



# Weston County CHATTER



## January 2023

### Erin's Notes

Happy New Year!!! I am still a little bit in denial that we are starting a brand new year already....it feels like I barely blinked and all of 2022 flew by. This year we didn't really set new years resolutions but talked more about what we want the year to look like including a few fun adventures.

January is the perfect time to think about 4-H projects and goals for each project - and get them entered into your record books! My 4-H goals for 2023 include providing consistent communication, helping our 4-H clubs to be more vibrant, promoting 4-H throughout Weston County and making 4-H accessible and fun for all who want to join. I really enjoyed working on my goals and putting thoughts and ideas on paper and creating a plan for a busy 4-H year in Weston County.

I hope you'll each take a little time this month to really think about what you want to accomplish, learn and experience in 4-H in 2023 and write down a few goals.

**MY CONTACT INFO:**  
**EPERSCHE@UWYO.EDU**  
**307-746-3531**

#### Table of Contents

Page 2 -Upcoming Dates  
Page 3 - Enrollment  
Page 6 - Club Info  
Page 8 - Setting Project Goals  
Page 10 - 4-H Project News  
Page 15 - Tumbleweeds  
Page 16 - 4-H 101 Club  
Page 18 - Food, Fun & 4-H  
Page 19 - Scholarships  
Page 20 - State Opportunities



**THIS WILL BE YOUR LAST  
CHATTER IF YOU HAVE NOT  
RE-ENROLLED FOR 2023**

# UPCOMING DATES



## JANUARY 2023

January 2 - Office Closed - Happy New Year

January 6 - Re-enrollment Goal

January 9 - Shooting Sports Practices Begin

January 10 - 4-H 101 Club

January 11 - Dog Project Meetings Begin

January 16 - Office Closed-Martin Luther King/Wyoming Equality Day

January 17 - Parliamentary Procedure Workshop

January 19 - Tumbleweeds

January 20 - Food, Fun & 4-H Cooking Club

January 22 - Beef Weigh In @ 2 PM

January 26 - Beef Workshop @ 6:30 PM via Zoom

January 27 - Robotics

January 31 - Record Book Help Session



## FEBRUARY

February 10 - Robotics

February 13 & 14 - Air County Shoot

February 14 - 4-H 101 Club

February 16 - Tumbleweeds

February 17 - Food, Fun & 4-H Cooking Club

February 19 - Presentation Contest



# ENROLLMENT IS OPEN!

- Enrollment is done online at [4h.zsuite.org](https://4h.zsuite.org) (instructions on the next 2 pages)
  - contact the Extension Office if you have any problems or questions
- \$10 per youth (Tumbleweeds are free)
- Family friendly
- Projects and activities for everyone!

## Why enroll?

4-H is what you make of it!

Unlike other extracurricular activities, 4-H is completely up to you. We have very few deadlines and requirements. You must have active status before being involved in the 4-H program which means enrolling at <https://4h.zsuite.org/> & paying your enrollment dues. There is so much more to do with the program to make it fit your needs. In 4-H, there are various levels in which to be involved:

**Clubs:** There are currently 6 clubs here in Weston County. These clubs do a variety of activities. The state asks that clubs offer project work and community service. To say the least, the options are endless! Please check in with your club leader to see what you can do to get involved!

**County:** We offer a lot of programming thanks to our wonderful volunteers! Think 4-H Camp, clinics, project workshops, robotics, County Fair, Achievement Day and so much more! If there is something you are interested in, please let us know and we will try to get a class scheduled.

**State:** Wyoming 4-H provides many opportunities for you to get involved. There are camps, trainings, and competitions. Check into the Horse Camp, State Volunteer trainings, Shooting Sports trainings, State Wool & Meats Judging, Showcase Showdown, State Shoot, Wyoming State Fair, and the State Leadership Team!

**National & International:** As early as 7th grade, 4-Hers can begin to travel with the Leadership Washington Focus. Wyoming 4-H sponsors travel for teens to Citizenship Washington Focus, National 4-H Congress, National 4-H Conference, Western National Roundup, and International Trips currently to Ireland and Belize.

YOU MUST BE ENROLLED WITH **ACTIVE** STATUS IN 4-H IN ORDER TO PARTICIPATE IN **ANY** 4-H ACTIVITIES. YOUTH MUST HAVE **ACTIVE** STATUS BY **MAY 15TH** TO PARTICIPATE IN SUMMER ACTIVITIES (CAMP, FAIR, ETC.)

ENROLLMENT FEES ARE DUE AT THE TIME OF ENROLLMENT


### PLEASE NOTE:

YOU ARE NOT COVERED BY THE 4-H INSURANCE UNTIL YOU HAVE ACTIVE STATUS IN ZSUITE!

