



the
**CLOVER
CHATS**

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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

Marty Henry

UW Extension Educator
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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/>

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

March Birthdays

Shane Meats

Jordan Christensen

Brianna Dale

Jeremy Neher

Dally Potter

Karlee Penland

Brylee Price

Karter Duran

Jonah Spence

Claire Long

Rylie Franklin

Kennedy Kleinlein

Bransen Lucero

Calen Storment

William Storment

Christopher Meats

Nadine Stotts

Aubrey Bryan Summers

Ashlee Muir

Christina Brady

Dayton Lovell

Skyler Riddle

Addysen DuPape

Conley Spencer

Brock Dorman

Lily Vigoren

Aubrey Boodleman

Austin Lovell

Riley Huffaker

Lucy Stanton

Jon Crofts

Leif Summers

Trinity Heward

Brandt Smith

Kassidy Smith

Everly Baird

Christina Brady

Sage Romero

Nevaeh Bryant

Nadine Stotts

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/>)

Shooting Sports Certification in Sweetwater County: Will be held March 4th and 5th, 2023. An email was sent out by the State Training Committee, if you do not have your schedule, please contact the extension office by Friday at 5pm.

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.



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

2023 4-H Shooting Sports Leader Certification Trainings

The Shooting Sports Training Team will be coming to a county near you! If you are a new shooting sports leader or have reached five years since your last certification, plan to attend one of these certification/training opportunities.



CHANGING THE FUTURE OF
YOUTH SHOOTING SPORTS



Meredith
We inspire. She makes it happen.™

Warren Crawford

Youth Development Specialist

University of Wyoming Extension

*College of Agriculture and Natural
Resources*

*1000 East University Ave. Dept.
3354*

Laramie, WY 82071

(307) 766-5170

crawford@uwyo.edu

Sweetwater County, Rock Springs

- Dates - March 4- 5, 2023
- [Registration link: Sweetwater County](#)

Hot Springs County, Thermopolis

- Dates - March 11-12, 2023
- [Registration link: Hot Springs County](#)

Campbell County, Gillette

- Dates - March 25-26, 2023
- [Registration link: Campbell County](#)

Albany County, Laramie

- Dates - April 15-16, 2023
- [Registration link: Albany County](#)

Shooting Sports Development Committee Meeting

- Date - February 18, 2023, Casper

You can register using the links above or visit the Wyoming 4-H webpage at: <http://www.uwyo.edu/4-h/> then select "Volunteers" and "Additional Trainings."

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 2023 Clover Chats included information on setting goals, recording your expenses and income and providing your project summary. This month we talk 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 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 • Awards & Recognition



Ongoing-add to it each year

- Annual Achievement points
 - based on your score from previous year's Portfolio
- What have you accomplished in your 4-H career?
- Only include ribbons from fair if it was an additional award such as "Overall Champion" or "Best of Show"

4-H Awards and 4-H Recognition

List any special or additional 4-H awards or 4-H recognition you may have received. (List any project specific awards in the awards section of that project)
4-H ribbon placements should not be listed here. Record them in the Project Summary.

Date	Description of the Award or Recognition
7/15/2010	I earned the Green Hand award.
8/12/2019	These are test phases for trial to make sure everything is working properly.
11/12/2019	This is a test phase for today.



Wyoming 4-H Annual Achievement

Points are given for each year (Green=10, Silver=7, Gold=11)
Ribbons in the Wyoming 4-H Honor's Club requires 10 points.

Year	Select what you received
2010	Silver
2017	Green
2019	Green





ZSuite 4-H Record Books & You!

Filling out your record book



4-H Involvement

My 4-H Year Involvements

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 & CLIPPINGS

OTHER PARTICIPATION

4-H Involvement • 4-H Leadership

Ongoing-add to it each year

- Include any 4-H leadership role you held. Do NOT put experiences outside of 4-H in this section.
- Teaching, leading, helping
- Age appropriate

Think about...

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

Leadership ⓘ			
Types of Leadership: V= Volunteered A= Appointed E= Elected			
Date	Leadership Type	Description of Leadership Responsibilities	Edit
10/10/2009	Elected	President	
8/13/2010	Volunteered	These are test phrases for trial to make sure everything is working properly.	
11/6/2010	Elected		

[+ LEADERSHIP](#)

MARCH 3-4, 2023
WRIGHT, WY

Jump into Judging

- AVIAN SKILL-A-THON
- DOG SKILL-A-THON
- HIPPOLOGY
- LIVESTOCK JUDGING
- LIVESTOCK SKILL-A-THON
- MEAT JUDGING
- PRODUCE JUDGING
- RABBIT SKILL-A-THON
- WOOL JUDGING

Fun weekend for all ages of 9 condensed contests & fun. Come compete in 1 up to all 9! Check with us for study information and compete for fun!
<https://wyoextension.org/campbellcounty/4h-youth-development/forms-and-registrations/jj/>

REGISTER BY FEBRUARY 24TH
<http://tiny.cc/jjz3>



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.

