



GOSHEN COUNTY 4-H

NEWSLETTER

ADD & DROP DEADLINE: MAY 1

From March 1-May 1, a late fee of \$10 will be charged to those joining 4-H or adding a 4-H project. Dropping projects is free of charge but all projects are final on May 1 and no changes will be accepted. At this time, 4-H members are expected to share something learned and complete a record book for each project. Our favorite way to share what was learned is the Goshen County Fair but other opportunity are available!

#GoCo4H Virtual Achievement Program

Please plan on exchanging your Clover Cash by Friday, April 2.

To exchange your Clover Cash for cash or prizes, visit the Extension Office or call us to put your items on reserve. Email works well, too: mbrittin@uwyo.edu or goshen@uwyo.edu



**Aksarben
Stock Show**

September 23-26, 2021

Those interested in participating in Aksarben, here's some important deadlines:

DNA Envelopes will be available in May through June 25

Deadline to submit DNA envelopes is July 1.

Check out aksarbenstockshow.com for more information.

Leaders

COUNCIL MEETINGS & TRAININGS



January 12	April 20	July 20	October 19
February 16	May 18	NO AUGUST MEETING	November 16
March 16	June 15	September 21	NO DECEMBER MEETING

Meetings begin at 6 p.m. at the Extension Office.
Zoom links are available - contact Megan. Please send at least one club representative to each meeting to stay up-to-date!

4-H LEADER TRAININGS & CERTIFICATIONS

Using Technology - February 28 at 6:30 p.m. via ZOOM

No matter how you're engaging members, technology can help make meetings fun! This session will collect the fun ways technology can be used in 4-H Club meetings!

What Does a Great 4-H Experience Look Like - March 22 at 6:30 p.m. via ZOOM

The Wyoming 4-H Leadership Team will help us explore their great 4-H experiences. This session will examine ways to implement an engaging and fun experience for youth and adults.

Communication Best Practices - April 26 at 6:30 p.m. via ZOOM

Join leaders from around the state as they share communication techniques that work for them.

A link will be sent to the email linked to your ZSuite one week prior to the meeting.

Contact the Extension Office if you don't receive the link.

These sessions will count toward leader training hours.

If you would like to join at the Extension Office, please let us know!

Shooting Sports Leader Certifications:

Converse County (Douglas): March 6-7

Goshen County (Torrington): March 13-14 - Register by March 1!

Johnson County (Buffalo): March 27-28

Uinta County (Lyman): April 10-11

Register online at the State 4-H website, under the Volunteer "Additional Training" tab.

Local 4-H News



SUPREME COW PROGRAM

The Goshen County Supreme Cow Program is a remarkable learning opportunity for 4-H and FFA Members enrolled in the Breeding Beef project. The fun and learning last most of the year!

March 10: AI & Reproduction, 6 p.m., Extension Office

Essays are due May 1 at the Extension Office.

CAT PROJECT MEETING

Do you own a cat?
Want to learn more about cats?
Interested in learning how to show cats at Fair?

Plan to attend the first Cat Project meeting on March 11 at 5:30 p.m. at the 4-H Building on the Fair Grounds.

Follow "Goshen County, WY 4-H Cat Project" on Facebook!

Cat Ownership Deadline is May 1.



FIRST & SECOND YEAR LAMB

The First & Second Year Lamb Program is a WONDERFUL opportunity to learn more about the market lamb project. Led by 4-H Volunteer, Doyle Meyer, this program includes educational opportunities and special competitive events during the Goshen County Fair. In order to participate, members must purchase at least one (1) lamb from the program.

The first meeting for this unique opportunity will be held on March 25 at 6 p.m. in Room 201 at Torrington High School. Contact Doyle Meyer at 307-575-3119 for more information.



4-H-RELATED SCHOLARSHIPS DUE APRIL 15



Goshen County 4-H Foundation Scholarships include the Jesica Hovis Memorial Scholarship and Goshen County 4-H Educational Fund from Mildred Kidney.