### Re-Enrollment Goal

Please complete your re-enrollment by January 6th. After this date you will no longer receive 4-H communications from the office.





Email

Password

**LOGIN** **SIGN UP**

[Forgot Password?](#) [Help](#)

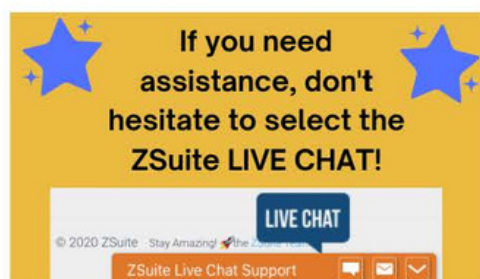
# ZSuite 4-H Enrollment

## Existing Family Profile

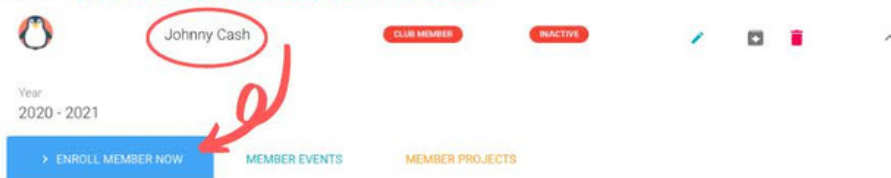


Enrollment must be done **ANNUALLY** to stay *active* in 4-H!

1. Go to <https://4h.zsuite.org/>
2. Use the same email & password you used to sign up, select **LOGIN**
3. Choose the **PRIMARY ACCOUNT** to enroll 4-H Members
4. You will see a list of all the household members and their current enrollment status.
  - a. **Red = INACTIVE 4-H Member**
  - b. **Green = ACTIVE 4-H Member**
5. Select the 4-H Member's Name you wish to update, select **ENROLL MEMBER NOW**



**First Year 4-H Members, make sure to add the First Year Member "CLUB". This will waive the Registration Fee.**



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**
    - i. If you are interested in
      1. Junior Leaders
      2. Livestock Judging Team
      3. Livestock Skillathon Team
 make sure to add them as a Club.
    - i. **ALL 4-H Members should Add MY 4-H YEAR/MY 4-H YEAR INVOLVEMENT** as a Project in one Club, Select **Add Project**
7. Select **Add to Cart** and then you can either **+Add Enrollment** or **Submit**. Must be submitted to be complete.

Enrollment in 4-H for Johnny Cash  
2020 - 2021

**PERSONAL INFO** **WAIVERS** **CLUBS**

Choose one or more Clubs then press "Add Club"

COUNTY  
SUBLETTE COUNTY

ADD CLUB

CLUB

**Barnyard Bunch (Big Piney Sheep, Swine, & Goat Club)**  
County: Sublette County  
**Primary**

Projects:  
ANIMAL SCIENCE/SWINE  
ANIMAL SCIENCE/SHEEP

ADD PROJECT

**Junior Leaders**  
County: Sublette County

Projects:  
LEADERSHIP AND CIVIC ENGAGEMENT/YOUTH LEADERSHIP

ADD PROJECT

**Livestock Judging Team**  
County: Sublette County

Projects:  
MY 4-H YEAR/4-H YEAR INVOLVEMENT

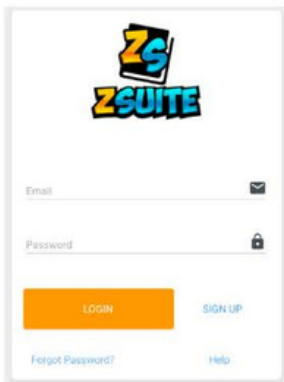
ADD PROJECT

**Animal Project Information is NOT required at this time.**

PREVIOUS **SUBMIT**

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





# 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**

a. Select **Add Project**

i. If you are interested in

1. Junior Leaders
2. Livestock Judging Team
3. Livestock Skillathon Team

make sure to add them as a Club.

