



the  
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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 13th - August 23rd)

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

**Darrell Rothlisberger**

UW Extension Educator  
4-H/Youth Development  
drothlis@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/>**

# *April Birthdays*

**Stetson Rothlisberger**

**Colter Cudney**

**Simeon Brady**

**Oakley Potter**

**Kendra Huntington**

**Benjamin Lail**

**Brackin Lail**

**Avery Thomas**

**Liliya Cross**

**Bailey Walsh**

**Ryker England**

**Wyatt Allen**

**Burnice Healey**

**Luke Scott**

**Molly Owens**

**Emmett Hegewald**

**Milo Terry**

**Payson Potter**

**Olivia Koepplin**

**Layfe Slagowski**

**Robert Gee**

**James King**



## **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. See page 6 for tagging events.

## **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.

# 2024

## Swine/Goat/Sheep Tagging Events

**4**  
MAY

**Green River Tagging Event**  
Location - Project Hope Barn

2:00 PM - 4:00 PM

**14**  
MAY

**Rock Springs Tagging Event**  
Location - Sweetwater Events Complex at  
the Scales

5:00 PM - 8:00 PM

**18**  
MAY

**Farson Tagging Event**  
Location - To be Determined

10:00 AM - 12:00 PM

**24**  
MAY

**Manila/McKinnon Tagging Event**  
Location - To be Determined

1:00 PM - 3:00 PM



**MORE  
INFORMATION**

307-352-6775 or  
drothlis@uwyo.edu





# 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

11TH & 25TH  
APRIL  
5PM-6PM



## Bird Club MEETINGS

Learn how to raise and show chickens, ducks, geese, turkeys, and ornamental birds with 4-H. 4-H is open to kids 8 to 18.

Green River Rec Center Meeting Room



JOIN 4-H TODAY!



Extension  
Sweetwater County

**April 9, 2024 at 5:30pm**

Room 1445 at Western Wyoming Community College

# Join the Teen Leadership Organizational Meeting!

**Learn how to lead, inspire, and make an impact.**

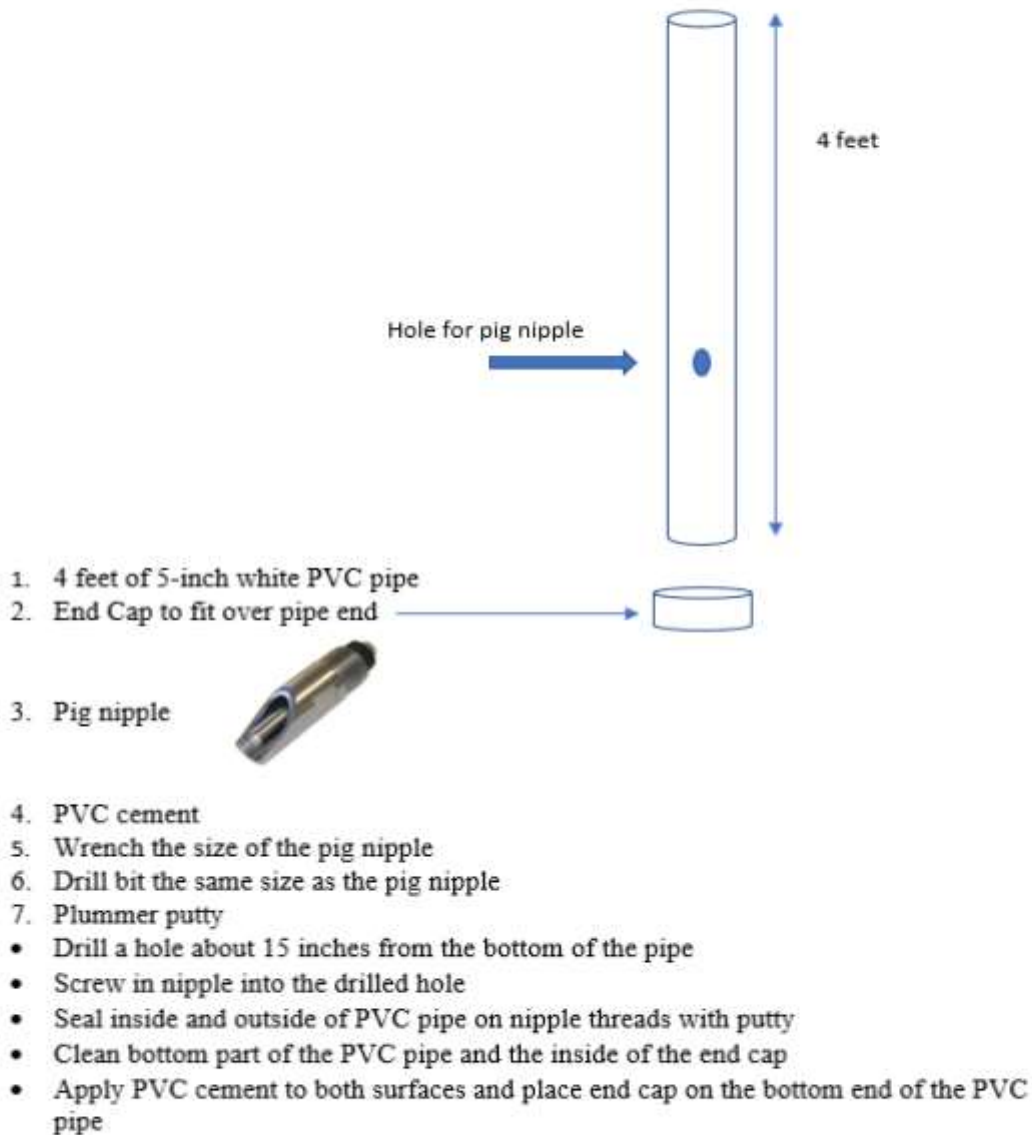
Jr. Leaders is a group of young individuals between the ages of 14 and 18 who hold an extra leadership role within the Sweetwater County 4-H Program. Come check out the meeting on April 9th! Come see what we are about and the fun that you can have!



