

the CLOVER CHATS

A black silhouette of a witch with long, flowing hair, wearing a pointed hat and riding a broomstick. She is positioned in front of a large, bright full moon. The background is a dark blue night sky with a few small white stars.

INSIDE THIS ISSUE

UW Extension Information.....	2
State & Regional Events.....	5
Master Gardener.....	18
Cent\$ible Nutrition.....	19
Extension Calendars.....	21

SPECIAL POINTS OF INTEREST

- 4-H Enrollment (pages 10-12)
- How to Become a 4-H Volunteer (page 13)
- Achievement Night Save the Date (page 14)

**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 - Friday
7:30 am - 4:30 pm

Tracy Meats

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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/>

October Birthdays

Mary Thoman

Presley Nacy

Ory Johnson

Melanie Vigoren

Brayden Storment

Teague Goodman

Jaylee Evans

Addie Aanerud

Bailee Neilson

Teag Nacey

Nevaeh Williams

Bridger Aimone

Kayeson Mitcheson

Lucy Owens

Ranger Duncombe

Cadence Core

Ellie Aanerud

Benton Vermillion

Braxton Forrester

Paige Neilson

Landry Duncombe

Briley King

Adelyn Lewis

Marlee Maser

Serenity Bowers

Brantley Robison

Waylon Potter

Brittany Kester

Asher Floyd

Hunter Bertagnolli

LEADERS

Your Club Charter Renewal paperwork is due to the Extension Office on November 30th. Please get them turned in ASAP! The packet containing this paperwork was mailed and emailed to the main key leaders.

Record Books Due

Monday, October 2nd

Portfolio Website:

<https://4h.zsuite.org/>

If you have any questions please call the Extension Office or visit <https://www.uwyo.edu/4-h/current-members/portfolios/index.html> for record book how-to's. Please print and bring your record book to the office. We do have a record book committee reviewing the books this year. Prizes awarded for the top record books.

Open Enrollment

Open Enrollment for the 2023-2024 4-H year opens up October 1st. All members and leaders will have to sign up for the 2023-2024 year to receive emails after October 1st. Sign up through ZSuite, <https://4h.zsuite.org>.

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

Wyoming State & Regional Events

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

State Dog Committee Meeting (October 21, 2024 in Casper, WY): All dog volunteers are invited to be part of the Dog Committee meeting. Review the previous year and help plan for all things dog for 2023-24. October 21st at 10:00am at the Natrona County Extension Office. If you can't make it in person there is a zoom option, but not lunch on zoom! <https://uwyo.zoom.us/j/3077665170>

Reignite 4-H (November 3-5, 2023): Leader, Volunteer and Educator Training available in Cheyenne, WY. Please call the extension office for more information or see page 8.

Ignite by 4-H (March 13-17, 2024): Join us in D.C. for a 4-day experience where high-school aged teens connect, make memories and find their spark by exploring the best 4-H has to offer in STEM, Agriscience, Healthy Living, Career Readiness and Emotional Well-being. All Wyoming 4-H members age 14 and older are eligible to apply. Participants are chosen using an application and interview process. Applications will be available in October 2023, and will be due January 8, 2024.

National 4-H Conference (April 19 - 24, 2024): The 2024 National 4-H Conference information will be released in the fall. This is the US Secretary of Agriculture's premier 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. Applications will be available Mid-October 2023, and will be due January 31, 2024.

ShowCase Showdown (Tentatively scheduled to be held June 18-20, 2024): Offers an opportunity for youth to explore various industries through contests and workshops.

Wyoming State Shoot (July 11-14, 2024): The 2024 Wyoming State Shoot is tentatively scheduled to be held July 11-14 2024 in Douglas, Wyoming.

Sweetwater County Fair (July 27 - August 4, 2024): The 2024 Wyoming's Big Show

Wyoming State Fair (August 13 - 17, 2024): The 2024 Wyoming State Fair is an opportunity for 4-H members to exhibit their projects and demonstrate what they have learned.