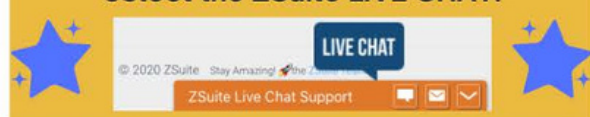
i. **ALL** 4-H Members should

Add **MY 4-H YEAR/MY 4-H YEAR INVOLVEMENT**  
as a Project in one Club,  
Select **Add Project**

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

**First Year 4-H Members**, make sure to add the  
**First Year Member "CLUB"**.  
This will waive the Registration Fee.

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



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

# WESTON COUNTY 4-H CLUBS



## Elk Mountain Outlaws

**Leaders:**

Kami Lopez  
Kara Fladstol

**Next Meeting:**

January 8, 2023  
2:00 PM  
Weston County  
Fairgrounds

## Dewey Dancers

**Leaders:**

Kendra Paulton  
Dani Stearns

**Next Meeting:**

TBA

## Sagebrush Maids & Wranglers

**Leaders:**

Melinda Huff  
Becky Swentesky

**Next Meeting:**

TBA

## Borderline Bandits

**Leader:**

Crystal Stevens-Benson

**Next Meeting:**

January 22nd, 2023  
2:00 PM  
Pinnacle Bank

## Prairie and Pines

**Leaders:**

Kasi White  
Nastel Dean  
Chermey Bowe

**Next Meeting:**

January 23, 2023  
5:00 PM  
Upton Elementary  
School

## Stock Show Junkies

**Leaders:**

Briley & Ty Miller  
Hale & Alicia Redding

**Next Meeting:**

TBA

I encourage each of you to contact your club leaders and to attend your upcoming club meetings and to get involved!



## WYOMING 4-H AND YOU!

### **HEAD TO CLEARER THINKING**

At each meeting, we say the 4-H pledge, making a pledge of our heads to clearer thinking. A large part of your 4-H experience is learning and life skill development. One way this can be done is through club educational programming.

An education program could be having member do demonstrations, inviting in guest speakers, taking a club tour, or using your club to share new ideas and learning experience in a variety of ways. Your imagination is the only thing limiting how clubs spend time learning.

In support of club work in educational programming, the Wyoming 4-H Foundation is offering \$200 awards for 5 clubs who are learning and growing through educational programs. The grants will be based on quantity of programs, diversity, creativity, innovation, and participation.

<https://www.facebook.com/groups/242399130042265>

### **HANDS TO LARGER SERVICE**

At each meeting, we say the 4-H pledge to show our commitment to service for our club, our community, our country and our world. Participation in Community Service related activities is an integral part of the 4-H club experience.

The Wyoming 4-H program values the community service experience. Young people who are active in giving back to their community gain valuable life skills and a positive image of community and service. We challenge your club to help improve your community and your 4-H members through club work in community service.

In support of club work in community service, the Wyoming 4-H Foundation is offering \$200 award to 5 clubs for their commitment to community service work. The awards will be based on quantity of service done during the 4-H year, diversity, innovation, and participation.

<https://www.facebook.com/groups/387464685383891>

JOIN NOW





# SETTING PROJECT GOALS

So you have enrolled in 4-H and chosen your projects for 2023, now it is time to set some goals for each of your projects.

Learning to set goals is an essential life skill to develop. Goals should change and become more challenging each year to show growth in a project.

What is a goal? A goal is the specific result or purpose expected from the project.

When setting goals think about making the goal specific, measurable, achievable, relevant and time-bound - also known as SMART goals.

- **Specific** - what will be done and who will do it
- **Measurable** - how the action will be measured, measuring your goal helps you determine if you are making progress and keeps you on track and on schedule
- **Achievable** - goal is realistic, this helps set up the project for success
- **Relevant** - does the goal make sense
- **Time-bound** - a specific timeline for completion

Goals should also be able to pass the "control test". Does the 4-H member have control over the outcome of the goal or does someone else have that control?

Action	Result	Timetable	Pass Control Test	S.M.A. R. T.	Strong Goal
I want to make	a poster.	None	Yes	Not Measurable	No
I want to learn how to tie	5 knots and display them	at the county fair.	Yes	Yes	Yes
I want to earn	a blue ribbon on my photo	at the fair.	No	Not Measurable	No
I want to sew	a pillow for my room	before my birthday.	Yes	Yes	Yes
I want to make	a favorite family treat.	None	Maybe	Not Measurable	No
I want to learn how to make	strawberry jam	when the strawberries are in season.	Yes	Yes	Yes



# SMART GOAL TEMPLATE

INITIAL GOAL	Write the goal you have in mind
S	What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?
SPECIFIC	
M	How can you measure progress and know if you've successfully met your goal?
MEASURABLE	
A	Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve?
ACHIEVABLE	
R	Why am I setting this goal now? Is it aligned with overall objectives?
RELEVANT	
T	What's the deadline and is it realistic?
TIME-BOUND	
SMART GOAL	Review what you have written, and craft a new goal statement based on what the answers to the questions above have revealed



