

The Clover Chats



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UW Sweetwater County Extension

307-352-6775

New 4-H Educator

Starting This Month!

Community Vitality and Health Educator

Position Open

Horticulture Assistant

Position Open

Becca Wheeler, Cent\$ible Nutrition

rwheeel3@uwyo.edu

Jael Johnson, Office Admin

dsmit122@uwyo.edu

307-352-6775



Happy Birthday!



James King
Robert Gee
Olivia Koepplin
Keaton Spain
Raylan Edgin
Luke Scott
Ada Punches-Mickelson
Luke Hunte
Layfe Slagowski
Oakley Potter
Payson Potter
Paxton Wollman
Jolee Wollman
Ryker England
Harley Jacobs

Sally McCort
Liliya Cross
Cooper Brownlee
Kolbie Brownlee
Burnice Healey
Ridge Elkins
Noah Pastor



Deadlines and Announcements

4-H Scholarships

Sweetwater 4-H Council
Scholarship—due April 1st

Gary Grubb Scholarship— due
April 1st, for Horse Members
Only

Shooting Sports Scholarship—
due May 1st, for Shooting
Sports Members Only

Please see County Website for
Scholarship Applications,
[https://www.wyoextension.org/
sweetwatercounty/4h-youth-
development/](https://www.wyoextension.org/sweetwatercounty/4h-youth-development/)

For Graduating Seniors,
here's the link to the
Graduation Cord
Application:

[https://docs.google.com/f
orms/d/e/1FAIpQLSfjK10E
dLbuilbIP0DLpL10FuXdH
PtTf7m3NU3nJ8z-
CqFEZQ/viewform?
usp=dialog](https://docs.google.com/forms/d/e/1FAIpQLSfjK10EdLbuilbIP0DLpL10FuXdHPtTf7m3NU3nJ8z-CqFEZQ/viewform?usp=dialog)

Questions for the
office?

Content you'd like to
see in the newsletter?

Call 307-352-6775
or
Email
dsmit122@uwyo.edu

\$500 (\$50/person)
Quilting Camp
Scholarship available
through WSQG. Email
Jean Schroeder @
tjecss39@gmail.com
if you are interested.

Houseplant and Seed
Swap
April 19th 12-4pm
Pendulum at WWCC

State & Regional Events

More information online at: <http://uwyo.edu/4-h/>

Shooting Sports training in Cody: registration closes April 13.

https://wyoming4h.formstack.com/forms/shooting_sports_certification_park_25

Casper Lamb and Pig Sale: April 5th at 11:30 am. See full note and flyer on pages 10-11.

National 4-H Conference: April 11th through April 16th. Registration is open and will remain open until the conference itself is full.

https://wyoming4h.formstack.com/forms/conference_congress_app

Wool and Meat Judging Contests: April 25, 2025 – Wool Judging Contest at Albany County Fairgrounds. April 26, 2025 – Meat Judging Contest at UW Animal Science Building and Wool and Meat Awards Ceremony to follow Meat Judging Contest. Registration will be on ZSuite.

Wool Judging Clinic: May 3rd 9am-4pm & May 4th 9am-12pm, at the Johnson County Fairgrounds in Buffalo, WY \$15/person. See Pg 10.

Showcase Showdown: June 17th through June 19th. More information and registration will be released in the next few months. Registration will be on ZSuite.

Citizenship Washington Focus: Tentatively aiming for June 19th – July 2nd

Wyoming State Shoot: July 10th through July 13th

Sheep/Wool Festival: July 11 through July 13th

Platte River Shootout (Foundation Fundraiser): July 18th and July 19th

Wyoming's Big Show: July 29th through August 2nd

Apache Clear Creek Shootout (Foundation Fundraiser): August 2nd

Wyoming State Fair: August 11th through August 16th

2025 Daggett Heritage PRCA Rodeo: August 29th-30th. See Pgs 8-9



Something you'd like
to add to the
calendar?

Please email the office
(dsmit122@uwyo.edu)
with your events' time
and place to get it on
the calendar!





