



# the CLOVER CHATS

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## SPECIAL POINTS OF INTEREST

- How to Become a 4-H Volunteer (page 7)
- Record Books (page 13)
- 4-H Cross Cultural Travel Experience for 2025 (page 28)
- 4-H Council Agenda/Minutes (page 29)

**University of Wyoming Extension**  
**Sweetwater County**  
**307-352-6775**

**Winter Hours**

Monday - Friday  
8:00 am - 5:00 pm

**Summer Hours**

(May 13th - August 23rd)  
Monday - Friday  
7:30 am - 4:30 pm

**Darrell Rothlisberger**

UW Extension Educator  
4-H/Youth Development  
drothlisberger@uwyo.edu  
307-350-7735

**Wendy Neilson**

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

**Tracy Meats**

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

**Amanda Romero**

Horticulture Assistant  
abramwe2@uwyo.edu  
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/>

# *March Birthdays*

Nadine Stotts

Christopher Meats

Matt Britton

Ian Dickinson

Shane Meats

Jordan Christensen

Annabel Christoffersen

Skyler Riddle

Nevaeh Bryant

Brianna Dale

Jeremy Neher

Dally Potter

Brock Dorman

Aubrey Boodleman

Karlee Penland

Bridger Spikes

Brylee Price

Karter Duran

Jonah Spence

Claire Long

Rylie Franklin

Lucy Stanton

Braxton Russell

Addisyn Randall

Jon Crofts

Leif Summers

Kennedy Kleinlein

Calen Storment

William Storment

Kimber Garris

Faith Gomez

Trinity Heward

Brandt Smith

Cooper Wright

Kassidy Smith

Jaxon Jenkins

Camrie Anderson

Everly Baird





## **4-H Scholarships**

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

## **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/>

**JUNE 1st** - Swine, Sheep, and Goat Ownership and Tagging Deadline is June 1st. Tagging information and pictures will need to be uploaded to ZSuites by the June 1st deadline. All member accounts must be active and paid up, before tags are released.

## **Ownership Certificates**

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

## **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.

# Wyoming State & Regional Events

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

**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.

**Hello Sweetwater County!**

**I'm so excited to meet lots of new friends. I come from a ranching background in the Rocky Mountain states and Canada. I have worked in Extension for 25 years in New Mexico and Utah. I**



**graduated from NMSU. I've**

**judged fairs in Utah, Idaho, Nevada, Wyoming, and New Mexico. We live in McKinnon. I am married to Sheri Briggs Rothlisberger who was born and raised in the McKinnon/Manila area. Her family showed steers at the Sweetwater County fair. We have six children and four grandchildren with two on the way! Our family enjoys livestock shows, camping, fishing, and Corgis. We have shown at jackpots, regional, and national shows. Our son Stetson has shown at the fair the last two years. We have raised show steers and pigs in the past. I look forward to visiting your clubs and communities.**

*Darrell Rothlisberger*

*Sweetwater County Extension Educator*



# 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](http://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](mailto:4h@uwyo.edu)



UW | Wyoming 4-H



## BEEF NUTRITION & MANAGEMENT HELP



# Tips and education for raising healthy steers

*Learn about best practices for feeding and caring  
for your market beef project*



Get the best beef nutrition advice and management tips to help have a successful market beef project. 4-H Extension Educator, Darrell Rothlisberger, is offering a home visit to take a look at your project and offer advice on beef nutrition and management. Call today to schedule your visit.

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307-352-6775 or [drothlis@uwyo.edu](mailto:drothlis@uwyo.edu)

Find Darrell's Basic Show Steer Feeding & Care Manual in ZSuite





# MARKET BEEF REMINDERS



TREAT YOUR ANIMAL FOR EXTERNAL  
PARASITES IE: LICE, TICKS, ETC... USE A POUR  
ON PRODUCT

YOUR CALF SHOULD BE EATING 2 TO 2.5% OF  
THEIR BODY WEIGHT PER DAY OF GRAIN

YOUR CALF SHOULD BE HALTER BROKE TO  
TIE AND LEAD AND ALLOW YOU TO COMB ON  
THEM

ANY QUESTIONS AT ANY TIME, PLEASE CALL  
DARRELL ROTH LISBERGER, 4-H EXTENSION  
EDUCATOR, AT 307-352-6775 OR  
DROTHLIS@UWYO.EDU

SWEETWATER COUNTY 4-H

LET'S TALK CHICKEN!

