



# Weston County CHATTER



## January 2024

### Erin's Notes

Happy, Happy, Happy New Year! I am so excited for all the great things that 2024 is going to bring to Weston County 4-H! I've been busy working on the 2024 4-H Calendar and have added a brand new page to the website that has everything in one place and a calendar that you can print if you choose. (take a look at page 3 and then use the QR code to jump to the website to check it out!).

A new year is when so many people think about new years resolutions and set some goals. It is a perfect time to think about what you'd like to gain from your 4-H experience this year and think about what things you will need to do to make them happen.

If you have not taken the time to get enrolled for the 2024 4-H year, this is your final reminder! I will clear out my email list in January and I don't want anyone to miss out on 4-H news if they are wanting to be involved. Reach out if you have any questions.

Here's to a great 2024!

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MY CONTACT INFO:  
[epersche@uwyo.edu](mailto:epersche@uwyo.edu)  
307-746-3531

**THIS WILL BE YOUR LAST  
CHATTER IF YOU HAVE NOT  
ENROLLED FOR THE 2024 YEAR!**

# UPCOMING DATES



## January

**January 1 - Enrollment Dues increase to \$20**

**January 1 & 2 - Extension Office Closed**

**January 8 - Shooting Sports Begins in Upton and Newcastle**

**January 8 - Fair Board Meeting**

**January 15 - Extension Office Closed**

**January 16 - Upton Cloverbuds**

**January 18 - Newcastle Tumbleweeds**

**January 19 - Food, Fun, 4-H Cooking Class**

**January 21 - Beef Tagging and Weigh In**

**January 30 - Volunteer Training**



## February

**February 1 - Market Beef Ownership and Tagging Deadline**

**February 7 - Junior Livestock Meeting**

**February 9 - Food, Fun 4-H Cooking Class**

**February 12 - Shooting Sports County Shoot - Upton (.22) and  
Newcastle (Air Pistol)**

**February 12 - Shooting Sports County Shoot - Newcastle (Air Rifle)**

**February 12 - Fair Board Meeting**

**February 13 - Upton Cloverbuds**

**February 15 - Newcastle Tumbleweeds**

**February 19 - Extension Office Closed**





# Calendar

New the year on the website in the 4-H Calendar. Look ahead at the entire year!

## JANUARY *Happy New Year* 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Extension Office Closed	2	3	4	5	6
7	8 Shooting Sports Begins - Upton and Newcastle Fair Board Meeting	9	10	11	12	13
14	15 Extension Office Closed	16 Upton Cloverbuds	17	18 Newcastle Tumbleweeds	19 Food, Fun, 4-H	20
21 Beef Weigh In and Tagging	22	23	24	25	26	27
28	29	30 Volunteer Training	31			

### NOTES:

- See the Shooting Sports Calendars for all shooting sports dates
- Enrollment Fees have increased to \$20
- Beef Weigh in and Tagging on January 21st!



<https://wyoextension.org/westoncounty/4h-youth-development/important-dates/>



# 2024 IMPORTANT DATES

**January 21 - Beef Weigh In and Tagging**

**February 1 - Market Beef Ownership and Tagging Deadline**

**February 15 - 4-H Scholarship Deadline**

**March 20 - Farm School Applications Due**

**March 23 & 24 - Shooting Sports Leader Training**

**April 21 - 27 - National Volunteer Week**

**May 1 - Horse, Dog and Cat ID Forms Due**

**May 15 - Enrollment Deadline for all summer 4-H Activities**

**May 28 - Swine, Lamb & Goat Tagging and Weigh In**

**June 1 - Market Goat/Lamb/Swine and Breeding Livestock  
Ownership Deadline**

**June 17 - Shooting Sports Awards**

**June 18 - 20 - Showcase Showdown**

**June 28-30 - 4-H Camp**

**July 3 - Fair Entry Deadline**

**July 3 - Horse Safety Certification Deadline**

**July 11-14 - State Shoot**

**July 15 - Fabric & Fashion Judging Day**

**July 16 - Carcass Contest**

**July 20-28 - Weston County Fair**

**July 30 - State Fair Meeting**

**August 12-17 - Wyoming State Fair**

**September 30 - 4-H Stories Due**

**October 6-12 - National 4-H Week**

**October 10 - 4-H Jubilee**



# How We Communicate

The Remind logo consists of the word "Remind" in a white, cursive-style font, centered within a solid blue rectangular background.