The Terry D. Viktorin Memorial Scholarship is awarded annually by the Viktorin Family.

Goshen County Homemakers Scholarship is available to 4-H Members, regardless of their projects.

Static Exhibit Scholarship is a unique opportunity for 4-H and FFA Members who have sold projects in the Static Exhibit Auction.

All applications are due on April 15 to the Extension Office. Applications can be accessed online at www.wyoming4h.org/goshen4h/ or at the Extension Office.

4-H DOG PRACTICES



Join us March 14 at 2pm at the 4-H Building for the first dog practice! Be sure to wear sneakers! Bring treats (for your dog), water (for you and your dog), a leash, pick-up baggies and a kennel. Dog practices generally include Rally, Obedience and Showmanship. Once the weather improves, Agility practice will occur outside. Dog ownership deadline is May 1.

Dog Practices for the next few months will be held at 2pm at the 4-H Building on the following dates:

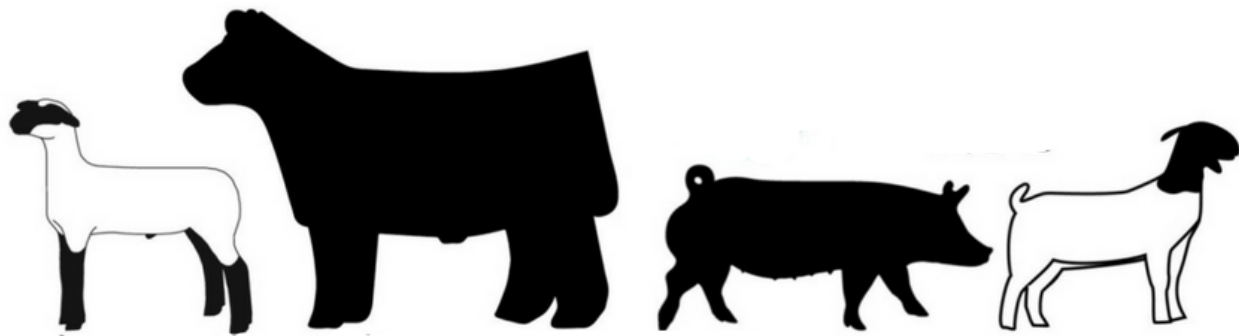
April 11
April 18
May 2
May 23

ANIMAL ID PACKETS AVAILABLE

Taking critters to the Goshen County Fair requires appropriate identification, Quality Assurance training or safety requirements. Since each critter is different, we have developed some handy Animal ID Packets to help ease the confusion. Visit our website to review the necessary information for your critter or keep your eyes peeled for some brief videos on our Facebook page.

Check out www.wyoming4h.org/goshen4h/





QUALITY ASSURANCE TRAINING

Quality Assurance (QA) is a pledge that the food we raise will be the highest possible quality and youth producers will do everything we can to make those products safe to eat. 4-H Members planning to exhibit market animals at the Goshen County Fair are **REQUIRED** to complete this training program.

4-H members in the Senior age division will be expected to complete Levels 1, 2, and 3.
Intermediate 4-H members must complete Levels 1 and 2.
Junior 4-H members should complete Level 1.

Members who have completed Quality Assurance levels are on file at the Extension Office. Youth who have completed another Quality Assurance Training (PQA, BQA, etc.) may be exempt if the necessary documentation can be provided. All trainings must be done by June 15.

OPTIONS to complete Quality Assurance:

- In your 4-H Club: Check with your 4-H Club Leader for dates/times/locations when this may happen!
- Virtually from Sheridan County 4-H, beginning at 6 p.m. via Zoom using the meeting ID: 427 199 2069:
 - Level 1: March 8 & April 5
 - Level 2: March 15 & April 12
 - Level 3: March 22 & April 19
- Online Youth for the Quality Care of Animals (YQCA): This national multi-species certification program is accepted at many national livestock shows. Check out this website: <http://yqca.org/> for more information.
 - We recommend this option for those participating in national livestock shows.

