

WELCOME

to

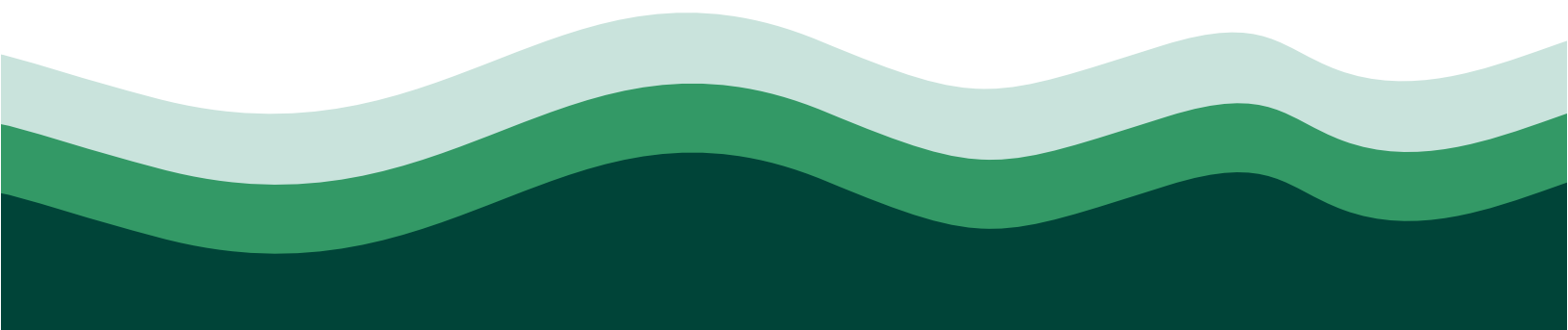


Laramie County



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Getting Started

Welcome to Laramie County 4-H! We're excited to have you join our community of young leaders and learners. 4-H offers hands-on experiences in a variety of project areas, helping you build skills, explore interests, and make lasting friendships. We're here to support you on your journey. Welcome to the 4-H family!

- **4-H Pledge**

- I pledge my **Head** to clearer thinking, my **Heart** to greater loyalty, my **Hands** to larger service, and my **Health** to better living. For my club, my community, my country, and my world.

- **4-H Motto**

- To Make the Best Better

- **4-H Emblem**



Contact Us

Laramie County Extension Office

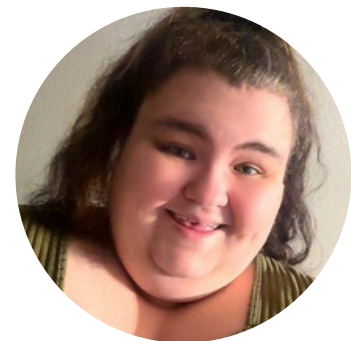
307-633-4383

1400 E College Drive
Pathfinder #406
Cheyenne, WY 82007



Rebecca Austin

4-H Youth Educator



Brenda Madrid

4-H Military Youth Educator

Laramie County 4-H

What is 4-H?

4-H is the largest out-of-school youth organization in the United States, serving more than 7 million young people. Its mission is to empower youth with knowledge, build essential life skills, and foster positive attitudes to help them grow into confident, capable members of their communities.

In Wyoming, every county has dedicated Extension staff who oversee local 4-H programs. Whether you live in a rural area or in a city, 4-H offers something for everyone.

Through 4-H, youth gain valuable life skills, build lasting friendships, boost their confidence, and reach personal goals—all while having fun and learning together with their families and clubs.

Who Can Join?

Youth in Wyoming are eligible to participate in the traditional 4-H program if they are at least 8 years old but have not turned 19 before January 1st of the current 4-H year. Membership is open year-round beginning October 1st, as long as the age requirements are met.

Cloverbuds, the program for younger members, is available for children ages 5-7 as of January 1st of the current 4-H year.

Please note that individual clubs and projects may have specific deadlines for participation, so be sure to check with them for details.

Wyoming and Laramie County 4-H also offer volunteer opportunities for adults who want to get involved!