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.

MINI SHOWCASE

HOSTED BY: JUNIOR LEADERS

Register at: <https://bit.ly/4-HJuniorLeaders>

March 4, 2023

10:00 a.m. - 12:00 noon

LCCC Pathfinder Building - 4th Floor
 Cheyenne, Wyoming

The Junior Leaders would like to invite all 4-H kids to come learn about the fun programs youth can participate in 4-H.



HORSE HIPPOLOGY
 ROBOTICS
 PRODUCE JUDGING
 TABLE SETTING
 SPEAKING EVENTS
 WOOL JUDGING

HORSE JUDGING
 LIVESTOCK SKILL-A-THON
 LIVESTOCK JUDGING
 MEATS JUDGING
 DOG SKILL-A-THON
 CAKE DECORATING

Lots of Fun Prizes!!

For questions call
 307-633-4383





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

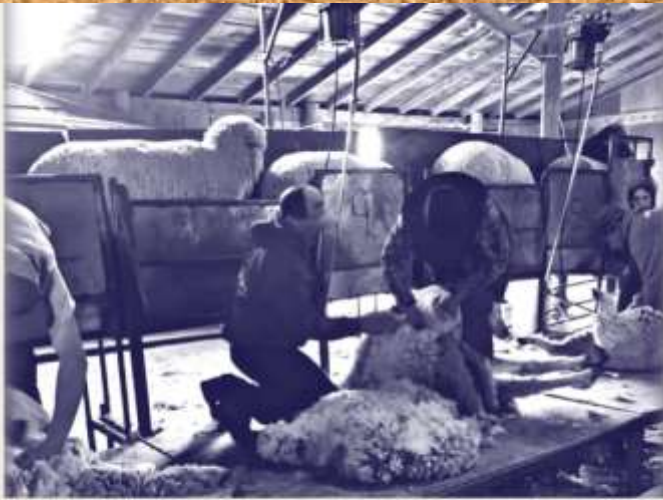
Contact: Dawn Sanchez
(307) 633-4383

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>



Wyoming Shearing School Free 2 Day Shearing School

796 Lawver Rd Gillette Wyoming
 April 1st and 2nd. 8:00 am -5:00 pm
 Limited spaces!
 Must Register to attend.
 Age limits:
 Wool Handling 12+ Shearing 14+

Registration deadline March 20th
Contact Guy Edwards
for information & registration
307-670-3360

2023 Sponsors

First National Bank of Gillette
 Rich & Debbie Edwards
 John & Rhonda Boller
 Melissa & Jason Cantú
 Boller Livestock
 Rusty Nail/Rolling Thunder Lanes
 R&B Tire
 Edwards Rambouillet
 Wyoming Wool Initiative

**Interested in being a sponsor?*
 Contact Guy Edwards
 @ 307.670.3360



National Poultry
 Improvement Plan



YOU ARE INVITED!

CERTIFIED POULTRY FIELD TESTER TRAINING COURSE

Wyoming
 Livestock Board

LECTURE & HANDS-ON LAB

Saturday April 22, 2023



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

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

TO REGISTER CONTACT

Teckla Webb, DVM



teckla.webb@wyo.gov



307-286-1447

SPACE IS LIMITED
ADVANCED REGISTRATION IS
REQUIRED FOR THIS EVENT

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
 307-322-3667
 stacy@uwyo.edu



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





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>



NORTHWEST COLLEGE LIVESTOCK JUDGING CONTEST
 4-H 307-SERIES SANCTIONED

SAVE THE DATE

MARCH 24, 2023

CHECK IN AT 7:30 - CONTEST STARTS AT 8:30

NORTHWEST COLLEGE AG PAVILLION
 739 ROAD 9 POWELL, WY

REGISTRATION ON JUDGINGCARD.COM
 SIO/CONTESTANT



University of Wyoming Big Horn County Extension Extravaganza 2023 (FUN LEARNING OPPORTUNITY)

2:00-5:30pm
 The Vitality Garden ~ Karen Fettig
 Hydroponics 101: Starting/Caring for Seedlings ~ Bill Smith
 Backyard Agriculture ~ Hudson Hill/UW Educator

5:30-6:30 Free Dinner
 2023 Program Updates: Farm Service Agency, NRCS,
 Soil Conservation District, BHC Weed/Pest,
 UW Research and Extension Center