An in-person option will happen in late-May/early June at the 4-H Building on the Fair Grounds.

JULY 8-10 4-H CAMP

Junior Leaders and CITs will be picking this year's theme for 4-H Camp at their March 21 meeting. Meeting will begin at 3pm at the Extension Office. Send your theme suggestions to Jr. Leaders!

PRODUCE JUDGING



Produce Judging is a fantastic way to learn the basics of a judging program. Often referred to as the "gateway judge," members learn to identify and compare produce. Members also build the foundation for delivering reasons, an oral defense of placings.

The State Contest is held during Showcase Showdown, June 15-17 in Laramie.

Join us for an organizational meeting on April 15 at 6 p.m. at the Extension Office. A Zoom link is available by contacting the Extension Office.

HORSE JUDGING

Horse Judges learn to judge both performance and halter classes, and defend their placings by developing oral reasons. Taking the helm, is new 4-H Volunteer and GoCo 4-H Alum, Rob Gurney, with support from Kylie Carson.

The Wyoming 4-H Horse Judging Contest will be held during Showcase Showdown, June 15-17, in Laramie. A Horse Judging organizational meeting will be held on March 8 at 6 p.m. at the Extension Office.

If you would prefer a Zoom link, please contact the Extension Office and one will be sent to the email address provided in ZSuite.



LIVESTOCK JUDGING



Learn to judge market and breeding beef, sheep, swine and goats with 4-H Volunteer Katie Martin. The Wyoming 4-H Livestock Judging Contest is held during the Wyoming State Fair.

Livestock Judges also practice preparing oral reasons to defend their placings.

The organizational meeting will be held April 21 at 6 p.m. at the 4-H Building.

If you would prefer a Zoom link, please contact the Extension Office and one will be provided to the email address in ZSuite.

ROBOTICS

Join us for the Robotics Project Organizational Meeting on April 12 at 6 p.m.

The 4-H Robotics project includes designing, constructing and programming a robot to complete a specific task. Members work in teams (3-4) to construct and program their robots.

Complete kits are provided by 4-H Council to teams to use but youth may use their own. The State Contest is held during Showcase Showdown, June 15-17 in Laramie.

Organizational meeting will be offered in-person and via Zoom - please contact the Extension Office for a Zoom link.



HIPPOLOGY



Hippology is a Greek word for study of the horse. The Wyoming 4-H Hippology Contest tests members' knowledge on all things horse.

From horse breeds, saddle parts, skeleton, feed, tack and equipment, this unique competitive event is helpful preparation for showing your horse. Hippology is also a great support for Horse Judging.

The State 4-H Hippology Contest will be held during Showcase Showdown, June 15-17, in Laramie but is not required to participate.

Sessions will be held each Thursday beginning April 22 at 6 p.m. Contact the Extension Office for a Zoom link that will be sent to the email address in ZSuite.

Thank You!

Frank Parts Company and Frank Implement Company provided a *generous* donation to the Goshen County 4-H Foundation! The Goshen County 4-H Foundation is a charitable organization to financially support the Goshen County 4-H Program, through memorials and other donations. Comprised of 4-H Alumni, current and former 4-H Volunteers, our local 4-H Foundation provides financial support to 4-H members to participate in State 4-H competitive events, 4-H Camp, Cloverbud Camp, county-wide educational programs and National 4-H travel opportunities. Thanks to Frank Parts Company and Frank Implement for their generosity and support of Goshen County 4-H!

SELF DETERMINED IDEA FORMS DUE APRIL 1

4-H Members enrolled in the Self-Determined project must complete the Self-Determined Project form and return it to the Extension Office by April 1.

This form...

- Explains your project to verify that it does not fit into another project area
- Prepares Fair staff for your project - both in space and potential judges
- HELPS YOU think about your learning goals.

