



the
**CLOVER
CHATS**

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

Winter Hours

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

Summer Hours

(May 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

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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/>

May Birthdays

Winona Gines

Travis Baker

Sarah Baker

Heidi Frandsen

Jessica Taylor

Kole Johnson

Bryndalynn Abbott

Myleah Swanson

Rayan Cordova

Ryley Cordova

Addisyn Potter

Aimee Robb

Cash Butcher

Joslynn Thompson

Izabella Schmidt

Leonor Moreno

Ava Oliver

Alexandria Robinson

Kroy Nacey

Sloane Dorman

Zoe Thompson

Haylee Boodleman

Jessie Horn

Josie Jeppsen

Makynli Potter

Gunner Brown

Steven Turner

Lola Williams

Wesley Olsen

Allen Crofts

Bo Poulsen

McKinlee Maser

Chancey Anderson

Aimee Robb

4-H Scholarships

*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/>)

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

4-H Camp: Save the date, June 25th - June 27th in Unita County.

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.

4-H Volunteer Summit (September 27th - 29th): Join 4-H volunteers from around the region to learn more about how to develop active, vibrant 4-H clubs and project learning opportunities. Location is Casper, WY, \$100 cost (lodging on your own). This event is for any current or potential 4-H volunteers.

National 4-H Congress (November 29 - December 3, 2024): 2024 Applications will be open April 15, 2024 and will be due before July 29, 2024. Youth ages 14 and older are invited to be part of the 2024 Wyoming Delegation. Must be 14 by January 1st of that year. National 4-H Congress dates are November 29-Dec. 3, 2024 in Atlanta, Georgia. An educational experience designed to make an impact. Join us to expand your skills, engage with other 4-H members, and be inspired to make an impact in your club, community, country, and world. For more information please visit <https://www.national4-hcongress.com>.

2024

Swine/Goat/Sheep Tagging Events

4
MAY

2:00 PM - 4:00 PM

Green River Tagging Event

Location - Project Hope Barn

14
MAY

5:00 PM - 8:00 PM

Rock Springs Tagging Event

Location - Sweetwater Events Complex at the Scales

18
MAY

10:00 AM - 12:00 PM

Farson Tagging Event

Location - Sheep Tagging at Boodleman's Residence at 10am, Goat/Swine Tagging to follow at Patty Burton's Residence

24
MAY

8:00 AM - 3:00 PM

Manila/McKinnon Tagging Event

Location - Manila Rodeo Grounds



**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

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

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.

307-352-6775 or drothlis@uwyo.edu

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

Calling All Jr. Leaders!

Join us for a Jr. Leaders
Meeting

Discover your potential,
find your spark, and
become a leader in your
4-H community today!



May 13, 2024

5:30pm

Room 1445

**Western Wyoming
Community College**

Any questions please call:

307-352-6775

drothlis@uwyo.edu

LET'S TALK CHICKEN!

BIRD CLUB MEETING

We welcome all poultry club project members!

MAY 30, 2024

5PM TO 6PM

GREEN RIVER REC. CENTER MEETING ROOM

Wyoming 4-H



Sweetwater County 4-H Buckle Sponsorship Form



You have the opportunity to sponsor a 4-H buckle at the Sweetwater County Fair. The cost of the buckle sponsorship is \$100.00 per buckle. Buckle sponsors will be recognized at the 4-H Livestock Shows, on Facebook, and within the monthly Clover Chats newsletter. Sponsorships are due May 15, 2024.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Please indicate which buckle(s) that you are interested in sponsoring by visiting our buckle list in SignUpGenius. Go to www.signupgenius.com and search for creator's email of tmeats@uwyo.edu. Then select 4-H Buckle Sponsorships for the 2024 Sweetwater County Fair (\$100 sponsorship for each buckle). You can use the website as a guest or create an account. The direct link for the sign up buckle list is:
<https://www.signupgenius.com/go/10C0949ADA823A3F5C70-48999836-4hbuckle>

- Please assign me a random buckle(s) for my \$100 Sponsorship
- I have marked my buckle(s) choices in SignUpGenius

Please Make Checks Payable To: Sweetwater County 4-H Leaders Council
 (please indicate Buckle Sponsor in the memo line)