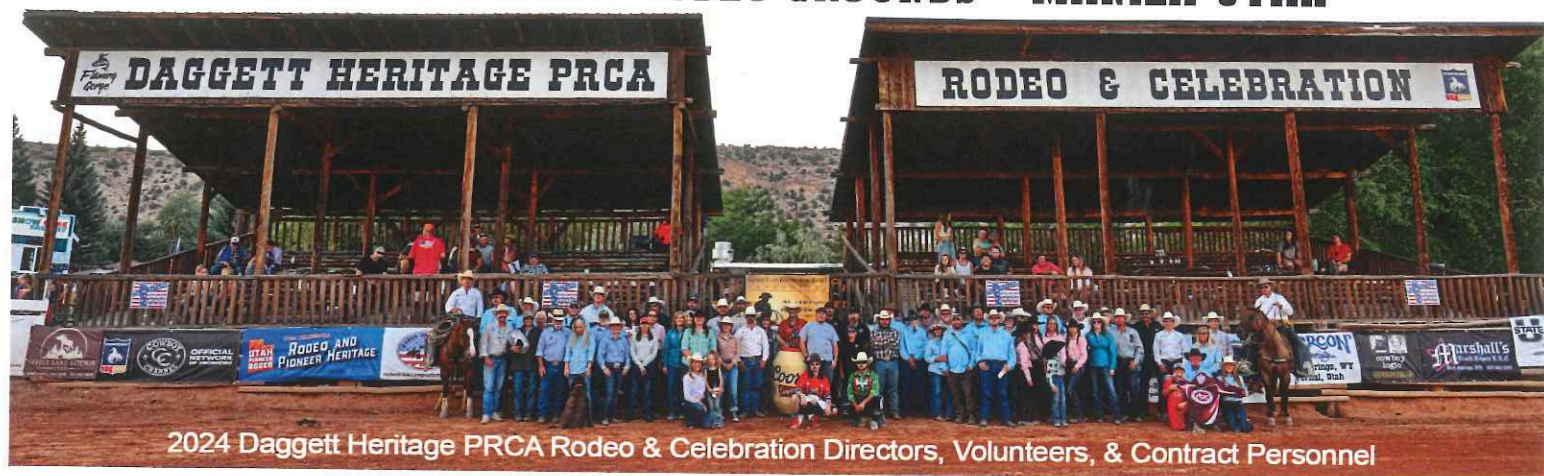
April 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Hotdoggers Club Meeting, 7pm Small Hall	4	5
6	7	8 Cent\$ible Nutrition Program 5:30 PM Room 1444 WWCC	9 Shooting Sports Business Meeting 6:30 PM Room 1445 WWCC	10 Horse Committee 6:30 Mustang Meeting room Hotdoggers Club Meeting, 7pm Small Hall	11	12
13	14 4-H Council Meeting 6:30 PM Room 1445 WWCC	15 Cent\$ible Nutrition Program 5:30 PM Room 1444 WWCC	16	17 Hotdoggers Club Meeting, 7pm Small Hall (Business Meeting)	18	19 Seed Swap 12-4pm Pendulum at WWCC
20	21	22 Cent\$ible Nutrition Program 5:30 PM Room 1444 WWCC	23	24 Hotdoggers Club Meeting, 7pm Location TBD	25	26
27	28	29	30			

2025 DAGGETT HERITAGE PRCA RODEO & CELEBRATION

DAGGETT COUNTY RODEO GROUNDS - MANILA UTAH



2024 Daggett Heritage PRCA Rodeo & Celebration Directors, Volunteers, & Contract Personnel

You are formally invited to be a part of Daggett Heritage PRCA Rodeo & Celebration!

The Daggett Heritage PRCA Rodeo Directors are hosting the 8th Annual PRCA Rodeo & Celebration Friday August 29th, and Saturday August 30th, 2025 in honor of **Daggett County Families and their Legacy of Faith, Family, and Freedom to Daggett County, Southwestern Wyoming, Northwestern Colorado, and Northeastern Utah.** The Daggett Heritage PRCA Rodeo & Celebration held during the Labor Day weekend is a way to introduce our western culture, values, and heritage to the many visitors of Daggett County while simultaneously highlighting and showcasing your contributions as partners, sponsors, vendors and volunteers throughout the year.