6:30-8:30pm
 Meat Science ~ Cody Gifford/UW Specialist
 Alfalfa Weevils ~ Jeremiah Vardiman/UW Educator
 Direct Marketing Meat ~ Chance Marshall/UW Educator

Physical Address: Fairgrounds 315 Holdrege
 Basin, WY 82426

Basin Fairgrounds
 Tuesday, March 7
 RSVP by March 1
 272-0576/568-4160

Kristy
 307-388-0383

Gretty
 307-272-0576

UNIVERSITY OF WYOMING
 College of Agriculture,
 Life Sciences and Natural
 Resources

UNIVERSITY OF WYOMING



HORSE CERTIFICATIONS

SWEETWATER COUNTY

4-H HORSE SAFETY AND SPEED CERTIFICATION

March 5, 2023 - 9am to 5pm at the
Sweetwater Events Complex Indoor
Arena

4-H/FFA REINED/WORKING COW HORSE CERTIFICATION

April 1, 2023 - 9am to 5pm at the
Sweetwater Events Complex Indoor
Arena



WHAT IS THE JUDGE LOOKING FOR? COUNTY FAIR HORSE SHOW

Josey Bailey
Horse Judge

March 2nd, 2023
6:30 PM

Zoom Link: <https://uwyo.zoom.us/j/97299972932>



Volunteers Share Your Voice!

Please [join us](#) to share your ideas, questions, thoughts, successes, and challenges as a 4-H volunteer and parent. Each month we start each sharing session with a general topic. We ask that YOU join us to share your thoughts on the question. This will allow us all to learn from each other and gain new ideas.

All meetings will be held via zoom, with some county offices hosting face to face cohorts during the zoom meetings. There will be NO AGENDA for these meetings, so your voice, your opinions and your thoughts are an important part of success. Check out the dates and general topics below.

TOPIC: Recordbooks March 7th @ 6:15 pm

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

Questions to think about:

- How do you encourage completion of recordbooks?
- Do you incorporate recordbooks into your monthly meetings?
- Do you have tools to help your members record the things they are doing?
- What kind of leadership can kids do in your club to put in their books?

TOPIC: Community Service, Fundraising, and Fun April 3rd @ 6:15 pm

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

Questions to think about:

- What kind of things do you do for fun, community service, fundraising?
- How do you find new things to do, not the same old same old?
- How do you get members to attend things outside of the club meeting?

EXPLORING YOUR FUTURE AND GROWING A CAREER

VIRTUAL CAREER FAIR

MARCH 21, 2023

6:00 PM MDT VIA ZOOM



Meet with professionals in a variety of fields to explore your interests!
Scan the QR code to visit our website to learn more or get registered.

Questions?
Contact:
AMBER ARMAJO
amwall@uwyo.edu
(307)347-3431
WYOMINGIAN.ORG/VIRTUAL-CAREER-FAIR



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.



BARNYARDS & BACKYARDS *Live!!!*

Is back!



**JOIN US FOR OUR 4TH SEASON
FEBRUARY 3RD 10 AM**

Barnyards & Backyards: Rural Living in Wyoming - Join our hosts online as we have a friendly chat with our guests about a variety of interesting subjects – making maple syrup, equine health, high tunnel tips, hummingbirds and more!

*Making maple syrup in Wyoming - Feb 3, 2023

*Be prepared for emergencies! - Feb 10, 2023

*Preserving the harvest - dehydration & freezing - Feb 17, 2023

*Equine health essentials: Healthy teeth & worm control - Feb 22, 2023 (6:00pm start)

*Insect management in high tunnels, greenhouses & other indoor spaces - March 3, 2023

*Tips & tricks for healthy trees in Wyoming - March 10, 2023

*Wyoming hummingbirds & plants that support them - March 24, 2023

*Tips for growing in high tunnels - March 31, 2023

Friday mornings at 10 am on Zoom or Facebook Live (follow us at <https://www.facebook.com/BarnyardsBackyards/> to receive notices on the show). Have questions for our guests? Type them in the Zoom Q&A box, chat or Facebook comments as we go along.

Article on pages 20, taken from the Barnyards & Backyards Fall 2010 magazine. For more information or questions on Master Gardener or Horticulture topics, contact Amanda Romero at 307-352-6775 or abramwe2@uwyo.edu. The Extension Office does have Noxious Weed Handbooks available.



A

- Spiny-tipped leaves with wavy edges
- Purple-white flower clusters blooming in mid-summer

By Mary McKinney and Amy Jerup

Weeds that can be effectively treated in the fall are the focus of this feature. Try to match the descriptions with the photos.