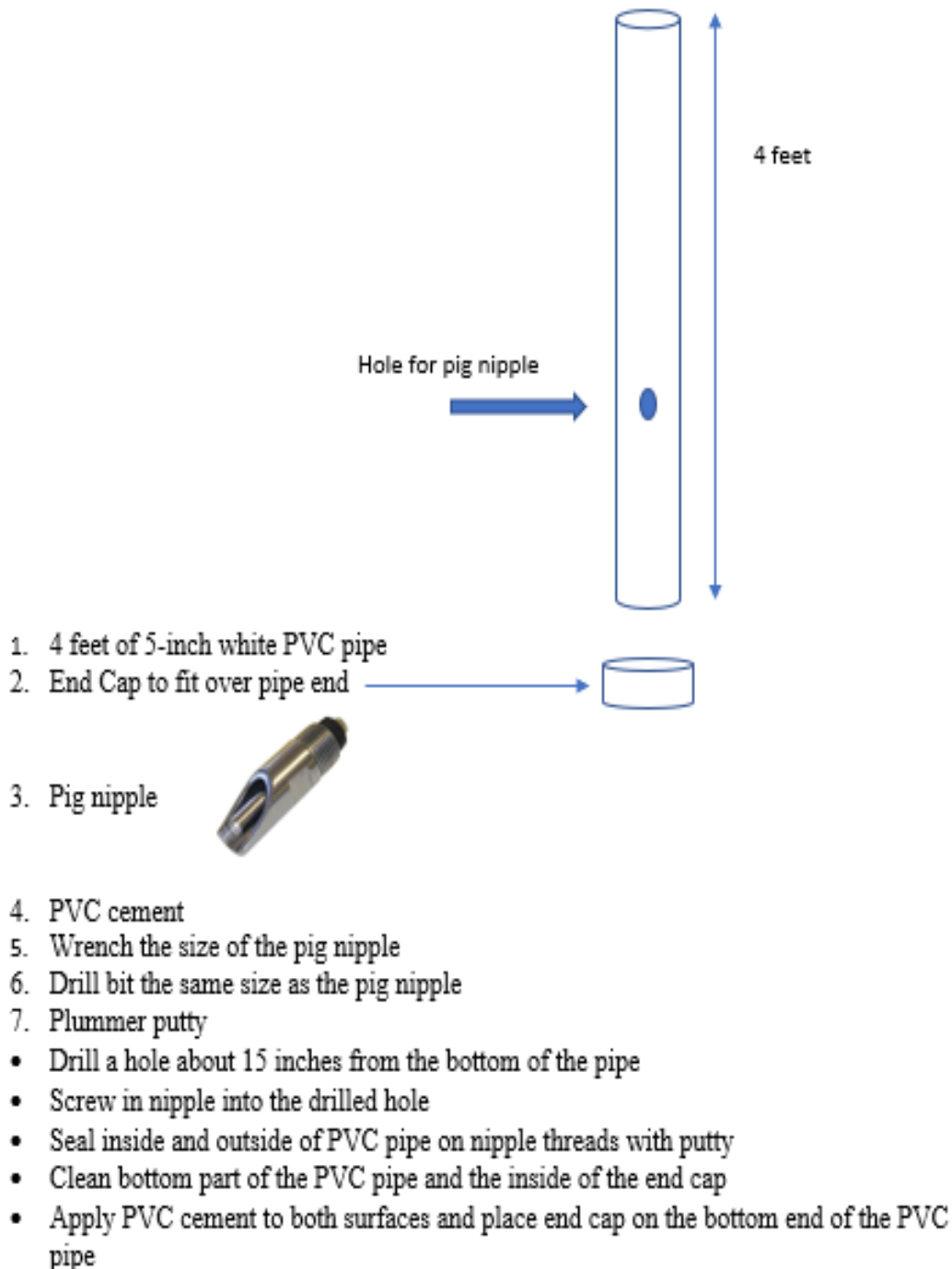
Venmo payment to: @sweetwatercounty4h

Return this form and check or cash to: Sweetwater County 4-H Leaders Council, 2500 College Drive A-700, Rock Springs, WY 82901. If dropping off in person, please visit office 1341 or 1342 at the college.

_____ # of buckles sponsored x \$100 = _____ Total Amount of Sponsorship

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 Waterer 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



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



INTERMOUNTAIN LIVESTOCK & MEATS JUDGES TRAINING

Spanish Fork, Utah

MAY
9-11, 2024

Join us for a one-of-a-kind camp that prepares youth to compete in livestock and meats judging contests locally and nationally.

The first 25 registrants will receive a custom travel mug!

- ✓ \$40 Saturday Contests
- ✓ \$100 Adult Attendees
- ✓ \$150 Camp Tracks

435-623-3450
jessie.hadfield@usu.edu

<https://extension.usu.edu/utah4h/events/intermountain-livestock-judges-training>



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 BARRROW

MARKET DLT

BREEDING GLT

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!

RING A: OUTDOOR SHOW RING

RING B: INDOOR SHOW ARENA

* SCHEDULE IS SUBJECT TO CHANGE
 * EACH DAY STARTS AT 10:00AM - MUST ENTER EARLY AND EARLY!
 * YOU WILL NEED TO CHECK IN ON TIME
 * WEIGH RINGS: SHOWMANSHIP BEGINS SUBJECT TO JUDGE'S SCHEDULE. ALL SWINE SHEEP & GOAT
 WEIGH RINGS WILL BE ON CATTLE'S CORN SCALE IN CORRAL BARN. CATTLE WEIGH RINGS WILL
 BE IN THE RING CATTLE SCALE IN THE RING BARN.