The 4-H year runs from Oct. 1-Sep. 30

Age Divisions

Cloverbuds: 5-7 years old

Junior: 8-10 years old

Intermediate: 11-13 years old

Senior 14-18 years old

4-H Age is the child's age as of Jan. 1st.




New Member Checklist

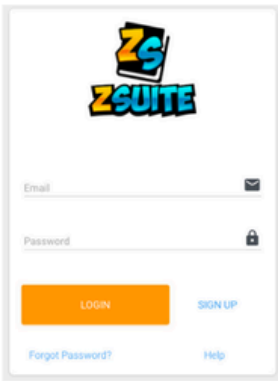
- ✓ Sign up in zsuite
- ✓ Find a club you want to be a part of
- ✓ Choose your 4-H project(s) & join their BAND
- ✓ Read the project guides
- ✓ Start working on record books early on

Joining a Club

To join a club, take a look at our club list. Visit the Laramie County 4-H Website. Under “Ready to Join 4-H” click the **Get Started** button. In the “Enrolling in 4-H” section, click on the **Club List** link. The *Project Focus* column shows which areas that club may specialize in. Clubs that list “general” work with all 4-H projects. You can participate in any 4-H project through any club regardless of their focus.

The club list also shows where those clubs meet, so you can pick one close to home for your convenience! Once you have picked a club you can attend the next meeting or reach out to the club leader to become a member of that club. Clubs provide opportunities for members including community service and travel.





ZSuite 4-H Enrollment



New Family Profile

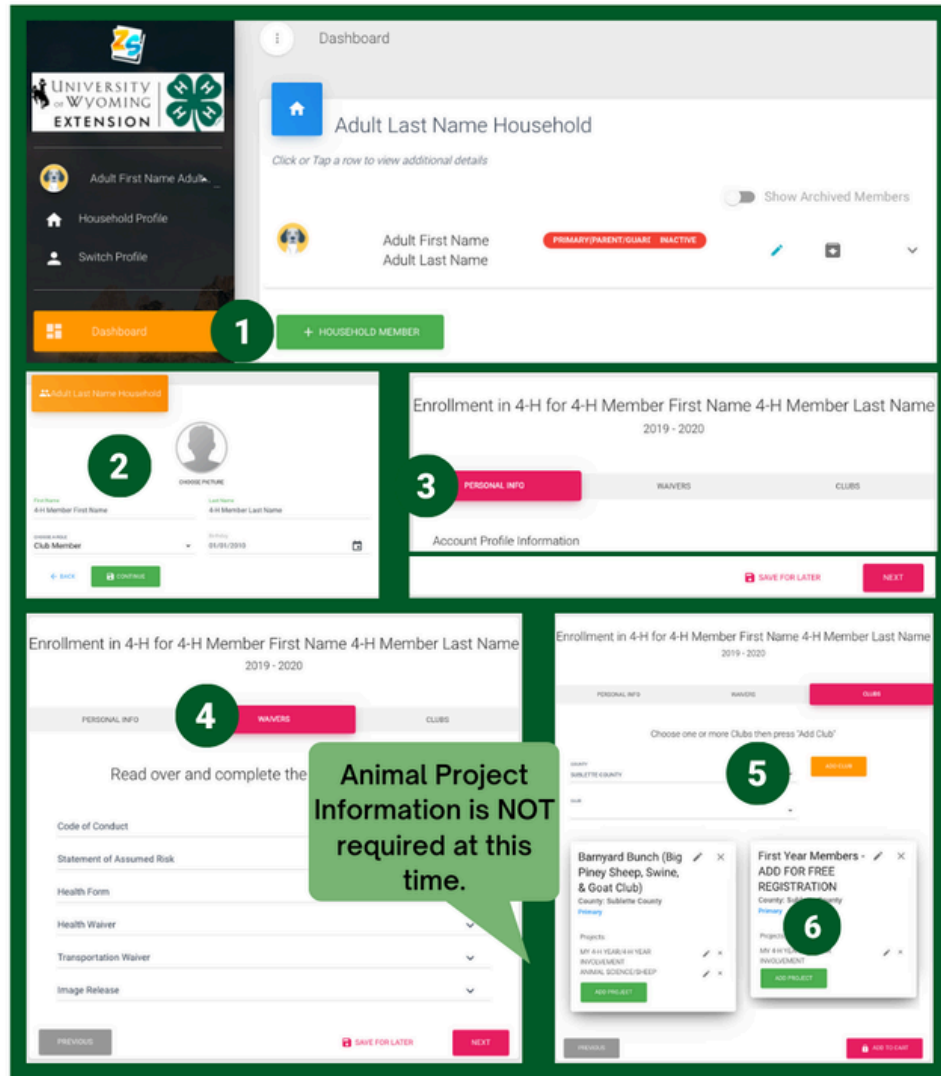
If you've never signed in to ZSuite before, follow these steps:

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

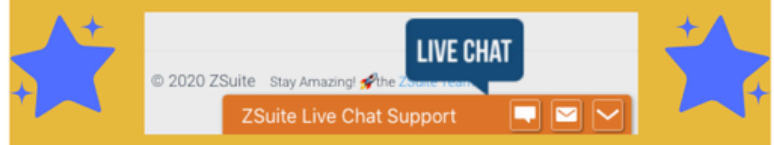
You are now on the **Dashboard** tab

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**
select **Add Project**
6. 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!

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



ZSuite 4-H Enrollment



Existing Family Profile

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

Go to <https://4h.zsuite.org/>

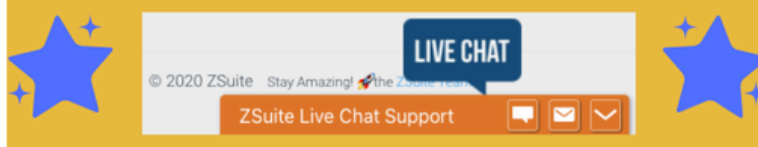
1. Use the same email & password you used to sign up, select **LOGIN**
2. Choose the **PRIMARY ACCOUNT** to enroll 4-H Members
3. You will see a list of the household members & their current enrollment status.
 - a. **Red = INACTIVE 4-H Member**
 - b. **Green = ACTIVE 4-H Member**
4. Select the 4-H Member's Name you wish to update, select **ENROLL MEMBER NOW**
5. **IF YOU DO NOT SEE A NAME LISTED**, You will need to ADD A HOUSEHOLD MEMBER

Animal Project Information is NOT required at this time.

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**
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!