**Remind is a communication platform that can reach students and parents via text or email. Remind allows us to quickly send notifications to an entire group about upcoming events, changes, cancellations, etc. There are 2 easy ways to join - go to the website address listed or text the @newcss to 81010. Please take a few moments and join the applicable Remind groups from the list below:**

**Weston County 4-H:** rmd.at/weston4h or text @weston4h to 81010

**Newcastle Shooting Sports** - rmd.at/newcss or text @newcss to 81010

**Dog Project:** rmd.at/newcdog or text @newcdog to 81010

**Food, Fun & 4-H:** rmd.at/newcff4-h or text @newcff4-h to 81010

**Newcastle Tumbleweeds:** rmd.at/n4htumble or text @n4htumble to 81010

**Robotics:** rmd.at/newcrobots or text @newcrobots to 81010

**Upton Cloverbuds:** rmd.at/u4htumble or text @u4htumble to 81010



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



# WESTON COUNTY 4-H CLUBS

## Elk Mountain Outlaws

**Leaders:**

Kami Lopez  
Kara Fladstol

**Next Meeting:**

January 21st  
2:00 PM

**Fairgrounds Event Center**

**Making dog blankets for the  
animal shelter.**

## Dewey Wranglers

**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:**

**TBA**

## Prairie and Pines

**Leaders:**

Kasi White  
Nastel Dean

**Next Meeting:**

February 19th  
6:30 PM

**Mrs. White's Classroom  
Upton Elementary School**

**Bring canned food to donate  
to the Food Bank**

## Stock Show Junkies

**Leaders:**

Briley & Ty Miller  
Hale & Alicia Redding

**Next Meeting:**

**TBA**

### What is the benefit of being in a 4-H club ...

There are many benefits of being in a club; friendship and fellowship, opportunity for leadership development, plus strides in self-confidence, learning to work with others, communication skills, decision making, problem solving, citizenship, expanded horizons, organizational skills, respect for and from others, patience, tolerance, and real-world experience! The club leader will help you with decision making, keep you informed about project announcements and deadlines, and will be a great encouragement!

# 4-H Enrollment Info

## 4-H AGES

4-H Age is determined by your child's age as of January 1, 2024.

- Cloverbuds are 5-7 years old as of January 1
- Junior 4-H members are 8-10 years old as of January 1
- Intermediate 4-H members are 11-13 years old as of January 1
- Senior 4-H members are 14-18 years old as of January 1

## HOW TO ENROLL

Visit <https://4h.zsuite.org/> to complete your 4-H Enrollment

Below are tip sheets to help you create a new profile or access your current one.

The earlier in the 4-H Year that you complete your 4-H Membership (Enrollment) the more you will benefit from the 4-H program!

## ENROLLMENT FEES

October 1 – 7th – National 4-H Week – no enrollment cost

October 8th – December 31st – \$10 per member

**January 1 – May 15th – \$20 per member**

**\*\*No cost for Cloverbud members\*\***

## ENROLLMENT DEADLINE

Youth must be enrolled with active status in 4-H in order to participate in any 4-H activities. Enrollment fees are due at the time of enrollment. Please note: youth are not covered by the 4-H insurance until you have active status in ZSuite!

**Youth must have active status by May 15th to participate in summer activities (camp, fair, etc.) This deadline will be strictly adhered to in 2024.**





# 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

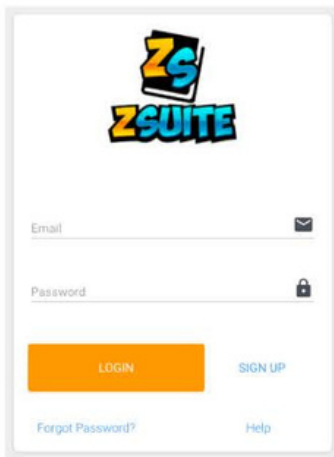
- Entomology
- Geology
- Nature & Ecology
- Range Management
- Shooting Sports
- Sportfishing
- Wildlife and Hunting


