

the

CLOVER CHATS

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SPECIAL POINTS OF INTEREST

- 4-H Enrollment Helpful Hints (page 10)
- 4-H Council Agenda/Minutes (page 20)

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

Office Hours

Monday - Friday
8:00 am - 5:00 pm
Closed noon to 1pm

Position Open

UW Extension Educator
4-H/Youth Development

Position Open

Cent\$ible Nutrition

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/>

October Birthdays

Ory Johnson
Brayden Storment
Teague Goodman
Addie Aanerud
Bailee Neilson
Lucy Owens
Ranger Duncombe
Cadence Core
Ellie Aanerud
Benton Vermillion
Braxton Forrester
Kade Bryant
Paige Neilson
Landry Duncombe
Briley King
Paige Johnson

Adelyn Lewis
Marlee Maser
Serenity Bowers
Gentrey Allen
Lillyanna Dominguez
Waylon Potter
Dayton Kester
Asher Floyd
Roderick Bledsoe
Catalina Harrison
Chevelle Harrison
Shelby Harrison
Corbin Williams
Hannah Kirsch
James Mines
Mickey Thoman

Leaders

Your Club Charter Renewal, Secretary Book, and Treasurer Book are due to the Extension Office on November 1st.

Information will be available soon, please be watching your emails.

Open Enrollment

Open enrollment for the 2024-2025 4-H year opens on October 1st. All members and leaders will have to sign up for the new year. Sign up through ZSuite, <https://4h.zsuite.org>.

Record Books Due

Wednesday, October 2nd—<https://4h.zsuite.org>

If you have any questions please call the Extension Office or visit <https://www.uwyo.edu/4-h/current-members/portfolios.html>.

Please bring a hard copy to the Extension Office. There are top prizes in each age category for the top record books.

Emails/New 4-H Year

Please note to continue receiving updates and receiving emails from Sweetwater County 4-H after October 1st, please enroll in the new 4-H Year. Open enrollment for the 2024-2025 year begins October 1st.

Thank you

Thank you to all our 4-H Families for an amazing 4-H year! Look forward to seeing you in the new 4-H year!


Wyoming State & Regional Events

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


State 4-H Dog Development Committee Meeting (October 5th) - The Dog Development Committee will be meeting on Saturday, October 5th, at 10:00 AM at the Natrona County Extension Office (2011 Fairgrounds Rd., Casper, WY) . For those unable to attend in person, the meeting will also be available via Zoom. Please message the office or call for the zoom link.

Start Your Volunteer Journey (November 5th and November 19th): Have you ever thought about being a 4-H volunteer, but your just not sure you have the...time, skills, knowledge. YOU DO! Find out more about what it means to volunteer with 4-H in our new Volunteer Journey Training. This is for potential volunteers, so share with other parents and adults that might be apprehensive about joining us! Sign up for a session at <https://forms.gle/B6eaz6aynygASFfd8>.





University of Wyoming Extension



START YOUR VOLUNTEER JOURNEY

Join us for a FREE two part online informational session for adults interested in becoming 4-H volunteers.



A 4-H volunteer can serve many roles: mentor, advisor, friend, teacher, referee, role model, pacesetter and much more. As a 4-H volunteer, participants will have the opportunity to make a positive difference in the lives of children, teach them valuable skills, help them achieve a positive self-image, accomplish personal goals and earn a sense of accomplishment. Join us to find out if this is something for you!



CHOOSE ONE OF THE DATES BELOW:

SEPTEMBER 9TH AND 23RD, 2024

NOVEMBER 5TH AND 19TH, 2024

FEBRUARY 5TH AND 19TH, 2025

AUGUST 12TH AND 26TH, 2025

ALL SESSIONS ARE ONE HOUR AND START AT 6:30 PM.

If you are interested please register using the QR code or go to <https://forms.gle/6RGR2aDGgLfK66a8A>.





MAKE A DIFFERENCE, VOLUNTEER TO HELP YOUTH IN THE WYOMING 4-H PROGRAM.

We have a position for your time, your talents, and your abilities.

5 easy steps to change the future of youth!

1

Enroll in ZSuite.

Does your family have a Zsuite profile?

N

Y

Create a profile at:
4h.zsuite.org

Add a new
family
member

2

Complete a training on working
with youth in 4-H

3

Complete a background check and a driving records check.

4

Meet with our local 4-H Educator.

5

Get started



Give us a call
307-766-5170



Send us an e-mail
4h@uwyo.edu



Wyoming 4-H



COOK TOGETHER & GATHER
AROUND THE FAMILY DINNER TABLE.

