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SPECIAL POINTS OF INTEREST

• Newly Updated Wyoming 4-H Policies (page 4)
• Earn College Credit Through 4-H (page 6)
• Wyoming 4-H Calendar (page 6)
2016 4-H Achievement Night

A big thank you to Brenlee Logan and Elizabeth Hamilton for a presentation about their trip to Leadership Washington Focus (LWF)! Also to Andrew Hamilton, who was also on hand to talk about his trip to Citizenship Washington Focus (CWF). Each of these presenters were granted a scholarship from the 4-H Council to assist with their registration fees to attend this national event as a part of the Wyoming 4-H delegation. Mary Hamilton also attended CWF as a chaperone.

A shout out to Aubrey Bryan thanking her for her delightful presentation about her experiences at the ARBA National Rabbit Convention. She too was awarded a scholarship to assist her with her expenses.

The experiences, friendships and knowledge each of these 4-H members gained through their participation in these leadership programs and educational opportunities will surely enhance their lives. If you would like more information about opportunities available to our 4-H Youth, please visit www.uwyo.edu/4-h/youth.

A special thanks to Gerda Dickinson for help in planning and gathering supplies and to Ira Dickinson for designing and producing the special awards. Also, thank you to Sheri Esau for putting the club packets together. This event could not have been held without the support of the 4-H Council Officers, so please be sure to thank Kristy Wardell, Patty Burton, Andrea Summers and Melinda Gili. Thanks to the band, “The Sundowners” who graciously offered to play for free. Approximately 175 people attended the event.

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Amanda Borders
Aubrey Bryan
Camaree Burnside
Aryana Corbett
Ryan Curtis
Emma Curtis
Ira Dickinson
Ian Dickinson
Tanner Garrison
Taylor Gili
Travis Gili
Alyssa Graham
Timothy Graham
Andrew Hamilton
Margaret Hamilton
Elizabeth Hamilton
Caroline Hamilton
Justin Flores
Kyra Folks
William Hamilton
Garrett Harris
Destiny Hufford
Casey Isaacs
Jocelyn Kugel
Cole Meats
Ian Meats
Shane Meats
Ivyre Neher
Myriah Oliver
Kaycee Olsen
Dalton Saldana
Cadon Shaklee
Mariska Smith
Simeon Stotts
Aubrey Stoffer
Kodee Thomas
Rhytan Thomas
Cope Thomas
Zane Thomas
Gracie Troester

SILVER ACHIEVERS

Kate Dickinson
Andrew Gaviotis
Breanna Hagemann
Joshua Hagemann
Cooper Jones
Sydney Jone
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Thanks to all of the 4-Hers that made our Council Raffle such a success. We know that it was put together on short notice, but so many of you stepped up and helped out. After we deducted the costs associated with the raffle $14,983 was made for the Council. This is money that will go to help fund 4-H programs, workshops, and scholarships across our county. We have a few special thank yous for the raffle as well.

A BIG THANK YOU to Melinda Gili for all of her hard work organizing the raffle. We wouldn’t have been able to do it without all of her hard work. Thanks to all of the leaders who helped keep track of tickets and got them out to all of the kids. We appreciate all of the work you put in for our youth all year long!!

4-H Online Enrollment...

Thank you to everyone who has re-enrolled so far! It’s important to re-enroll in the new 4-H year as soon as possible so you don’t miss any 4-H events or activities!

Remember, if you would like to enroll in Sweetwater County Judging—Horse, Livestock, Meats, Wool or Produce, please be sure to access the Activities tab and add the judging area you would like to participate in. We must have at least 4 youth members to form a team.

Don’t forget! When you enroll you will be able to pay your enrollment fees electronically. The enrollment fees are $20 for youth members and $10 for adult members. If you did not choose to pay online don’t forget to bring or mail your check or money order to the UW Extension Office. You are not officially enrolled until your fees are paid and your profile is active.

https://wy.4honline.com/Login
ARE YOU 14 YEARS OLD?