## 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





  
 Email   
 Password   
 LOGIN SIGN UP  
 Forgot Password? Help

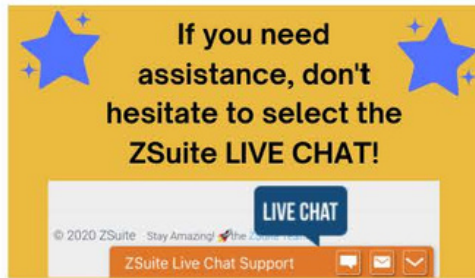
# ZSuite 4-H Enrollment

## Existing Family Profile

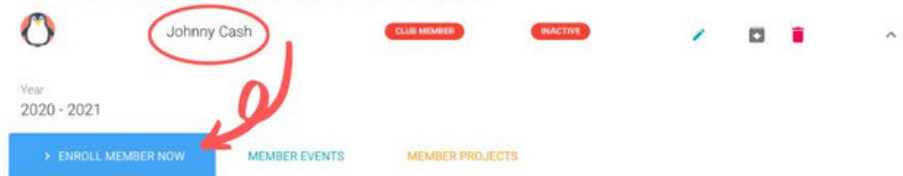
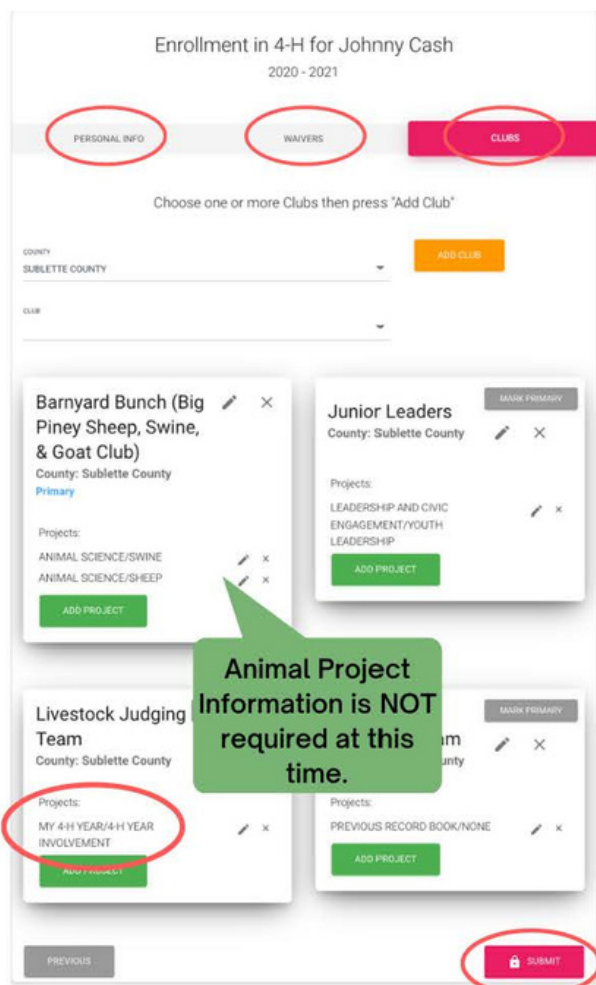


Enrollment must be done **ANNUALLY** to stay *active* in 4-H!

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**



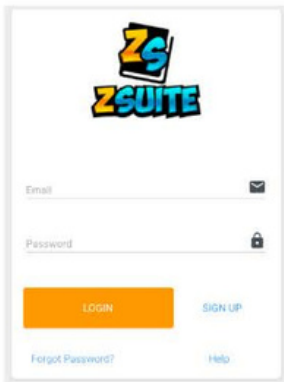
**First Year 4-H Members, make sure to add the First Year Member "CLUB". This will waive the Registration Fee.**

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  
 CLUB: [dropdown]  
 Barnyard Bunch (Big Piney Sheep, Swine, & Goat Club)  
 County: Sublette County  
 Projects: ANIMAL SCIENCE/SWINE, ANIMAL SCIENCE/SHEEP  
 Junior Leaders  
 County: Sublette County  
 Projects: LEADERSHIP AND CIVIC ENGAGEMENT/YOUTH LEADERSHIP  
 Livestock Judging Team  
 County: Sublette County  
 Projects: MY 4-H YEAR/4-H YEAR INVOLVEMENT, PREVIOUS RECORD BOOK/NONE  
 Animal Project Information is NOT required at this time.  
 PREVIOUS SUBMIT

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.

**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**

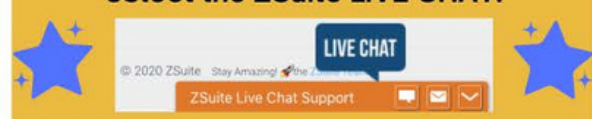
as a Project in one Club,

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!**



# CLOVERBUDS

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. There are two different Cloverbud clubs that meet in Upton and Newcastle.