# WYOMING 4-H PROJECTS



## ANIMAL SCIENCES

- Beef Cattle
- Cats
- Dogs
- Dairy Goats
- Meat Goats
- Horses
- LLamas & Alpacas
- Pocket Pets
- Poultry
- Rabbits
- Sheep
- Swine
- Veterinary Science

## HEALTHY LIVING

- Foods and Nutrition
- Gardening and Horticulture
- Health
- Outdoor Recreation

## LEADERSHIP & CIVIC ENGAGEMENT

- Civic Engagement
- Youth Leadership
- Self Determined

## SCIENCE & TECHNOLOGY

- Aerospace
- Computers
- Electricity
- Robotics

## NATURAL RESOURCES

- Entomology
- Geology
- Nature & Ecology
- Range Management
- Shooting Sports
- Sportfishing
- Wildlife and Hunting

## EXPRESSIVE ARTS

- Cake Decorating
- Crocheting
- Fabric and Fashion
- Interior Design
- Knitting
- Leathercraft
- Photography
- Quilting
- Ropecraft
- Visual Arts
- Woodworking
- Welding

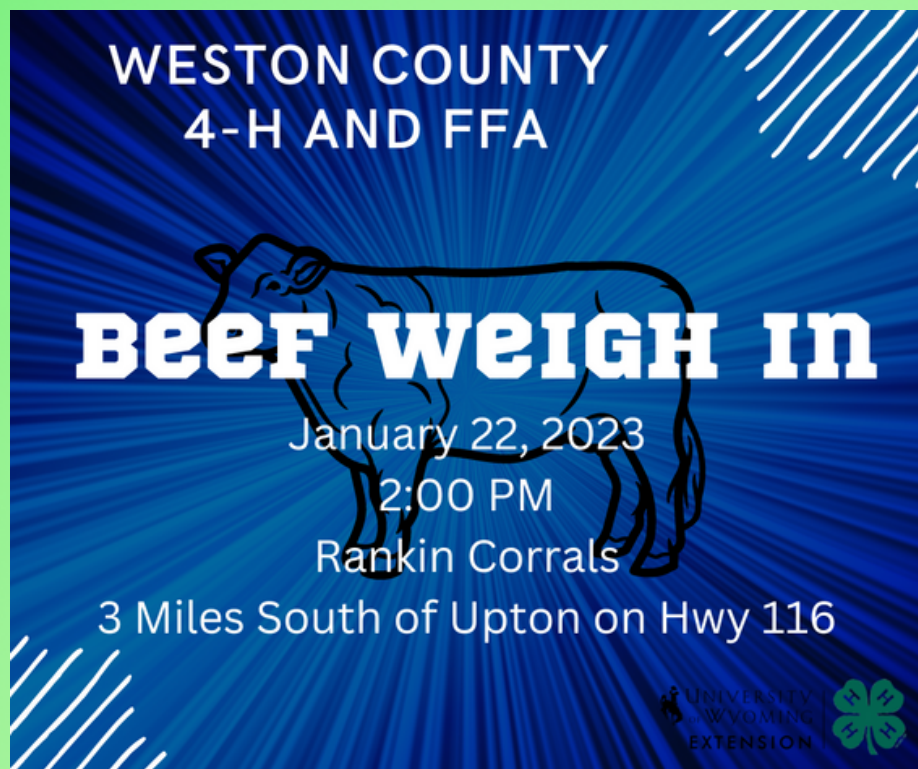
**FIND YOUR SPARK WITH A 4-H PROJECT**



# 4-H PROJECT NEWS



## BEEF PROJECT



### OWNERSHIP DEADLINE

February 1, 2023

- You **MUST** be enrolled in 4-H and have **ACTIVE** status by January 22nd to weigh your market beef
- All market beef shall be owned and tagged with an EID by February 1
- Ownership paperwork must be submitted by February 1
  - Brand Inspection
  - Statement of ownership
- 4-H or FFA designation must be made at tagging

**January 26th**

**6:30 PM**

**Chance Marshall**

**Agriculture and Natural Resources**

**Extension Educator**

**Zoom Presentation**

**<https://uwyo.zoom.us/j/96754114959>**

# 4-H PROJECT NEWS



## ROBOTICS

### SCHEDULE

January 27th  
February 17th  
March 10th, 17th, 24th  
April 7th, 21st, 28th  
May 5th, 12th, 19th  
June 1st, 8th, 10th, 15th

Come join the fun! On January 27th anyone interested in the Robotics Project is invited to come to the Extension Office from 2:00-5:00 PM to explore the Robotics Project!

Robotics will meet on the dates listed to prepare for the State Robotics Competition to be held at Showcase Showdown in June!