Theme: I LOVE 4-H

October 1-8, 2023

ALL WEEK LONG

Cover Photo Contest - On Sunday of National 4-H Week you can start posting your favorite 4-H photos under the Cover Photo Contest post on Facebook. The person who posts the photo with the most likes will win a prize and have their photos displayed as the Wyoming 4-H Cover Photos for the rest of the calendar year.

Monday, Many Dreams. One Love - 4-H members dream big. Post a photo or story showing telling us about your 4-H dreams. A random photo/story will be chosen to receive a prize.

Tuesday, Many Smiles. One Family - Post a photos or your 4-H Smile or your 4-H Family. A random photo will be chosen to receive a prize.

Wear It Wednesday - Wear your favorite 4-H shirt to school or work on Wednesday. Post a picture of you in your shirt under the Wear It Wednesday Facebook post. A winning photo will be selected at random.



Thursday, 4-H Is a Feeling - What feelings do you have about 4-h? Post a photo showing us a feeling or emotion that you get from being in 4-H. If you don't have a photo, just post the emotion or feelings. A winning photo will be selected at random.

<https://www.facebook.com/Wyoming4H/>



NATIONAL 4-H WEEK SCAVENGER HUNT

ALL WYOMING 4-HERS ARE
INVITED TO PARTICIPATE
IN A STATE-WIDE
SCAVENGER HUNT ON THE
GOOSECHASE APP IN
HONOR OF NATIONAL 4-H
WEEK. TEAMS WILL TAKE
VIDEOS, PHOTOS, AND
ANSWER QUESTIONS IN
PURSUIT OF BEING
CROWNED THE WINNER!

Prizes for
the top three
teams!

W Y O M I N G 4 - H
P R E S E N T S :



JOIN THE FUN OCTOBER 1ST-7TH, 2023

1. DOWNLOAD THE GOOSECHASE IOS OR ANDROID APP.
2. CHOOSE TO PLAY AS A GUEST, OR REGISTER FOR A PERSONAL ACCOUNT.
3. SEARCH FOR AND SELECT THE WYOMING 4-H HUNT GAME , OR SEARCH BY GAME CODE: 6XGLLQ
4. FOLLOW THE PROMPT TO SELECT OR CREATE A TEAM. IF YOU CREATE A TEAM AS A GUEST, MAKE SURE TO WRITE DOWN YOU ACCESS CODE FOR OTHERS. TEAMS CAN CONSIST OF UP TP FIVE PEOPLE.
5. COMPLETE THE SCAVENGER HUNT TO EARN POINTS. PRIZES WILL BE AWARDED TO THE TOP THREE TEAMS!



PLEASE NOTE THIS
EVENT IS FOR LEADERS
AND VOLUNTEERS!



4-H Volunteers
Leaders
Parents
Educators

Register
today at
bit.ly/reignite4-h

NOVEMBER 3-5
Cheyenne, WY

WORKSHOP TOPICS INCLUDE:

- Finding You Spark
- Special Needs 4-H Members
- Geology Engagement
- Ropecraft
- Wyoming's Community Resources: Utilization and Partnerships
- Wyoming's Tech Future: Practically and Successfully Teaching Robotics
- Beyond Community Service: How to help youth make an impact in their community and themselves
- Outdoor Skills- Wyoming and National Shooting Sports Opportunity
- Decorating New Paths with Stained Glass
- Leathercraft Mentors
- Archery, Rifle & Pistol Wyoming State Certifications
- Stop the Bleed
- Fabric and Fashion Mastery Workshop
- New Volunteer Training
- 4-H Club Fun: Games and Activities Workshop
- Using Curriculum to Enhance Project and Club Meetings
- Cloverbuds - Learn Something, Make Something, Eat Something
- Club Orgnaization Round Table



It starts with a project and
ends with a record book.

**4-H Record Books
Due October 2nd
Complete in ZSuite**

Please print and bring a hard
copy to the Extension Office.