## UPTON SCHEDULE

**January 16**  
**February 13**  
**March 19**  
**April 16**

You can join Upton Cloverbuds class at  
<https://www.remind.com/join/u4htumble>  
or by texting @u4htumble to 81010.

## NEWCASTLE SCHEDULE

**January 18**  
**February 15**  
**March 21**  
**April 18**

You can join Tumbleweeds class at  
<https://www.remind.com/join/n4htumble>  
or by texting @n4htumble to 81010.

# Snow Spectacular

**RSVP Deadline:**  
**January 12**

# 4-H PROJECT NEWS



## FOODS AND NUTRITION PROJECT

January 19th

Food, Fun & 4-H Workshop

2:00-4:00 PM

Extension Office

RSVP January 17





# 4-H PROJECT NEWS

## **BEEF PROJECT**

### **Market Beef Weigh In and Tagging January 21st, 2024**

**2:00 PM**

**Rankin's Corrals**

**3 Miles South of Upton on HWY 116**

#### **OWNERSHIP DEADLINE**

**February 1, 2024**

- You **MUST** be enrolled in 4-H and have **ACTIVE** status by **January 19th** 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

#### **COUNTY FAIR WEIGHTS:**

**MARKET STEER MINIMUM**

**WEIGHT: 1100 POUNDS**

**MARKET HEIFER MINIMUM**

**WEIGHT: 1050 POUNDS**



# 4-H PROJECT NEWS

## BEEF PROJECT

### 4-H BEEF NUTRITION & MANAGEMENT

February 20, 2024

6pm

Washakie County Ext. Office

Attend in person or via zoom

Register here for a zoom link:

<https://forms.gle/x5KQzdxuKqFzgpHCA>

Learn all about feeding, nutrition and management of your market beef project from Chance Marshall, Sr ANR Educator from Fremont County for the University of Wyoming Extension



If anyone is interested in participating from the Extension Office that evening let me know by 2/19

# 4-H PROJECT NEWS

## SHEEP AND GOAT PROJECTS

**May 28** - Swine, Goat and Lamb Tagging and Weigh In

**June 1** - Ownership Deadline for all market and breeding animals

**July 16** - Carcass Contest

**July 20-27** - Weston County Fair



### Leggett's You Gotta Believe Livestock Camps

Gillette, WY - June 4th and 5th

Cheyenne, WY - June 6th and 7th

<https://ygblivestockcamps.com/campschedule.html>

 Coming Soon 



Date	Month	Year
06	06	24

*Stay tuned*

**Save the Date! The  
307 Northeast  
Livestock Show  
Clinic will be June 6  
& 7, 2024 for beef,  
sheep, swine, and  
goats. Watch for  
more details about  
our fabulous  
clinicians!**



# 4-H PROJECT NEWS

## SHOOTING SPORTS PROJECT

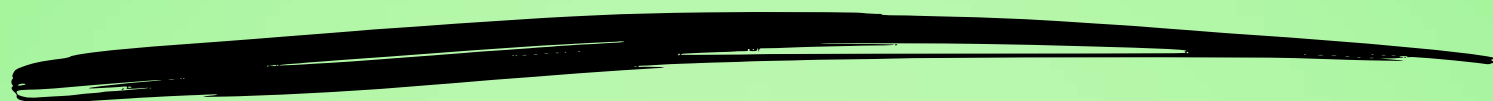
### Shooting Sports Season is HERE!

Make sure that you have read the new Weston County Shooting Sports Guidelines, turned in your parent agreement form and paid your shooting fees prior to January 8th when practice begins.

The entire practice schedule for all of the disciplines can be found on the website. The website also has the Upton and Newcastle Shooting Sports calendars for you to look at and print.



Please take a few moments and make sure that you have joined the Remind class for shooting sports (<https://www.remind.com/join/newcss>) and that you follow the Weston County Facebook page (<https://www.facebook.com/WESTONCOUNTY4H> )



**January 8th**

**6:30 PM**

**.22 Rifle and .22 Pistol Practice**

**Upton Gun Club**

**710 Ash Street**

**Upton, WY**

**Leaders:**

**Cliff Abbott**

**Nick White**

Upton	
Finnley Todd	.22 Rifle, Archery
Tanner Taft	.22 Rifle, Archery
Rylee Loebe	.22 Pistol, .22 Rifle, Shotgun, Archery, Muzzleloader
Tanner Taft	.22 Rifle, Archery
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
Ryder Hamilton	Air Pistol, Air Rifle, .22 Pistol, .22 Rifle, Shotgun, Archery, Muzzleloader
Kashus Keller	.22 Rifle, Archery
Myles Jenkins	.22 Rifle
Josie Dean	Air Rifle, Archery
Laila Vaughn	.22 Pistol, .22 Rifle, Archery



# 4-H PROJECT NEWS



## SHOOTING SPORTS PROJECT

Members must be at practice 10 minutes before scheduled time (if you are not there when the line starts your place may be lost.

