

## Wyoming 4-H is...

open to youths ages 8 to 19.



*4-H has not only helped me professionally but also personally. I met my wife through 4-H, and all eight of our children were involved in 4-H for the full nine years. Participation in 4-H is a family heritage and a family tradition for us.*

*Ron Micheli, former legislator and former director of the Wyoming Department of Agriculture*

## Wyoming 4-H develops skills...

by helping young people acquire self-discipline, a sense of responsibility, confidence, the ability to set goals, communication tools, and a better understanding of themselves and others.



*We have had some shy kids in our family. The public speaking experiences they have gained through 4-H has brought out their personalities and given them confidence. It's important to be responsible for your actions and to have to think on your feet. You don't have to agree with everybody, but you have to be able to stand up and support your views, and that's what 4-H is all about.*

*Carmen Tjmel Shane of Niobrara County, longtime 4-H supporter*

## Where to find Wyoming 4-H...

County	Town	Phone
Albany	Laramie	721-2571
Big Horn	Greybull	765-2868
Campbell	Gillette	682-7281
Carbon	Rawlins	328-2642
Converse	Douglas	358-2417
Crook	Sundance	283-1192
Fremont	Lander	332-1044
Goshen	Torrington	532-2436
Hot Springs	Thermopolis	864-3421
Johnson	Buffalo	684-7522
Laramie	Cheyenne	633-4383
Lincoln	Afton	885-3132
Natrona	Casper	235-9400
Niobrara	Lusk	334-3534
Park	Cody	527-8560
Platte	Wheatland	322-3667
Sheridan	Sheridan	674-2980
Sublette	Pinedale	367-4380
Sweetwater	Rock Springs	352-6775
Teton	Jackson	733-3087
Uinta	Evanston	783-0570
Washakie	Worland	347-3431
Weston	Newcastle	746-3531
Wind River	Fort Washakie	332-3976

Please visit our Web site at [www.Wyoming4H.org](http://www.Wyoming4H.org)

**Wyoming State 4-H Office**  
**Department 3354**  
**1000 E. University Ave.**  
**Laramie, WY 82071**  
**(307) 766-5170**

**UNIVERSITY OF WYOMING**  
 Cooperative Extension Service

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# Wyoming 4-H teaches life skills that last for a lifetime



*4-H teaches people to work hard and how to finish a job. I learned to love the good feeling that comes from accomplishment and achievement.*

*Hannah Barnes, former Sublette County 4-H member*

4-H is the largest out-of-school youth development program in the state and nation.



*4-H provided my first experience in working with others on projects requiring a joint effort. This practice of cooperation and sharing has had a lasting impact on me.*

*Craig Thomas, U.S. Senator from Wyoming*

4-H involves the whole family and spans across generations.



*All of the people I have met in 4-H have been wonderful. There's just not a better group around than 4-H.*

*Barb Klein, Park County 4-H leader*

Adult-youth partnerships are built and respected in 4-H.

## Wyoming 4-H teaches citizenship...

by providing youths with real-world experiences, by showing them the importance of volunteering, and by encouraging them to take action and make a difference in their communities.



Being a junior leader helps you see how to use your leadership abilities to lend a helping hand to someone else. It is nice to see what giving does for your community.

Vanessa Greer, Niobrara County 4-H member

## Wyoming 4-H promotes sportsmanship...

by offering members the opportunity to learn about fair and ethical competition at the county, state, and national levels through hands-on experiences.

## Wyoming 4-H opens doors to the future...

by introducing 4-Hers to a variety of activities that can lead to careers in fields such as agriculture, business, education, family and consumer sciences, medicine, natural resources, range management, and wildlife biology.

4-H provides the critical first exposure to the development of communication and relationship skills that enable agricultural producers to evolve into positions of leadership in their community and their industry.

Sim Magagna, Executive Vice President, Wyoming Stock Growers Association

## Wyoming 4-H offers something for everyone...

by showcasing projects in a growing number of fields.

- |                    |                     |
|--------------------|---------------------|
| Aerospace          | Market Beef         |
| Archery            | Market Sheep        |
| Breeding Beef      | Market Swine        |
| Breeding Sheep     | Meat Goats          |
| Breeding Swine     | Meats Judging       |
| Cake decorating    | Muzzleloading       |
| Cats               | Nature and Ecology  |
| Child development  | Photography         |
| Citizenship        | Pistol              |
| Computers          | Pocket Pets         |
| Crocheting         | Poultry             |
| Dairy cattle       | Quilting            |
| Dairy goats        | Rabbits             |
| Dogs               | Range management    |
| Electricity        | Recreation          |
| Entomology         | Rifle               |
| Fabric and Fashion | Robotics            |
| Food and nutrition | Ropecraft           |
| Gardening          | Self-determined     |
| Geology            | Shotgun             |
| GIS/GPS            | Sportfishing        |
| Health             | Vegetable Judging   |
| Horses             | Veterinary sciences |
| Horse Judging      | Visual arts         |
| Horticulture       | Web design          |
| Hunting            | Wildlife            |
| Interior design    | Woodworking         |
| Knitting           | Wool Judging        |
| Leathercraft       | Youth Leadership    |
| Livestock Judging  |                     |



## Wyoming 4-H is...

not just for kids. There are more than 2,700 volunteer leaders in the 4-H program who provide the guidance, knowledge, experience, and enthusiasm that help 4-H members as well as communities.



I am amazed at the talents, hard work, dedication, and compassion that 4-H volunteers possess. These characteristics are easily reflected in the quality of work displayed by youths at county and state fairs, community events, and club meetings. Being a volunteer in any capacity requires time and effort, and I applaud all of the 4-H members who help Wyoming's integrity, and self-respect.

Sahnathan Despain,  
Wyoming State 4-H coordinator



If you can catch kids when they are young and teach them to be leaders and show them how they can make a difference in their community, they will be much more likely to step up to the plate when they are older.

Vanina Workman,  
Washakie County 4-H Leader

## Wyoming 4-H Foundation partners with...

the University of Wyoming Cooperative Extension Service and the Wyoming State 4-H Office to support and enhance the activities of the Wyoming 4-H program by providing resources for educational opportunities, awards, and scholarships.



## Become a Wyoming 4-H supporter...

by making a charitable donation that can be used to develop programs, send 4-H members to national competitions, purchase equipment and curriculum materials, support camps and clinics, train leaders, and provide scholarships for graduating seniors.

A contribution to Wyoming 4-H is priceless. Gifts can be given through charitable remainder trusts, endowments, gifts-in-kind, wills, memorials, donations, and sponsorships.

**For more information on how to give to Wyoming 4-H, contact the Wyoming State 4-H Foundation at (307) 766-2528.**