4-H COUNCIL

MEETING

Next Meeting is October 9th
at 6:30pm in Room 1444
Western Wyoming Community College
(RS Campus)



**A Great Way to Get Involved in
4-H and Help Support Our Youth!**



ZSuite 4-H Enrollment



Existing Family Profile

Enrollment must be done **ANNUALLY** to stay *active* in 4-H!

Go to <https://4h.zsuite.org/>

1. Use the same email & password you used to sign up, select **LOGIN**
2. Choose the **PRIMARY ACCOUNT** to enroll 4-H Members
3. You will see a list of the household members & their current enrollment status.
 - a. **Red = INACTIVE 4-H Member**
 - b. **Green = ACTIVE 4-H Member**
4. Select the 4-H Member's Name you wish to update, select **ENROLL MEMBER NOW**
5. **IF YOU DO NOT SEE A NAME LISTED**, You will need to ADD A HOUSEHOLD MEMBER

6. Fill out 4-H Member's info, select **Continue**
Fill out PERSONAL INFO, select **Next**
Fill out all six drop down WAIVERS, then select **Next**
Dropdown to your CLUB, select **Add Club**
 - a. Select **Add Project**
7. Select **Add to Cart** and then you can either **+Add Enrollment** or **Submit**. Must be submitted to be complete.

Once submitted, your Enrollment will change from Pending Approval to Active when the Extension Office receives payment!

If you need assistance, don't hesitate to select the ZSuite LIVE CHAT!

© 2020 ZSuite: Stay Amazing!

ZSuite Live Chat Support



ZSuite 4-H Enrollment



New Family Profile

If you've never signed in to ZSuite before, follow these steps:

1. Go to <https://4h.zsuite.org/>
2. As a Family creating a new Profile, select **SIGN UP**
 - a. Fill in all of the fields, select **LET'S GO!**

Adding 4-H Members

You are now on the **Dashboard** tab

1. Select **+ Household Member**
2. Fill out 4-H Member's info, select **Continue**
3. Fill out PERSONAL INFO, select **Next**
4. Fill out all six drop down **WAIVERS**, then select **Next**
5. Dropdown to your **CLUB**, select **Add Club**
select **Add Project**
6. Select **Add to Cart** and then you can either **+Add Enrollment** or **Submit**. Must be submitted to be complete.

Once submitted, your Enrollment will change from Pending Approval to Active when the Extension Office receives payment!

If you need assistance, don't hesitate to select the ZSuite LIVE CHAT!





ZSuite 4-H Enrollment

New Leader Profile



Enrollment must be done **ANNUALLY** to be an **Active** 4-H Leader!

1. Go to <https://4h.zsuite.org/>

2. To create a new Profile, select **SIGN UP**

a. Fill in all of the fields, select **LET'S GO!**

If you've signed in before,



LOGIN



Select **PRIMARY ACCOUNT**

Volunteer Enrollment

You are now on the **Dashboard** tab

- 1 Select the Volunteer's Name
- 2 More content will drop down, select **Enroll Volunteer Now**
- 3 Select **Complete Volunteer Enrollment**
- 4 Fill out all the of the **Personal Info**
 - a. When filling out *Volunteer Roles/Opportunities*, select all that may apply.
- 5 Complete all Waivers
- 6 Dropdown to your CLUB, select **Add Club**
 - a. Select **Add Project** if needed
- 7 Select **Add to Cart** and **Continue**

Once submitted, your Enrollment will change from Pending Approval to Active when you have completed:

- **Background Screening**
 - Look for the State 4-H Office email
- **New Volunteer Orientation**
 - Visit <https://extension.catalog.instructure.com/> to create a login, then go to <https://uwyo3.instructure.com/login/canvas> to complete the course.
- **MVR (Motor Vehicle Records) *optional** - only needed if you plan to transport 4-H members
 - Visit https://www.wyoming4h.org/4hsublette/?page_id=2097 to complete
 - "Supervisor/Sponsor" - Johnathan Despain - jdespain@uwyo.edu
 - "Additional Email Addresses to Notify" - karen.allison@uwyo.edu

