



the CLOVER CHATS

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SPECIAL POINTS OF INTEREST

- Record Books (page 8)
- How to Become a 4-H Volunteer (page 15)
- 4-H Council Agenda (page 19)

**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

Administrative Assistant
tmeats@uwyo.edu
307-350-5098

Wendy Neilson

Cent\$ible Nutrition
wnielson@uwyo.edu
307-350-5092

Amanda Romero

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307-350-8243

**2500 College Drive, A-700
Rooms #1341, 1342, 1339, 1336
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

Dick Thoman

Zachary Young

Cashton Jones

Garrett Freimuth

Jackson Aanerud

Randal Reddon

Trayden Starkey

Isabella Penland

Tracie Westerberg

Ellie Childs

Madeleine Roberts

Steven Hardesty

Kieran Taylor

Colten Walker

Buckly Baker

Zion Spence

Ruger Phelps

Brennan Pineda

Isaac Thomas

Tacelyn Jones

LEADERS

Your Club Charter Renewal paperwork was due to the Extension Office on November 30th. Please get them turned in ASAP, this is a requirement for every club to have this on file with the office. The packet containing this paperwork was mailed and emailed to the main key leaders.

FEBRUARY 1ST, 2024 - 4-H Market Beef Ownership and Tagging Deadline, no exceptions! Tags have been ordered and are on their way, expected arrival is the end of December.

PLEASE READ pages 6 and 7 of this newsletter for more tagging information.

All Members

Any time you have questions, don't be afraid to call the office at 307-352-6775 or email Tracy at tmeats@uwyo.edu. If she doesn't know the answer, she will find your answer.

Open Enrollment

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

Wyoming State & Regional Events

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

2024 7220 Wool Judging Contest (January 9, 2024): If you are interested in attending with a team, the deadline to enter is December 22nd, please call the extension office for more information or see page 14.

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.

Wool and Meats Judging (April 19th and 20th): The Wyoming 4-H Wool and Meats Judging Contests will be held in Laramie at the UW Animal Science Facilities.

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.

BEEF TAGGING DEADLINE - FEBRUARY 1ST, NO EXCEPTIONS! ALL INFORMATION AND PICTURES NEEDS TO BE UPLOADED TO ZSUITE BY FEBRUARY 1ST PROVING OWNERSHIP AND THE ANIMAL IS TAGGED OR YOU RISK NOT BEING ABLE TO SHOW AT FAIR.

How To Properly Enter Tagging Information into ZSuite



Please remember to upload animal photos and tag information into your ZSuite profile using the steps below:

1. Log in to your primary account on ZSuite, this is the account with your PIN associated.
2. Click Update Enrollment for the youth who owns the animal.
3. Click the Clubs tab.
4. Click the pencil icon for the correct market species project.
5. Make sure to set the number of animals you have for the species using the drop down.
6. Fill in ALL of the information.
 - a. Animal ID is the RFID tag (full 15-digit tag number).
 - b. Animal Identifier is the second tag such as LCF tag, producer tag, or scrapies tag. List any colorings/markings or any noticeable physical traits here.
 - c. Animal Name.
 - d. Animal Type is sex of animal.
 - e. Animal Breed.
 - f. Upload 4 pictures, clear and not blurry pictures (required):
 1. clear picture of the ear tag in the ear with all numbers shown
 2. a front view of the whole animal
 3. a full side view of the animal
 4. a full back view of the animal
7. Click the Save Project Button after adding all animals for that species.
8. Click the Submit Button (if you leave this page without hitting submit, information will not save to your profile).

If you are having any troubles or have questions, please contact the 4-H office for assistance.

To receive a tag, you need to be currently enrolled and an active member. To be an active member, all enrollment fees must be paid. Breeding animals do not need to be tagged. Make the decision between breeding and market prior to the ownership deadline.



Proper Placement of RFID Tags and Correct Tagger to Use for Tagging

All ear tags should be placed two-thirds of the way from the outside edge of the ear and one-third of the way from the head between the middle two cartilage ribs. Please use the left ear.

The female (thicker RFID Button) portion of the tag should always be on the inside of the ear. The male portion (the part that fits over the applicator pin and larger flat tag) should always be on the outside of the ear. The number printed on the male tag should correspond and match the 15-digit number on the RFID button (female tag).