## BIRD CLUB MEETING

We welcome all poultry club project members!

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MARCH 28, 2024  
5PM TO 6PM  
GREEN RIVER REC. CENTER MEETING ROOM

Wyoming 4-H



# Lamb/Goat/Swine Selection Workshops



## LAMB AND GOAT SELECTION WORKSHOP

MARCH 22, 2024 AT 6PM

SWEETWATER EVENTS COMPLEX BISON MEETING ROOM

## SWINE SELECTION WORKSHOP

MARCH 23, 2024 AT 1PM

SWEETWATER EVENTS COMPLEX BISON MEETING ROOM

Join Darrell Rothlisberger, Sweetwater County 4-H Educator, March 22nd and March 23rd where he will share information on how to select your baby show lamb, goat, or pig.

Any questions, please call 307-350-7735





UINTA COUNTY AND SUMMIT COUNTY 4-H PRESENT:

# DRONE CAMP

**When:** Saturday, March 16, 2024  
0830-1600 (4:00 PM)

**Where:** Ledges Event Center  
202 Park Road Coalville, UT

**Cost:** \$70. Price includes mini drone, chuck glider, and lunch. Fee waivers are available.

Ages 12+ (10-11 years old welcome with a guardian present)

Parents/guardians are welcome to sign up to be a "camper" for the day and will receive the same drone as their children.

**Please register for drone camp on Zsuite using this QR code:**

<https://4h.zsuite.org/external-event-registration/27456>



Volunteers who would like to assist with this camp are more than welcome. Please contact your 4-H office for more info.

**EXTENSION**   
**UtahStateUniversity**



Camp instruction provided by:



**AGGIE DRONE ACADEMY**

## QUESTIONS:

Wyoming 4-Hers: Sam Krieger  
307-783-0570  
[skrieger@uwyo.edu](mailto:skrieger@uwyo.edu)

Utah 4-Hers- Hailey Davis  
435-336-3219  
[hailey.davis@usu.edu](mailto:hailey.davis@usu.edu)



# Wyoming 4-H VIRTUAL CAREER NIGHT

 **MARCH 19, 2024**

 **6PM MST**

 **VIA ZOOM**

**REGISTER  
NOW!**

*Learn about different career paths and  
how to get ready for the career you want!*

UNIVERSITY  
OF WYOMING  
EXTENSION



**AMBER ARMAJO**

307-347-3431

AMWALL@UWYO.EDU

**WYOMING4H.ORG/VIRTUAL-CAREER-NIGHT**



Featuring a special  
presentation by  
**THE PETERSON  
FARM BROTHERS**



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.



**March 17, 2024**  
Sweetwater Events  
Complex Indoor  
Arena

RSVP by March  
10th





# 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







# Horse Judging Contest

March 15, 2024  
CWC Arena  
Registration-8:30  
Contest-9:00

Scan QR for Registration



3 Halter Classes  
4 Performance Classes  
Lunch Provided  
Awards



Deadline March 11<sup>th</sup>  
Entree per participant-\$15  
Contact: Haylee Lavoie  
hlavoie@fremont25.org  
307-840-4498  
Contact: Aften Fegler  
afegler@cw.edu  
207-855-2302

# 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.




# Central Wyoming

Join other Wyoming 4-H Teens (13-18), to strengthen your leadership skills.

## TEEN Leadership SUMMIT

MAY 4TH-5TH

Casper Fair Grounds  
2011 Fairgrounds Rd.  
Casper, WY 82604  
\$20 to Attend

Contacts:  
Makala Riley, Campbell County  
Emily Swinyer, Sheridan County  
Joshua Bliss, Natrona County




RSVP by April 22nd at NOON  
<https://forms.gle/K6f1ypVeYsHAz4YEA>

## 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.



**MAKE THRIVE GROW SERVE**

**ARE YOU A 4-H MEMBER, ALUMNI,  
PARENT, VOLUNTEER OR STAFF MEMBER?**

**ENROLL IN OUR  
DISCOUNT PROGRAM  
TODAY!**

 **4-H LANDING PG**



## JOANN'S CAMPAIGN

March 3rd - May 4th


Have some sewing  
or craft project  
ideas?