FOOD FUN

4 - H W Y O M I N G

- Learn to prepare home-cooked meals & try new foods.
- FUN Family time.
- Receive a **FREE** kitchen utensil kit per family related to that month's recipes October- April.
- Self-guided at home.
- Open to any currently enrolled 4-H member...make it a project!



To Find Out More

Contact Us @ (307)-334-3534 or KELLIEC@UWYO.EDU
FREE TO PARTICIPATE; GROCERIES NOT INCLUDED





UNIVERSITY
OF WYOMING

Extension
Sweetwater County

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

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

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

Wyoming 4-H

Sweetwater County

4-H Council Meeting



October 14th, 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!**



ZSuite 4-H Enrollment



Existing Family Profile

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

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

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

Animal Project Information is NOT required at this time.

6. Fill out 4-H Member's info, select **Continue**

Fill out PERSONAL INFO, select **Next**

Fill out all six drop down WAIVERS, then select **Next**

Dropdown to your CLUB, select **Add Club**

a. Select **Add Project**

7. Select **Add to Cart** and then you can either **+Add Enrollment** or **Submit**. Must be submitted to be complete.

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

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





ZSuite 4-H Enrollment



New Family Profile

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

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

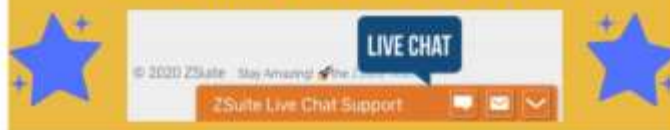
Adding 4-H Members

You are now on the **Dashboard** tab

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

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

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





ZSuite 4-H Enrollment

New Leader Profile



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

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

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

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

If you've signed in before,



Select **PRIMARY ACCOUNT**

Volunteer Enrollment

You are now on the **Dashboard** tab

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

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

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

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



SWEETWATER COUNTY 4-H

2024



4-H ACHIEVEMENT *Night*

RSVP DUE BY NOVEMBER 8TH

NOVEMBER 15, 2024

6:30PM

SWEETWATER EVENTS
COMPLEX SMALL HALL

HOSTED BY SWEETWATER
COUNTY 4-H LEADERS COUNCIL

POTLUCK DINNER, DESSERT, AWARD
CEREMONY, GAMES, AND PRIZES!!



RSVP: 307-352-6775 OR TMEATS@UWYO.EDU

New in 2025 - No Horned Goats will be allowed in Market Goat Classes (per Wyoming State Fair Rules)



Please plan accordingly now as you start to think about your projects for the upcoming 4-H year.



Colorado State University
Meats Judging

FFA Meat Evaluation Work - Out

Colorado State University is excited to host your FFA / 4H Meat Evaluation and Technology judging teams on October 19th and 20th, 2024. The meat lab will be open from 8 a.m. - 3 p.m. We will have a classroom available (161) where you can keep your things, warm up, and practice questions. Classes available will be pork carcasses, fresh hams, pork center - cut loins, pork chops, lamb chops, and all species will be used for retail I.D. Beef classes are to be determined. Please, contact Haley Cole if you plan on attending or if you have any questions!

Meat Judging Coordinator: Haley Cole

Phone: (307)256-0788

Email: Haley.Cole@colostate.edu

Animal Science Building: 350 W. Pitkin Street Fort Collins, CO, 80523



Extension
Sweetwater County

4-H HORSE DEVELOPMENT COMMITTEE OCTOBER MEETINGS

October 10th @ 6:30pm -
Monthly Horse Development
Committee Meeting. Officers
will be nominated and the
upcoming year discussed.