Your contributions support the production of the Daggett Heritage PRCA Rodeo and Celebration. Additionally, to enhance the impact and recognition of your contributions for the event and throughout the year, a portion will go to directly support the Daggett County EMS, Daggett County Search and Rescue, Local Youth Rodeo, Local 4-H, Manila High School VOAG/FFA, Manila High School Student Volunteers, and the Maintenance/Improvement of the Daggett County Rodeo Grounds, Daggett County Food Pantry, and Daggett County Museum. Your generosity helps to continue growing Daggett County's Legacy of **"Utah's Smallest County With A Whole Lot Going On."**

Please see the enclosed information and agreement forms that outline the various Partner, Sponsor and Vendor opportunities. If a monetary contribution is not possible, there are other opportunities for support. We are looking for volunteers to help with the rodeo and celebration. Additionally, items for hospitality packets (800) that are given to the PRCA and WPRA Contestants, Veterans, Active Military, & Daggett County EMS, Daggett County Search & Rescue, Rodeo Sponsors, Partners, and Volunteers are needed as well.

Please notify us on or before July 1st as to your intent; we will be getting advertising out soon and want to properly recognize our Partners, Sponsors, Vendors and Volunteers.

If you have any questions or comments, please email us; jack.lytle@icloud.com, or contact any of the Rodeo Directors listed below.

Sincerely,

Daggett Heritage PRCA Rodeo & Celebration Directors:

Jack Lytle: (435) 823-8224

Matt Henry: (307) 747-8761

Marty Henry: (307) 747-8765

Curtis Harwick: (307) 350-0801

Annamarie Martin: (435) 880-8763

Blace Martin: (307) 780-6473

Dylan Martin: (435) 890-5242

Raymond & Roxey Pallesen: (435) 790-5614

Hank Gutz: (435) 880-7600

Shiloh Johnson: (307) 747-2517

Jean Dickinson: (307) 389-1711

Daggett Heritage PRCA Rodeo & Celebration
PO Box 285
182 South Blvd.
Dutch John, UT 84023



McCoy Rodeo

Please Join us for the Rodeo & Celebration

**Buy tickets in advance online
www.manilautahprcarodeo.com**

**Tickets also available each day of the rodeo
at the Daggett County Rodeo Grounds**

Daggett Heritage PRCA Rodeo & Celebration - Manila, UT Tentative Schedule of Activities

AUGUST 29TH - PATRIOT NIGHT

PRCA / WPRA RODEO

7:00 PM - Daggett County Rodeo Grounds

ENTERTAINMENT & DANCE

(TIME AND LOCATION TO BE DETERMINED)

AUGUST 30TH - HERITAGE DAY

BREAKFAST CONCESSIONS

6:30 AM - Daggett County Rodeo Grounds

PRCA / WPRA SLACK

7:30 AM - Daggett County Rodeo Grounds

DAGGETT DAZE PARADE

10:00 AM - Manila, Utah

DAGGETT DAZE VENDOR FAIR

11:00 AM - Daggett County Centennial Park

AUGUST 30TH - HERITAGE DAY

PRCA / WPRA RODEO

5:00 PM - Daggett County Rodeo Grounds

ENTERTAINMENT & DANCE

(TIME AND LOCATION TO BE DETERMINED)

PARADE OF LIGHTS & FIREWORKS

Starts at Dusk - Lucerne Marina

AUGUST 31ST - CLEANUP DAY

SEPTEMBER 1ST - LABOR DAY

PANCAKE BREAKFAST

7am - Manila Senior Citizen's Center

COW COUNTRY JR. RODEO FINALS

9:00am - Daggett County Rodeo Grounds



WOOL JUDGING CLINIC

**\$15 per person
Lunch Included Saturday**

**Tour of Mountain Meadow Wool and
Guest Speakers**

***Join us to learn from members of the
wool judging team at the University of
Wyoming and participate in a practice
contest.***

 **May 3rd & 4th, 2025**

 **9:00 am - 4:00 pm
9:00 am - 12:00 pm**

 **Johnson County
Fairgrounds**

REGISTER NOW



Contact Us
**307-684-7522
307-314-4495**

<https://tinyurl.com/johnsonwoolclinic>

Sweetwater County 4-H Council Meeting

Minutes

3/10/2025

Meeting called to order by Patty B at 6:35

Pledges lead by Patty B

Minutes for Feb 10, 2025 were approved.