Bring them to life  
while helping em-  
power youth! Our  
friends at

@JOANN are giv-  
ing you a chance  
to support @4-  
H'ers with a dona-  
tion in stores  
through May 4th.  
Help inspire kids to  
create while doing  
some creating of  
your own.

#JOANNloves4H





**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.

**WYOMING 4-H**

**VOLUNTEER TRAINING SERIES**

**Beyond the County**  
**March 19, 2024**  
**6:30 to 7:30 pm**  
**<https://uwyo.zoom.us/j/92438361355>**

4-H has so much to offer. With the summer approaching join this session to learn more about what is going on beyond your county borders. Find out more about Showcase Showdown, Meats and Wool Judging, and State Fair. Learn how and when your child can travel nationally and internationally with 4-H. We will also provide information on fundraising and scholarships available for these opportunities.



**Talk to your local 4-H  
Educator about  
hosting a watch party  
at the Extension  
Office!**

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EXTENSION**



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](mailto:mroni10vs3@aol.com)

Delaney Gardea -  
[gardea1418@outlook.com](mailto:gardea1418@outlook.com)



MARCH 25TH  
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



March 11th, 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!**



# 307 Livestock Judging Contests

Friday, March 22

Northwest College

Powell, Wyoming

719 Road

Bronson Smith

307-202-2813

Registration 7:30am

Starts at 8:30am



Saturday, March 23

Casper College

Casper, Wyoming

Ag Pavillion 125 College Dr

Jeremy Burkett

307-630-6267

Registration 8:00am

Starts at 9:00am



Register on [judgingcard.com](http://judgingcard.com)



UNIVERSITY OF WYOMING  
EXTENSION



## Campbell County 4-H Shooting Sports Jackpot

CONCESSIONS  
AVAILABLE



APRIL 6 • AG COMPLEX, WRIGHT • 9AM

**THE COST IS \$2/DISCIPLINE OR \$5 FOR  
ALL**

ARCHERY • AIR RIFLE • AIR PISTOL

Please RSVP at <https://forms.gle/L1bcn9VJ5kESBrHz6>



CAMPBELL COUNTY 4-H  
dream it | explore it | live it

# PROJECT HOPE 4-H CLUB

## BARN SET UP DAY!

If you are not able to attend, please let your leaders know ASAP!



March 10, 2024

10am

at the Project Hope Barn



## HOTDOGGERS CLUB MEETINGS

The Hotdoggers meet every Thursday at 6:30pm, except the 3rd Thursday in the Events Complex Small Hall. Bring your dog and have fun! Call the office for more information, 307-352-6775.

The dog club is looking for new members today!





# 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>





## 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.



Steve 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@uwyo.edu](mailto:Smack@uwyo.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.uwyo.edu/4-h/> then select "Volunteers" and "Additional Trainings."

# Join Wyoming 4-H June 18 - 20, 2024 at Showcase Showdown

University of Wyoming - Laramie, WY

## We are looking for new workshop opportunities!

Workshops can be led by 4-H educators, a group of youth, volunteers, community members or parents

Workshop proposals are open and will close on March 3rd at 11:59pm  
[https://uwyo.sjc1.qualtrics.com/jfe/form/SV\\_54Le4v2rZ9yXaGq](https://uwyo.sjc1.qualtrics.com/jfe/form/SV_54Le4v2rZ9yXaGq)



# STATE DRONE CHAMPIONSHIPS NORTHWEST COLLEGE & UW DRONE FLIGHT TRAINING OBSTACLE COURSE RACING DRONE FILM FESTIVAL



April 20, 2024  
Northwest College-Powell  
Yellowstone Conference Center

10am-LEARN TO FLY Flight School  
12pm-Obstacle Course Racing  
2pm-Drone Film Festival  
*\* attend some or all sessions \**

Pre-Registration Preferred  
Bring your own drone (less than 300 grams with propeller guards ON borrow one if ours)

LEARN TO FLY YOUR DRONE!  
Comprehensive Drone Flight Training & Obstacle Course Racing for K-12, Tech, & College Students & Teachers Spectators Welcome!