### LEADERS

Caleb Carter



JUNE 20-22, 2023

State Robotics Competition  
Laramie, WY



## DOG PROJECT

### SCHEDULE

January 11th & 25th  
February 8th & 22nd  
March 8th & 22nd  
April 12th & 26th  
May 10th & 24th

### COME JOIN THE FUN!

Each of these Wednesdays we will meet at the Extension Office from 3:45 - 5:00 PM.

We will have a light snack and will be learning all about the dog project! Kendra and Lauren have some awesome things planned to help you learn lots and prepare for the County Fair Dog Show!

### LEADERS

Kendra Paulton  
Lauren Pickle

### SAVE THE DATE:

WYO21 DOG CLINIC AND SHOW  
JUNE 9-10TH, 2023



# SHOOTING SPORTS

## Schedules

An email went out today with the schedules for air, .22 and archery.

All schedules are also available on the website at:

<https://wyoextension.org/westoncounty/4h-youth-development/shooting-sports/>

## Fees

Air Pistol & Air Rifle- \$10

.22 Pistol & .22 Rifle - \$10

Archery (If using our equipment)- \$10

Shotgun - \$25

Muzzleloading (if using our equipment and ammunition) - \$25

Please pay these fees as soon as possible. Fees can be paid at the Extension Office or Erin plans to be at the Newcastle practices on Monday, so you can send/bring money to her that evening.

## Upton Schedule

**Upton Gun Club**  
710 Ash Street  
Upton, WY

### .22 Pistol and Rifle Practice

- January 9<sup>th</sup>
- January 16<sup>th</sup>
- January 23<sup>rd</sup>
- January 30<sup>th</sup>
- February 6<sup>th</sup>
- February 13<sup>th</sup> - .22 County Shoot

### Air Pistol and Rifle Practice

- February 20<sup>th</sup>
- February 27<sup>th</sup>
- February 6<sup>th</sup>
- February 13<sup>th</sup>
- February 20<sup>th</sup> – Air County Shoot

**Leaders:**  
**Cliff Abbott**  
**Nick White**

### Archery

- March 27
- April 3
- April 17
- April 24
- May 1
- May 8 – Blue Face County Shoot
- May 13 – 3D County Shoot -Upton Outdoor Course \*weather permitting\* or Four Seasons Arena

Xyla Rehling	Air Pistol, Air Rifle, .22 Pistol, .22 Rifle, Shotgun, Archery, Muzzleloader
Trevon White	Air Pistol, Air Rifle, .22 Pistol, .22 Rifle, Shotgun, Archery, Muzzleloader
Tevon White	Air Pistol, Air Rifle, .22 Pistol, .22 Rifle, Shotgun, Archery, Muzzleloader
Josie Dean	Air Rifle, .22 Rifle, Archery
John Sadrini	Shotgun
Kyler Cork	.22 Rifle, Air Rifle, Archery
Kelly Cork	Air Pistol, Air Rifle, .22 Pistol, .22 Rifle, Shotgun, Archery, Muzzleloader
Rylee Loebe	.22 Pistol, .22 Rifle, Shotgun, Archery, Muzzleloader
Josie Dean	.22 Rifle, Air Rifle, Archery
Finnley Todd	.22 Rifle, Archery

**FUNDED IN PART BY:**  
**THE NRA FOUNDATION**  
**TEACH FREEDOM**



# SHOOTING SPORTS

## Newcastle Schedule

### Air Pistol

- January 9<sup>th</sup>
- January 16<sup>th</sup>
- January 23<sup>rd</sup>
- January 30<sup>th</sup>
- February 6<sup>th</sup>
- February 13<sup>th</sup> – County Shoot

### Air Rifle

- January 10<sup>th</sup>
- January 17<sup>th</sup>
- January 24<sup>th</sup>
- January 31<sup>st</sup>
- February 7<sup>th</sup>
- February 14<sup>th</sup> – County Shoot

### .22 Pistol

- February 20<sup>th</sup>
- February 27<sup>th</sup>
- March 6<sup>th</sup>
- March 13<sup>th</sup>
- March 20<sup>th</sup> - County Shoot

### .22 Rifle

- February 21<sup>st</sup>
- February 28<sup>th</sup>
- March 7<sup>th</sup>
- March 14<sup>th</sup>
- March 21<sup>st</sup> - County Shoot

### Archery - Newcastle

- March 26
- March 27
- April 2
- April 3
- April 16
- April 17
- April 23
- April 24
- April 30
- May 1
- May 7 – Blue Face County Shoot
- May 8 – Blue Face County Shoot
- May 13 – 3D County Shoot -Upton Outdoor Course \*weather permitting\* or Four Seasons Arena