Female Tag



Male Tag

Each tag manufacturer may use slightly different technology for the fastening mechanism on their tags. In addition, tag applicators may differ from manufacturer to manufacturer in terms of pin configuration and insertion force. To improve tag retention, use the appropriate tag applicator that corresponds with each specific brand of tags. The tags are applied using the Y-TEX UltraTagger plus Tamper Proof Applicator (gray tagger).



We will have taggers to check out if you do not have the correct tagger for the RFID tags. Please make sure you are using the correct tagger for the Y-Tex RFID tags (gray one pictured above), to prevent the tags from breaking. There will be a \$5 charge for replacement tags, if you are doing your own tagging.



ZSUITE RECORD BOOK



Why should you complete a record book?

- Learn to set goals, make plans to achieve those goals, learn to adapt to challenges and obstacles.
- Get practice keeping records.
- Track your activities, events, skill development, expenses, profits, and much more.
- Measure your achievements and growth.
- Use it for scholarships, resumes, or job applications.
- Help earn points towards Honors Club.
- Reflect on how far you've come over the years!



DON'T WAIT!



You can add record books in ZSuite at the beginning of the year. Working on your record book during the year helps you remember what happened and makes it less work at the last minute!

What's In Your Book?

1

PROJECT REPORT

Goals
Project Plan
Supplies, Expenses & Income
Exhibits & Summary
Project Pictures and Clippings

Complete for EACH project

Check ZSuite under "Clubs" tab to see what you're signed up for.

(Market Swine, Breeding Sheep, Archery, Photography, Outdoor Recreation, etc.)

2

4-H INVOLVEMENT

4-H Awards & Recognition
4-H Leadership
4-H Community Service
4-H Participation

Ongoing - Add to it each year

4-H Story
4-H Year Pictures & Clippings
Other Participation

Complete for current year

Wyoming 4-H UNIVERSITY OF WYOMING EXTENSION



*Join Wyoming 4-H
June 18 - 20, 2024*

at Showcase Showdown

University of Wyoming - Laramie, WY

State Contests
Workshops
UW Campus Activities

Various industries will be showcase through
contests and workshops.

More information to come over the next couple
months, keep an eye out!

Any questions please contact your County Office.



UNIVERSITY
OF WYOMING
EXTENSION



Citizenship WASHINGTON Focus



June 15 - 22, 2024

What is CWF?

- ✓ Learn leadership and communication skills through history, democracy and our amendments.
- ✓ Explore Washington D.C
- ✓ Connect with other young leaders

Details:

- NEW this year, CWF will operate on a first come, first serve basis for registration. Please register ASAP if you are interested.
- Plane tickets will be purchased on March 18th, 2024
- Estimated cost, \$2500 per person, with scholarships available.
- Open to youth 14 and older.
- Apply at <http://wyoming4h.formstack.com/forms/cwf>





UW EXTENSION

2024 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.



Shirley Mack, Director
Wyoming State 4-H Foundation
College of Agriculture and Natural Resources
1000 East University Ave., Dept.
3354
Laramie, WY 82071
(307) 766-5170
Smack@wyo4h.edu

Washakie County, Worland

- Dates - March 9-10, 2024
- [Registration Link: Washakie County](#)

Weston County, Newcastle

- Dates - March 23-24, 2024
- [Registration link: Weston County](#)

Laramie County, Cheyenne

- Dates - April 6-7, 2024
- [Registration link: Laramie County](#)

Uinta County, Evanston

- Dates - April 20-21
- [Registration link: Uinta County](#)

Natrona County, Casper

- Dates - April 27-28
- [Registration link: Natrona County](#)

Shooting Sports Development Committee Meeting

- Date - February 17, 2024, Casper
- Holiday Inn East - 10 am to 3 pm
- [Directions from Douglas](#)
- [Directions from Riverton](#)

You can register using the links above or visit the Wyoming 4-H webpage at: <http://www.wyo4h.edu/4-h/> then select "Volunteers" and "Additional Trainings."

Beef Tagging Deadline is February 1st!
Tags will be available in January.

Please read tagging information on pages 6 and 7.



*Join the
fun!*



Get Cooking!



Who: Anyone interested in learning to cook, trying new recipes and having fun! This is a great activity if you are enrolled in Foods and Nutrition or you just want to learn to cook!

When:
December 2023
- April 2024



What: Food, Fun, 4-H is an at home activity that you can do when you have time. Recipes and an activity are released at the beginning of each month and you are encouraged to try 2 recipes and then answer 3 questions and submit 2 photos.