**A-1 Recovery & Towing** **WyoTech** **AREA 52**

\$10 per student, includes a t-shirt  
Register online at: [drone-challenges.org](http://drone-challenges.org)  
all registrants receive a Wyoming Drone Flight t-shirt (while supplies last)

**GT AERONAUTICS**



*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/>





## SAVE THE DATE

### Creative Arts

April 6, 2024  
9:00 AM - 4:00 PM  
Lusk, Wyoming



#### Camp Topics

- Cake Decorating
- Quilting
- Food Preservation
- Foods and Nutrition
- Interview Judging

Registration Deadline  
March 22, 2024

Register via ZSuite Events

Registration Fee: \$10

Questions  
Mary Louise: 307-754-8836  
Erin: 307-748-3531



## SAVE THE DATE

### Small Animal

April 13, 2024  
9:00 AM - 4:00 PM  
Casper, Wyoming



#### Camp Topics

- Dog
- Cat
- Poultry
- Rabbit
- Pocket Pet
- Creating a Static Exhibit for Fair

Registration Deadline  
March 29, 2024

Register via ZSuite Events

Registration Fee: \$10

Questions  
Mary Louise: 307-754-8836  
Josh: 307-235-9400

*Southwest*

-Register Here-  
<https://bit.ly/4-HSWTeen>



**TEEN Leadership SUMMIT**

**MARCH 9, 2024**

9:00 a.m. - 4:00 p.m.

Cost \$  
1-non-perishable food item

Teen Leadership Summit is open to Wyoming 4-H Youth Ages 13-18 years old.

Topics Include: Dressing for Success - Parliamentary Procedure - Meal Etiquette - Conflict Management - Officer Training - Team Building

For more information:  
Dawn Sanchez (307) 633-4383  
Kellie Chichester (307) 334-3534  
Sara Fleenor (307) 283-1192  
Amanda Dougherty (307) 721-2571

EWC - Agriculture Technology Educational Center Building  
3401 W. C Street, Torrington

*Northwest*

**DATE & LOCATION CHANGES!**

**TEEN Leadership SUMMIT**

Cost: \$10

SATURDAY, MARCH 16, 2024  
9AM - 5PM

WASHAKIE CO. EXTENSION OFFICE -  
1200 CULBERTSON AVE. SUITE G,  
WORLD, WY 82401

OPTIONAL BOWLING & DINNER AFTER

Join other Wyoming 4-H teens (ages 13-18) to strengthen your leadership skills.

Topics include: Team Building, Career Readiness, Dressing for Success, Meal Etiquette, Financial Literacy & Community Service

CONTACTS:  
Amber Armajo, Washakie County  
Gretty Gasvoda, Big Horn County  
Mary Louise Wood, Park County  
Dawn Pell, Hot Springs County  
Jen Horton, Fremont County  
Johnathan Despain, Wind River Indian Reservation

Extended Deadline  
Register by March 8 at  
<https://forms.gle/ATL7pCIP8itDq1YeA>







# 4-H is a feeling.

More than a feeling, 4-H provides empowering experiences that create confidence and foster a sense of real belonging for kids everywhere.

Join today at  
<https://4h.zsuite.org>



# Houseplant and Seed Swap



**Saturday April 20th, 2024**

**12:00-5:00 pm**

**Rock Springs Library—400 C St.—Ferrero Room**

Do you need to thin out your houseplants and would like to share your babies? Do you want to acquire some new and possibly unique or hard to find plants? Do you have extra seeds and want to get some other varieties? Then you should come to this plant and seed swap! Start the new plants soon, so they will be ready for the swap. You can of course bring new cuttings, or newly potted plants. **Everyone is welcome even if you don't have any plants or seeds to share.**