October 19th @ 10am - Horse
Safety Certifying Workshop

Sweetwater Events Complex
Mustang Meeting Room





Extension
Sweetwater County

JOIN 4-H!
ENROLLMENT
DISCOUNT
OCTOBER 1ST -
OCTOBER 3RD



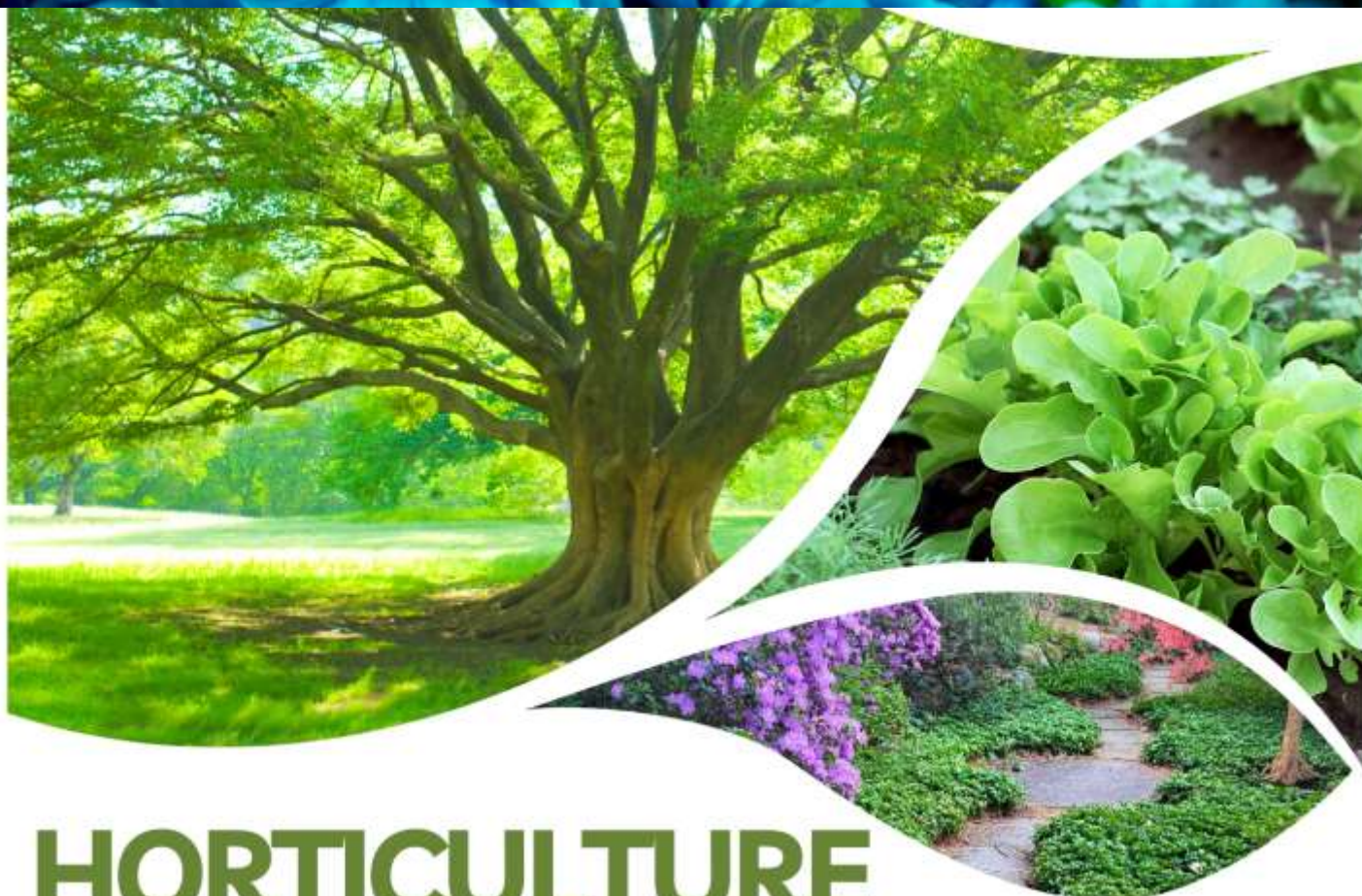
Beyond Ready

MORE INFORMATION:
307-352-6775
tmeats@uwyo.edu

**SWEETWATER COUNTY 4-H
ENROLLMENT OPENS OCTOBER 1ST!**

ENROLLMENT FEE IS DISCOUNTED \$10 FOR THE FIRST 3 DAYS IN
OCTOBER FOR SWEETWATER/DAGGETT COUNTY MEMBERS

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



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



General Gardening Topics | Advanced Master Gardener Training
Get to Know Other Gardeners From Across the State

WYOMING master gardener CONFERENCE 2024



“JOURNEY INTO THE GARDEN”

Registration information available soon!

Douglas, Wyoming
at Eastern Wyoming Community College
October 4th, 5th & 6th



WE'RE HIRING!

JOIN OUR CNP TEAM!

The University of Wyoming Cent\$ible Nutrition Program (CNP) is a grant-funded nutrition education program for people with limited resources in Wyoming. Duties include providing cooking and nutrition education classes and partnership building with community agencies in Sweetwater County. Valid driver's license and own vehicle are required for daily travel. Office located in Rock Springs.

- ✓ Paid holidays off
- ✓ Training provided
- ✓ Flexible schedule*
based on community needs
- ✓ Paid sick leave & vacation
- ✓ University of Wyoming Benefits
- ✓ Bilingual in English &
Spanish preferred

APPLY NOW

Visit jobs.uwyo.edu, position #241717 or scan the QR code!
Questions? Contact Kira Winters at kira.winters@uwyo.edu.