Why: Learn new cooking skills, try new food, earn cooking gadgets, get ideas for fair entries and HAVE FUN!

Where: Your home kitchen (and some of the Extension Offices are hosting cooking workshops)



<https://wyoextension.org/westoncounty/wyoming-food-fun-4-h/>

WY State 4-H Wool & Meat Judging



April 19th & 20th, 2024

UW Animal Science Facilities Laramie, WY

**MORE INFORMATION WILL BE RELEASED LATE
JANUARY 2024.**

- County Educators will register individuals and teams.
- Contact your county office with questions or if you are interested in participating.

Wyoming 4-H
UW | EXTENSION

SAVE THE DATE

September 27-29, 2024

4-H VOLUNTEER SUMMIT

CASPER, WYOMING

BEST WESTERN CONFERENCE CENTER &
NATRONA COUNTY AGRICULTURE AND RESOURCE
LEARNING CENTER

Workshops

Time for Sharing

Time for Networking

and of course FUN!



Cost \$100
Includes meals and programming,
lodging on your own.



April 19 - 24, 2024

Arlington, Virginia

Who can Attend

- Youth 15 - 18 years old
- Cost estimated at \$2500 per person, scholarship will be given.

Applications

- Apply at the following link by January 15th, 2024, Applications will open Mid - October 2023.
- https://wyoming4h.formstack.com/forms/educator_form_congress

About Conference

- Do you want to have a role in making change?
- Youth present ideas to high-ranking Government Officials.
- Youth will see D.C., meet with our Congressman and Senators.
- Meet other 4-H youth like yourself from all over the United States.

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.

7220 WOOL

INVITATIONAL

January 9th, 2024

Laramie, Wyoming



The University of Wyoming - Wyoming Wool Initiative is proud to host the 4th annual 7220 Wool Judging Invitational Contest. We take our pride in sourcing some of the best wools regionally to kick-off the collegiate wool judging season and for 4H/FFA students two days prior to the National Western Wool Judging Contest.

Schedule

Monday, Jan 8th	Tuesday, Jan 9
LREC Wool Lab: 470 WY-230, Laramie, WY 10 AM - 6 PM Practice Contest More fleeces for 4H teams!	Albany County Fairgrounds: 3510 S 3rd St, Laramie, WY Collegiate registration: 7AM 4H/FFA registration: 11:30 AM 4H/FFA awards immediately after the contest Collegiate Awards Banquet at 6:30PM

Please register your team either by using the link provided or by scanning the QR Code.

<https://www.uwyo.edu/7220>

Please Contact
Dylan Laverell at dlaverell@uwyo.edu with questions.




Wyoming Wool Initiative

"The University of Wyoming is an equal opportunity/affirmative action institution."
If you need a reasonable accommodation to participate in this event, please contact Dylan Laverell, dlaverell@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."

Watch for announcements
on their 4-H Facebook Page,
4H Dynamics:

[https://www.facebook.com/
groups/1051785319344291](https://www.facebook.com/groups/1051785319344291)

Contact 4-H Leaders Crystal
Walker or Delaney Gardea
for more information:

Crystal Walker:
mroni10vs3@aol.com

Delaney Gardea -
gardea1418@outlook.com



JANUARY 15TH
6:30PM
BISON ROOM
SWEETWATER EVENTS COMPLEX

**4-H
DYNAMICS**



Search on Facebook 4H Dynamics or visit
<https://www.facebook.com/groups/1051785319344291>

Wyoming 4-H

Sweetwater County

4-H Council Meeting



January 8, 6:30 p.m.
Room 1445, Western Wyoming Community College
(RS Campus)

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

4-H BEEF NUTRITION & MANAGEMENT

February 20, 2024

6pm

Washakie County Ext. Office

Attend in person or via zoom

Register here for a zoom link:

<https://forms.gle/x5KQzdxuKqFzgpHCA>

Learn all about feeding, nutrition and management of your market beef project from Chance Marshall, Sr ANR Educator from Fremont County for the University of Wyoming Extension





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

WYOMING STATE 4-H FOUNDATION

FINANCIALLY SUPPORTS THE WYOMING 4-H PROGRAM

Dear High School Senior,

As you consider the next steps in your education and career path, your involvement in 4-H may help you obtain scholarships at the college or school you choose to attend.

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.

Find out details at: <http://www.wyoming4h.org/4hfoundation/scholarships>. Just click on each scholarship to find out 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!