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

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

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



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/K6f1ypVeYsHAz4YEA>

Wyoming State Fair Exhibitor Newsletter Sign Up

Last year we launched the Wyoming State Fair Exhibitor newsletter and we were able to share it with all 4H advisors and FFA educators. The newsletter covers changes (weigh cards, drug testing, new premium book categories), deadlines, and important dates which are great assets for our participants.

This year we want this to continue to be a tool for exhibitors and youth attending the Wyoming State Fair. I have attached below both the link and QR code for our mailing list sign-up. If you would please share this with your contacts it would be greatly appreciated.

<https://wystatefair.us9.list-manage.com/subscribe?u=003e444153b7b948315ce90b0&id=85c6511bbc>



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





WEST AREA
TETON
LINCOLN
SUBLETTE
SWEETWATER
UINTA

THURSDAY, JUNE 13
AFTON CIVIC CENTER
Table setting 8:00 AM, everything
else 10:00 AM

FOOD COOKOFF
CAKE DECORATING
PRESENTATIONS
LIVESTOCK SKILLATHON
PRODUCE JUDGING
TABLE SETTING

**SHOWCASER!
SHOWDOWNER!**

Register on the
Events tab through

REGISTRATION DEADLINE
June 6



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

Basic First Aid
May 2, 2024
6:30 to 7:30 pm
<https://uwyo.zoom.us/j/92438361355>

Does your 4-H club or project have a first aid kit? Is it stocked with the correct items, and do you know how to use them? Join us to talk more about basic first aid. This is a great training for volunteers, parents, and even older youth!



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





Platte County 4-H HIPPOLOGY AND HORSE BOWL INVITATIONAL

SATURDAY, MAY 11, 2024

9:30 AM
PLATTE COUNTY FAIRGROUNDS, WHEATLAND

REGISTER ONLINE!

LUNCH PROVIDED



TOP PLACING SENIOR MEMBERS WILL HAVE THE OPPORTUNITY TO TRAVEL TO A NATIONAL HORSE BOWL COMPETITION! CLOVERBUDS CLASSES!

FOR MORE INFORMATION:
STACY BUCHHOLZ, 307-322-3667, STACY@UWYO.EDU

MAY 20TH
TIME AND PLACE TBA

4-H PHOTOGRAPHY
WORKSHOP

**4-H
DYNAMICS**

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



SAVE THE DATE

Expressive Arts

May 11, 2024
9:00 AM - 4:00 PM
Cheyenne, WY



Camp Topics

- Welding
- Visual Arts
- Photography
- Knitting
- Felting
- Woodworking

Registration
Deadline
May 7, 2024

<https://tinyurl.com/zp8fmy1>

Questions
Mary Louise: 307-630-1705
Kristi: 307-633-4383

Wyoming 4-H

Sweetwater County

4-H Council Meeting



May 13th, 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!**

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.



#307fairtofork



Interested in participating in *Fair to Fork*?

COMPLETE THIS FORM TODAY!



THE BLUE & GREEN CHALLENGE

WYOMING State Fair SINCE 1885

Wyoming Legislation has launched a match funding challenge for the Wyoming State Fair Endowment. If we can raise \$500,000 by June 1, 2024, they will give us \$500,000. To meet this goal we need your help! We have already launched a Text2Give donation option and hosted a Fundraising concert but there is still much to do!

Some 4-H Clubs and FFA Chapters are joining forces with us to help meet this goal. We've crafted a fun and unique way for them to participate, and their hard work will be handsomely rewarded. The club or chapter that raises the most funds will receive an exclusive first pick of our exciting rewards. We are immensely grateful to Wyoming FFA & 4-H for their invaluable support and dedication to the Wyoming State Fair's vibrant future.

For more details or to join this campaign, please reach out to Rindy West. Your involvement is crucial in securing the future of the Wyoming State Fair. Together, we can make this happen! Thank you for supporting the WSF Endowment Campaign!

RECOGNITION LEVELS

- \$500 Donations
- \$1000 Donations
- Top 3 Donations



SCAN TO DONATE

TEXT
"WYFAIR" TO
243725 TO
DONATE NOW

PRIZES FOR THE TOP 3 CONTRIBUTORS

- Golf Cart for the week of State Fair
- First choice of a livestock trailer spot
- Old-fashioned ice cream party at State Fair

Albany County 4-H invites you to:

It's me or the...



DOG SHOW!!



May 18th, 2024

Albany County Fairgrounds
Laramie, WY
8am-9am Registration
9am Show Time!