**Sweetwater County 4-H Jr. Leaders**

New this year, all swine members must provide their own pig waterers at fair. You can buy a pig waterer or you can make your own, see directions below. All stores in town have been notified of this change and we hope they will have supplies on hand for you, Murdoch's, Bomgaars, and Wyoming Wool Warehouse. You may have to visit Ace Hardware or Home Depot for your pvc pipe. Any questions, please call the office at 307-352-6775. No pig waterers will be provided at fair, you must provide your own.

### Pig water for the Sweetwater/Dagget County Fair





# 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 Youth Resource Education Days

*endangered species, wildlife, water, history, grazing*

**June 17-20, 2024**

Pathfinder Ranches  
Alcoya, WY



## Gem City Showdown

ALBANY COUNTY FAIR ALUMNI ASSOCIATION  
JUNE 28, 2024 - JUNE 30, 2024  
ALBANY COUNTY FAIRGROUNDS  
LARAMIE, WYOMING

### FRIDAY

Showmanship Awards TBD

JUDGES: BEN & LARISSA FRITZ

NOON - BARNS & CHECK IN OPENS  
SCALES OPENS TO DECLARE WEIGHTS  
2PM - CHECK-IN CLOSES

**RING A:**

3PM - SHOWMANSHIP BEGINS  
ORDER

CATTLE SHOWMANSHIP  
SHEEP SHOWMANSHIP

**RING B:**

GOAT SHOWMANSHIP  
SCHOLARSHIP PRESENTATION  
SWINE SHOWMANSHIP  
7PM - MARKET SWINE BY BREED

### SATURDAY

Banner Day

JUDGE RING A: MONTANA BECK  
JUDGE RING B: KADE HUMMEL

WEIGHTS DECLARED BY 7:00AM

**RING A:**

9AM - CATTLE BY WEIGHT  
CATCH-A-CALF  
BREEDING CATTLE  
MARKET SHEEP BY BREED  
BREEDING SHEEP

**RING B:**

9AM - MARKET BARROW  
MARKET GILT  
BREEDING GILT  
MARKET GOATS BY WEIGHT  
BREEDING GOAT

6PM LOMO LIVESTOCK & FEED SWINE  
FUTURITY

### SUNDAY

Buckle Day

JUDGE RING A: KADE HUMMEL  
JUDGE RING B: MONTANA BECK

WEIGHTS DECLARED BY 7:00AM

**RING A:**

9AM - MARKET SHEEP BY WEIGHT

**RING B:**

9AM - MARKET GOATS BY WEIGHT

MARKET SWINE BY WEIGHT

SEE YOU IN 2025!

- SCHEDULE IS SUBJECT TO CHANGE.
- EACH DAY IS SEPARATE - MUST ENTER EACH DAY INDIVIDUALLY
- YOU ONLY NEED TO CHECK IN ONE TIME.
- WEIGH BACKS - 30% AND AT ADJES REQUEST TO DO A WEIGH BACK. ALL SWINE, SHEEP & GOAT WEIGH BACKS WILL BE ON CERTIFIED SWINE SCALE IN SWINE BARN. CATTLE WEIGH BACKS WILL BE ON CERTIFIED CATTLE SCALE IN TALBOTT BEEF PAVILION.