Applications are due by February 15, 2024, and use a resume built from your 4-H Record Book.

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

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

Do not Delay - Apply Right Away!!

Share this information with family, friends, and co-workers!

Sincerely,

Wyoming State 4-H Foundation



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



uwyocnp.org



www.facebook.com/UWCNP



www.pinterest.com/uwyocnp



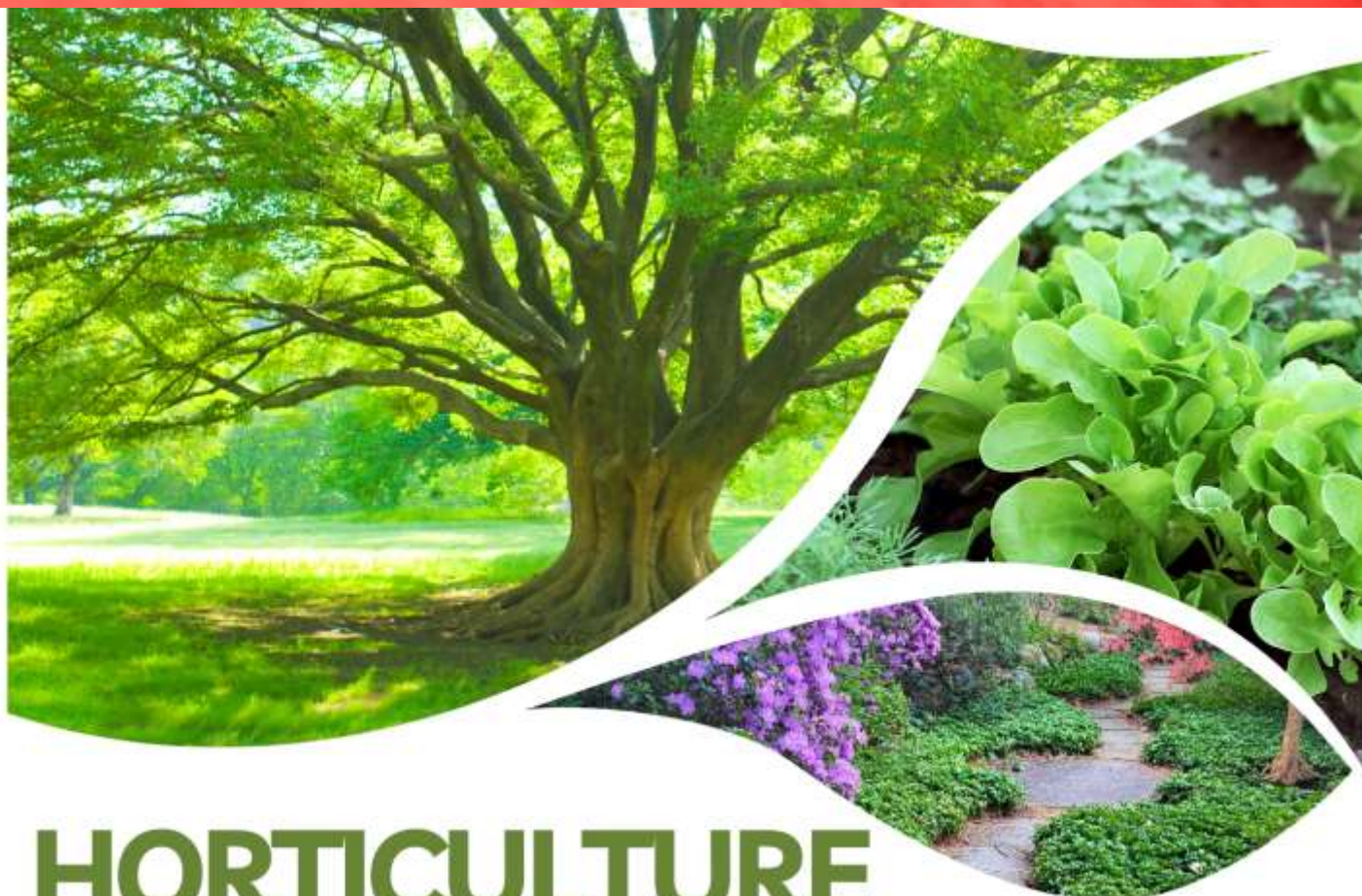
bit.ly/cnp-newsletters

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://uwyocnp.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.