Self-Determined Idea Forms are available at the Extension Office and on our website: www.wyoming4h.org/goshen4h/



JR. SUPERINTENDENTS

4-H and FFA teenagers, at least 14-years-old, are invited to be a Jr. Superintendent during the Goshen County Fair.

Jr. Superintendents assist Superintendents with running of their respective shows and act as technology gurus throughout the week. Including weigh-ins, recording results, publicity on our Facebook page and some office duties, too.

Applications are due May 1 and are available at the Extension Office and on our website: www.wyoming4h.org/goshen4h/

MARKET TURKEY CHALLENGE

This year's deadline to order Market Turkey Challenge poults is March 26. The Extension Office orders the poults and they should be available for pick up in April. Payment is due at the time of pick up.

RSVP to the Extension Office with the number of turkey babies you would like to raise. Deadline is March 26. For some cool resources, please consider participating in the virtual 4-H Poultry Group. More info can be found at www.wyoming4h.org/goshen4h/



MARKET CHICKEN CHALLENGE



This year's deadline to order Market Chicken Challenge chicks is May 21. Chicks are ordered through the Extension Office and should be available at the beginning of June.

Payment is due at the time of pick up.

Please RSVP the number of birds you would like to order by calling the Extension Office at 307-532-2436 by May 21.

For some cool resources, please consider participating in the virtual 4-H Poultry Group. More info can be found at www.wyoming4h.org/goshen4h/

Goshen County Extension will have more information in mid-March about this exciting opportunity! You may also contact our buddy, Tessa Reece with Nebraska Extension, Dawes County at 308-432-3373.



SAVE THE DATE

4-H HORSE CAMP

June 10-12, 2021

Fort Robinson State Park
Crawford, NE

NEW 4-H FAMILY SOCIAL

New GoCo 4-H families are invited to get the "scoop" on all things 4-H by attending the 4-H New Family Social. This will be held on April 19 at 5:30 p.m. at the 4-H Building on the Fair Grounds.

This social will include info on record books, Fair Entries, project requirements, opportunities and your questions! New 4-H members can explore 4-H projects and opportunities with Jr. Leaders!

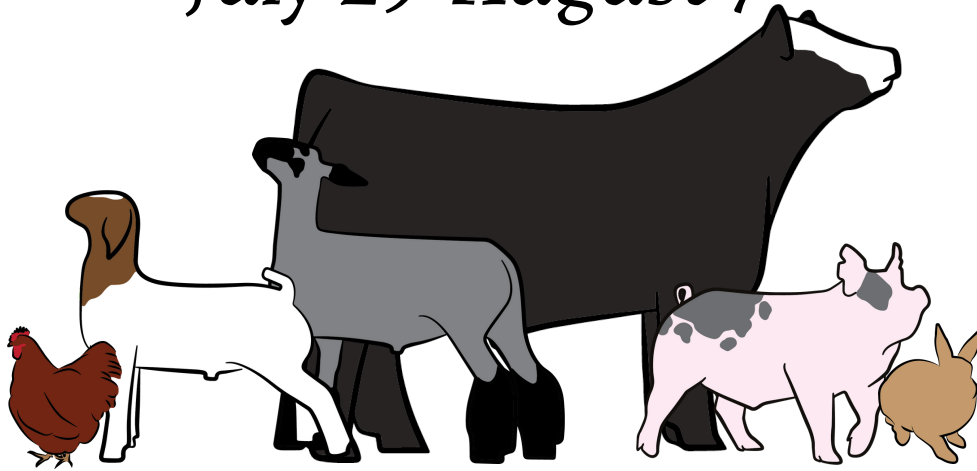
Dinner will be provided by 4-H Council and 4-H Foundation (including the ice cream!) Because of COVID, space may be limited.

Please RSVP to the Extension Office at 307-532-2436 with the number of people attending.