If you need assistance, don't hesitate to select the **ZSuite LIVE CHAT!**





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



Wyoming 4-H



UNIVERSITY
OF WYOMING

Extension
Sweetwater County

SAVE

4-H ACHIEVEMENT NIGHT

HOSTED BY
SWEETWATER COUNTY 4-H COUNCIL

17 NOVEMBER
2023

THE

DATE



6:30 PM

Events Complex Small Hall



IGNITE BY 4-H



Hear from high impact speakers, and get hands-on workshop.

Explore Washington D.C. sites.

Opportunities for Career exploration.

Build connections with teens from across the country.

- Youth 15 - 18 years old.
- Cost estimated at \$2000 per person.
- Scholarships will be available.

**MARCH
13-17,
2024**

APPLICATIONS

Apply at

https://wyoming4h.formstack.com/forms/ignite_4_h

Application open beginning of October and will close on January 8th, 2024



**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.

4-H DOG COMMITTEE MEETING



October 21, 2023
10:00 AM
Lunch Provided

Natrona County
Extension Office
Casper, Wyoming

Mark your calendars, all dog volunteers are invited to be part of the Dog Committee meeting. Review the previous year and help us plan for all things dog for 2023-24.

October 21st at 10:00am at the Natrona County Extension Office.

If you can't make it in person there is a zoom option, but not lunch on zoom!

