership, and any other options you see below. Click on the name and then enter data in the menu that opens up!

4-H AWARDS & ADOPTIONS 4-H LEADERSHIP 4-H COMMUNITY SERVICE **4-H PARTICIPATION** 4-H HISTORY PICTURES & CLIPPING OTHER PARTICIPATION

4-H Involvement • 4-H Participation

Ongoing-add to it each year

Think about...

- Club Opportunities: These are activities you participated in that were not a leadership role.
- County Opportunities: Events you attended through the county
 - County Fair
 - Achievement Night
- State and National Opportunities
 - State Shoot
 - State Horse Camp
 - Wyoming State Fair

4-H Club Opportunities
This is where you will add information about 4-H activities you participated in with your club.

Date	Describe the 4-H Club Activity or Event
2/15/2019	Meating turkeys
8/14/2019	These are last phases for trial to make sure everything is working properly.

+ PARTICIPATION

County 4-H Opportunities
This is where you will add information about 4-H events you participated in at the county level.

Date	County 4-H Activity or Event
6/6/2018	Going to conference
8/8/2019	These are last phases for trial to make sure everything is working properly.

+ PARTICIPATION

State and National 4-H Opportunities
This is where you will add information about 4-H events you participated in at the State and National level.

Date	State/National 4-H Opportunities	EIR
8/11/2018	30T Livestock Judging Series	✓ X
6/7/2019	State First Time Deer Hunt	✓ X
11/5/2019	State Horse History Contest	✓ X

+ PARTICIPATION



ZSuite 4-H Record Books & You!

Filling out your record book



4-H Involvement

My 4-H Year Involvement

This is where you will enter any data about your 4-H Year such as Awards, Leadership, and any other option you see below. Click on the name and then enter data in the menu that opens up!

4-H AWARDS & RECOGNITION

4-H LEADERSHIP

4-H COMMUNITY SERVICE

4-H PARTICIPATION

MY 4-H STORY

PICTURES & CLIPPING

OTHER PARTICIPATION

4-H Involvement • My 4-H Story

- Introduce yourself
- Highlight all your 4-H projects and activities, not just the Fair.
- Explain how 4-H helped you become a better leader and citizen
- Describe how 4-H participation made you feel
- Tell about your future plans in 4-H and beyond!



My 4-H Year Story

Describe your year in 4-H. Suggestions to consider: What did you like? What went well? What did you learn? What will you apply to your life? What challenges did you experience? How was your year important to you?

These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly. These are test phrases for trial to make sure everything is working properly.







National Poultry Improvement Plan

YOU ARE INVITED!

CERTIFIED POULTRY FIELD TESTER TRAINING COURSE

LECTURE & HANDS-ON LAB

Saturday April 22, 2023

Time
Registration 9:00AM
Program 9:30AM - 1:30PM

Location
Wool Laboratory
Laramie Research and Extension Center (LREC)
University of Wyoming
470 Highway 230
Laramie, WY 82071

**SPACE IS LIMITED
ADVANCED REGISTRATION IS REQUIRED FOR THIS EVENT**

TO REGISTER CONTACT
Teckla Webb, DVM
teckla.webb@wyo.gov
307-286-1447

- NPIP Program Overview**
Learn about the National Poultry Improvement Plan and the responsibilities of Certified Poultry Field Testers
- Poultry Disease and Biosecurity Review**
Learn about common poultry diseases and disease prevention techniques
- Hands-On Lab with Live Poultry**
Learn proper poultry handling techniques and practice sample collection for avian influenza and Salmonella pullorum on live poultry

4-H / FFA Wool Judging Clinic

**April 21-22
Buffalo, Wyoming**

The University of Wyoming Wool Judging Team is proud to host the first annual 4-H / FFA wool judging clinic in Buffalo! Friday afternoon will be a series of workshops hosted by current and former wool judging team members. A mock contest will be held Saturday morning to help students prepare for the state wool judging contest.

Schedule

Friday, April 21	Saturday, April 22
1:00 PM - Check in	7:30 AM - Contest Check-in
1:30 - 5:00 PM - Workshops & Tour of Mountain Meadow Wool Mill	8:00 AM - Contest Start Time



This opportunity is free, but we ask that you please register by using the QR code or the link provided.

Please Contact
Courtney Newman at cnewman4@uwyo.edu with questions.



*The University of Wyoming is an equal opportunity/affirmative action institution.
If you need a reasonable accommodation to participate in this event, please contact Courtney Newman, cnewman4@uwyo.edu. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.*

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.