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

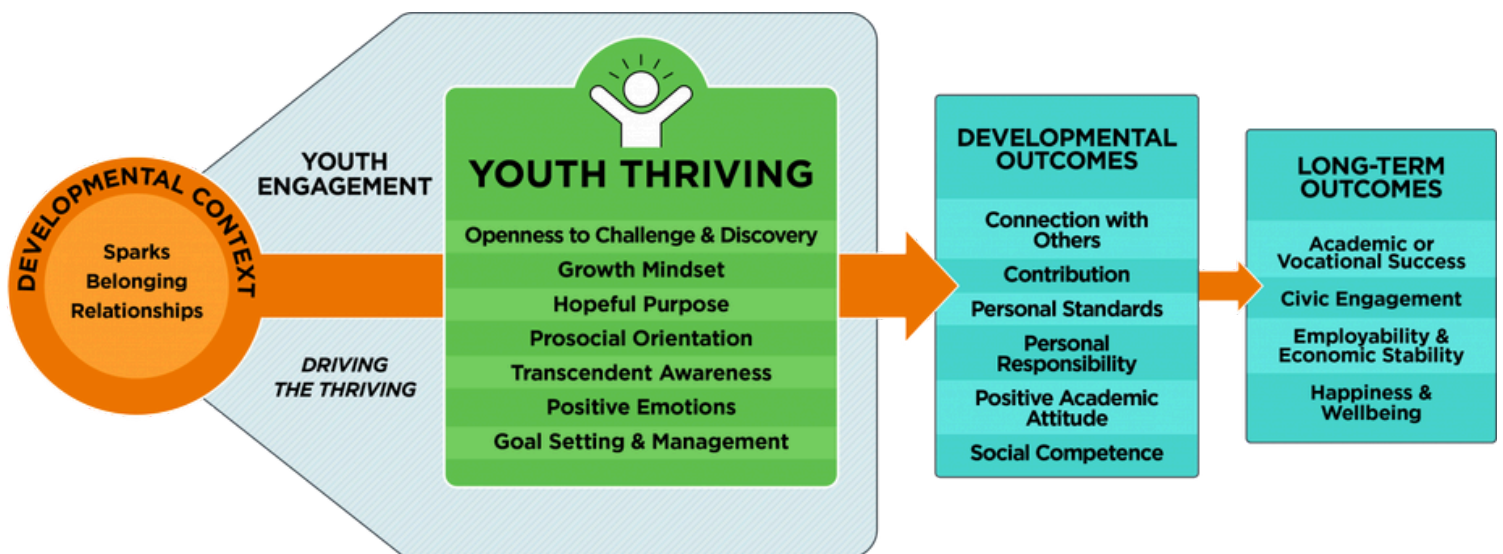


Thrive Model

The 4-H Thrive Model is a positive youth development framework used in 4-H programs, including Laramie County and all of Wyoming 4-H. It focuses on helping young people grow into capable, confident, and caring adults. The model highlights the importance of strong, supportive relationships between youth and caring adults (like 4-H leaders, volunteers, and educators), and it builds skills in areas like goal setting, leadership, decision-making, and emotional well-being.

Key parts of the Thrive Model include:

- **Sparks:** Helping youth discover their passions and interests.
- **Relationships:** Connecting youth with adults who care about and support them.
- **Engagement:** Creating meaningful, challenging experiences.
- **Growth Mindset:** Encouraging youth to embrace challenges and believe they can improve through effort.
- **Self-Reflection:** Helping youth reflect on their experiences to understand themselves better and continue growing.



The Roles

Youth

Youth are the heart of 4-H! They participate in hands-on projects, develop leadership and life skills, explore interests, and grow through experiences in clubs, camps, events, and more. 4-H gives youth a chance to learn, lead, and make a difference in their communities—all while having fun.

Parents

Parents play a vital support role in 4-H. They encourage their child's participation, help with projects, provide transportation, volunteer at events, and stay engaged with the club. Their involvement strengthens the 4-H experience and helps youth thrive.

4-H Educators

The 4-H Educator is a county Extension professional responsible for leading and managing the local 4-H program. They provide guidance, training, and resources to youth, families, club leaders, and volunteers. Educators also develop programs, coordinate events, and ensure 4-H stays safe, inclusive, and impactful.

Volunteers

Volunteers are the backbone of 4-H. They support the program by sharing their time, skills, and knowledge—whether that's helping at events, teaching project areas, mentoring youth, or assisting with logistics. Volunteers also have the opportunity to serve on committees.

Club Leaders

Club Leaders are dedicated adult volunteers who guide individual 4-H clubs. They help organize meetings, mentor youth, communicate with families, and create a positive, welcoming environment for learning and growth. Club Leaders are key role models and supporters for both youth and their families.


Superintendent

Superintendents are experienced volunteers who oversee specific project areas, especially during county fairs or exhibitions. They help with check-ins, judging, displays, and ensuring that events run smoothly. Superintendents serve as a resource for youth, families, and judges, helping ensure a fair and educational experience for all.