If so, you may be interested in becoming a part of the Sweetwater county 4-H Jr. Leader Team. We are happy to announce that volunteer, Camie Smith will be mentoring the group.

The 4-H Junior Leaders is a county wide group open to 4-H’ers ages 14 and above. Its purpose is to build friendships, leadership and practical skills, and provide community services as needs arise.

The Junior Leadership Team is activity-based and gives the member the opportunity to participate in a variety of hands on experiences in community development or by personally assisting others both in and out of 4-H.

Please contact Camie at 307-622-0394 if you are interested in becoming a part of the Sweetwater County 4-H Junior Leadership Team!

NEW!!

Updated Wyoming 4-H Policies and Supporting Documents! Check your account in 4HOnline to read these documents posted on your home page.

GRADUATING SENIORS!

Are you planning to further your education? Check out the list of Sweetwater County 4-H member only scholarships available at the Sweetwater County 4-H webpage:

http://www.uwyo.edu/uwe/county/sweetwater/4-h/index.html

At the Wyoming 4-H Website (For all Wyoming 4-H members):

http://www.wyoming4h.org/4hfoundation/scholarships/

MONDAY NIGHT RIDE NIGHTS NOW THROUGH APRIL!

All Sweetwater County 4-H Horse Project Leaders and Youth Members are invited to participate each Monday except for December 26th and January 2nd at the Sweetwater Events Complex in the Indoor Arena.

CLUB & PROJECT LEADERS! There is always space in the Clover Chats for important information you would like to share with all 4-Hers. So if you have an activity, event or community service opportunity, etc. coming up please send an email to pmcgarve@uwyo.edu with the information/contact and it will be included. Emails can also be sent out to everyone, especially if the date conflicts with the production of the newsletter.

4-H SHOOTING SPORTS SAFETY MEETING

DATE: JANUARY 6 (1ST OF THREE)
Time 6 PM
Location: Sweetwater Trap Club
Last day to enroll in Shooting Sports is February 1st. Last safety meeting is February 11th. Farson safety meeting TBA.
Any Questions? Contact Shooting Sports Key Leader Burke Curtis: blcurtis@bvea.net or 307-252-0076
TRAVEL OPPORTUNITIES

NATIONAL 4-H CONFERENCE  http://www.uwyo.edu/4-h/youth/travel/national4hconference/index.html
National 4-H Conference is held in Washington D.C. and because it is the U.S. Secretary of Agriculture’s premiere youth development opportunity, young people assist in the development of recommendations to help guide 4-H Youth Development programs nationally and in their communities. This is a working conference and delegates prepare in advance, attend workshops and develop recommendations during the conference, and, afterwards report accomplishments to the USDA they have achieved as a result of the conference.

Youth delegates selected to represent Wyoming 4-H are selected through an application and interview process. Members selected to attend may be awarded funding through the Wyoming State 4-H Foundation.

CITIZENSHIP WASHINGTON FOCUS  http://www.uwyo.edu/4-h/youth/travel/cwf/index.html
Citizenship Washington Focus (CWF) is held each June. Delegates will learn about the democratic process, meet new people, see the sights of Washington D.C., meet Wyoming’s U.S. Congressional Representatives, and experience our national government from a new perspective. This trip features tours and several nighttime events. Be ready to have a good time! There is not an application process – simply contact your local County 4-H Educator and let him/her know you would like to attend. The cost of the trip is approximately $1,200-$1,500 and some donor funds are available through the Wyoming State 4-H Foundation depending on the year.

LEADERSHIP WASHINGTON FOCUS  http://www.uwyo.edu/4-h/youth/travel/lwf/index.html
Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border. For more than 50 years, thousands of 4-H’ers have participated in our high school program, Citizenship Washington Focus and now we are happy to introduce its precursor for middle school 4-H’ers, LWF. Middle school 4-H delegates will:
- Build confidence in their ability to motivate and direct others in meaningful action
- Practice effective communication with others through group discussion and public speaking
- Work with others to create and accomplish goals
- Develop an understanding of their own personal leadership style
- Exchange ideas, practice respect, and form friendships with other 4-H’ers from across the nation.
- Experience hands-on learning using the historical backdrop of Washington, D.C.