CITIZENSHIP WASHINGTON FOCUS



JUNE 10 - 16, 2023




ABOUT CWF

Experience Washington D.C and connect with other young leaders while getting hands on experience to become representatives of change.

DETAILS

- Estimated cost is \$2250 per person, with scholarships available.
- Open to youth 14 and Older.
- Apply by March 17, 2023 at <http://wyoming4h.formstack.com/forms/cwf>

Visit the Opportunities section on the state 4-H website for more detail or contact your County Educator with any questions.



FFA & 4-H MEAT JUDGING Workout

**MARCH 31 | 8AM-
& APRIL 1 | 4PM**

COME AND GO AS YOU PLEASE
UNIVERSITY OF WYOMING CAMPUS MEAT LAB

**BEEF LAMB PORK
CLASSES & RETAIL ID**

CONTACT: MCKENSIE.PHILLIPS@UWYO.EDU




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.





WHY ATTEND Showcase Showdown

THE 4-H SIGNATURE EVENT JUNE 20-22, 2023

- 4-H Experiences**
 - Meet new friends and reconnect with 4-H'ers from across Wyoming
 - Have fun at the 4-H Dance
- Workshops and Contests**
 - Try something new, fun and exciting - you may discover a new SPARK
 - Compete in one of the many contests
- UW Campus Experience**
 - Explore all that campus has to offer
 - Stay in the dorms
 - Eat in the cafeteria
 - Take advantage of the State of the Art Hall, Acre Recreation and Wellness Center




QUESTIONS? Contact your local Extension Office for more details!



Two Livestock Judgings Back-to-Back

Eastern Wyoming College Saturday ~May 20, 2023

Registration 9:30 a.m.
Contest: 10:00 a.m.

EWC - Agricultural Technology Education Center Building
3401 West C Street in Torrington, WY

Contact: Georgia Younglove
(307) 799-5419



Laramie County 4-H Friday May 19, 2023

Registration 2:00 p.m.
Contest: 2:30 p.m.

LCCC - Ag. Pavilion - 1400 E. College Drive, Cheyenne, WY

Contact: Dawn Sanchez
(307) 633-4383

Thanks to LCCC Livestock Judging Team for officiating this contest

Each contest will include 4 reasons for seniors, 2 reasons/2 questions for intermediates, 4 questions or 3 questions/1 reason for juniors

Registration Fee ~ \$15.00 per contest - pay day of contest

Register at: <https://bit.ly/LivestockJudgingContests>



CAMPBELL COUNTY SHOOTING SPORTS JACKPOT

APRIL 1 • AG COMPLEX, WRIGHT • 9AM

THE COST IS \$2/DISCIPLINE OR \$5 FOR ALL
ARCHERY • AIR RIFLE • AIR PISTOL

CONCESSIONS AVAILABLE

Please RSVP at <http://tiny.cc/23ccjackpotshoot>

Looking for something to do?

PLATTE CO 4-H ARCHERY FUN SHOOT

IS JUST FOR YOU!

April 1, 2023
1:00-4:00 PM

Platte County Fairgrounds Indoor Arena
\$5 Per Youth Shooter
\$10 Per Adult Shooter

4-H Equipment available to borrow!
Door prizes and awards for top scores!

For More Information Contact:
Stacy Buchholz, 4-H Youth Development Educator
307-322-3997
stacy@uwyo.edu




SCOTTS BLUFF COUNTY 4-H LIVESTOCK JUDGING CONTEST

APRIL 29TH, 2023

Age Divisions: (As of January 1st of the current year)
* Clover Kid: 5-7
* Junior: 8-10
* Intermediate: 11-13
* Senior: 14-18

This contest does count towards Great Plains Livestock Judging Circuit Points

Location:
Scotts Bluff County Fair Grounds
Mitchell Nebraska

Time:
Check in 7 A.M.
Contest at 8 A.M.

Awards to follow completion of reasons.