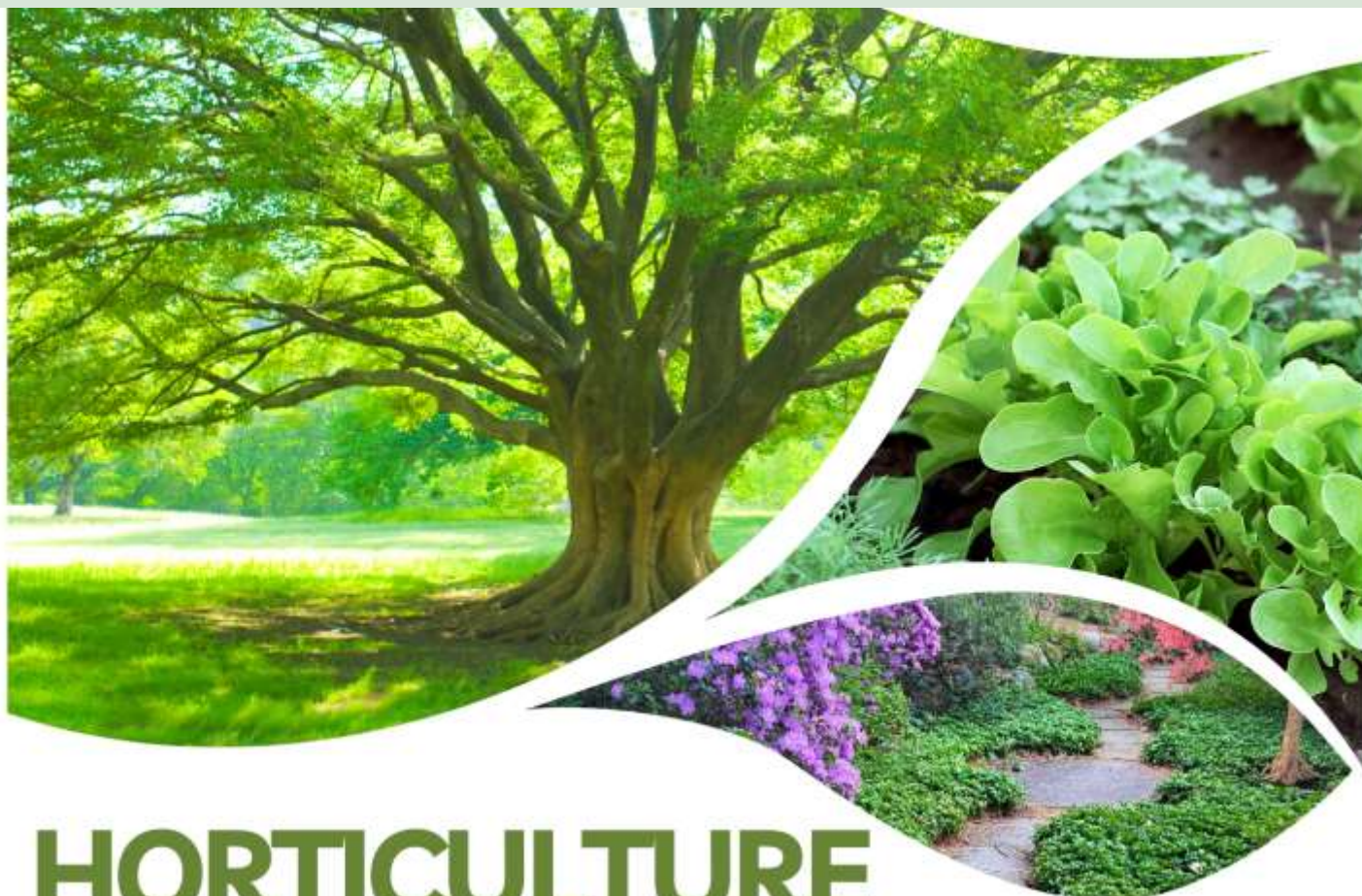
<https://uwyo.zoom.us/j/3077665170>

LOVE



**Many Hearts.
One Family.**

It's a Family Affair. **#4HWeek**



HORTICULTURE SERVICES

Need assistance with a problem in your yard or are you interested in becoming a Master Gardener?

*University of Wyoming
Extension Office*

*Sweetwater County
(307) 352-6775 or (307) 350-8243
abramwe2@uwyo.edu*

WE OFFER :

- ✓ Phone and on-site yard help with questions
- ✓ Handouts and horticulture knowledge
- ✓ Community Master Gardener group
- ✓ Diagnose and recommend treatments for insects and diseases and soil problems
- ✓ Plant and weed identification help
- ✓ Pesticide testing



Living Healthy is more fun with friends. Connect with us!

Discover new recipes, ideas for staying active, and community with CNP! You can find CNP online in whichever way you like to connect: Facebook, Pinterest, website, and e-newsletter.

Cent\$ible Nutrition Program



uwyo.cnnp.org



www.facebook.com/UWCNP



www.pinterest.com/uwyocnp



bit.ly/cnp-newsletters

For more information on Cent\$ible Nutrition Classes contact Wendy Nielson, Sweetwater County Cent\$ible Nutrition Program Coordinator, at 307-352-6775 or 307-350-5092 or wnielson@uwyo.edu.



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.cnnp.org/> | cnp-info@uwyo.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.

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.

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

October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 4-H Open Enrollment Begins	2 Record Books are Due to the Office!	<div> <div>←</div> <div>National 4-H Week</div> <div>→</div> </div>				
8 Last Day for FREE ENROLLMENT	9 4-H Council Meeting, 6:30pm room 1444 at College (RS)	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Fair Board Meeting, 7pm Meeting Room	25	26	27	28
29	30	31				
						

November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 4-H Achievement Night 6:30pm— Small Hall	18
19	20	21	22	23 Extension Office Closed—Holiday	24	25
26	27	28 Fair Board Meeting, 7pm Meeting Room	29	30 Club Charter Renewals are Due!		



December 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19 Fair Board Meeting, 7pm Meeting Room	20	21	22	23
24	25	26	27	28	29	30
<div>  Extension Office Closed—Holiday </div>						
31						



Extension
Sweetwater County

PRESORT STANDARD
US POSTAGE PAID
Rock Springs, WY
PERMIT # 2

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Eric Webster, Interim Director, University of Wyoming Extension, College of Agriculture, Life Sciences and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.*

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