**RING A: OUTDOOR SHOW RING**  
**RING B: INDOOR SHOW ARENA**

ENTRY WILL BE ON SHOWMAN.APP - CHECK FACEBOOK FOR ENTRY DEADLINES

QUESTIONS? CONTACT US ON FACEBOOK OR EMAIL GEMCITYJACKPOT@GMAIL.COM

**4-H and FFA livestock  
Judging Contest April 5th  
at CWC Rustler AG and  
Equine Complex.**



**Registration is due by March 29th.**  
**\$15 fee each person. Coaches packets  
and fees due from 8—8:45 a.m. Con-  
test starts @ 9 a.m.**

**To register email [awinches@cw.edu](mailto:awinches@cw.edu)**  
**Questions Amanda Winchester -  
call or text 307-345-3313**



**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**



**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.

**Central  
Wyoming**

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

**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



**2024**



**RSVP by April 22nd at NOON**  
<https://forms.gle/K6f1ypVeYsH4z4YEA>

# ROUND UP FOR

# Wyoming 4-H


SPREAD KINDNESS

LET'S MAKE THE WORLD A BETTER PLACE,  
ONE DONATION AT A TIME!

Have some sewing or craft project ideas? Bring them to life while helping empower youth!

Our friends at JOANN are giving you a chance to support 4-H'ers with a donation 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**  
UNW | 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**

Sweetwater County

**4-H Council Meeting**



April 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!**



**Dog Obedience Workshop**

Saturday, April 20<sup>th</sup>, 2024

**Platte County Fairgrounds Arena**

Open to dog 4Hers from all counties.

For questions call  
Claire (Platte Dog Superintendent) 208-315-2138  
Brooke (Platte Dog 4H Leader) 307-331-0981  
Cheryl (Goshen Dog Superintendent) 307-532-1543

Sign up Online!  
<https://www.iattform.com/form/240855232648056>

Set up at 11am  
Sign in 12-12:30pm  
Introductions/discussion 12:30-1pm  
Workshop starts at 1pm  
Mock show about 4-5pm (all levels simultaneously)

Cost: \$10/dog



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

<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)



APRIL 22ND  
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

## VOLUNTEER TRAINING SERIES

Helping Members Reflect

April 15, 2024

6:30 to 7:30 pm

<https://uwyo.zoom.us/j/92438361355>

4-H is about hands-on learning, but what happens when the learning is done? 4-H uses the experiential learning model, asking members to do something, reflect on their learning, and then apply it to their lives. In this workshop, we will discuss tricks and tools to help member reflect on what they are doing, taking their 4-H experience to the next level. Join us to help youth in your county or maybe even your own family think beyond their project learning.



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



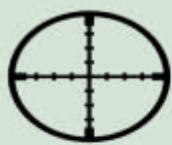
# Think a pig can't change the world? Think again.

We know Wyoming kids have a heart for helping; we also know you're never too young to join the fight against food insecurity.



Interested in participating in *Fair to Fork*?

COMPLETE THIS FORM TODAY!



## 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

# LIVESTOCK JUDGING 2024

Casper College Fall Showdown	_____	Sep. 16th, 2023
Northwest College	_____	Mar. 22nd, 2024
Casper College Spring Contest	_____	Mar. 23rd, 2024
CWC Livestock Contest	_____	Apr. 5th, 2024
Laramie County 4-H	_____	May 17th, 2024
Goshen County 4-H	_____	May 18th, 2024
Wyoming State Fair	_____	Aug. 2024



307 Livestock Judging  
Hosting Application  
<https://bit.ly/307LJHost>



307 Livestock Judging Page  
<https://bit.ly/307LJ5>

## QUESTIONS?

Contact

Ellie Riske 307-314-4495  
4-H Youth Livestock Coordinator [eriske@uwyo.edu](mailto:eriske@uwyo.edu)



# Feeding Show Sheep and Goats 1.0

April 1st - 6pm

Via Zoom or join the watch party from the Washakie County Extension Office

INSTRUCTORS:  
GEORGIA YOUNGLOVE AND  
CAIDEN HEALEY  
EWC LIVESTOCK SHOW TEAM



REGISTER HERE:

<https://forms.gle/UpYGi8CvYdMnNt9W>



# Swine Nutrition & Management

April 8th - 6pm

Washakie County  
Extension Office

1200 Culbertson- Suite G



Presented by:

**Dani & Mike Warner**  
Badlands Swine Genetics

# 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 FORMS



**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 Merrill, Director  
 Wyoming State 4-H Foundation  
 College of Agriculture and Natural Resources  
 1000 East University Ave. Dept.  
 3254  
 Laramie, WY 82071  
 (307) 766-5170  
[Smerrill@uwyo.edu](mailto:Smerrill@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."