10 classes consisting of cattle, sheep, swine, and meat goats

Awards to high team in each division (Each species and overall), awards to high individual in each species, and buckles to high individual overall in Intermediate, Junior, and Clover Kid Divisions.
*** \$1,000 open cash scholarship to the high individual in the senior division donated by Titan Machinery

Clover Kids: 2 sets of questions
Juniors: 2 sets of questions & 1 set of reasons
Intermediates: 2 sets of questions & 2 sets of reasons
Seniors: 2 sets of questions & 3 sets of reasons

Registration: DUE April 21st, 2023!!
Please follow the google form link and fill out! (we will take late registrations but please communicate prior to the contest so adjustments can be made).
<https://forms.gle/8oYHRBoGhaUg39>

For questions please contact
Stephanie Connelly
Email: sconnelly2@unl.edu
Phone: 308-632-1480

Entry Fees:
\$25 per youth or \$100 per team (Teams consist of 4 youth)
Please make checks payable to the Scotts Bluff County Livestock Judging Club
* You may pay the morning of the contest
LUNCH PROVIDED

Awards Sponsors:
Titan Machinery
Kelley Bean Co.




Platte County 4-H HIPPOLOGY AND HORSE BOWL INVITATIONAL

SATURDAY, APRIL 22

9 AM
PLATTE COUNTY FAIRGROUNDS, WHEATLAND

REGISTER ONLINE!

LUNCH PROVIDED

TOP PLACING SENIOR MEMBERS WILL HAVE THE OPPORTUNITY TO TRAVEL TO A NATIONAL HORSE BOWL COMPETITION!

FOR MORE INFORMATION:
STACY BUCHHOLZ, 307-322-3667, STACY@UWYO.EDU




Sweetwater County Hotdoggers Fun Match



Date: May 6, 2023

Time: 10 a.m. until finished

Where: Sweetwater Events Complex - Small Hall and grassy area

Pre-entry Registration: Postmarked by April 24 (\$3/class per dog)

Day of Show Registration: 8-9:30 a.m. (\$5/class per dog)

Classes Available: Agility**, Conformation, Obedience, Rally*, Showmanship

Showmanship Age Categories: Pee-Wee (4-7 years old)

Junior (8-10 years old)

Intermediate (11-13 years old)

Senior (14-18 years old)

Adult (19 and up)



The Hotdogger's 4-H Dog Club would like to invite everyone in Sweetwater County to our upcoming Fun Match. Whether you are in 4-H, interested in joining 4-H, or just want to come out for a day of fun, you are welcome and so are your furry (dog) friends. Help support our club by coming out for a day of fun and showing off your dog's skills. All registration fees will go back into the club to help purchase any necessary supplies and equipment. All fees are non-refundable, cash or check accepted.

Concessions will be on site in the Indoor Arena.

Please bring your own seating and shade. Contact Monica Thompson at 307-389-2015 to receive a registration form.

*Weather permitting

** All dogs competing in agility MUST be at least 12 months of age for the physical safety of the dog(s).



4-H/FFA Working Cow Horse
Certification Clinic

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

Working Cow Horse Clinic

They will also
be certifying
for English and
Jumping.



NEW DATE
April 16, 2023
9am to 1pm
Sweetwater Events
Complex Indoor
Arena

WYOMING 4-H

VOLUNTEER SHARING SESSION

Community Service,
Fundraising and Fun

April 3rd

6:15 PM

Zoom Link:

<https://uwyo.zoom.us/j/7575233387>



LAMB AND PIG SALE

43RD ANNUAL SALE

Sunday, April 2, 2023
Sale at 11:30 a.m. Viewing on Sat., April 1 at 6 p.m.

42 lambs and 60 pigs
offered for sale!

Consignors: Pigs

Black Show Pigs
Burrlett Show Pigs
Casper College
Show Pigs
Rutliff Show Pigs
Stalcup Genetics

Lambs

JD Livestock
Besier Club Lambs
Butler Brothers
Livestock
Mesa Butler
Casper College Lambs
DeLong Club Lambs
Frestman Livestock
Griffith Club Lambs
Hornacker Livestock

Jessie Bower
Lambert/Bonsberger
Livestock
Mesa Butler
River Livestock
Russell Show Lambs
Stewart Club Lambs
Stockwell Family

Questions? Contact Heath Hoescher, hhoesche@caspercollege.edu, 307-268-2525 or Anne Wood, anne.wood@caspercollege.edu, 307-268-3128 or Colby Hales, colbyhales@caspercollege.edu, 307-268-3046.

Casper College is an equal opportunity institution. Discrimination on the basis of race, sex, religion, ethnicity, marital status, age, sexual orientation, gender identity, or any other characteristic prohibited by state or federal law is prohibited. For more information, contact the University of Wyoming Office of Institutional Equity, 1010 University Avenue, Laramie, WY 82002, 307-432-2222, or www.uwyo.edu/institutional-equity.