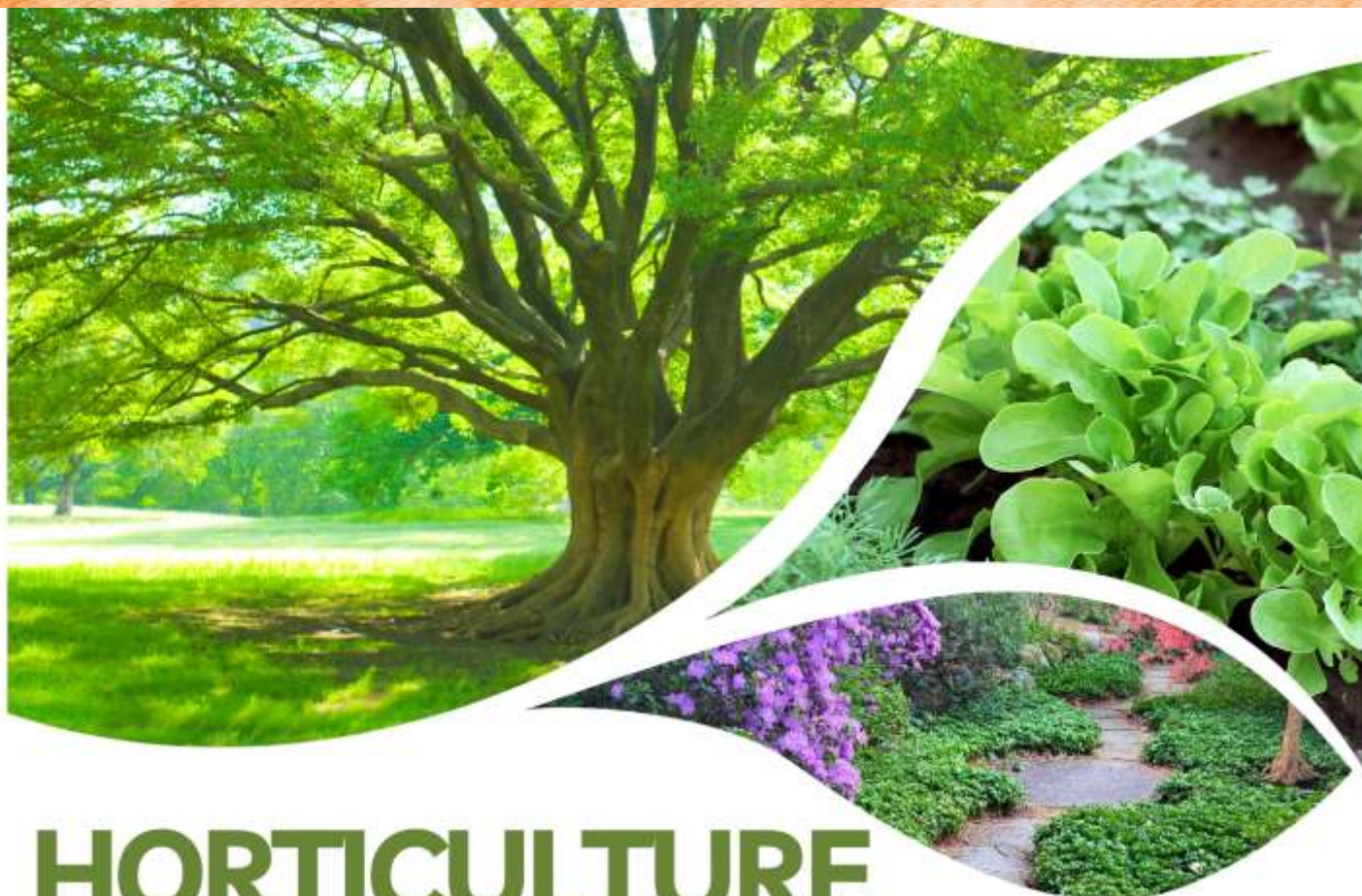
If you are planning to attend the swap, here is a list of supplies that you could bring with you:

- your rooted plants, fresh cuttings, or newly potted plants and/or seeds
- paper towels & zip baggies - you can get the towel wet and wrap them around cuttings or bare root plants and secure them in the zip baggies to protect them until you get home. There will be some available.
- a box, tote or thick bag for protecting your new plant in this chilly weather
- newspaper - lay it out to prevent your car from getting dirty when transporting plants
- pen/pencil and paper - for taking notes on plant care or jotting down names and phone numbers of the people you meet

It pays to show up early if you want to be able to trade for some of the rarer plants - these are usually first come first serve affairs. When bringing plants to trade, try not to water them immediately before the event. It makes the pots heavier and increases the chances of them leaking and making a mess in someone's car. Everyone values already rooted plants over fresh cuttings, it is a good idea to start rooting your cuttings a few weeks before the event. It is fine to bring them in plastic cups with water; you don't have to pot the plant.







# 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



[uwyocnp.org](http://uwyocnp.org)



[www.facebook.com/UWCNP](https://www.facebook.com/UWCNP)



[www.pinterest.com/uwyocnp](https://www.pinterest.com/uwyocnp)



[bit.ly/cnp-newsletters](https://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](mailto: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](mailto: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.