**Weston County  
Sportsman's Club  
3002 Divide Ave  
Newcastle, WY**

**Air and .22 Leaders:  
Rick Wehri  
Galen Stafford**

Newcastle Air Pistol Practice Schedule January 9th, 16th, 23rd, 30th, February 6th and County Shoot February 13th			
4:00 PM	4:45 PM	5:30 PM	6:15 PM
Millie Paulton	Laila Lopez	Liam Gregory	McCall Benson
Henry Paulton	Lillian Lopez		Sydney Baker
Colby Rich	Kinley Redding		Parker Stevens
Jace Rich	Kendall Page		Ashlynn Shroyer
Riley Rich	Dustin Boyer-Huff		Levi Tysdal
Brady Chirstensen	Keira Ottaway		Clancey Newlin
Samuel Furgeson	Lindsey Ottaway		Clara Lipp
Clay Sweet	Ryker Shadley		

All schedules are available on the website

Newcastle Air Rifle Practice Schedule January 10th, 17th, 24th, 31st, February 7th and County Shoot February 14th			
4:00 PM	4:45 PM	5:30 PM	6:15 PM
Colby Rich	Laila Lopez	Peter Keeler	Tanner Lenardson
Jace Rich	Lillian Lopez	Liam Gregory	McCall Benson
Riley Rich	Morgan Tysdal	Diesel Bloom	Isaiah Anderson
Hunter Finley	Kinley Redding		Jonathan Anderson
Brady Christensen	Kendall Page		Parker Stevens
Anden Dixon	Dustin Boyer-Huff		Ashlynn Shroyer
Samuel Furgeson	Keira Ottaway		Levi Tysdal
Clay Sweet	Lindsey Ottaway		Ava Malsam
	Clara Lipp		Clancey Newlin
			Ryker Shadley

# **RECORD BOOK HELP SESSIONS**

**Last Tuesday of the month**

**5:30 - 6:00 PM**

**via Zoom**

**<https://uwyo.zoom.us/j/99160838599>**

January 31 - Intro to Record Books and Setting Goals

February 28 - My 4-H Year and Project Records

March 28 - Leadership

April 25 - 4-H Participation

May 30 - Community Service

June 27 - Project Records

August 29 - My 4-H Story and Submitting

## **Parliamentary Procedure Workshop**



**January 17th**

**6:30 PM**

**Weston County Events Center**

**RSVP by January 16th**

**Saddle & Sirloin FFA presents**

**a fun and exciting event to**

**learn basic Parliamentary**

**Procedure.**

This workshop is geared towards our Intermediate (11-13 years old) and Senior (14-18 years old) members. Members will learn valuable skills to help run club meetings. Understanding how to run and to participate in an effective meeting is so important!

# 2023 IMPORTANT DATES

- February 1 - Market Beef Ownership and Tagging Deadline
- February 13 & 14 - Air County Shoot
- February 19 - Presentation Contest
- March 15 - Farm School Applications Due
- March 20 & 21 - .22 County Shoot
- May 1 - Horse, Dog and Cat ID Forms Due
- May 7 & 8 - Blue Face Archery County Shoot
- May 13 - 3D Archery County Shoot
- May 15 - Enrollment Deadline for all summer 4-H activities
- May 23 - Lamb/Goat/Swine Weigh In
- June 1 - Market Lamb, Swine, Goat and Poultry Ownership and Tagging Deadline
- June 9-10 - WYO21 Dog Clinic and Show
- June 12 - Shooting Sports Awards BBQ
- June 16-18 - 4-H Camp
- June 20-22 - Showcase Showdown
- July 5 - Fair Entries Due
- July 6-9 - State Shooting Sports - Douglas
- July 21-30 - Weston County Fair
- August 15-19 - Wyoming State Fair
- September 15 - Record Books Due
- October 1-7 - National 4-H Week
- October 29 - Achievement Day



# TUMBLEWEEDS

The 4-H Cloverbuds Program in the University of Wyoming's 4-H program is a non-formal education program designed for children ages 5-7. Participation, safety, personal development, learning and fun are the highest priorities for Cloverbuds programs. Cloverbuds is designed to introduce young people to cooperative learning and the many things they can do in 4-H. These programs are adult led, activity-focused, and are built on cooperative learning rather than competition. Here in Weston County our Cloverbuds group is the Tumbleweeds. The Tumbleweeds meet each month on the 3rd Thursday.