Casper College

MONTANA

Prime Pick Sale

APRIL 1ST, 2023

ONLINE SALE: **Livestock**
HOSTED BY: *Link*

A.I. LAMBS BY:
BIG D | POP SECRET | INSURRECTION

NATURAL SERVICE
LAMBS BY:
TEMPER TANTRUM | RENO | TUCO
& MEGA MIND

Celebrating our 25th year!



Schedule a barn visit NOW!

TRISH & WENDELL HAYS

☎ 406-671-7493

🌐 haysshowlambs.com

Follow us on Facebook & Instagram!

Knitting Clinic Coming Soon

Stay tuned for
details!
Knitting Clinic
brought to you
by 4-H
Educator,
Marty Henry



Extension
Sweetwater County

SAVE THE DATE

JUNE 1-2, 2023

507 Northeast Show Clinic

Beef, Sheep, Swine and Goats
Sundance, Wyoming
registration opens 4/1/23





WYOMING 4-H ANIMAL OPPORTUNITIES



<https://wyoming4h.org/opportunities/>

APRIL 5, 2023 @ 7PM

HOW TO SELECT YOUR BABY SHOW PIG



BY ZOOM WITH MARTY HENRY

[HTTPS://UWYO.ZOOM.US/J/95994097767](https://uwyo.zoom.us/j/95994097767)



WYOMING ACHIEVEMENT PROGRAM AND 4-H HONORS CLUB



ACHIEVEMENT AWARDS

In addition to awards for competitions, participation recognition, or project ribbons at the county or state fair, Wyoming 4-H has an annual recognition of youth based on the extent of their 4-H involvement during the entire 4-H program year. Each year youth can be recognized a Green, Silver or Gold member at the county level and receive a medallion sticker to add to their 4-H Certificate of Achievement.

• **TO ACHIEVE GREEN**

- The member has turned in all the required enrollment materials
- has behaved in an appropriate manner at all 4-H activities, events, and meetings
- is enrolled in at least one project
- and is enrolled in at least one club
- Green members do not earn any achievement points towards the Honors Club

• **TO ACHIEVE SILVER**

- The Member meets criteria for Green, AND...
 - The Member has exhibited what they have learned at some point during the current 4-H year with others.
 - Member provides documentation of setting goals, knowledge/skills gained, and participation in a project via the 4-H Record book
- Silver members earn one point for the Honors Club

• **TO ACHIEVE GOLD**

- Member meets criteria for Silver, AND...
 - Member provides documentation in all essential elements of positive youth development via the 4-H Record book
- Gold members earn three points for the Honors Club

HONORS CLUB

The ultimate achievement that a 4-H member can obtain is inclusion in the Wyoming 4-H Honors Club. It is based on the principle of recognition for youth that maximize their opportunities to foster the elements of positive youth development which are belonging, independence, generosity, and mastery over multiple years of engagement. Nineteen (19) points must be accumulated from annual recognition points earned. Honor's club inductees are given special recognition that includes an exclusive UW Cowboy Clover tie/lapel pin or necklace/bracelet charm, and a \$500 travel scholarship.

The travel scholarship can be used towards the international trips, National 4-H Congress in Atlanta, National 4-H Conference, Citizenship Washington Focus or Leadership Washington Focus in Washington DC, Western National Roundup in Denver, awards trips for the various judging programs or Fabric and Fashion awards trips.



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

WINTER SEED SOWING IN JUGS

FEB → APRIL



COLLECT & WASH JUGS.
DISCARD CAP

MAKE 5 OR 6
1/2" HOLES IN
BOTTOM OF JUG



DRILL

OR

HOT GLUE GUN
WILL MELT
HOLES



SLICE JUG IN HALF
LEAVING THE HANDLE
ATTACHED



PACK 2-3" OF **WET**
SOIL IN BOTTOM OF JUG



SOW SEEDS ACCORDING
TO PACKET INSTRUCTIONS

LABEL WITH
SHARPIE

TAPE JUG BACK TOGETHER
WITH DUCT TAPE



SET JUGS IN A SUNNY SPOT.
SNOW & RAIN WILL ENTER THROUGH
CAP HOLE CREATING CONDENSATION.
SPRAY WITH WATER IF DRY.



JUG BECOMES
A GREENHOUSE!



OPEN JUG
IN SPRING!

* ONCE SEEDS HAVE SPROUTED
PROTECT FROM LATE FROST
BY COVERING WITH BLANKETS.