## Two Livestock Judgings Back-to-Back

### Laramie County 4-H Friday May 17, 2024

Registration 1:00 p.m.  
Contest: 1:30 p.m.

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

Contact: Dawn Sanchez  
(307) 633-4383  
(307) 799-8780 - cell

Thanks to LCCC for providing facilities.



### Goshen County 4-H Saturday May 18, 2024

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

Contact: Amy Smith  
(307) 532-2436

Goshen County Fairgrounds  
4740 US Hwy 26/85,  
Torrington, WY 82240



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 at the contest

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

## 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)



# 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.

### 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



**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  
 307-328-2642

### Italy

Amber Armajo      Dawn Sanchez  
 amwall@uwyo.edu      dawn@uwyo.edu  
 307-347-3431      307-633-4383



## 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

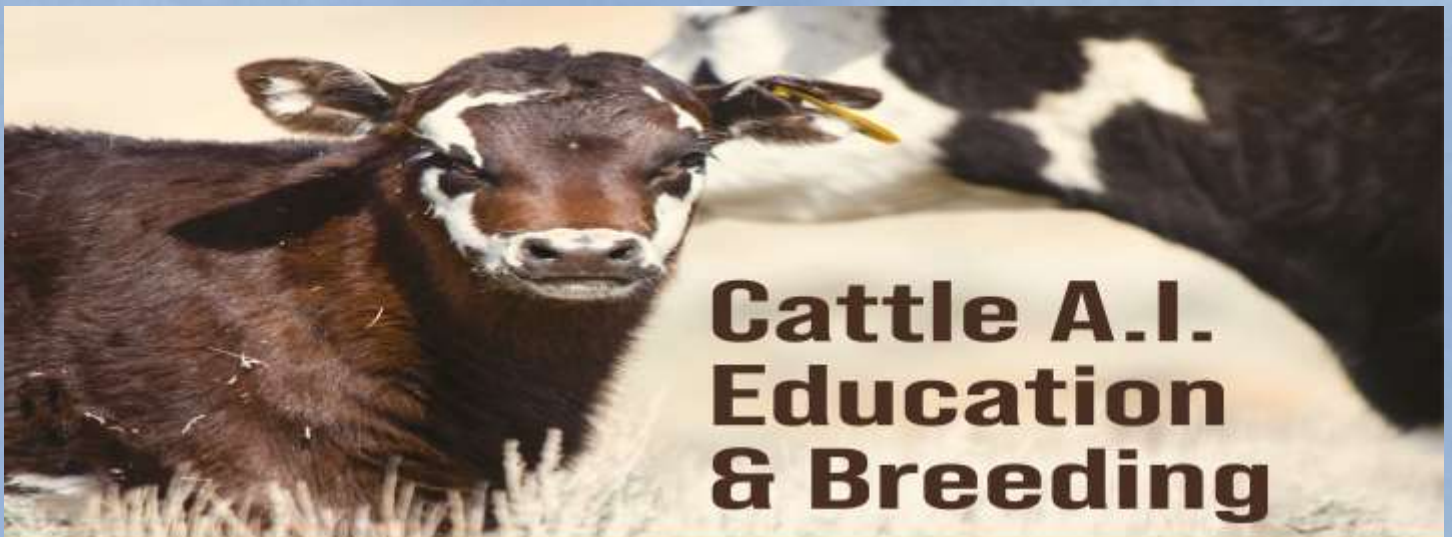
- Dog
- Cat
- Poultry
- Rabbit
- Pocket Pet
- Creating a Static Exhibit for Fair

Registration Deadline  
March 29, 2024

Register via ZSuite Events

Registration Fee: \$10

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



# Cattle A.I. Education & Breeding

## Learn About Artificial Insemination

Breeding | Nutrition | Selection

May 9th at 4pm

## Get Females Bred

May 28th in Campbell  
May 29th in Fremont

RSVP by May 1st! <http://tiny.cc/24cattleaibreeding>

### Questions? Contact Us!

Chance Marshall: [cmarsha1@uwyo.edu](mailto:cmarsha1@uwyo.edu) | 307-332-2363  
Kim Fry: [kbell10@uwyo.edu](mailto:kbell10@uwyo.edu) | 307-682-7281

