

The Clover Chats

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Cent\$ible Nutrition 12-14

UW Sweetwater County Extension

307-352-6775

New 4-H Educator

Coming Soon!

Community Vitality and Health Educator

Position Open

Amanda Romero Horticulture

Got a new position, Congratulations!

Becca Wheeler, Cent\$ible Nutrition

rwheeel3@uwyo.edu

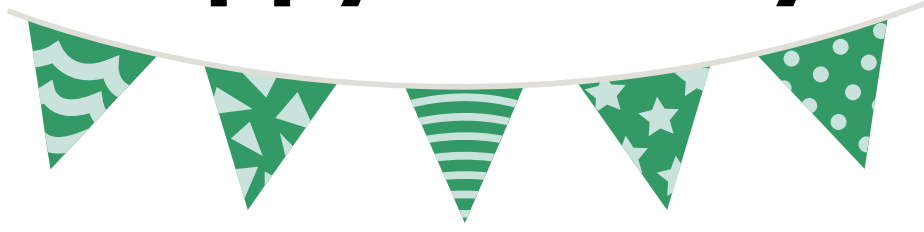
Jael Johnson, Office Admin

dsmit122@uwyo.edu

307-352-6775



Happy Birthday!



Everly Baird
Rylan Bettinson
Aubrey Boodleman
Tate Carris
Jordan Christensen
Kaitlin Ciminelli
Jon Crofts
Brock Dorman
Karter Duran
Rylie Franklin
Faith Gomez
Scott Heinen
Brooklyn Jackson-Dunn
Kennedy Kleinlein
Austin Lovell
Christopher Meats
Shane Meats

Karlee Penland
Dally Potter
Peyton Potter
Prezlee Potter
Brylee Price
Layfe Slagowski
Lucy Stanton
Calen Storment
William Storment
Leif Summers
Blair Timmons
Cooper Wright



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/)

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

Questions for the
office?

Content you'd like to
see in the newsletter?

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

Shooting Sports has
capped their
enrollment for this
year. They won't be
accepting new
members until the new
enrollment year begins
in October.

Dog Project has capped
their enrollment as of
March 1st. They won't be
accepting any new
members.

State & Regional Events

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

Ignite by 4-H 2025: March 12th through March 16th. Registration is open and will remain open until the conference itself is full.

https://wyoming4h.formstack.com/forms/ignite_4_h

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.

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



Oh no!
Our Calendar this
month is looking
pretty sparse!

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





March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Cent\$ible Nutrition Program 5:30 PM Room 1444 WWCC	5	6 Horse Committee Meeting 6:30 PM Mustang Meeting Room Hotdoggers Club Meeting, 7pm Small Hall	7 Shooting Sports Practice	8 Shooting Sports Practice
9	10 4 H Council Meeting 6:30 PM 1445 WWCC	11 Cent\$ible Nutrition Program 5:30 PM Room 1444 WWCC	12 Shooting Sports Business Meeting 6:30 PM Room 1445 WWCC	13 Hotdoggers Club Meeting, 7pm Small Hall 4 - H Ignite Conference	14	15
16	17	18 Cent\$ible Nutrition Program 5:30 PM Room 1444 WWCC	19	20 Hotdoggers Club Meeting, 7pm Small Hall (Business Meeting)	21 Shooting Sports Practice	22 Shooting Sports Practice
23 Shooting Sports Practice	24	25 Cent\$ible Nutrition Program 5:30 PM Room 1444 WWCC	26	27 Hotdoggers Club Meeting, 7pm Small Hall	28	29
30	31					

Sweetwater County 4-H Council Meeting

Minutes

2/10/2025

Meeting called to order by Patty Burton at 6:30pm

Pledges lead by Patty Burton

Minutes for January 9, 2025 were approved.

Motion by BJ F.

2nd by Delaney G.

Attendance: Dewey Lamb, Stephanie Lamb, Liz Thoman, Shae Bernard, Alicia Bernard, Delaney Gardea, Patty Burton, Jo Weaver, BJ, Nicole Ledford, Dan Stanton, Molly Stanton, Monica Thompson, Chris Meats, Tracy Meats, Dawn Bodin and Katie Duncombe

Treasurer's Report: No report; only checks written were for the Rocky Mountain Power grant.