## SCHEDULE

January 19

February 16

March 16

April 20

May 18

June 17 @ 4-H Camp

July - County Fair Activities

**JANUARY 19TH**

**PENGUIN GAMES**

**4:00 - 5:00 PM**

**EXTENSION OFFICE**

**RSVP BY JANUARY 17TH**



You can join the Weston 4-H Tumbleweeds class at <https://www.remind.com/join/4htumble> or by texting @4htumble to 81010.





# 4-H



## 101 CLUB

**2nd Tuesday of each Month  
Extension Office**

**5:30 PM**

Club?

Volunteer?

Fair?

Leader?

Exhibit?

Record Books?

You've joined 4-H but now your head is spinning and you don't know what or where to start! You see all these words and terms thrown around in the Chatter, what the heck is the Chatter you ask? (this, the 4-H Newsletter) and wonder what in the world have you gotten yourselves in to! Don't panic, just join us once a month at the Extension Office (204 W Main Street) to learn about 4-H. I'll answer your questions, provide resources and so much more!

Project?

Code of Conduct?

### Schedule

January 10  
February 14  
March 14  
April 11  
May 9  
June 13  
July 11  
August 8  
September 12



**4-H**   
**GROWS HERE**



# Food, Fun & 4-H

This is a self-paced project to get young people in the kitchen and preparing home cooked meals, trying new foods, encouraging family time, developing communication skills and having fun! In addition to promoting kitchen and cooking skills, Food, Fun, 4-H will teach youth how to be smart consumers through planning, time management and budgeting. Each family/household will receive a kitchen utensil kit related to that month's recipes, along with other informational materials. Youth must prepare at least two of the recipes in the packet and complete a post-lesson report, answering three questions 1) I liked... 2) I wish... and 3) I wonder... Participants will be asked to submit two photos – one of them preparing the dish and the other of the family unit sharing the meal. Completion of these requirements by the end of the month qualifies them to receive the next month's utensil kit. The questions are meant to get the youth thinking about ways to either modify or enhance the recipes for when they make it again, can it be doubled or halved. These are lifelong skills that might lead them down the road to becoming entrepreneurs! The program will run November to May. If they don't meet the requirements, it doesn't exclude them from future participation. They will just need to wait a month and try again. There isn't a cost to participate, but families/households will need to purchase their food/pantry items.

If participating at home doesn't work for you, or even if you choose to participate at home, there is a second option. Each month I will be hosting an afternoon to come cook with me at the Extension Office with the Food, Fun & 4-H Club and complete the project.



- Cook together and gather around the family dinner table,
- Learn to prepare home-cooked meals & try new foods.
- FUN family time.
- Receive a FREE kitchen utensil kit/family related to that month's recipes November - May.
- 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 KELLIE@UWYO.EDU  
FREE TO PARTICIPATE; GROCERIES NOT INCLUDED

## FOOD, FUN & 4-H CLUB INFO

### January 20th

1:45 PM - 4:00 PM

Extension Office

RSVP by January 18th

Cost: \$5 per youth

### February 17

1:45 PM - 4:00 PM

Extension Office

RSVP by February 15

Cost: \$5 per youth

## AT HOME DEADLINES:

January Completion:

January 25th

February Registration:

January 25th-30th





# 4-H Scholarships



**Due February 15, 2023**

Each year the Wyoming 4-H Foundation awards thousands of dollars in scholarships to youth that will be attending a college, university, or technical school to further their education.

Applications are due by February 15, 2023, and uses a resume built from your 4-H Portfolio.

As you consider your next steps in your education and career path, your involvement in 4-H may help you obtain scholarships at the college you choose to attend. The Wyoming State 4-H Foundation has updated our 4-H Scholarship application. Find out details at: <http://www.wyoming4h.org/4hfoundation/scholarships>

Just click on each scholarship to find out its specific criteria, and then use the universal application to apply.

There are many available scholarships! Up to \$30,000 total for new and first time qualified applicants!

Remember – the best way to be awarded a scholarship is to **APPLY!**

**Do not Delay – Apply Right Away!!**



**Wyoming State 4-H Foundation**

**307-766-5170**



# OPPORTUNITIES THROUGHOUT THE STATE



**STOCK  
SHOW  
U**

VISIT [WWW.SULLIVANSUPPLY.COM](http://WWW.SULLIVANSUPPLY.COM)  
FOR MORE INFORMATION ABOUT  
STOCK SHOW UNIVERSITY!