Learn the Lingo

- **4-H Camp:** A fun and educational outdoor experience where 4-H youth participate in activities like team-building, leadership development, environmental education, and recreational programs. Camps can be day camps or overnight camps and often focus on hands-on learning and personal growth.
 - **4-H Council:** A leadership group made up of 4-H youth and adult volunteers who help plan and oversee county-wide 4-H activities, events, and policies. It provides opportunities for youth to develop leadership, decision-making, and organizational skills.
 - **Animal Identification:** The process of officially recording an animal's details (such as species, breed, tag number, or tattoo) for participation in 4-H events, including shows, fairs, and competitions. This ensures accurate tracking and compliance with program rules.
 - **County Fair:** A local event where 4-H members can exhibit their projects, including livestock, crafts, foods, and more. 4-H and the County Fair are NOT the same and require two separate enrollments should the youth wish to participate.
 - **State Fair:** A larger event where exhibitors from county fairs compete at the state level. It features a wide range of 4-H project areas, demonstrations, and educational opportunities while celebrating youth accomplishments across the state.
 - **Extension Educators:** Professionals who work for the Extension System to support 4-H programs and other community-based education efforts. They provide resources, training, and guidance to volunteers, youth, and families involved in 4-H.
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Learn the Lingo

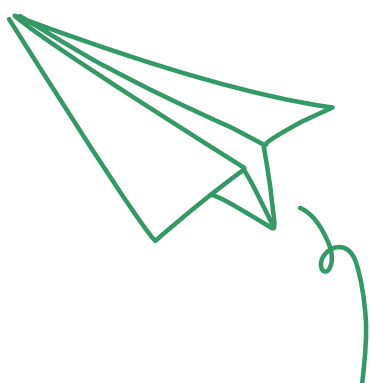
- **Enrollment:** The process of signing up for 4-H, usually through an online system like ZSuite. Enrollment allows youth to officially join the program, select projects, and participate in clubs, events, and competitions.
 - **Projects:** Specific areas of learning that 4-H members choose to explore, such as animal science, robotics, photography, cooking, or leadership. Members complete hands-on activities and develop skills within their selected project areas throughout the year.
 - **Record Book:** A detailed record that 4-H members keep to track their project progress, goals, financial records, and learning experiences. Record books help youth develop responsibility, organizational skills, and reflect on their achievements.
 - **Benefit Bash:** An annual fundraising event for Laramie County 4-H that helps support youth programs, scholarships, and activities. It typically includes games or raffles, with proceeds directly benefitting the county's 4-H members.
 - **Gold Rush:** A local Laramie County 4-H event that serves as a mini version of Showcase Showdown. It helps prepare youth for larger competitions like Showcase Showdown at the state level.
 - **Clover Sparks:** monthly project workshops for all 4-H youth
 - **Showcase Showdown:** Wyoming 4-H's biggest statewide educational contest event, usually held in June in Laramie, Wyoming. It features competitions like cake decorating, robotics, public speaking, photography, judging contests, and more, allowing 4-H'ers to demonstrate their project skills and knowledge.
 - **Harvest Carnival:** 4-H Open House with carnival games and prizes!
- 

Learn the Lingo

- **Achievement Night:** An annual celebration in the winter where Laramie County 4-H recognizes members, clubs, and volunteers for their accomplishments during the year. Awards for project work, and leadership are presented during this event.
 - **Month of the Military Child:** Celebrated nationally in April, this event honors the sacrifices and strength of children from military families. Laramie County 4-H often participates by hosting special events. We also celebrate Purple up Day where our office wears purple in support of military youth.
 - **County Shoot:** The culminating event for Laramie County 4-H shooting sports members, usually held in early summer. Youth compete in disciplines like archery, rifle, pistol, and shotgun. Scores from this event often qualify them for the Wyoming 4-H State Shoot.
 - **East Side Shooting:** east side of county **West Side Shooting:** west side of county
 - **State Shoot:** The Wyoming 4-H State Shooting Sports Match, typically held in July in Douglas, Wyoming. It brings together shooting sports participants from across the state to compete in archery, rifle, pistol, muzzleloader, and shotgun disciplines at a more advanced level.
 - **Tagging:** The process of identifying and officially recording livestock animals (like sheep, goats, swine, and cattle) for 4-H and FFA fair projects. In Laramie County, tagging involves attaching a special ear tag to ensure animals are properly entered for the county fair.
- 

Project Info

A 4-H project is a hands-on learning experience where youth explore a specific interest area, develop new skills, and complete goals over time. Projects range from agriculture and STEM to creative arts and leadership, helping members gain knowledge, responsibility, and real-world experience.