← LEARN MORE HERE!



BAKED ACORN SQUASH

recipe found at : <https://uwyocnp.org/baked-acorn-squash/>

Ingredients

- 1 acorn squash, cut in half
- 2 Tablespoons brown sugar
- 2 Tablespoons butter, softened
- 2 Tablespoons maple syrup
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 3/4 teaspoon ginger
- 1 Tablespoon lemon juice
- 2-4 Tablespoons Greek yogurt
- 1-2 Tablespoons nuts (pecans, walnuts, pistachios, etc.)
- 1-2 tablespoons dried fruit

Directions

1. Preheat oven to 400 degrees F.
2. Scoop the seeds and stringy pulp out of the squash cavities and discard. In a small mixing bowl, combine the brown sugar, butter, syrup, lemon, cinnamon, nutmeg, and ginger. Rub the squash cavities and cut sides of the squash with the butter mixture and place them on a baking sheet, cut side up.
3. Bake in the oven for about 1 hour or until the squash is tender when pierced with a fork.
4. Let cool for 5 minutes before serving. Top with plain Greek yogurt, nuts, or dried fruit, as desired.

Makes 2 servings



Extension



Sweetwater County 4-H Council Meeting
Agenda
9/9/2024

Call to order

Pledges

Secretary Report - Minutes from 7/10/2024

Financial Update - Treasurer's Report

Unfinished Business

1. Fair Update – feedback, suggestions, changes, for next year?
2. 4-H Council Basket Fundraiser - brought in \$5,965 (up \$2,015 from last year's fundraiser). Basket quality was so good this year! Still waiting for one basket to be picked up (\$130).

New Business

1. Shavings Invoice from Events Complex – need a check for \$3,037.50.
2. WSF Fees to 4-H Foundation – 15 youth at \$10, \$150 check needed
3. Need check written to Project Hope for \$500. We deposited a grant check for their club from Williams Company, for it was written to the University of Wyoming. We need to pass this grant money to the correct club.
4. Achievement Night Plans – need to pick a date, time, location and plan. Prizes if we do a game?
5. Approval to order pins for achievement night.
6. Record Books – due October 2nd. Need to set up a record book committee to review record books.
7. National 4-H Week is October 6th – 12th. Open enrollment begins October 1st. Plans for the week? Enrollment fees?
8. \$10,000 Grant for Sweetwater County 4-H program from Williams Company.
9. Community questions and concerns
10. Next meeting is October 14th at 6:30pm, room 1445 at the college

Adjourn

Sweetwater County 4-H Council Meeting
Minutes
9/9/2024

Call to order by: 6:33

Pledges lead by: Kristy and Dan

Attendance: Chris Meats, Davey Lamb, Tracy Meats, Alicia Bernard, Lois Sandbak, BJ Flor, Kris Wardell, JaNae Young, Dan Stanton, Molly Stanton, Dawn Bodin

Secretary Report - Minutes from 7/10/2024 Motion by BJ Second by Dan

Motion to approve was made by: BJ

Corrections: None

Financial Update - Treasurer's Report

Current Balance: \$26,657.19 as of (8-31)

Deposits: \$10,097.69

Payments: \$17.67

Unfinished Business

1. Fair Update – changes, feedback, suggestions for next year?
 - Suggestion to change Swine Weigh in to 6am Tuesday morning
 - Complaint about the open doors in the cattle/swine barn... amount of dirt on the cattle and in the barn in general. Maybe lay shavings over all dirt and use someone insured to use their equipment come in after fair and clean all of the barn? Add a mesh curtain between the two species, would that help? Concrete or AC in the barn? Ask Events Complex for help.
 - Suggestion to lower the number of photography exhibits allowed per person, 5 to 7 pictures
 - Suggestion to make static judges available all day instead of at certain times.
 - Suggestion to create a judge selection committee (no more than 5)(Nonie, Shay, Dan, JaNae, Micheal Hughes?) along with suggestions from community on judges to reach out to, then allow the committee to make the final decision on a judge. Make a post to allow people to put in their suggestions and why, 30-60-90 days open. Committee votes on one of those judges. Judges 1-5 offered, and one gets picked from there by the team by budget and other factors.