Goshen County Fair

July 29-August 7



JUNIOR LIVESTOCK SALE

Youth Sellers - it your responsibility to schedule a processing date for your project! Spots fill-up fast so schedule your appointment now! Don't know where to start? Your 4-H Club Leaders are excellent resources! You can also reach out to Fair Superintendents for ideas!

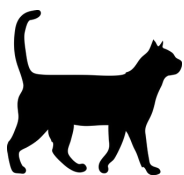
Beef: Rustin Roth

Goat: Pam & Lawrence Randall

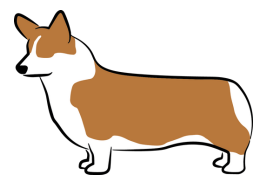
Sheep: Scott & Dana Yetter

Swine: Shane Viktorin

Rabbits & Poultry: Marilyn Reid



Cat & Dog Ownership

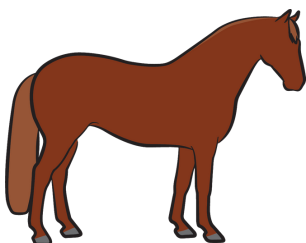


Deadline: May 1

Cats & Dogs that will may be exhibited at the Goshen County Fair should be owned and properly identified by May 1. Identification Forms are available at the Extension Office only.

Check out the Animal ID Packet on our website: www.wyoming4h.org/goshen4h/

Horse Ownership Deadline: May 1



Horses that will may be exhibited at the Goshen County Fair should be owned and properly identified by May 1. Identification Forms are available at the Extension Office only. Check out the Animal ID Packet

on our website: www.wyoming4h.org/goshen4h/

Goshen County Fair

July 29-August 7

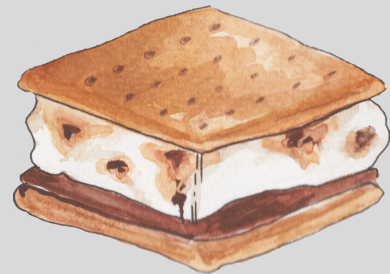
DONORS NEEDED

The success of the Goshen County Fair is not possible without the help and support of our incredible community. Donor letters have been sent for the 2021 season, but if you have not received yours - or would like to be a donor - please email, Amy Schmick, Show Coordinator, at amy.schmick@gmail.com to get added to the second round of donor letters. We cannot wait to have "S'more Fun" at the 2021 Fair!



RV SPACES AVAILABLE

Reservations for RV Spots during Fair week will open *online* April 1st. Reservations are only available online and the cost is \$200. Visit <https://goshencounty.org/welcome-to-fair-grounds/> to save your spot!



GOAT, SHEEP & SWINE TAGGING

Save the dates of
May 8 from 9 a.m. - 12 NOON and
May 28 from 3-7 p.m.
to tag-in your 4-H & FFA Market Goats, Market Sheep and Market Swine. Both of these will be held at the Fair Grounds. This is also a chance to weigh your projects.

Goshen County Fair

July 29-August 7

Showing Market Livestock

- Ownership Deadline for Market **Goat, Sheep and Swine** is June 1, 2021.
- All market livestock must be tagged using a WSF ear tag that is on file at the Extension Office.
 - Tagging Dates are *tentatively scheduled* for May 8 and 28
- Market Livestock exhibitors must complete Quality Assurance training by June 15.

Showing Breeding & Dairy Livestock

- Ownership Deadline for Breeding and dairy stock is June 1, 2021. This includes Dairy Goats, Dairy Cows, Breeding Beef, Breeding Sheep, Breeding Swine and Breeding Goats.
- Breeding Identification Sheets and Dairy ID Sheets **must accompany Fair Entries**. Forms are currently available at the Extension Office or can be submitted online by visiting www.wyoming4h.org/goshen4h/
 - Previously, these forms were due June 1, however, effective in 2020, these forms should accompany your Fair Entry (due in mid-July).
- Quality Assurance training is not required to exhibit these projects, but encouraged.