Reach out to the Extension office to connect with our amazing project leaders!

OTHER OPPORTUNITIES

- **Horse Judging**
- **Livestock Judging**
- **Livestock Skill-a-Thon**
- **Dog Skill-a-Thon**
- **Hippology**
- **Wool Judging**
- **Meat Judging**
- **Produce Judging**
- **County Shoot**

PROJECTS

- **Aerospace**
- **Computers**
- **Electricity**
- **Robotics**
- **Entomology**
- **Geology**
- **Nature & Ecology**
- **Range Management**
- **Shooting Sports**
- **Sport Fishing**
- **Wildlife & Hunting**
- **Civic Engagement**
- **Youth Leadership**
- **Foods & Nutrition**
- **Gardening & Horticulture**
- **Health**
- **Outdoor Recreation**
- **Cake Decorating**
- **Crocheting**
- **Fabric & Fashion**
- **Interior Design**
- **Knitting**
- **Leathercraft**
- **Photography**
- **Quilting**
- **Ropecraft**
- **Visual Arts**
- **Welding**
- **Woodworking**
- **Beef Cattle**
- **Breeding Cattle**
- **Cats**
- **Dogs**
- **Dairy Goats**
- **Meat Goats**
- **Horses**
- **Llamas & Alpacas**
- **Pocket Pets**
- **Poultry**
- **Rabbits**
- **Sheep**
- **Swine**
- **Veterinary Science**

4 Steps to Volunteer

1 Find your passion!

4-H offers a wide variety of opportunities for volunteers, from event volunteers, to leading club meetings to teaching hands-on skills in areas like STEM, natural resources, arts, and agriculture.

2 Sign up in Zsuite!

This is the online system used to manage 4-H enrollment. To officially start the process, create an account.

3 Complete the Trainings!

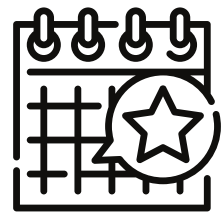
To provide a safe and enriching environment for youth, 4-H requires volunteers to complete trainings through online modules, in-person meetings, and background checks.

4 Start Volunteering!

Once you've completed the necessary steps, you'll connect with your Extension Educators who will help you start in your volunteer role. All 4-H members and volunteers are covered by insurance.

You'll be making a difference by helping Laramie County 4-H kids "Make the Best Better!"

4-H Calendar



January

- Goal Setting with Projects
- First Dog ID Due

February

- Beef Ownership Deadline-FEB 1
- Beef Tagging
- State 4-H Foundation Scholarships Due

March

- Mandatory Shooting Sports Orientations
- Start working on YQCA (livestock)

April

- Month of the Military Child
- State Meats & Wool Competitions

May

- Sheep, Goat, Pig Tagging
- Goldrush
- Dog ID Due MAY 1

June

- Beef Tagging
- Showcase Showdown
- County Shoot
- Sheep, Goat, Pig Ownership Deadline- JUNE 1

July

- County Fair Registration Deadline
- State Shoot
- Cat ID Due
- YQCA Due
- Entry Tag Pickup

August

- Laramie County Fair
- Wyoming State Fair

September

- Record Books Due

October

- National 4-H Week
- Re-enroll in 4-H
- Harvest Market
- Achievement Night

November

- 4-H Turkey Sale

December

- Gingerbread House Contest

****Dates and events are subject to change****

Keep your eye out for updates on workshops, clinics, practices, and exciting news through the 4-H updates, BAND and the newsletter!