Preregistration: \$7 entry per class, \$10 after May 15th
FREE to attend

More information: 307-721-2571

Please bring current health certificate!

Scan the QR code to register online!
*will need to pay on day of the show



WYOMING 4-H VOLUNTEER SUMMIT

Join 4-H volunteers from around the region to learn more about how to develop active, vibrant 4-H clubs and project learning opportunities.



WHERE: CASPER, WY

WHEN: SEPTEMBER 27TH-29TH

WHO: ANY CURRENT OR POTENTIAL 4-H VOLUNTEER

COST: \$100 --MEALS AND PROGRAMMING INCLUDED, LODGING ON YOUR OWN

Workshops, sharing, networking, and FUN!



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>

NOVEMBER 29- DECEMBER 3, 2024
in **ATLANTA, GA**

Agers 14 (as of January 1st of that year) and older, are invited to be part of the 2024 Wyoming delegation.

NATIONAL 4-H CONGRESS

A chance for youth to expand their skills, engage with other 4-H members and Be inspired to make an impact in your club, community, county and world!

Applications open April 15! If interested, don't wait to apply.

Apply by July 29, 2024 at https://wyoming4h.formstack.com/forms/conference_congress_app

Only complete applications considered.

More information at <http://www.uwyo.edu/4-h/opportunities/travel.html>

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.

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>

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

Wyoming 4-H Deadline extended to May 1, 2024

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://form.jotform.com/240576340375154>
Applications are due:
Deadline extended to May 1, 2024

Contact Us

Finland
Emily Haver
ehaver@uwyo.edu
307-328-2642

Italy
Amber Armajo
amwall@uwyo.edu
307-347-3431

Dawn Sanchez
dawns@uwyo.edu
307-633-4383



4-H CLOVERBUD DAY CAMP

June
1ST
1PM - 2:30PM

Ages
5-7 years

A parent/guardian
must stay with
their child

Please let us
know if you are
attending to
help plan for
snacks



OUTDOOR FUN ACTIVITY STATIONS



WESTERN WYOMING COMMUNITY COLLEGE
2500 COLLEGE DRIVE, ROCK SPRINGS
ROOM 1445 AND WESTERN COMMONS AREA
OUTDOOR AREA BEHIND AQUATIC CENTER

307-352-6775
drothlis@uwyo.edu

CATTLE A.I. CLINIC



WHO: Open to Youth & Adults

WHAT: Learn how to A.I.
your own cows

WHEN: May 13-15 2024
from 8am-5pm

WHERE: Uinta Co. Extension Office
228 9th St. Evanston, WY

\$150 / person

Limited Availability

Register by May 1st
by clicking the link
below, or give us a
call!

Register Now!

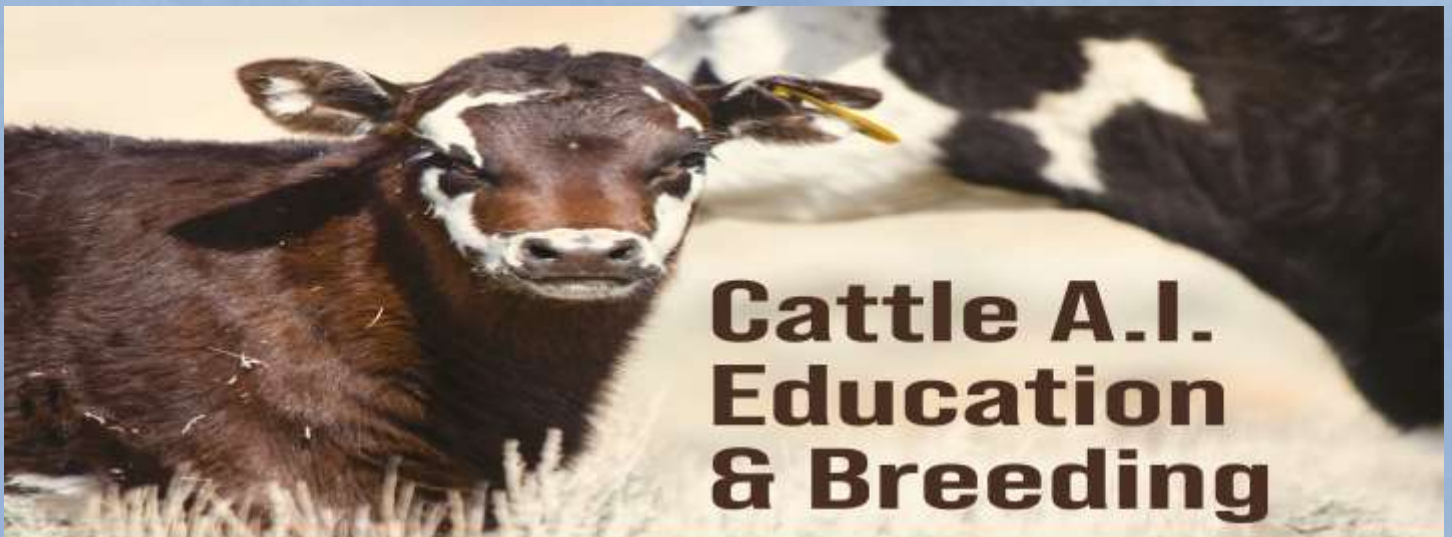


QUESTIONS? CONTACT US!