Showing Horses

- Ownership Deadline for all Horses is May 1.
- Horse Identification Sheets are due to the Extension Office on May 1. Use the drop box.
 - These forms are *only* available from the Extension Office.
 - Previously ID'ed horses do not need to complete this document.
- Every horse must complete a Horse Safety Certification for each event in which the horse will compete. The dates for this Certification will be announced soon.
 - Returning horses do not need to complete Safety Certification again unless the horse will be entered in a new class.

Goshen County Fair

July 29-August 7

Showing Poultry

- No paperwork is needed for Poultry exhibits, but ownership deadline is June 1.
- Market Poultry - including turkeys - will be banded at the time of weigh-in during Fair and inspected for cleanliness.
- Market Turkey minimum weight is 15 pounds.
- Market Turkey and Chicken exhibitors must complete Quality Assurance training.

Showing Rabbits

- Rabbit ownership deadline is June 1.
- Rabbits must be tattooed with numbers on the Rabbit Identification Sheet that is due June 1.
 - An opportunity for rabbit tattooing may be available May 28 at 5 p.m.
- Meat rabbit exhibitors must complete Quality Assurance training.

Showing Dogs

- Dog ownership deadline is May 1.
- Dog ID forms are due May 1 and are available at the Extension Office.
 - Dogs that have competed before do not need to submit a new form.
- Dogs competing in Agility will be measured by Cheryl and/or Tinker during a practice.

Showing Cats

- Cat ownership deadline is May 1.
- Cat ID forms are due May 1 for every cat that *may* be exhibited at the fair.
 - Returning cats do not need a new ID form.

Cent\$ible Nutrition News Minute

Make every bite count. That is the new message from the 2020-2025 Dietary Guidelines for Americans. It seems like a simple message, but how do you make every bite count?

Making every bite count means consuming the foods and drinks that benefit our long-term health.

The research used to create the dietary guidelines shows that Americans do not eat enough of the foods that benefit our health. Instead, we eat too many of the foods that can increase the risk of health problems. This is where the idea of making every bite count, comes in.

To make every bite count, think three things:

- 1 Choose nutrient-dense foods and beverages
- 2 Add variety
- 3 Remember portion size

Nutrient-dense foods are things like fruits, vegetables, whole grains, low-fat dairy, and lean protein. These foods provide nutrients our bodies need to be healthy and are low in added sugars, saturated fat, and sodium. These three nutrients are commonly found in chips, fried foods, fatty meats, butter, cakes, and cookies. Eating too much sugar, saturated fat, and sodium can increase risks for chronic diseases.

The dietary guidelines recommend that 85% of our daily calories come from nutrient-dense foods. It is a good idea to eat of variety of foods from MyPlate to get all the nutrients you need. Remembering portion size is also important for all foods, but especially for foods high in sugar, saturated fat, and sodium. The dietary guidelines also recommends that 15% or less of daily calories come from these foods. This means that while most of our food choices should be nutrient-dense, there is still room for small treats, once in a while.

**If you are not sure how to make every bite count,
here are some simple switches for
your meals and snacks:**

- Try whole fruit instead of candy and sweets for snacks or dessert
- Try whole-grain crackers instead of chips
- Add a vegetable to lunch or dinner
- Try oatmeal instead of sugary dry cereal
- Ask for a side salad instead of French fries
- Pick low-fat cheese, milk, and yogurt
- Choose low-sodium soups, sauces, and canned goods

Contact our Goshen
County CNP Educator
Beth Wood
to find out more
information on classes.
mwood15@uwyo.edu
or
307-562-2436

Keeping Up with Kadra & Kylie

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Goshen County Extension has been pleased to include Kadra and Kylie, as Virtual Program Assistants, since December. Read on to learn about what they've been contributing!

Kadra Clark

Hey everyone! I am so excited to share what I have been up to these past couple of months working as the GoCo 4-H Program Assistant!