Noxious weeds are highly invasive plants that usually arrived in the U.S. by accident. They thrive, using up the water, nutrients, and sunlight, which help them grow strong and spread fast. They crowd out native plants, which provide important food and habitat for wildlife.



B

- Blue/green, waxy, clasping leaves
- Yellow snapdragon-like flowers
- Brought to the U.S. as a decorative flower

DO YOU KNOW THESE INFAMOUS WEEDS?

These highly invasive noxious weeds conquer native plants, destroy habitat



C

- Perennial, creeping root system, 25-foot deep
- 2.5-inch long narrow leaves
- Can throw its seeds 15 feet from plant
- Yellowish-green flowers with heart-shaped bracts
- Milky sap comes out of any broken part of plant
- Sap is poisonous to livestock, a skin irritant, and may cause blindness

Noxious weeds generally do not have any predators or insects to prevent them from spreading.

These plants need to be stopped from destroying ecosystems. To help control the noxious weeds, learn what they look like, stay away from them so you don't spread their seeds, and report their location to your weed and pest control district.

Contact your local weed and pest control district (www.wyoweed.org/addresses.html) for more information on effective treatments of these invasive species.

Mary McKinney is the assistant supervisor at the Park County Weed and Pest Control District. She can be reached at (307) 527-8885 or mmckinney@parkcounty.us. Amy Jerup is the education coordinator with the Teton County Weed and Pest Control District. She can be reached at (307) 733-8419 or ajerup@tcweed.org.



D

- Roots have a black coating and can grow to 23 feet long
- Deeply lobed lower leaves and entire upper leaves
- Pink to purple single flowers

A. Canada thistle, B. Dalmatian toadflax, C. Leafy spurge, D. Russian knapweed

Photo: Informed E. Photo: USDA Agricultural Research Service



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.cnp.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@uwoyo.edu.

Chicken Spaghetti

Makes 6 servings | Grains • Protein • Vegetables • Dairy

Ingredients

- 1 pound chicken breast, cooked and shredded
- 3 cups or 1 jar of canned spaghetti sauce
- 3 cups spaghetti pasta
- Pepper or red pepper flakes (optional)
- Parmesan cheese (optional)

Directions

1. Wash hands with warm, soapy water.
2. Cook spaghetti following package directions. Drain.
3. In a saucepan or electric skillet, heat chicken in sauce.
4. Heat through and serve over hot spaghetti noodles. Serve topped with pepper, red pepper flakes, or Parmesan cheese, if desired.



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://uwoyocnp.org/> | cnp-info@uwoyo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.

Cloverbud Activity March 2023

Create your own fun pet!

(From the Ohio State Extension Office Website)

CREATE A PET: PLANT AND ANIMALS



MATERIALS NEEDED:

- Newspaper
- Shoes boxes
- Paper rolls
- Milk Carton
- Yarn
- Masking tape
- Construction paper
- Scissor and glue



APPLICATION:

Ask

- Ask the youth to stop and think about their favorite pet.
- Describe our pet in detail.
- What type of home does your pet live in?



BOOKS TO READ:

**If My Dog Baxter Could Talk*

by Maia Haag

**Some Pets*

Book by Angela DiTerlizzi

Source: This Big Book of 4-H Cloverbud Activities at Home works well with Chapter 44 "Create A Pet" in *The Big Book of 4-H Cloverbud Activities* available through OSU Extension offices or online at extensionpubs.osu.edu. Ohio residents get the best price when they order and pick up their purchases through local Extension offices.

Activity compiled by Erin Simpson-Sloan, 4-H Program Assistant, Butler County



WHAT TO DO:

1. Have youth use a separate sheet have youth create their pet. Use marker, crayons, or color pencil.
2. Describe your pet with legs, tails and body ex.: big, small, fuzzy
3. Create your pet using the supplies listed.
4. Have youth name for their pet, where they live, what they like to eat, favorite toy etc.



Source:

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.

March 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	3	4 Shooting Sports Leader Certification Trainings (all day)
5 Shooting Sports Leader Certification Trainings 4-H Horse Safety Certification Clinic, Indoor Arena 9am - 5pm	6 Farson Shooting Practice 6pm	7	8	9 Hotdoggers Meeting, 6:30-7:30pm, Small Hall	10 Shooting Sports Archery Practice Project Hope Barn Set Up at 10am	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 (Hotdoggers Community Mtg. to follow)	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 times
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	

April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1 4-H/FFA Working Cow Horse Clinic 9am - 5pm, Indoor Arena
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	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	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			



UNIVERSITY
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