If a practice must be cancelled due to weather, etc. notification will be posted on Remind, Facebook and an email will be sent. Please make sure you are signed up for the Shooting Sports Remind class so that you are notified of any changes.

Newcastle Air Pistol Practice Schedule January 8th, 15th, 22nd, 29th, February 5th County Shoot - February 12th			
4:00 PM	4:45 PM	5:30 PM	6:15 PM
Ava Malsam	Riggin Hammons	Anden Dixon	Lillian Lopez
Brady Christensen	Thatcher Benson		Laila Lopez
	McCall Benson		Sidney Baker
	Tanner Lenardson		Liam Gregory
	Roman Diaz		Samuel Ferguson
	Caleb Diaz		Peter Keeler
			Dantae DeMerritt
			Avery DeMerritt

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

Air and .22  
Leaders:  
Rick Wehri  
Galen Stafford

Newcastle Air Rifle Practice Schedule January 9th, 16th, 23rd, 30th, February 6th County Shoot - February 13th			
4:00 PM	4:45 PM	5:30 PM	6:15 PM
Hailey Reiniger	Tanner Lenardson	Alice Keeler	Lillian Lopez
Brady Christensen	Roman Diaz		Laila Lopez
Ava Malsam	Caleb Diaz		Liam Gregory
			Samuel Ferguson
			Morgan Tysdal
			Peter Keeler
			Dantae DeMerritt
			Avery DeMerritt
			Connor Stolhammer
			Waylon Stolhammer

# 4-H PROJECT NEWS



## SHOOTING SPORTS PROJECT

If you are interested in becoming a certified shooting sports leader, please plan to attend the shooting sports leader training to be held here in Newcastle in March.

### 2024 4-H Shooting Sports Leader Certification Trainings

The Shooting Sports Training Team will be coming to a county near you! If you are a new shooting sports leader or have reached five years since your last certification, plan to attend one of these certification/training opportunities.



Steve Mack, Director

Wyoming State 4-H Foundation

College of Agriculture and Natural Resources

1000 East University Ave. Dept. 3354

Laramie, WY 82071

(307) 766-5170

[Smack@uwyo.edu](mailto:Smack@uwyo.edu)

#### Washakie County, Worland

- Dates - March 9-10, 2024
- [Registration Link: Washakie County](#)

#### Weston County, Newcastle

- Dates - March 23-24, 2024
- [Registration link: Weston County](#)

#### Laramie County, Cheyenne

- Dates - April 6-7, 2024
- [Registration link: Laramie County](#)

#### Uinta County, Evanston

- Dates - April 20-21
- [Registration link: Uinta County](#)

#### Natrona County, Casper

- Dates - April 27-28
- [Registration link: Natrona County](#)

#### Shooting Sports Development Committee Meeting

- Date - February 17, 2024, Casper
- Holiday Inn East - 10 am to 3 pm
- [Directions from Douglas](#)
- [Directions from Riverton](#)

You can register using the links above or visit the Wyoming 4-H webpage at: <http://www.uwyo.edu/4-h/> then select "Volunteers" and "Additional Trainings."



*Join the fun!*



*Get Cooking!*



**Who:** Anyone interested in learning to cook, trying new recipes and having fun! This is a great activity if you are enrolled in Foods and Nutrition or you just want to learn to cook!

**When:**  
December 2023  
- April 2024



**What:** Food, Fun, 4-H is an at home activity that you can do when you have time. Recipes and an activity are released at the beginning of each month and you are encouraged to try 2 recipes and then answer 3 questions and submit 2 photos.

**Why:** Learn new cooking skills, try new food, earn cooking gadgets, get ideas for fair entries and HAVE FUN!

**Where:** Your home kitchen (and some of the Extension Offices are hosting cooking workshops)



<https://wyoextension.org/weston-county/wyoming-food-fun-4-h/>

# WYOMING STATE 4-H FOUNDATION

FINANCIALLY SUPPORTS THE WYOMING 4-H PROGRAM

Dear High School Senior,

As you consider the next steps in your education and career path, your involvement in 4-H may help you obtain scholarships at the college or school you choose to attend.