 UW John P. Ellbogen Foundation Grant Funded



# Sweetwater County 4-H Council Fundraiser



## Silent Auction Baskets for Fair (displayed all week)

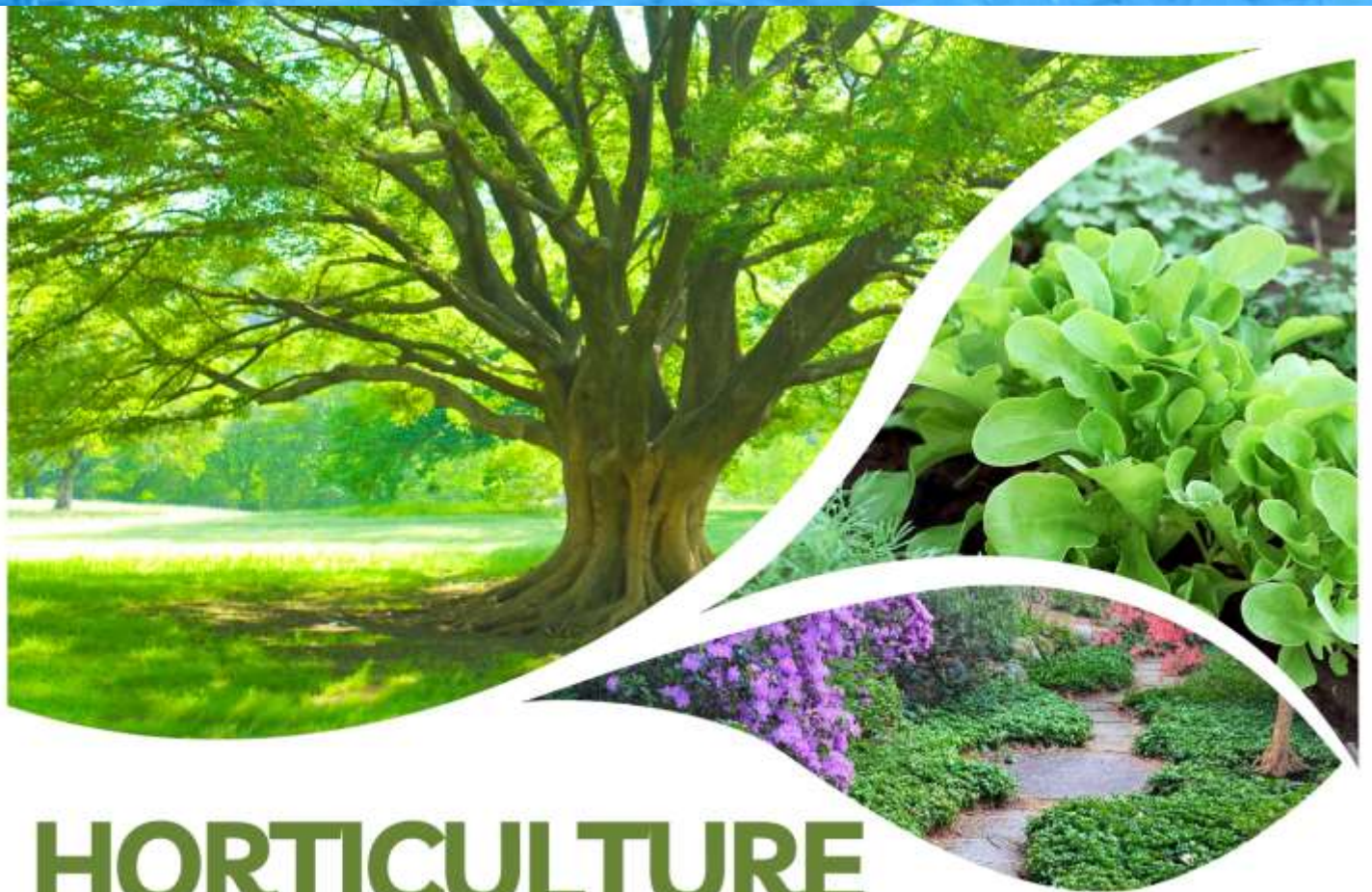
### The Gist:

- Each club/committee will provide 2 silent auction baskets with a value of \$50 or more. Can be totally up to the club since they know their budget best.
- We will display the baskets during fair week for all visitors to see and then move them down to the indoor arena for the Buyer's BBQ.
- Please reserve 2 themes with the Extension Office so we don't have repeat themed baskets to sell.