# CROCKPOT BEAN SOUP

recipe found at : <https://uwyocnp.org/crockpot-bean-soup/>

## Ingredients

- 4 cups cooked beans of your choice\*
- 6 cups low-sodium broth
- 1 Tablespoon garlic, chopped
- ½ large onion, minced
- 3 stalks celery, chopped
- ½ pound cooked ham, chopped
- 1 teaspoon black pepper



## Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Add all ingredients to the crockpot.
3. Cover with lid and cook on high for 2-4 hours. Serve warm.
4. Makes 6 servings
5. Note: If using dried beans, please use one of the cooking methods below.



## Instant Pot Pressure Cooker Method - Cooking Dried Beans

1. Rinse beans in cool water.
2. Soak beans overnight or for several hours in the fridge.
3. Rinse and discard cracked or split beans and pour into Instant Pot.
4. Add water (about twice as much water as beans, at least 1-2 c. in a pressure cooker).
5. Close and seal pressure cooker.
6. Cook on manual pressure for 25-30 minutes.
7. Release pressure when finished cooking. Be careful as hot steam escapes.
8. Drain beans in a colander.

## Quick Cook Method - Cooking Dried Beans

1. Rinse beans in cool water.
2. Put the beans in a large pot and add 12 cups of water.
3. Bring to a boil and boil for 2 minutes, then remove from heat. Cover pot and let sit for 1 hour.
4. Discard soaking water and add fresh water to cover the beans. Return to heat and simmer for 1-3 hours, adding water if needed.



# Wyoming 4-H

## CROSS-CULTURAL EXPERIENCES 2025



### ITALY OR FINLAND?

- **Italy** ~ Explore Ag in Northern Italy June 3-12, 2025. This tour travels down the west side of the Po River Valley from Turin through Cuneo, Langhe, and Liguria, ending in the French Riviera. Learn about centuries-old sustainable practices visiting a fruit orchard, an artisanal dairy farm, vineyards, olive farms, and more.
- **Finland** ~ Spend 2 weeks in Finland during July 2025 (exact dates TBA). You'll get to explore Helsinki, spend a few days at a youth camp, and immerse yourself in Finnish culture by living with a host families in Vierema.



**APPLY TODAY!**

Open to 4-H Members  
ages 14-18 (at time of travel)

<https://bit.ly/4-HTravel>

Applications are due:

**April 1, 2024**

**Contact Us**



**Finland**

Emily Haver

[ehaver@uwyo.edu](mailto:ehaver@uwyo.edu)

307-328-2642

**Italy**

Amber Armajo

[amwall@uwyo.edu](mailto:amwall@uwyo.edu)

307-347-3431

Dawn Sanchez

[dawns@uwyo.edu](mailto:dawns@uwyo.edu)

307-633-4383

### What's the cost?

**Italy** - \$4,900 per person

**Finland** - \$3,200 per person

\$500 deposit required upon selection. Remaining balance can be made in monthly payments.

**Scholarships are available, contact us for more info**

### What's included?

- Roundtrip Airfare
- 2 Meals a day and Lodging
- In-Country Transportation & Activities
- Travel Insurance, accident and sickness protection

### Additional expenses may include:

- Passport/Passport photos
- Immunization, if required
- Transportation to and from airport
- Spending money for souvenirs or other purchases
- One meal per day



## Sweetwater County 4-H Council Meeting

### Agenda

2/12/2024

Call to order

Pledges

Secretary Report - Minutes from 1/08/2024

Financial Update - Treasurer's Report

#### **Unfinished Business**

1. Set budget for 2023-2024
2. Shavings for Fair
3. Friends of 4-H Foundation update
4. Buckles/Banners Update
5. Update from Krisy Wardell – missing money (CD's)
6. Swine/Sheep/Goat Tagging Events
7. Dog Trailer – did the VIN match records?
8. Hughes Foundation Grant
9. Taylor Hernandez and Aurora Baker – Request for travel assistance for the Wyoming Cross-Cultural Experience to Hawaii
10. Upcoming events/plans for 2024 – carcass contest, rate of gain contest, quality assurance classes, jackpot for two days either in May or June, sheep and goat fitting clinic, beef fitting clinic, showcase showdown, 4-H camp, Jr. Leaders, etc.