Unfinished Business

- 1. \$2,500 grant from Rocky Mountain Power – Alicia**
 - a. Project Hope Barn Insulation \$700**
 - b. Dog agility equipment \$1500**
 - c. Final Report will be written by the 4-H Council (leave on as unfinished business)**
- 2. Rabbit and cat judge update - Monica Thompson-Rabbit; Megan Beavers- Cat**
- 3. Buckle Sponsors – order by March 15th (sign-up genius)**
 - a. Will be posted on the Facebook page**
- 4. Tagging – June 1st is the deadline; Set tagging dates in March for 2-3 times in May, so people can place it on their calendars. Liz will share out some dates for the group to look at.**
- 5. Checking Account Status – paperwork to be redone**
- 6. Debit Card – status of card order for Alicia & Patty – Alicia will get information from Jackson to try and move this forward.**
- 7. Budget Acceptance –**
 - a. Motion to accept budget by Molly S.**
 - b. 2nd by Delaney G.**
 - c. Motion passed**

New Business

- 1.Upcoming Events and Plans for 2025 (carcass contest, rate of gain, quality assurance, jackpot, fitting clinics)**
- 2.Auction Committee Meeting – February (1st Tuesday of the Month)**
 - a.Wednesday, February 19th 6:30 at GRHS Ag Room**
- 3.Shavings – Liz will talk to Shae about the number of shavings.**
- 4.Grant Opportunities – Williams Grant due in March 2025. Dan will take care of the grant.**
- 5.Round Robin – we need volunteers to run it. Will ask for volunteers on FB. Must find a location and it takes 2+hours to run.It's the participants responsibility to have an animal.**
 - a.Round Robin for small animal – also need a volunteer.**
- 6.New Educator – April 2025**
- 7.Next meeting is March 10th at 6:30pm, room 1445 at the college**

Adjourn Motion to Adjourn at 7:10 pm

Motion by Dewey

2nd by BJ

Sweetwater County 4-H Shooting Sports

HYGIENE DRIVE

MARCH 2025

The 2025 Community Service Project for the Sweetwater County 4-H Shooting Sports will be a hygiene drive to support our local veterans in need. During the month of March, you can bring your items to shooting practice or the monthly club meeting.