### Ideas for Themes to Select From

- |   |                  |              |                    |
|---|------------------|--------------|--------------------|
| • USA Pride                                     | • Spa Basket     | • Crafty     | • Home Decor       |
| • SWCO Proud (locally made or offered items)    | • UW             | • Chef       | • Sweet Treats     |
| • Daggett Proud (locally made or offered items) | • Sports Fanatic | • Fisherman  | • Movie Night      |
| • Summer Fun                                    | • BBQ Season     | • Wild Horse | • Ultimate Kid Fun |
|   | • Hunter         | • Camping    | • Ranch            |
|   | • Car Detailing  | • Shooting   | • Pet Basket       |



# 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](mailto: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





# 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.



# 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.cnpp.org](http://uwyo.cnpp.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://uwyo.cnpp.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.

# MIXED FRUIT PARFAIT

recipe found at : <https://uwyo.cnp.org/mixed-fruit-parfait/>

## Ingredients

- 1 cup fresh, frozen, or dried fruit of choice (cherries, apples, blueberries, strawberries, peaches, pears, pineapple, etc.)
- 2 cups low-fat yogurt, vanilla, plain, or your favorite flavor
- 1/2 cup granola or crushed cereal (optional)



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## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If fruit is frozen, allow it to thaw. Cut large pieces of fruit into bite-sized pieces.
3. Layer a small amount of yogurt and fruit in three glasses.
4. Repeat layers until glass is full.
5. Top with granola or crushed cereal (optional).
6. Serve and enjoy.

\*Makes 3 servings



## Sweetwater County 4-H Council Meeting

### Agenda

3/11/2024

Call to order

Pledges

Secretary Report - Minutes from 2/12/2024

Financial Update - Treasurer's Report

#### Unfinished Business

1. Introduction – Darrell Rothlisberger, new UW Extension Educator for Sweetwater County
2. Set budget for 2023-2024
3. Friends of 4-H Foundation update – Mary Hamilton
4. Buckles/Banners – make a plan to get sponsorships
5. Swine/Sheep/Goat Tagging Events – set dates. Auction Committee meeting is Monday, March 18<sup>th</sup> at 6:30pm in Mustang Room at the Events Complex.
6. Upcoming events/plans for 2024, we have had to back out of the earlier dates of May 25<sup>th</sup> and 26<sup>th</sup> due to it being a holiday weekend and no Extension Office staff available that weekend. The June 29<sup>th</sup> and 30<sup>th</sup> dates have changed some, see below.
  - a. Jackpot show – will be postponed until 2025 due to no space at the Events Complex, we need to have dates to Events Complex by September 15<sup>th</sup> for 2025.
  - b. Quality Assurance Classes
  - c. Lamb/Goat Selection Class – March 22<sup>nd</sup> at 6pm, Bison Meeting Room Events Complex
  - d. Swine Selection Class – March 23<sup>rd</sup> at 1pm, Bison Meeting Room Events Complex
  - e. Jr. Leaders – Teen Organization Meeting, April 9<sup>th</sup> at 5:30pm in room 1445 at Western Wyoming Community College
  - f. Showmanship Clinic – June 28<sup>th</sup> East End of the Indoor Arena, 9am to 11am is Beef and Swine and 1pm to 3pm is Sheep and Goat. Set up pens the night of June 27<sup>th</sup> at 5:30pm. RSVP is due June 21<sup>st</sup> to attend.
  - g. 4-H Camp – June 25<sup>th</sup> – 27<sup>th</sup>
  - h. Livestock Judging Clinic – June 29<sup>th</sup>, 9am to 3pm, Bison Meeting Room Events Complex

#### New Business

1. Purchase of portable scales
2. Community questions and concerns
3. Next meeting is April 8<sup>th</sup> at 6:30pm, room 1445 at the college

Adjourn

Sweetwater County 4-H Council Meeting  
Minutes  
3.11.24

Call to order: 6:33PM

Pledge: Conducted by Molly Stanton

Attendance: Tracy Meats, Katie Duncombe, Alicia Bernard, Molly Stanton, Dan Stanton, Shay Bernard, Chris Meats, Darrell Rothlisberger, Dawn Bodin, Monica Thompson, Kristy Wardell, Delaney Gardea

Minutes: February 12, 2024

A motion to accept the minutes was made by Dan; 2<sup>nd</sup> by Molly; All in favor  
Correction: None

Taylor Thoman Hernandez – Thank you for the Hawaii Trip donation

Treasurer's Report:

- Current bank balance as of 2/29/24 is \$11,379.21
- Deposit 2/14/24 Horse Development Committee Buckles \$744
- Deposit 2/23/24 Farson FFA Buckles \$98.70
- Deposit 3/8/24 \$462.14 4-H Registration
- Interest for the month 2/29/24 \$6.70
- Checks \$500 x 2 for Hawaii Trip
- Balance as of 3/12/24 \$11,690.75