McKenna Julian: mbrinton@uwyo.edu
Sam Krieger: skrieger@uwyo.edu
(307) 783-0570



THE UNIVERSITY OF WYOMING IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION.



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: cmarshal1@uwyo.edu | 307-332-2363
Kim Fry: 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)

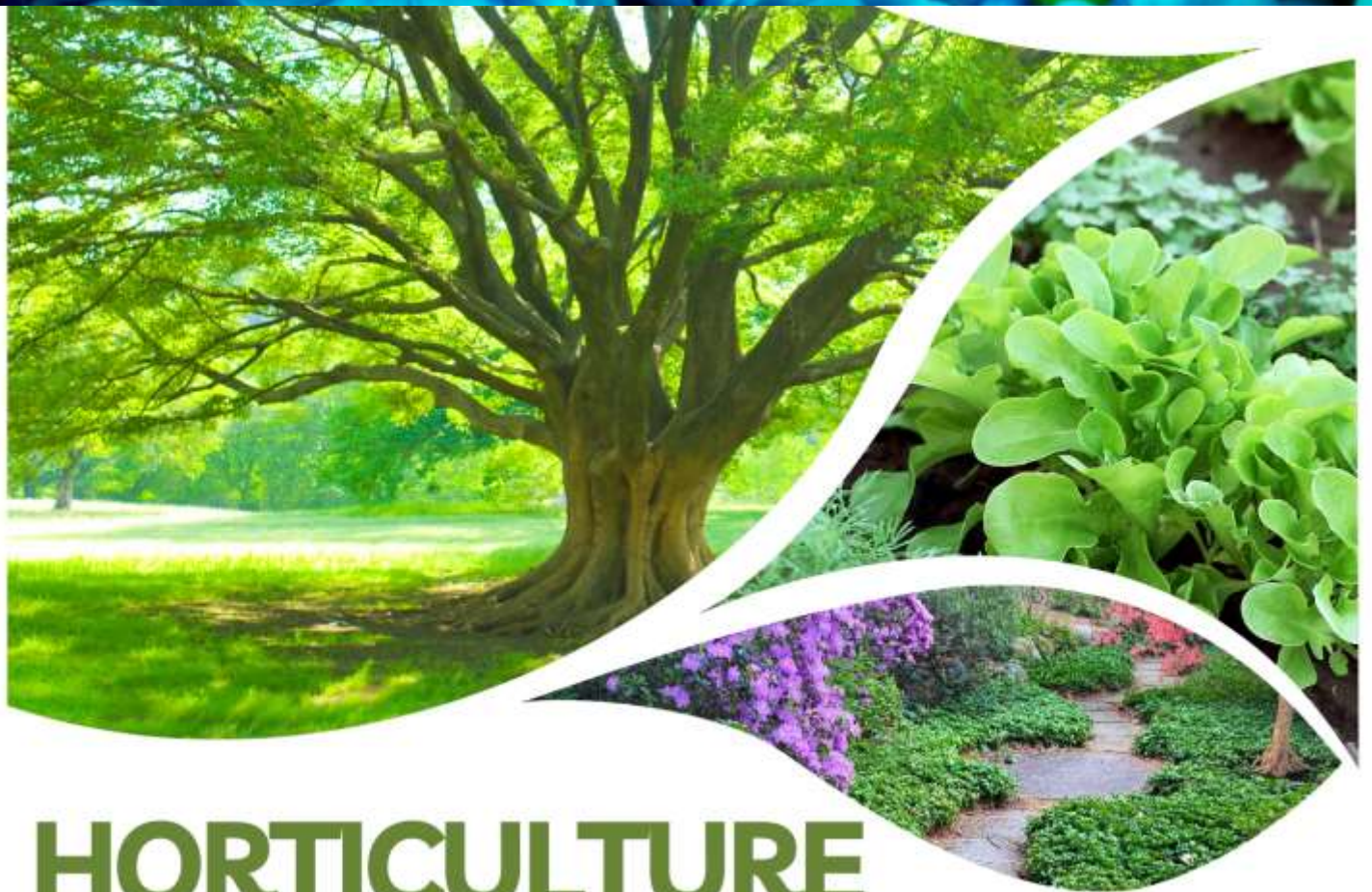
The Gist:

- 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

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





Successful Tomatoes From Seed

Article taken from Penn State Extension

<https://extension.psu.edu/successful-tomatoes-from-seed>

Author: Susan Marquesen, Master Gardener for Allegheny County

Seed catalogs are brimming with varieties of tomatoes—exponentially more than you'll find as seedlings in the spring. Growing tomatoes from seed requires a bit more work but with minimal investment, you'll have healthy, stocky seedlings ready to transplant on Memorial Day.