NATIONAL 4-H CONGRESS  http://www.uwyo.edu/4-h/youth/travel/national4hcongress/index.html
National 4-H Congress is held just after Thanksgiving Day each November in Atlanta, GA. Delegates will have the opportunity to meet 4-H members from around the country to discuss current youth-related issues as well as participate in a hands-on community service project. Youth will also attend workshops, hear inspirational speakers, and tour Atlanta.

Youth delegates selected to represent Wyoming 4-H are selected through an application and interview process. Members selected to attend may be awarded funding through the Wyoming State 4-H Foundation.

Adult 4-H members (Volunteers) may apply to be chaperones for these travel opportunities. Adult chaperones will be selected by the Wyoming State 4-H Office.
The Wyoming 4-H Program would like to invite any youth age freshman or older, who has at least one year of 4-H eligibility left, to become involved in the Pathways to Higher Education Program.

The Pathways to Higher Education is a program that would enable youth to take their involvement in 4-H and add a structured learning experience to work towards gaining University of Wyoming College credit.

The Pathways to Higher Education Program is a 1 to 3 year program that is built around a learning base involving a variety of species including beef, sheep, swine, goats, small animals and horses. The program is designed to integrate concepts of breeds, nutrition, selection/evaluation, meat science, care and prevention and genetics/reproduction into a sequential program. The program does require youth to expand their knowledge base and learn about more than one species. The program would culminate with a body of evidence (portfolio) of their learning experiences and a final intensive on campus practicum, which will capstone learning experience in conjunction with the UW Animal Science Program.

To become involved in the program, youth enroll through the 4-H on-line system. Under activities there is a program called ANSC 1009 and this is where they sign-up.

For each year the youth are in the program, they will complete a set of six instructional lectures that will be delivered via a computer program called zoom, that they can complete from home. Additionally they will complete 12 labs throughout the year. These lab experiences could include activities they are currently doing in 4-H. All their work will be turned in and tracked in a program called WYO Courses. This is similar to a student taking an on-line college class.

Once the youth has completed their program work, they will enroll at the University of Wyoming and take the ANSC1009 class. This will be a variable credit class allowing the youth to earn anywhere from 1 to 4 credit hours. The cost of each credit is the responsibility of the youth to pay. There are a limited number of $125 scholarships that are available to participants to help cover the cost of the tuition associated with the class. The link for kids to sign-up for the scholarship is: https://wyoming4h.formstack.com/forms/ansi1009_scholarship_app

These will be awarded on a first-come, first-receive basis. There will be three different informational meeting times that are geared for parents, youth and volunteers to participate in to learn about the program and how the kids can get involved. They are set for:

**Dec. 8** at 6:00 p.m. via zoom - use the following information for this evening call
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/205259773 --- Meeting ID: 205 259 773
Or iPhone one-tap (US Toll): +16465588656,205259773# or +14086380968,205259773#
Or Telephone: Dial: +1 646 558 8656 (US Toll) or +1 408 638 0968 (US Toll)

**Dec 12** at 7:00 p.m. via zoom - use the following information for this evening call
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/549787894 --- Meeting ID: 549 787 894
Or iPhone one-tap (US Toll): +14086380968,549787894# or +16465588656,549787894#
Or Telephone: Dial: +1 408 638 0968 (US Toll) or +1 646 558 8656 (US Toll)

**Dec. 15** at 6:00 p.m. via zoom - use the following information for this evening call
Join from PC, Mac, Linux, iOS or Android: https://zoom.us/j/312470957 --- Meeting ID: 312 470 957
Or iPhone one-tap (US Toll): +16465588656,312470957# or +14086380968,312470957#
Or Telephone: Dial: +1 646 558 8656 (US Toll) or +1 408 638 0968 (US Toll)

If you have any questions, please contact your local 4-H educator.