## TWO-DAY 4-SPECIES GRAD PROGRAM

**MAY 13-14, 2023**

**GOSHEN COUNTY FAIRGROUNDS  
TORRINGTON, WYOMING**

**OFFERED FREE COMPLIMENTS OF SULLIVAN SUPPLY AND M LAZY HEART FEEDS**

*"We stay until the last question is answered!"*

**QUESTIONS?**  
CONTACT TESS MITTAG, STOCK SHOW U MANAGER  
[TESSA@SULLIVANSUPPLY.COM](mailto:TESSA@SULLIVANSUPPLY.COM)



**SULLIVAN  
SUPPLY**

# OPPORTUNITIES THROUGHOUT THE STATE



## National 4-H Shooting Sports Quiz Bowl - Jan. 16-20, 2023



**Testing knowledge of: Archery, Shotgun, Muzzleloading, Rifle, Pistol,  
Hunting Skills, Western Heritage, General 4-H, STEM**

**Junior, Intermediate and Senior** individual and team divisions

**\$10/PARTICIPANT - COMPETE VIRTUALLY ANYTIME OVER A 5 DAY PERIOD**

Study materials and Register [HERE](#)

Registration opens January 1, 2023





# OPPORTUNITIES THROUGHOUT THE STATE



## IN CASPER

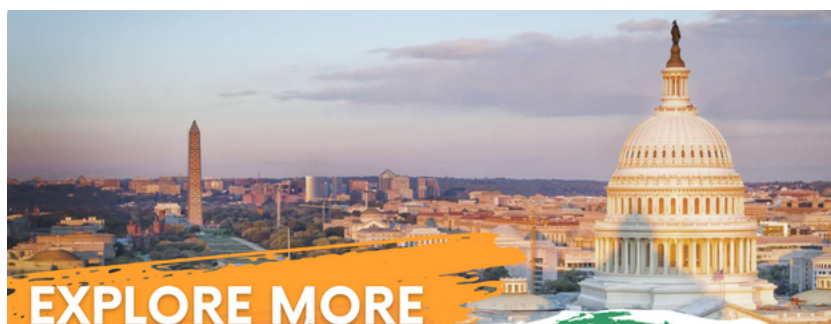
### 2023 Rabbit Clinic

Clinics start @ 9AM, Location: ARLC Building

Sign up at : <https://www.facebook.com/oil-city-thumpers-398801110535193/>

- January 14, 2023: Rabbit Housing & Feeding- Casper Room
- February 11, 2023: Meat Pens- Midwest/Edgerton Room
- March 18, 2023: Committee Meeting- Mills/Evansville Room
- April 15, 2023: Breed ID, Breed Tattoo, Showmanship, ID Forms Clinic- Casper Room. Bring your healthy, clean rabbits and carpet square
- April 26, 2023: Tattoo Clinic – Time TBD PIC
- May 14, 2023: Getting ready for Fair – Fair Prep- Mills/Evansville Room
- o No Rabbits needed.
- June 3, 2023: Mandatory Meat Pen Tattoo Clinic/Mock Show- Casper Room
- o We will have separate areas set-up for showmanship. Please make sure your rabbits are clean and healthy. We also ask you to dress like you will for the show at fair and bring a clean carpet square for showmanship.

We will only be offering two tattoo clinics this year.  
Please plan accordingly.



## EXPLORE MORE

*Of The World*

## NATIONAL 4-H CONFERENCE

### WHEN and WHO

April 14 - 19, 2023  
Open to youth 15 - 18  
Cost estimated at \$2500 per person, scholarship will be given.

### WHAT

Have an active role in making change. Present your ideas to high-ranking Government Officials. See D.C. and meet with your Congressman and Senators. Meet other 4-H youth like yourself from all over the United States.

### APPLICATION

Apply at the following link by January 16, 2023,  
[https://wyoming4h.formstack.com/forms/conference\\_congress\\_app](https://wyoming4h.formstack.com/forms/conference_congress_app)



### HAVE MORE QUESTIONS

If there are additional questions, please visit the Opportunities section on the state 4-H website or talk with your 4-H educator.



UNIVERSITY  
OF WYOMING

## Extension Weston County

### Office Location

204 W Main Street  
Newcastle WY 82701



(307) 746-3531

### Erin:

epersche@uwyo.edu

### Abbey:

Westncty@uwyo.edu

### Vicki:

vhayman@uwyo.edu



### Monday - Friday

8:00 AM - 12:00 PM  
1:00 PM - 4:30 PM



### Weston County Extension Website:

<https://wyoextension.org/westoncounty/>



### Weston Extension:

<https://www.facebook.com/WestonCountyExtension>

### Weston County 4-H:

<https://www.facebook.com/WESTONCOUNTY4H>

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Kelly Crane, Director, University of Wyoming Extension, College of Agriculture and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

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