You will also need a warm location for germination and a bright location for the seedlings, plus the following equipment: seeds, water, soluble fertilizer, containers for the seeds, a tray for the containers, cover for the containers and labels. A purchased sterile potting mix is optimal for seed starting. It is lightweight and decreases the incidence of disease. Do not use garden soil to start tomatoes.

Containers should be about two-inches deep and have adequate drainage. You can repurpose yogurt cups or take-out containers provided that you create holes in the bottom for drainage. Reduce the chance for disease by sterilizing containers. Soak for ten minutes in a bleach solution of one-part bleach to ten-parts water and allow to dry thoroughly. Cell packs are the way I usually go. They come in many sizes and fit snugly into trays which come with raised clear plastic lids. Being frugal, I often reuse the cell packs from year to year, sterilizing them after use. Peat pots and expandable peat pellets allow for the planting of seedlings directly into the garden soil.

The seed packet contains critical information, including when to start the seeds indoors and when to transplant outdoors. If started too early, seedlings become weak and leggy. Note the depth of planting ($\frac{1}{4}$ inch for tomatoes), temperature for germination (75 to 85°F) and the days to germinate (seven to ten). Seed packets will detail days to harvest, the time between planting outdoors and your first ripe tomato, as well as suggested spacing in the garden. Most tomatoes require two to three-feet depending on cultivar and staking method. All tomatoes require full sun, at least six hours a day.

Begin the planting process by dampening the soilless potting mix. Fill the containers and gently tamp down. Place seeds in the mix, cover with $\frac{1}{4}$ inch of the dampened potting mix and water gently. I generally plant two seeds in each container. If both emerge, I eliminate the weakest one by cutting it off at the soil line. Label your tomato cultivar. You can purchase labels or repurpose plastic utensil handles, aluminum blinds, cut up plastic milk jugs or popsicle sticks.

Place the containers in a tray and cover to retain moisture. If you aren't using the lids that come with seed flats, plastic wrap can be used or the whole tray can be placed in a clear plastic bag. The labels will keep the plastic above the soil allowing space for the seedlings to emerge unharmed.

Place your trays in a warm location. Tomatoes germinate best at 75 to 85°F. I place trays on my covered radiators and have great success. Others use the top of the refrigerator. You can purchase a germination mat for this specific purpose. Cotyledons, or seed leaves, should sprout in a week or so. Once they have emerged, uncover the trays and place them in a warm spot (70°F) under very bright light. A south- or west-facing window can work in a pinch, but fluorescent shop lights allow for steady light and sturdy plants. My lights are suspended with adjustable chains above a table from the joists in my basement. The lights, containing two cool bulbs, are adjusted for the next several weeks to be consistently two to four inches above the seedlings and are kept on via timer 14 to 16 hours a day.

As they grow, keep the seedlings consistently moist. Feed them with half-strength soluble fertilizer every two weeks. A week or so before planting out, your stocky seedlings will need to be gradually acclimated from their coddled existence to the harshness of the outdoors. Reduce water, place first in warm shady spot and eventually transition to full sun. Seeds for tomatoes are viable, on average, for five years. The number of seeds in the packet varies but is always more than I can possibly grow in that time. Extra seeds can be stored from year to year in an airtight container in a cool dry place. Gather those seed catalogs or go online, spend the coming weeks choosing from the dizzying array of tomato choices and discover new favorites to enjoy this season.

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.cnp.org



www.facebook.com/UWCNP



www.pinterest.com/uwyocnp



bit.ly/cnp-newsletters

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



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator. 1-877-219-4646 | <https://uwyo.cnp.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.

CHICKEN FRIED RICE

recipe found at : <https://uwyocnp.org/chicken-fried-rice/>

Ingredients

- 3 – 4 green onions, sliced
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 1 ½ cups pre-cooked chicken or 1 10-ounce can or pouch of chicken
- 3 cups cooked brown rice
- 2 Tablespoons low-sodium soy sauce



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Directions

1. Wash hands with warm, soapy water.
2. If rice is not cooked, follow directions on package and cook it first.
3. In a skillet or electric skillet, cook green onions in oil until tender. Add egg and cook to a scrambled egg consistency. Remove eggs from pan.
4. Increase heat to high. Add rice, chicken, and soy sauce. Stir constantly until rice is heated through.

Variation: Add Veggies- In step 4, add 1 ½ cups of canned vegetables or a 10-ounce bag of frozen vegetables.