#### **New Business**

1. New Educator – Darrell Rothlisberger, start date is February 19th
2. Community questions and concerns
3. Next meeting is March 11<sup>th</sup> at 6:30pm, room 1445 at the college

Adjourn

Sweetwater County 4-H Council Meeting  
Minutes  
2.12.24

Call to order: 6:30PM

Pledge: Conducted by Kristy Wardell

Attendance: Tracy Meats, Chris Meats, Monica Thompson, Katie Duncombe, Stetzen Young, JaNae Young, Patty Burton, Molly Stanton, Dan Stanton, Kristy Wardell, Laurie Thoman, Taylor Hernandez, Jolynn Porter, Delaney Gardea, Alicia Bernard, Shay Bernard, Jolene Baker, Aurora Baker

Minutes:

Correction: An Outstanding Sponsorship Invoices for Buckles to Farson instead of Farton. A motion to approve the minutes as amended was made by Pattie and 2<sup>nd</sup> by JaNae.

Treasurer's Report:

- Current bank balance as of 1.31.24 was \$13,209.70
- Deposit from FFA Buckles \$579.80
- Debit \$40 enrollment fees
- Debit \$20 enrollment fees
- Deposit \$8.71 interest
- The Wyoming State Fair cashed the check in January for \$1,479
- \$1000 Scholarship for Simeon Stott was cashed
- Balance as of 2.7.24 is \$11,379.21

Unfinished Business

- Budget for 2023-2024 – Dan made a motion to table the adoption of the 2023-2024 budget until the March meeting, so we can work better with the new educator. Second by Patty. All in favor
- Shavings for the Fair – The Council would like to have participants purchase their shavings from the Events Complex. It was requested that a schedule be created that has a specific time each day that they are sold.
  - A Motion was made by Patty to have the Events Complex purchase shavings and kids would purchase from them. Second by Dan. All in favor
- 4-H Foundation Update – none
- Buckles/Banners Update – tabled
  - Horse Development – 4-H Horse Buckle check has been sent to Tracy. The Council will purchase the buckles for each event and sponsorship, pending budget adoption.
- Putman Account - \$2,600 – was placed in the Endowment Fund; one other additional CD was deposited into the Endowment Account per Kristy's research.



- The Council is guaranteed \$4,500 each year from the Endowment Fund.
- Murdoch's money was also distributed to the state. Sweetwater County was a recipient.
- Swine/Sheep/Goat Tagging – the new educator would like mandatory in person tagging events. He has inquired about scales and is willing to go out to each community.
- Dog Trailer – vin matched the records and we will be getting a new plate and tags. The bill will come April.
- Hughes Foundation Grant – the \$1,000 has been deposited into the endowment account. Council can request that money at any time.
- Aurora Baker is requesting funding for the Cultural Exchange Experience to Hawaii
- Taylor is requesting funding for the Cultural Exchange Experience to Hawaii – she presented a flyer with information.
  - \$2900 cost
  - Basic Trip information was presented
- A motion was made by Dan to split the budgeted \$1,000 equally between the two girls for the Hawaii trip. Second by Patty was made. All in favor.
- The Final payment is in mid-May, and the Council will provide them each a check on 2.12.24.
- The Council requests a report from each participant after the trip.

#### Upcoming Events

- Events Complex Dates: A motion was made by Patty to reserve May 25-26 and June 29-30 for potential jackpots or fitting classes. Alicia B. 2<sup>nd</sup>. All in favor.
- Waiting on other events for new educator –

#### New Business

- The new educator will start February 19<sup>th</sup>
- The poultry club is starting in Green River – Dan Stanton and Burgundy will be the leaders. They are meeting monthly and working on community service event ideas.
- Dynamics Clubs is going great- currently doing a Krispie Kreme donut fundraiser.
- Dog Group is looking for new members –
  - Dog group meets Thursdays at 6:30pm in the small hall at Fair grounds.

Next meeting: March 11, 2024 at 6:30pm

Motion to adjourn the meeting was made by Patty; Alicia 2<sup>nd</sup>; all in favor.