**HOW CAN YOU EARN COLLEGE CREDIT THROUGH 4-H?**

- The 4-H Pathways to Higher Education Program integrates 4-H youth learning experiences with college credit, allowing them to earn credits while engaged in 4-H activities.
- The program is designed for youth who have at least one year of 4-H eligibility remaining.
- Youth complete a set of six instructional lectures and 12 labs per year.
- The learning experiences are delivered via a computer program called zoom, enhancing flexibility in participation.
- Scholarships are available to cover a portion of the tuition cost associated with the college credit program.
- Informational meeting times are planned to educate parents, youth, and volunteers about the program.

### 2017 Wyoming State 4-H Calendar of Events/Activities

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>National 4-H Conference</td>
<td>March 24-30</td>
<td>Washington, D.C.</td>
</tr>
<tr>
<td>Wool Judging/Meat Judging registration</td>
<td>TBA (Mid-April)</td>
<td>Laramie, WY</td>
</tr>
<tr>
<td>Citizenship Washington Focus (GS-16 years)</td>
<td>June 10-17</td>
<td>Washington, D.C.</td>
</tr>
<tr>
<td>Horse Camp</td>
<td>June 15-18</td>
<td>Douglas, WY</td>
</tr>
<tr>
<td>Showcase Showdown</td>
<td>June 20-22</td>
<td>Laramie, WY</td>
</tr>
<tr>
<td>State Shooting Sports Match</td>
<td>July 6-9</td>
<td>Douglas, WY</td>
</tr>
<tr>
<td>Leadership Washington Focus (One to Grade)</td>
<td>July 10-21</td>
<td>Washington, D.C.</td>
</tr>
<tr>
<td>Wyoming State Fair</td>
<td>August 12-29</td>
<td>Douglas, WY</td>
</tr>
<tr>
<td>Shooting Sports Awards Trip</td>
<td>September 2017</td>
<td>Raton, New Mexico</td>
</tr>
<tr>
<td>National 4-H Congress</td>
<td>November 24-28</td>
<td>Atlanta, Georgia</td>
</tr>
</tbody>
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**Other opportunities**

- State 4-H Leadership Team - applications due May 31
- Showcase Showdown - applications due June 15
- National Shooting Sports Invitational - applications due April 30
Pasta Fagiola

(Pah-sta fah-zool)

12 ounces uncooked macaroni
1 Tablespoon
1 cup green peppers, chopped
2/3 cup onion, chopped
2/3 cup celery, chopped
1 15 ounce can spaghetti sauce
2 cups water
½ teaspoon garlic powder
1 15 ounce can rinsed & drained pinto beans plus
¼ cup water (or ½ cup dry Great Northern
beans, soaked and cooked)

1. Cook pasta; drain and set aside.
2. While pasta is cooking, heat oil in a large
   saucepan. Add chopped green pepper,
   chopped onion, and chopped celery. Stir-fry
   until soft and tender, about 5 minutes.
3. Add spaghetti sauce, water and garlic powder.
   Simmer on low heat for 30 minutes.
4. Add beans and drained pasta. Mix and serve.

Optional: Sprinkle each serving with Parmesan
cheese for extra Italian flavor.

Makes 6 (1 cup) servings

Menu Ideas

- Pasta Fagiola
- Lettuce Salad
- Garlic Toast
- Apple Slices
- Lowfat Chocolate Milk

Uses and Tips for Spaghetti Sauce

- Use warmed as a dipping sauce for breadsticks.
- Use heated meatless spaghetti sauce as a topping
  for cooked pasta or as an ingredient in other Italian-
  style dishes. Can be a quick and easy substitute for
  homemade spaghetti sauce in any recipe.

For more information on CentSible Nutrition classes contact Wendy@ 307-352-6775
Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW Extension office. To file a complaint, write to the UW Employment Practices/Affirmative Action Office, University of Wyoming, Department 3434, 1000 E. University Avenue, Laramie, WY 82071.

IMPORTANT!!
Click the links in this document for important information!