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



Sweetwater County 4-H Council Meeting

Agenda

1/08/2024

Call to order

Pledges

Secretary Report - Minutes from 11/13/2023

Financial Update - Treasurer's Report

Unfinished Business

1. Scholarship winner – Simeon Stotts presentation
2. Club Recharterers – all clubs need to turn this paperwork in by November 30th. Still missing Livestock Auction, Lucerne Valley, and Wild Hogs.
3. Club/Committee/Council bank accounts update – Johnathan Despain
4. State Fair Revenue/Expenditures – one family left to pay their balance; state fair has not cashed the check sent back in September
5. Set budget for 2023-2024

New Business

1. New Dog Trailer License Plate – missing, needs a new one to move the trailer
2. Shavings – bulk or continue to work with Events Complex?
3. Tagging – asking the council's help to facilitate tagging dates with the Livestock Auction Committee. Tagging will need to be done in January for beef, schedule dates in all areas of Sweetwater County. Tagging boxes are available to be checked out by families in the office.
4. January 19th – Public Forum for Educator Candidates
5. Upcoming events/plans for 2024
6. Set Future Meeting Date(s)
7. Community questions and concerns

Adjourn

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.

FB Link: <https://www.facebook.com/SWCO4H/>

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<div>Extension Office Closed—Holiday</div> <div>HAPPY New Year</div>	1	2	3	4 Hotdoggers Meeting 6:30pm Small Hall	5 Shooting Sports Ar- chery prac- tice, see club for sign up times	6 Shooting Sports Air practice, see club for sign up times
	7	8 4-H Council Meeting 6:30pm Room 1445 at Western Wyo- ming Communi- ty College	9	10	11 6:30pm Horse Commit- tee Mtg.,Meeting Room/Complex Hotdoggers Meeting 6:30pm Small Hall	12
14	15 Extension Office Closed 4-H Dynamics, 6:30pm, Bison Room, Events Complex	16	17 Shooting Sports Monthly Club Meeting, 7pm, Bison Room/Events Complex	18 Sagehoppers Meeting 6:30pm Small Hall	19 Shooting Sports Ar- chery prac- tice, see club for sign up times	20 Shooting Sports Air practice, see club for sign up times
21	22	23 Fair Board Meeting, 7pm Meeting Room	24	25 Hotdoggers Meeting 6:30pm Eastside of Exhibit Hall	26	27
28	29	30	31			

February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Hotdoggers Meeting 6:30pm Exhibit Hall (East side) Beef Tagging Deadline 2/1 - see pages 6 and 7	2	3
4	5	6	7	8 6:30pm Horse Committee Meeting Room/Complex Hotdoggers Meeting 6:30pm Exhibit Hall	9 Shooting Sports Archery practice, see club for sign up times	10 Shooting Sports Air practice, see club for sign up times
11	12	13	14	15 Sagehoppers Meeting 6:30pm Meeting Room Events Complex	16	17
18	19 4-H Dynamics, 6:30pm, Bison Room, Events Complex	20	21 Shooting Sports Monthly Club Meeting, 7pm, Bison Room/Events Complex	22 Hotdoggers Meeting 6:30pm Small Hall	23 Shooting Sports Archery practice, see club for sign up times	24 Shooting Sports Air practice, see club for sign up times
25	26	27 Fair Board Meeting, 7pm Meeting Room	28	29 Hotdoggers Meeting 6:30pm Small Hall		

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 Hotdoggers Meeting 6:30pm Small Hall	8 Shooting Sports Archery practice, see club for sign up times	9 Shooting Sports Air practice, see club for sign up times
10	11	12	13	14 6:30pm Horse Committee, Meeting Room/ Complex Hotdoggers Meeting 6:30pm Small Hall	15	16
17	18 4-H Dynamics, 6:30pm, Bison Room, Events Complex	19	20 Shooting Sports Monthly Club Meeting, 7pm, Bison Room/Events Complex	21 Sagehoppers Meeting 6:30pm Small Hall	22 Shooting Sports Archery practice, see club for sign up times	23 Shooting Sports Air practice, see club for sign up times
24	25	26 Fair Board Meeting, 7pm Meeting Room	27	28 Hotdoggers Meeting 6:30pm Small Hall	29	30
31						



Extension
Sweetwater County

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Rock Springs, WY 82901
307-352-6775



HAPPY
New Year

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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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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 Sweetwater County Extension, (307) 352-6775 or tmeats@uwyo.edu.