Simply Cent\$ible Nutrition

The Cent\$ible Nutrition Program (CNP) is a free resource for anyone who income qualifies in Wyoming. Learn how to save money and time at the grocery store, cook quick and healthy meals, and be more active. Eat better for less with the Cent\$ible Nutrition Program!

To see if you qualify, check the table below. If you use the following benefits, you qualify for CNP:

- SNAP
- WIC
- CSFP
- Free or reduced-cost school lunch

Qualify

Our classes are for Wyomingites who income qualify.* See if you qualify by using the chart below and if you are unsure, send us an email.

Number of People in Your House	Monthly Income	Yearly Income
1	\$1 – \$2,096	\$1 – \$25,142
2	\$1 – \$2,823	\$1 – \$33,874
3	\$1 – \$3,551	\$1 – \$42,606
4	\$1 – \$4,279	\$1 – \$51,338
5	\$1 – \$5,006	\$1 – \$60,070
6	\$1 – \$5,734	\$1 – \$68,802
7	\$1 – \$6,462	\$1 – \$77,534
8	\$1 – \$7,189	\$1 – \$86,266
Each Additional Person	Add \$728	Add \$8,732

Information from: <https://uwyo.cnpp.org/cnp-qualify/>

*Last updated 1/30/2023

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



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

Butternut Squash Mac & Cheese

Mac and cheese is the ultimate comfort food. Give it a healthy twist by adding butternut squash to the sauce!



Ingredients

- 16 ounces dry macaroni, shells, or other small pasta
- 2 Tablespoons margarine, butter, or oil
- 2 Tablespoons all-purpose flour
- 1 cup pureed butternut squash (10 ounces frozen butternut squash heated and pureed)
- 1 cup low-sodium broth
- 1 Tablespoon minced garlic (1 teaspoon garlic powder)
- Black pepper to taste
- 1 cup low-fat milk
- 1½ cups low-fat shredded cheese

Directions

1. Cook pasta according to package instructions. Drain and set aside.
2. If butternut squash is not cooked and pureed, cook it until tender, then puree in a blender or mash with a fork until smooth.
3. In a large skillet, electric skillet, or saucepan, melt margarine or butter, or add oil on medium high heat.
4. Once heated, add flour. Stir until combined and flour begins to brown, about 2 minutes.
5. Add butternut squash, broth, garlic, and black pepper. Stir until combined and heated through.
6. Lower heat to medium. Add milk. Heat, whisking constantly, until combined and warm.
7. Add cheese and stir until cheese is melted.
8. Add cooked pasta to the sauce and stir until pasta is completely coated and heated through.

Makes 9 1-cup servings



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.
1-877-219-4646 | <https://uwyo.cnp.org/> | cnp-info@uwyo.edu

Cloverbud Activity April 2023

Create your own Lego Craft

(From the Ohio State Extension Office Website)



By Janine Yeske, 4-H Youth Development Educator, Jefferson County (OSU Extension)



"In 1949, Danish carpenter Ole Christiansen created a set of interlocking red and white blocks, the first of what would go on to become Legos. It wasn't until 1958 that the Lego* Company (its name derived from the Danish words for 'play well') patented the small bricks. The genius was in the simplicity of the unassuming blocks, which allowed children to create freely without limits and in nearly endless combinations. (Just six blocks could be combined in 102,981,500 different ways".) Allie Townsend, Time Magazine, 2011.

More than 400 billion Legos have been produced since 1949, which means there are 62 Legos for every one of earth's inhabitants. **"What will you do with your 62 blocks?"**

Here are a few ideas:

- 1) Create a car. It can be as simple or fancy as you want. Did the design come to you as you were building or did you know what you wanted from the very start?
- 2) Create a maze. Make a confusing set of pathways of our Legos and then use a minifigure to find its way through the maze.
- 3) Create your favorite Olympic moment or sport out of Legos.
- 4) Create a mixed media object. Mix your Legos with any of the following items and see what you can come up with. Here are some items to get your creative juices flowing: beads, cardboard, fabric, glue, marbles, plastic, rocks, ice, gems, paper, or wire. Now add some ideas of your own.
- 5) Create a shadow. Build something that you think will create a great shadow. Now take your creation to a sunny spot, inside or outside on a sunny day. Look at the shadow it casts. Move it around until it makes a shadow you like best. Look at the shadow on the ground compared to on the texture of a trunk of a tree. Take a picture of the shadow only.
- 6) Create a creature. A creature is a living organism. It can be a bug, a bird, an animal, a plant, or even something out-of-this-world. Then tell your friends about its habitat... where it lives, what it eats, etc.
- 7) Create a tool. When you are done, tell others what the tool is and what it will be used for.
- 8) Create the tallest tower. This structure must be able to stand alone without anyone supporting it. Measure it and share how tall it is.
- 9) Create a flag. Tell about why you chose this flag, what the colors mean, and where it flies.
- 10) Create spring. Spring is the transition between winter and summer. What does spring mean to you? Create something that reminds you of spring and tell your friends about it.