1. Joann's Round up – Tracy will work on a poster.
2. Introduction – Darrell Rothlisberger, new UW Extension Educator for Sweetwater County
3. Set budget for 2023-2024
  - a. A motion was made by Dan that the budget is left as is and we pull out of the endowment as needed; 2<sup>nd</sup> by Delaney; All in Favor
  - b. Remove the Jackpot from 2023-2024 budget
  - c. Darrell is willing to take the Junior Leaders Group to a few larger companies to ask for donations.
  - d. Check with car dealerships
  - e. Memorial Hospital of Sweetwater County
  - f. Chamber of Commerce Newsletter
  - g. The Dog group may be willing to help pay for their own buckles. The leader will bring it up to their club.
4. Friends of 4-H Foundation update – Mary Hamilton

- a. Campaign Fundraiser for Alumni – campaign at County Fair using posters; ask people to be included in an alumni list; once we get a list, we could reach out to them.
- b. Sorrel will be contacted about attending a monthly meeting to ask businesses for a donation. Kristy will ask what the business group is and when they meet.
- c. The Horse Committee will purchase all of their own buckles including showmanship (Horse Only).
- 5. Buckles/Banners – make a plan to get sponsorships
  - a. Access a business list and ask clubs to help reach out to businesses for buckles sponsors. The group may come up with a form letter for kids to take with them.
- 6. Swine/Sheep/Goat Tagging Events – Auction Committee meeting is Monday, March 18<sup>th</sup> at 6:30pm in Mustang Room at the Events Complex.
  - a. Looking at a portable scale for tagging events.
  - b. Will know more about dates at the Auction committee meeting
- 7. Upcoming events/plans for 2024, we have had to back out of the earlier dates of May 25<sup>th</sup> and 26<sup>th</sup> due to it being a holiday weekend and no Extension Office staff available that weekend. The June 29<sup>th</sup> and 30<sup>th</sup> dates have changed some, see below.
  - a. Jackpot show – will be postponed until 2025 due to no space at the Events Complex, we need to have dates to Events Complex by September 15<sup>th</sup> for 2025.
  - b. Quality Assurance Classes -will look at additional classes if needed.
  - c. Lamb/Goat Selection Class – March 22<sup>nd</sup> at 6pm, Bison Meeting Room Events Complex (Including Quality Assurance)
  - d. Swine Selection Class – March 23<sup>rd</sup> at 1pm, Bison Meeting Room Events Complex (Including Quality Assurance)
  - e. Jr. Leaders – Teen Organization Meeting, April 9<sup>th</sup> at 5:30pm in room 1445 at Western Wyoming Community College
    - i. This will be for 14-18 year olds.
    - ii. Training for 4-H Club Officers
    - iii. Ambassadors to promote 4-H and speak on behalf of 4-H.
  - f. Showmanship Clinic – June 28<sup>th</sup> East End of the Indoor Arena, 9am to 11am is Beef and Swine and 1pm to 3pm is Sheep and Goat. Set up pens the night of June 27<sup>th</sup> at 5:30pm. RSVP is due June 21<sup>st</sup> to attend.
  - g. 4-H Camp – June 25<sup>th</sup> – 27<sup>th</sup>
    - a. Making plans with Unita County
    - b. \$50 per child
  - h. Livestock Judging Clinic – June 29<sup>th</sup>, 9am to 3pm, Bison Meeting Room Events Complex

#### New Business

- 1. Community questions and concerns
  - a. Dynamics Club is looking for storage.

- b. The 4-H Council has a semi-trailer located at Zueck's Yard; look at moving the trailer and explore what is inside.
  - c. Discussion of Meat Rabbits and age.
2. Next meeting is April 8<sup>th</sup> at 6:30pm, room 1445 at the college

Molly moves to adjourn; 2<sup>nd</sup> by Delaney; All in favor  
Adjournment at 7:40pm