Makes 6 servings



Sweetwater County 4-H Council Meeting

Agenda

4/8/2024

Call to order

Pledges

Secretary Report - Minutes from 3/11/2024

Financial Update - Treasurer's Report

Unfinished Business

1. Swine/Sheep/Goat tagging days – need council and auction committee help:
 - a. May 4th – Green River Project Hope Barn at 2pm to 4pm
 - b. May 14th – Rock Springs Events Complex, 5pm to 8pm
 - c. May 18th – Farson 10am to noon, 10am Boodleman's Residence for Sheep Tagging and move to Patty Burton's Residence for Goat/Swine Tagging
 - d. May 24th – Manila/McKinnon 1pm to 3pm (need location?)
2. Purchase of portable scales – Auction Committee will pay \$500
3. Upcoming events/plans for 2024:
 - a. Jr. Leaders – Teen Organization Meeting, April 9th at 5:30pm in room 1445 at Western Wyoming Community College
 - b. Save the Date – Cloverbud Camp (planning in the process), June 1st 1pm to 4pm, location TBD
 - c. Showmanship Clinic – June 28th 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 27th at 5:30pm. RSVP is due June 21st to attend. Darrell needs help setting up pens.
 - d. 4-H Camp – June 25th – 27th
 - e. Livestock Judging Clinic – June 29th, 9am to 3pm, Bison Meeting Room Events Complex
4. Buckles – Make a plan to obtain sponsors/donations. Ask 4-H families and clubs first?

New Business

1. Dog Trailer Tags/new plate - \$75.04 (\$67.04 plus \$8 for new plate)
2. 4-H Council Scholarships for the 2023-2024 year – received two
3. Beef Superintendent needed for fair
4. Community questions and concerns
5. Next meeting is May 13th at 6:30pm, room 1445 at the college

Adjourn

Sweetwater County 4-H Council Meeting
Minutes
4.8.24

Call to order: 6:36pm

Pledge: Lead by Pattie Burton

Attendance: Katie Duncombe, Alicia Bernard, Molly Stanton, Dan Stanton, Darrell Rothilsberger, Monica Thompson, Kristy Wardell, Pattie Burton, Mary Hamilton, JaNae Young, Stetson Young

Minutes: March 11, 2024

A motion to accept the minutes was made by Pattie; 2nd by Dan; All in favor.
Correction: None

Treasurer's Report: A motion was made by Pattie to add the new 4-H Educator Darrell Rothilsberger to the 4-H Council checking account at RSNB Bank. 2nd by Dan; All in Favor

- Deposit \$462.14 for 1st quarter enrollment fees
- Interest for the month \$6.87
- Balance as of 4/8/24 is \$11,697.62

Unfinished Business

1. Swine/Sheep/Goat Tagging Days – The Auction Committee volunteered to help.
 - a. Darrell doesn't have a spot in Manilla yet, but is looking at the Rodeo Grounds
2. Purchase of Portable Scales – Located in Kentucky \$4500 Wyoming Pork Producer may have a grant available. Darrell is seeking information on the grant. This would be a single pull behind scale for all species.
3. Junior Leaders – This will be the initial meeting to see what kind of interest we have. There will be another date set next month for anyone not able to attend.
4. Save the Date- Clover bud Camp will be held on June 1st from 1-4pm the location is TBD.
5. Showmanship Clinic – June 28th East end of the Indoor Arena, 9am-11am is Beef and Swine and 1pm-3pm is Sheep and Goats. Setup pens that night of June 27th at 5:30pm. RSVP is due June 21st to attend.
 - a. Corral Crew will provide snacks for the clinic.
6. 4-H Camp – June 25th – 27th
 - a. A motion was made by Kristy to have each participant pay for their camp fee, if they are unable to pay Council asks that participants go to their club for assistance or if clubs are unable to help then they can call the 4-H Office. A second by Pattie; All in Favor.
 - b. 4-H Camp needs chaperons; if you are interested, please contact the 4-H Office.
7. County Leaders Training coming Fall 2024 – one day training

8. Livestock Judging Clinic – June 29th from 9am-3pm, Bison Meeting Room Events Complex; Open to all ages.
9. Wyoming 4-H Volunteer Summit – September 27-29th in Casper, WY
10. Mini Showcase Showdown – Afton, WY to be held June 2024
11. Buckles - Clubs will be asked to purchase one buckle each and 4-H families will be asked to sponsor or find a business to sponsor. There are approximately 66 buckles to be sponsored at \$100 per buckle. All sponsorships need to be finalized by May 15th
 - a. Sign up Genius – will be used to keep the buckles sponsorships organized. Make a list of all of the buckles on sign-up genius so people can sign up to sponsor a specific buckle. Cash, check and venmo will be accepted. Buckle sponsorship will be given on a first come first serve basis.
12. No pressured waterers in the pig barn this year. Members must provide their own.
13. Pig pen inquiry – can extra pens be purchased by members. Darrell will check on this and have a report for the next meeting.