Motion made by Dan, second by Janae. Motion passed. To create a 5-person committee by September 30th. Notify leaders and other 4 H volunteers that this committee will be formed. The 4-H Council elected positions will vote on official committee members.
 - For herdsman ship, making sure there are actual groups instead of one person to keep their area clean. Make it "more fair"

- Add panels for the cattle show, make the pen bigger
- Round Robin needs to be in the morning or a late evening, too hot in the afternoon and inside would be more ideal.
- Add a Bred and Fed Class
- Add an overweight swine class
- Lower the goat minimum weight to 55lbs (with declaration not to sell)
- Add signs in the poultry barn to keep the doors closed, do not prop open.
- Ask poultry judge back
- 2. 4-H Council Basket Fundraiser - brought in \$5,965 (up \$2,015 from last year's fundraiser). Basket quality was so good this year! Still waiting for one basket to be picked up (\$130).
 - Summer fun basket not paid for or picked up, next highest bidder is Baker Family, they will be called

New Business

1. Shavings Invoice from Events Complex – need a check for \$3,037.50.
 - Went through 8 pallets of shavings, use that to budget for next year
 - Make time slots to sell shavings shorter?
 - 10am - 8 people needed to help to unload shavings off the truck on Sunday morning
 - Check Motioned and passed.
2. WSF Fees to 4-H Foundation – 15 youth at \$150 check needed
 - Check Motioned and passed.
3. Need check written to Project Hope for \$500. We deposited a check for their club from Williams Company. We need to pass this check to grant the money to the club. Check Motioned and passed.
4. Achievement Night Plans – need to pick a date, time, location, and plan. Prizes if we play a game.
 - Events Complex potluck style worked well, and everyone enjoyed it.
 - Achievement Night will tentatively be held November 15th at 6:30pm at Events Complex Small Hall
 - Prizes - Dollar store prizes. \$500 Budget set for achievement night supplies
5. Approval to order pins for achievement night.
 - Alicia motioned and Kristy 2nd
6. Record Books – due October 2nd. Need to set up a record book committee to review record books.
 - Dan Stanton volunteered to be on the record book review committee
 - Motion made to get Chamber Bucks for 1-3 place in each age group. Dan Stanton motioned and Alicia Bernard seconds. All in favor.
7. National 4-H Week is October 6th – 12th. Open enrollment begins October 1st. Plans for the week? Enrollment fees?
 - Suggestion to not waive fees this year
 - Waive ½ the fee (\$10) for 3 days (October 1st-3rd) then after that the whole fee must be paid. Leaders do not have to pay fee. Motioned by Dan Stanton 2nd by Janae Young
8. Community questions and concerns

9. \$10,000 grant for Sweetwater County 4 H Program from Williams Company. They asked to receive and post pictures as recognition.
10. Update from Auction Committee. Waiting for 23 buyers to pay, so no clue when checks will go out.
11. Thank you letters from Kennedy & Aspen for sponsoring fair buckles
12. Jackpot tentative for June 21, 2025. 2 species in the morning, 2 in the afternoon.
 - other clinics wanted throughout the year (feeding, judging, breeding, etc.)
13. Question about financial help from the council to attend camps, etc. Just come to a meeting and present what you are going to and financial needs.
14. Next meeting is October 14th at 6:30pm, room 1445 at the college

Adjourn 8:25pm

Motion by: Dewey

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/>

October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
Enrollment Opens October 1st!			2 RECORD BOOKS DUE!!	3	4 Office Closed	5
6	7	8	9	10 4-H Horse Development Committee Mtg. 6:30pm Mustang Meeting Room	11	12
13	14 4-H Council Meeting, 6:30pm in Room 1445	15	16	17	18	19 Horse Safety Certifying Workshop 10am—4pm, Mustang Mtg. Room
20	21	22 Fair Board Meeting, 7pm Meeting Room	23	24	25	26
27	28 4-H Dynamics Club Meeting 6:30pm, room 1444 at WWCC	29	30	31 		

November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Club Recharterers are Due to the Office!	2
3 Daylight Saving Time Ends	4	5	6	7	8 RSVP Due for Achievement Night	9
10	11 4-H Council Meeting, 6:30pm in Room 1445	12	13	14	15 4-H Achievement Night, 6:30pm Small Hall	16
17	18	19	20	21	22	23
24	25	26	27	28 Office Closed 	29	30

December 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9 4-H Council Meeting, 6:30pm in Room 1445	10 Fair Board Meeting, 7pm Meeting Room	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
	 Extension Office Closed					
29	30 Office Closed	31				



Extension
Sweetwater County

Sweetwater County Extension Office
2500 College Drive A-700
Rooms #1336, 1339, 1341, 1342
Rock Springs, WY 82901
307-352-6775



Wyoming 4-H

*Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture.
Eric Webster, Interim Director, University of Wyoming Extension, College of Agriculture, Life Sciences and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.*

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