### 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/>



# April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Scholarships due April 1st!</b>	<b>1</b> Project Hope Meeting 6pm GR Library Farson Shooting Practice 6:30pm	<b>2</b> Corral Crew 6pm to 8pm, Bison Meeting Room Events Complex	<b>3</b>	<b>4</b> Hotdoggers Meeting 6:30pm Small Hall	<b>5</b> Shooting Sports Archery practice, see club for sign up times	<b>6</b> Shooting Sports Outdoor practice, see club for sign up times
<b>7</b> Shooting Sports Shotgun practice 12pm	<b>8</b> <b>4-H Council Meeting, 6:30pm room 1445 (College)</b> Farson Shooting Practice 6:30pm	<b>9</b> 4-H Jr. Leaders - Teen Organizational Meeting, 5:30pm, room 1445 at College	<b>10</b>	<b>11</b> 6:30pm Horse Committee Meeting Room/Complex Hotdoggers Meeting 6:30pm Small Hall 5pm Bird Club GR Rec Center	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> Farson Shooting Practice 6:30pm Auction Committee Meeting 6:30pm Mustang Room Events Complex	<b>16</b>	<b>17</b> Shooting Sports Monthly Club Meeting, 7pm, Bison Room/Events Complex	<b>18</b> Sagehoppers Meeting 6:30pm Small Hall	<b>19</b> Shooting Sports Archery practice, see club for sign up times	<b>20</b> Shooting Sports Outdoor practice, see club for sign up times Houseplant and Seed Swap, 12pm-5pm, Rock Springs Library
<b>21</b> Shooting Sports Shotgun practice 12pm	<b>22</b> 4-H Dynamics, 6:30pm, Bison Room, Events Complex Farson Shooting Practice 6:30pm	<b>23</b> Fair Board Meeting, 7pm Meeting Room	<b>24</b>	<b>25</b> Hotdoggers Meeting 6:30pm Small Hall Bird Club Meeting 5pm at the GR Rec Center Mtg. Room	<b>26</b>	<b>27</b> 4-H Horse Development Clinic, 9am to 5pm Indoor Arena (English)
<b>28</b>	<b>29</b> Farson Shooting Practice 6:30pm	<b>30</b>				

# May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1 Shootig Sports Schol- arship Due</b> <b>Dog ID's are Due to the Extension Office</b>	<b>2</b> Hotdoggers Meeting 6:30pm Small Hall	<b>3</b> Shooting Sports Archery practice, see club for sign up times	<b>4</b> Shooting Sports Outdoor practice, see club for times <b>Green River Tagging Event</b>
<b>5</b> Shooting Sports Shotgun practice 12pm	<b>6</b> Project Hope Meeting 6pm GR Library  Farson Shooting Practice 6:30pm	<b>7</b>	<b>8</b>	<b>9</b> 6:30pm Horse Commit-tee Meeting Room/Complex Hotdoggers Meeting 6:30pm Small Hall	<b>10</b>	<b>11</b> Hairy Horse Show, Events Complex
<b>12</b>	<b>13 4-H Council Meet- ing, 6:30pm room 1445 at the College</b> Farson Shoot- ing Practice 6:30pm	<b>14 Rock Springs Tagging Event</b>	<b>15</b> Shooting Sports Monthly Club Meeting, 7pm, Bison Room/Events Complex	<b>16</b> Sagehoppers Meeting 6:30pm Small Hall	<b>17</b> Shooting Sports Archery practice, see club for sign up times	<b>18</b> Shooting Sports Outdoor practice, see club for times <b>Farson Tagging Event</b>
<b>19</b> Shooting Sports Shotgun practice 12pm	<b>20</b> Farson Shoot- ing Practice 6:30pm	<b>21</b>	<b>22</b>	<b>23</b> Hotdoggers Meeting 6:30pm Small Hall Poultry Club Meeting 5pm at the GR Rec. Center Mtg. Room	<b>24 Manila/ McKinnon Tagging Event</b>	<b>25</b>
<b>26</b>	<b>27</b> 4-H Dynamics, 6:30pm, Bison Room, Events Complex Farson Shoot- ing Practice 6:30pm	<b>28</b> Fair Board Meeting, 7pm Meeting Room	<b>29</b>	<b>30</b> Hotdoggers Meeting 6:30pm Small Hall	<b>31</b> County Shoot Air Rifle/ Pistol	

# June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1 County Shoot Muzzle-loader Tagging Deadline for Sheep/Swine/Goat
2 County Shoot Shotgun	3 Project Hope Meeting 6pm GR Library	4	5	6	7 County Shoot Archery	8 County Shoot .22 rifle/pistol
9	10 4-H Council Meeting, 6:30pm room 1445 (College)	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 4-H Camp Fair Board Meeting, 7pm Meeting Room	26 4-H Camp	27 4-H Camp 5:30pm pen set up for Showmanship Clinics	28 Showmanship Clinics Indoor Arena East side, 9am-11am: Beef/Swine and 1pm-3pm: Lamb/Goat	29 Livestock Judging clinic 9am to 3pm, Bison Meeting Room Events Complex
30						



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Extension  
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**Darrell Rothlisberger**  
UW Extension 4-H Educator/Youth Development  
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# Wyoming 4-H

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