COLLECTION DATES

Shooting Practice

March 7, 8, 21, 22, 23

Club Meeting

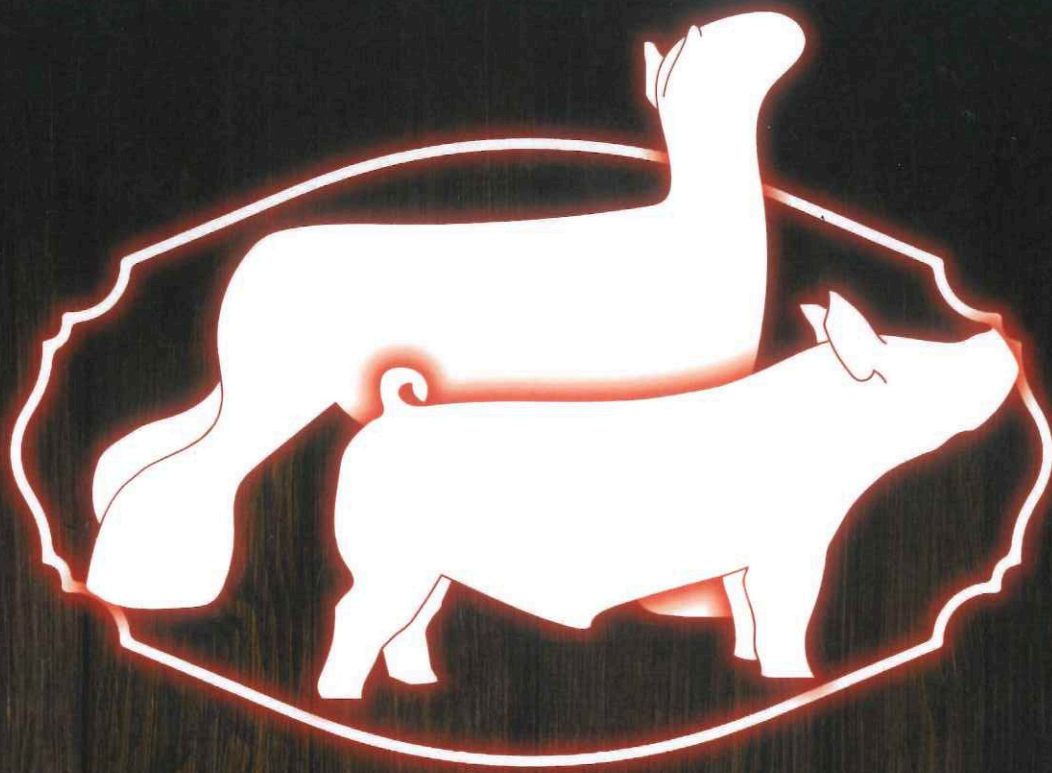
March 12

SUGGESTED ITEMS TO DONATE

Toothpaste	Toothbrush	Deodorant	Wash cloths
Dental Floss	Denture	Lotion	Hand towels
Cleanser	Alcohol-Free	Body Wash	Band-aids
Mouthwash	Bar of Soap	Combs/Brushes	Neosporin
Liquid Hand Soap		Shaving Cream	Vaseline
		Razors	Shampoo
		Nail Clippers	Conditioner

The items will be presented by the 4-H members at the American Legion Archie Hay Post #24 in April 2025.

Date and time will be determined at a later date and shared with the club.



45TH ANNUAL LAMB AND PIG SALE

Join us at Casper College for the 45th Annual Lamb and Pig Sale.

Saturday, April 5, 2025, 11:30 a.m.

Grace Werner Agriculture Pavilion, Casper College Campus

Livestock viewing is available before the sale on Friday, April 4, at 6 p.m.

We can't wait to see which champion you choose!

Casper College

Dear 4-H and FFA Educators,

For the past 45 years, students in the Casper College Agriculture Department have hosted the Annual Casper College Lamb and Pig Sale. We invite you and your students to the upcoming sale on April 4th and 5th. The viewing and sift show will be held on April 4th at 6:00 pm. The sale will begin at 11:30 am on the 5th at the Grace Werner Agricultural Pavilion and is also viewable online through Willoughby Sales. Many of our consignors are current students or Alumni of Casper College. Our sale allows current students to experience hosting a live online and in-person livestock sale. With current winning genetics, you are guaranteed to find your next project. We hope to see you April, 4th and 5th in Casper! If not, join us from the comfort of your home on Willoughby Sales.

With any interest in attending the event, we have provided you with a few flyers to display around the school or community. If you would prefer a digital flyer or would like more information please email Anne Wood at anne.wood@caspercollege.edu or call (307)-268-3128.

Thank You,

Casper College Agriculture Students

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

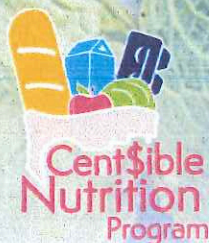
Date: Tuesdays March 4th- April 22nd

Time: 11 am

Location: Online

Contact Information: Becca Wheeler

rwhee3@uwyo.edu



UW

Extension

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.



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!

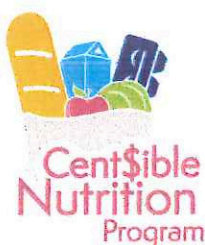
Join the Cent\$ible Nutrition Program

Date: Tuesdays March 4th- April 22nd

Time: 5:30pm

Location: WWCC Room # 1444

Contact Information: rwhee3@uwyo.edu



Extension

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.





sweet, zingy

RASPBERRY OAT BRAN MUFFINS



Ingredients

- 1 ½ cup oat bran
- 1 ½ cup whole-wheat flour
- ½ cup brown sugar, packed
- 2 teaspoon baking powder
- 2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 ½ cup unsweetened applesauce
- 2 eggs
- 1 teaspoon vanilla
- 2 cup raspberries

Directions

- Wash hands with warm, soapy water for 20 seconds.
- Mix dry ingredients in a medium bowl.
- In separate bowl combine applesauce, eggs and vanilla.
- Put the applesauce mixture into the flour mixture.
- Fold in berries.
- Bake at 400°F for 15-18 minutes.