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.

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!

Applications are due by February 15, 2024, and use a resume built from your 4-H Record Book.

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

Please call the State Office if you have any questions.  
Our number is (307) 766-5170.

Do not Delay - Apply Right Away!!

Share this information with family, friends, and co-workers!

Sincerely,

Wyoming State 4-H Foundation



UNIVERSITY  
OF WYOMING  
EXTENSION





# Jr. Livestock Committee

Next Meeting:  
February 7th @ 5:30 PM at  
Event Center



## Fair Board

Next Meeting:  
January 8th  
@ 6:30 PM  
at Fairgrounds

Fair Superintendent Meeting  
January 22nd

Members:  
David Kline  
Billy Jackson  
Francie Hamilton  
Mason Kaiser  
Teigen Marchant

**2024 Weston County Fair**

July 20-28th, 2024

**Wyoming State Fair**

August 12-17th, 2024

# MY HANDS TO LARGER SERVICE

## COMMUNITY SERVICE CORNER



### What is Community Service?

Community Service is voluntary work intended to help others without any payment or benefit in return.

### WHY IS COMMUNITY SERVICE IMPORTANT?

Community Service teaches youth about the importance of giving back. It can strengthen a club or group. It boosts member commitment and involvement by giving members meaningful activities. It fulfills the “hands to larger service” part of the 4-H Pledge.

Looking for ideas? Keep an eye on this page of the Chatter each month, talk to Erin, ask your club leader, teacher or parent and keep an eye out for events that are looking for volunteers.

### IDEAS

- donate pet food to a local animal shelter or rescue
- clean up a vacant lot
- plant flowers in public areas
- visit a nursing home
- donate food to the local food bank
- deliver holiday cards to the senior center, nursing home, hospital, etc.
- Organize a food drive
- shovel snow for a neighbor

#### Weston County Senior Center

Carolyn  
746-4903

#### Weston County Food Banks

##### BREAD Office

746-3542

##### Upton Food Bank

307-941-0553

**VOLUNTEERS  
NEEDED**



**The Congressional Award was established in 1979 to “recognize initiative, service, and achievement in young people.” It is non-partisan, voluntary, and non-competitive. The program is open to all youth regardless of ability, circumstance, or socioeconomic status. It is a life-changing commitment.**

**The Congressional Award is the United States Congress’ award for young Americans. It is non-partisan, voluntary, and non-competitive. The program is open to all youth regardless of ability, circumstance, or socioeconomic status. Participants earn Bronze, Silver, and Gold Certificates and Bronze, Silver, and Gold Medals. Each level involves setting goals in four program areas; Voluntary Public Service, Personal Development, Physical Fitness, and Expedition/Exploration.**

**Earning the Award is a fun and interesting way to get more involved in something you already enjoy or something you’d like to try for the first time. You move at your own pace, on your own or with your friends. This is not an award for past accomplishments. Instead, you are honored for achieving your own challenging goals.**

**Regardless of your situation, you can earn The Congressional Award. The Congressional Award has no minimum grade point average requirements. It accommodates young people with special needs or disabilities who are willing to take the challenge.**

**For More Information:  
Board Member  
ZETA NUCKOLLS ANDERSON  
zeta.anderson@gmail.com**

# ***BEHOLD THE SANCTUM OF SELFLESSNESS: THE VOLUNTEER CORNER***

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## **Volunteers Needed:**

### **November:**

- **Volunteers to teach workshops in all project areas**
- **Help at Food, Fun 4-H Cooking Club on December 8th**
- **Help at the Pillowcase Workshop on December 15th**

### **General Needs:**

- **Volunteers to teach workshops in all project areas**
- **Project leaders**
- **4-H Camp volunteers**
- **Teen Leader project leader**

*\*Contact Erin via phone or email to volunteer for these activities\**



## **Volunteer Training**

**January 30th**

**6:00 PM**

**Extension Office**

**RSVP by 1/29**

*Each volunteer has to complete a training every 5 years that they are enrolled as a volunteer. New volunteers must also complete a training in their first year.*



# OPPORTUNITIES THROUGHOUT THE STATE



## Citizenship WASHINGTON Focus



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>



EXTENSION



UNIVERSITY  
OF WYOMING

## Extension Weston County

### Office Location

204 W Main Street  
Newcastle WY 82701



(307) 746-3531

### Erin:

epersche@uwyo.edu

### Kristi:

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. Eric Webster, Interim 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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