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.

Sweetwater County Extension Office begins Summer Hours May 15th through August 25th. Summer hours are Monday through Thursday, 7am to 5pm.

Please log-in to ZSuites and the Sweetwater County 4-H Facebook Page regularly so that you don't miss out on important announcements.

April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Scholarships due to the Office by the end of the day Monday
2	3 Farson Shooting Practice 6pm Project Hope Meeting 6:30 GR Library	4	5	6 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	7 Shooting Sports Archery Practice - see club for sign ups times	8 Shooting Sports Outdoor .22/ muzzleloader practice
9 Shooting Sports Shotgun Practice - 12pm 	10 Farson Shooting Practice 6pm	11	12	13 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	14	15
16 4-H/FFA Working Cow Horse Clinic 9am - 1pm, Indoor Arena	17 Farson Shooting Practice 6pm	18	19 Shooting Sports Monthly Club Meeting, 7pm Bison Room	20 Sagehoppers Meeting, 6:30-8:30pm, Small Hall (Hotdoggers Community Mtg. to follow)	21 Shooting Sports Archery Practice - see club for sign ups times	22 Shooting Sports Outdoor .22/ muzzleloader practice
23 Shooting Sports Shotgun Practice - 12pm	24 Farson Shooting Practice 6pm	25 Fair Board Meeting, 7pm Meeting Room	26	27 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	28	29
30						

May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Project Hope Meeting 6:30 GR Library Dog ID's and Vaccination Records Deadline	2	3	4 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	5 Shooting Sports Archery Practice - see club for sign ups times	6 Shooting Sports Outdoor Practice Hotdoggers Fun Match Events Complex
7 Shooting Sports Shotgun Practice - 12pm	8	9	10	11 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	12	13 4-H Hairy Horse Show 8am to 8pm Events Complex Indoor Arena
14 	15 Extension Office Begins Summer Hours, see page 24	16	17 Shooting Sports Monthly Club Meeting, 7pm Bison Room	18 Sagehoppers Meeting, 6:30-8:30pm, Small Hall (Hotdoggers Community Mtg. to follow)	19 Shooting Sports Air Practice - see club for sign ups times	20 Shooting Sports Outdoor .22/ muzzleloader practice
21 Shooting Sports Shotgun Practice - 12pm	22	23 Fair Board Meeting, 7pm Meeting Room	24	25 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	26	27
28	29 Extension Office Closed 	30	31			

June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Hotdoggers Meeting, 6:30-7:30pm, Small Hall TAGGING/ OWNERSHIP DEADLINE	2 County Shoot Air Rifle/Pistol 4pm	3 County Shoot Muzzle-loader 8am
4 County Shoot Shotgun 12pm	5 Project Hope Meeting 6:30pm GR Library	6	7	8 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	9 County Shoot Archery 4pm	10 County Shoot .22 Rifle/.22 Pistol 8am
11	12	13	14 	15	16	17
18 	19	20	21	22	23	24
25	26	27 Fair Board Meeting, 7pm Meeting Room	28	29	30	



UNIVERSITY
OF WYOMING

Extension
Sweetwater County

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. Kelly Crane, Director, University of Wyoming Extension, College of Agriculture and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

The University of Wyoming is an equal opportunity/affirmative action institution.

Trade or brand names used in this publication are used only for the purpose of educational information. The information given herein is supplied with the understanding that no discrimination is intended, and no endorsement information of products by the University of Wyoming Extension is implied. Nor does it imply approval of products to the exclusion of others, which may also be suitable.

Be aware that due to the dynamic nature of the World Wide Web, Internet sources may be difficult to find. Addresses change and pages can disappear over time. If you find problems with any of the listed Web sites in this publication, please contact Tracy Meats, University of Wyoming, (307) 352-6775 or tmeats@uwyo.edu.