New Business

1. Dog Trailer Tags/ New Plate – check written for \$75.04 (\$67.04 plus \$8 for new plate)
2. 4-H Council Scholarship for 2023-2024 year – applications received. Selection will be completed by May 1st.
3. Beef Superintendent – in progress
4. Corral Crew had a request to do a Murdoch's BBQ in June – request approved
 - a. The fundraiser form is located on the State 4-H website for any other clubs working on fundraising projects.
5. Auction Committee Meeting – April 15th @6:30pm in the Mustang Room
6. Sponsor Request letter – Kristy Wardell
7. Shoutout to the Poultry Group – good things are happening in this new club
8. Rock Springs Junior High 4-H Club - in-progress
9. Dog Group is working on getting new members – has increased from 5 to 12
10. Beef Quality Assurance – 4-H Office will provide options and if questions call the office.
11. Horse Certifications – April 27th at the Events Complex

Adjournment at 8:10pm

Pattie made a motion to adjourn; 2nd by Molly; All in Favor

FUNDRAISING REQUEST FORM

This form is to be complete by *all* 4-H clubs and Lone Star members who are planning to host a fund raiser where \$50 or more is expected to be raised. The club or Lone Star member must present the completed form for approval prior to the event. A follow-up report must be made to the 4-H Council following the event.

1. Name of club or member submitting request	2. When will the proposed fund raising event take place?
3. Where will the proposed fund raising event take place?	4. Contact person responsible for the fund raising event?
5. How will the funds be used?	6. Give a brief description of the proposed fund raising event.

7. How much money is expected to be raised?	
Actual Amount Raised	

Submitted by:	Signature	Date	
Approved by:			
4-H Council	Signature	Date	
4-H Educator	Signature	Date	

Date follow-up report was made: _____

GOOD LUCK WITH YOUR FUNDRAISING EVENT!

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/>

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Shootig Sports Schol- arship Due Dog ID's are Due to the Extension Office	2 Hotdoggers Meeting 6:30pm Indoor Arena West End	3 Shooting Sports Archery practice, see club for sign up times	4 Shooting Sports Outdoor practice, see club for times Green River Tagging Event
5 Shooting Sports Shotgun practice 12pm	6 Project Hope Meeting 6pm GR Library Farson Shooting Practice 6:30pm	7	8	9 6:30pm Horse Commit-tee Meeting Room/Complex Hotdoggers Meeting 6:30pm Small Hall	10	11
12 	13 Jr. Leaders, 5:30pm & 4-H Council Meeting, 6:30pm room 1445 at the College Farson Shooting Practice 6:30pm	14 Rock Springs Tagging Event	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 times Farson Tagging Event
19 Shooting Sports Shotgun practice 12pm	20 Farson Shooting Prac- tice 6:30pm 4-H Dynamics Photography Workshop, Time and Loca- tion TBA	21	22	23 Hotdoggers Meeting 6:30pm Small Hall	24 Manila/ McKinnon Tagging Event	25
26	27 Farson Shoot- ing Practice 6:30pm	28 Fair Board Meeting, 7pm Meeting Room	29	30 Hotdog- gers Meeting 6:30pm Small Hall Poultry Club Meeting 5pm at the GR Rec. Center Mtg.	31 County Shoot Air Rifle/ Pistol	

June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				Ownership Certificates for all Breeding Animals, including cats, rabbits and poultry are due to the Extension Office - June 1st	Tagging Deadline for Sheep/Swine/Goat JUNE 1st!!	1 Day Camp Cloverbuds 1pm to 2:30pm, see page 21 County Shoot Muzzleloader
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 Happy Father's Day 	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						

July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Horse Certifications are Due to the Extension Office	2	3	4 	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 All Fair Entries are due by MID-NIGHT, NO EXCEPTIONS!!	22	23 Superintendent meeting, 6pm Bison Meeting Room	24 4-H Static Exhibit Judging Day, 9am to 5pm Small Hall	25	26	27 4-H Baskets for Silent Auction are Due to the Fair Office (Crow's Nest) by 5pm
28 9am to noon 4-H/ FFA Horse ID Check In, Indoor Arena	29 All swine, beef, sheep, and goats are due on the grounds, no exceptions, by 5pm	30 Rabbit and Poultry Check-In, 8am to 10am	31			

Sweetwater County Fair—See Fair Book For Complete Schedule



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Extension
Sweetwater County

Sweetwater County Extension Office
2500 College Drive A-700
Rooms #1336, 1339, 1341, 1342
Rock Springs, WY 82901
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Darrell Rothlisberger
UW Extension 4-H Educator/Youth Development
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Wyoming 4-H

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