Motion by Alicia B

2nd by. Dewey

Attendance: Dewey Lamb, Patty Burton, Molly Stanton, Alicia Bernard

Treasurer's Report: Jan 1 Beginning: \$33,248.91. 3 Checks- \$700 to Project Hope \$300

Hotdoggers \$446.50 for tags

\$20.39 interest. Ending balance Jan 31 : \$30,623.80

Feb 1 starting; \$30,623.80

deposits: \$1,100 all buckles, \$20 4H sign up, \$17.79 interest. Ending balance \$31,760.59

Unfinished Business

Final Report for the Rocky Mountain Power Grant to be written by 4-H Council

Buckle Sponsors - order by March 15th (Still a lot to be sponsored) Molly will call all of last year's sponsors from last year to directly ask about sponsoring if they missed the letter in the mail.

Set Tagging date - 2 or 3 dates in May 2025

Dates have been set for Rock Springs, Green River, Farson, and Manila

Checking Account - pending

Debit Card status - Ordered (Patty and Alicia will have the cards)

Shavings - Shae ordered same amount as last year

Williams Grant - April 2025 (Dan will write)

Round Robin - Did we find any volunteers and a location for 2+ hours?

Sent out a post about asking for volunteers

New Business

Quality Assurance - tabled until the educator.

BJ's pig class 'should' count if you attend them

Adjourn Motion to Adjourn at 7:02

Motion by Alicia

2nd by Dewey

Next meeting April 14th WWCC 1445

Houseplant and Seed Swap



Saturday April 19th, 2025

12:00-4:00 pm

Pendulum at Western Wyoming Community College

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.





EAT HEALTHY for less

Learn to save money and time at the grocery store, cook healthier meals faster, and stretch your food dollars. Plus, get a free cookbook, kitchen utensils, and more!

Join the Cent\$ible Nutrition Program

Date: Tuesdays, April 15th – June 3rd

Time: 5:30pm

Location: Online

Contact Information: rwheele3@uwyo.edu

Becca Wheeler/Program Educator

Email Becca to get signed up!

This is a FREE class for qualifying participants!



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.



**Free
cookbook &
kitchen
tools!**

EAT HEALTHY *for less*

Learn to save money and time at the grocery store, cook healthier meals faster, and stretch your food dollars.

Join the Cent\$ible Nutrition Program

Date: Wednesdays, April 16th – June 4th

Time: 11am

Location: Online

Contact Information: Becca Wheeler/Program Educator

Email Becca to sign up!

Email: rwhee3@uwyo.edu



UW

Extension

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Fish with Fruit Salsa

Makes 4 servings | Protein • Fruit • Vegetables • Grains

Ingredients

- 2 tomatoes, diced or 1 cup canned diced tomatoes
- ¼ onion, diced
- 1 cup canned, fresh, or frozen peaches, pears, mangoes, or oranges, drained and chopped
- 1 Tablespoon cilantro, chopped
- Salt and lemon/lime juice to taste
- 2 cups rice, uncooked
- 1 pound fish fillets, fresh or frozen (cod, halibut, salmon, tilapia, etc.)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Combine tomatoes, onion, peaches, cilantro, salt, and lemon/lime juice in a bowl. Set in the refrigerator to let flavors combine.
3. Cook rice according to package instructions.
4. Cook fish according to package instructions. Spray a skillet or baking sheet with nonstick spray before cooking. Try baking, grilling, or pan-searing fish for different textures. Fish is cooked when it reaches 145°F on a food thermometer.
5. If fish has skin, remove it after cooking.
6. Divide rice and fish among 4 plates. Top with fruit salsa.



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://uwyoocnp.org/> | cnp-info@uwyo.edu

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