I have been working on the beginning stages of transferring the Fabric & Fashion project book, which is *almost* 500 pages, into a virtual WyoLearn course. This course is going to be an interactive learning opportunity with many different ways to learn about the project. To go along with this project, I am hosting a virtual Fabric & Fashion group each month and some in-person opportunities this summer.

Each Zoom includes a mini-activity on the WyoLearn course.

We just recently held our first Zoom meeting and are looking forward to the next few! Members enrolled in the Fabric & Fashion project or thinking about this project are going to benefit from these unique opportunities as we'll dig deeper into different aspects of the project and further their knowledge!

It's not too late to join, so if you're interested, please feel free to email me at kadramarie@gmail.com

Kylie Carson

Hello GoCo 4-H! I am so excited for all that we have coming up!

Our Feathered Friends Zoom Group has developed its *flight feathers* and is ready to take to the air.

Our first meeting had 28 young poultry enthusiasts and we're looking forward to our next meeting on the second Thursday in March, 3/11.

Along with our Zoom meetings, we have a WyoLearn Course with fun challenges and lots of resources on a variety of topics such as parts, breeds, showmanship tips and more to help you grow in poultry knowledge!

It's not too late to join us, so check out our website www.wyoming4h.org/goshen4h/ to RSVP.

Virtual Pest **SEMINAR!**

UW Extension will be hosting a virtual pest seminar on alfalfa weevils on March 2, beginning at 9 a.m. and ending around 12 NOON. This session is available on Zoom and this link: bit.ly/wyoweevil

University of Wyoming Extension



Goshen County

4516 US HWY 25/85

Torrington, WY 82240

Phone: 307-532-2436

PRSR STD

US POSTAGE PAID

Permit #9

Change Service Requested

IMPORTANT DATES IN GOSHEN COUNTY 4-H

March

- 1: Enrollment Deadline
- 2: Virtual Pest Seminar, 9 a.m.
- 6-7: Shooting Sports Leader Certification, Douglas
- 8: Horse Judging, 6 p.m., Extension Office
- 9: Master Gardener Meeting, 6 p.m., Extension Office
- 10: Supreme Cow Session, 6 p.m., Extension Office
- 11: Cat Meeting, 5:30 p.m., 4-H Building
- 13-14: Shooting Sports Leader Certification, Torrington
- 15: Wyoming Poultry Association Youth Scholarship Due
- 16: 4-H Council Meeting, 6 p.m., Extension Office
- 21: Jr. Leader Meeting, 3 p.m., Extension Office
- 22: Virtual Leader Training, 6:30 p.m.
- 25: First & Second Year Lamb Meeting, 6 p.m., THS
- 25: Cat Meeting, 5:30 p.m., 4-H Building
- 26: Market Turkey Challenge Order Deadline
- 27-28: Shooting Sports Leader Certification, Buffalo

April

- 1: Self Determined Idea Forms Due
- 2: Deadline to Claim Clover Cash
- 2: KIWANIS Project Scholarship Deadline
- 12: Robotics, 6 p.m., Extension Office
- 15: 4-H Related Scholarship Deadline
- 15: Produce Judging, 6 p.m., Extension Office
- 19: New 4-H Family Dinner, 5:30 p.m., 4-H Building
- 20: 4-H Council Meeting, 6 p.m., Extension Office
- 21: Livestock Judging, 6 p.m., 4-H Building
- 22: Virtual Hippology, 6 p.m.
- 26: Virtual Leader Training, 6:30 p.m.

May

- 1: Add/Drop Deadline
- 1: Supreme Cow Essays Due, 4 p.m., Extension Office
- 1: Jr. Superintendent Applications Due
- 1: Cat, Dog and Horse IDs Due
- 8: Goat, Sheep & Swine Tagging, 9 a.m. - 12 NOON
- 18: 4-H Council Meeting, 6 p.m., Extension Office
- 21: Market Chicken Challenge Order Deadline
- 28: Goat, Sheep & Swine Tagging, 4-7 p.m.
- 28: Rabbit Tattooing, 5 p.m.