Adjournment: 7:35pm

### **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](mailto: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/>



# March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Farson Shoot- ing Practice 6:30pm	5	6	7 Hotdoggers Meeting 6:30pm Small Hall 6:30pm Horse Committee Meet- ing, Bison Room	8 Shooting Sports Archery practice, see club for sign up times	9 Shooting Sports Air practice, see club for sign up times
10 Project Hope Barn Set Up 10am at the Barn <b>RSVP for Working Cow Horse Today</b>	11 4-H Council Meeting, 6:30pm room 1445 at the College Farson Shooting Practice 6:30pm	12	13	14 Hotdoggers Meeting 6:30pm Small Hall	15	16
17 Working Cow Horse Clinic 	18 Livestock Auction Committee Meeting 6:30pm, Mustang Room, Events Complex Farson Shooting Practice 6:30pm	19	20 Shooting Sports Monthly Club Meeting, 7pm, Bison Room/Events Complex	21 Sagehoppers Meeting 6:30pm Small Hall	22 6pm Lamb/ Goat Selection Class 6pm, Bison Meeting Room Shooting Sports Archery practice, see club for sign up times	23 1pm Swine Selection Class, Bison Meeting Room Shooting Sports Outdoor practice, see club for sign up times
24 Shooting Sports Shotgun practice 12pm	25 4 -H Dy- namics, 6:30pm, Bison Room, Events Complex Farson Shooting Practice 6:30pm	26 Fair Board Meeting, 7pm Meeting Room	27	28 Hotdoggers Meeting 6:30pm Small Hall Poultry Club Meeting 5pm at the GR Rec. Cen- ter Mtg. Room	29	30
31 						

# April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Farson Shoot- ing Practice 6:30pm	2	3	4 Hotdoggers Meeting 6:30pm Small Hall	5 Shooting Sports Archery practice, see club for sign up times	6 Shooting Sports Outdoor practice, see club for sign up times
7 Shooting Sports Shotgun practice 12pm	8 <b>4-H Coun- cil Meeting, 6:30pm room 1445 (College)</b> Farson Shoot- ing Practice 6:30pm	9	10	11 6:30pm Horse Commit- tee Meeting Room/Complex Hotdoggers Meeting 6:30pm Small Hall	12	13
14	15 Farson Shoot- ing Practice 6:30pm	16	17 Shooting Sports Monthly Club Meeting, 7pm, Bison Room/Events Complex	18 Sagehoppers Meeting 6:30pm Small Hall	19 Shooting Sports Archery practice, see club for sign up times	20 Shooting Sports Outdoor practice, see club for sign up times  Houseplant and Seed Swap, 12pm-5pm, Rock Springs Library
21 Shooting Sports Shotgun practice 12pm	22 4-H Dynamics, 6:30pm, Bison Room, Events Complex Farson Shoot- ing Practice 6:30pm	23 Fair Board Meeting, 7pm Meeting Room	24	25 Hotdog- gers Meeting 6:30pm Small Hall Poultry Club Meeting 5pm at the GR Rec. Center Mtg. Room	26	27
28	29 Farson Shoot- ing Practice 6:30pm	30				



# May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Hotdoggers Meeting 6:30pm Small Hall	3 Shooting Sports Archery practice, see club for sign up times	4 Shooting Sports Outdoor practice, see club for sign up times
5 Shooting Sports Shotgun practice 12pm	6 Farson Shooting Practice 6:30pm	7	8	9 6:30pm Horse Committee Meeting Room/Complex Hotdoggers Meeting 6:30pm Small Hall	10	11 Hairy Horse Show, Events Complex
12 <i>Happy Mother's Day</i>	13 4-H Council Meeting, 6:30pm room 1445 at the College Farson Shooting Practice 6:30pm	14	15 Shooting Sports Monthly Club Meeting, 7pm, Bison Room/Events Complex	16 Sagehoppers Meeting 6:30pm Small Hall	17 Shooting Sports Archery practice, see club for sign up times	18 Shooting Sports Outdoor practice, see club for sign up times
19 Shooting Sports Shotgun practice 12pm	20 Farson Shooting Practice 6:30pm	21	22	23 Hotdoggers Meeting 6:30pm Small Hall Poultry Club Meeting 5pm at the GR Rec. Center Mtg. Room	24	25
26	27 4-H Dynamics, 6:30pm, Bison Room, Events Complex Farson Shooting Practice 6:30pm	28 Fair Board Meeting, 7pm Meeting Room	29	30 Hotdoggers Meeting 6:30pm Small Hall	31 <b>County Shoot Air Rifle/ Pistol</b>	



Extension  
Sweetwater County

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*Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture.  
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