4-H CLOVERBUDS

The **Wyoming 4-H Cloverbud program** is designed for youth ages 5-7 as an introduction to the world of 4-H. This non-competitive program focuses on hands-on learning, exploration, and developmentally appropriate activities that help young members build confidence, teamwork, and life skills. Cloverbuds participate in a variety of fun and educational experiences, including crafts, science experiments, animal interactions, and community service projects. While they do not compete in traditional 4-H contests, they are encouraged to showcase their projects and accomplishments in a supportive environment. The goal of the Cloverbud program is to spark curiosity and enthusiasm for learning while preparing youth for full 4-H membership when they reach the age of 8.



The 4-H Junior Leaders program in Laramie County, Wyoming, is designed for youth ages 13-18 who want to develop leadership skills, take on greater responsibilities, and actively contribute to their 4-H community. Junior Leaders serve as role models and mentors for younger members, assist with county-wide events, lead activities, and participate in service projects. Through hands-on

experiences, they gain skills in public speaking, teamwork, decision-making, and community engagement. The program encourages members to take initiative in planning and organizing events while working closely with 4-H staff and volunteers. Being a Junior Leader is a great opportunity for youth to build confidence, strengthen their leadership abilities, and prepare for future career and educational opportunities while making a positive impact on their community.

Helpful Links

- TRAVEL OPPORTUNITIES
 - [HTTPS://WWW.UWYO.EDU/4-H/OPPORTUNITIES/TRAVEL.HTML](https://www.uwyo.edu/4-H/OPPORTUNITIES/TRAVEL.HTML)
 - LARAMIE COUNTY 4-H WEBSITE
 - [HTTPS://WYOEXTENSION.ORG/LARAMIECOUNTY/4H-YOUTH-DEVELOPMENT/](https://wyoextension.org/laramiecounty/4h-youth-development/)
 - WYOMING 4-H STATE WEBSITE
 - [HTTPS://WWW.UWYO.EDU/4-H/INDEX.HTML](https://www.uwyo.edu/4-H/INDEX.HTML)
 - LARAMIE COUNTY 4-H FACEBOOK
 - [HTTPS://WWW.FACEBOOK.COM/LARAMIECOUNTY4H](https://www.facebook.com/laramiecounty4h)
 - BAND
 - [HTTPS://TEAMS.MICROSOFT.COM/L/MESSAGE/19:020EF896-800C-439E-8614-BEE72194A356_7F9EC0B9-D7D7-4C45-9697-14003A7C82BE@UNQ.GBL.SPACES/1745873118039?CONTEXT=%7B%22CONTEXTTYPE%22%3A%22CHAT%22%7D](https://teams.microsoft.com/l/message/19:020ef896-800c-439e-8614-bee72194a356_7f9ec0b9-d7d7-4c45-9697-14003a7c82be@unq.gbl.spaces/1745873118039?context=%7B%22contexttype%22%3A%22chat%22%7D)
 - WYOMING STATE SHOOTING SPORTS
 - [HTTPS://WYOMING4H.ORG/OPPORTUNITIES/EVENTS-ACTIVITIES-STATE-SHOOT/](https://wyoming4h.org/opportunities/events-activities-state-shoot/)
 - LIVESTOCK YQCA
 - [HTTPS://YQCAPROGRAM.ORG/](https://yqcaprogram.org/)
- 



Wyoming 4-H Code of Conduct, General Authorization, Statement of Assumed Risk, Publicity Release, & Transportation Release

During the 4-H enrollment process parents/legal guardians and members are required to electronically sign numerous documents. Below is a paper copy of the information you agree to when enrolling in the Wyoming 4-H program.

Wyoming 4-H Code of Conduct

While attending 4-H meetings, projects, programs, and events as a 4-H member, I will:

- Obey all rules established by the Wyoming 4-H program, the local club/program and all local, state, and federal laws.
- Be honest and accept responsibility for personal choices.
- Conduct myself in a courteous manner and be respectful the authority of adult volunteers, youth leaders and 4-H staff, and others in leadership roles.
- Not use, accept, or carry alcohol, drugs, or tobacco, nor associate with or remain in the presence of others using the substances.
- Not carry a weapon or threaten another person with a weapon, bodily force or language.
- Not be overly affectionate or have sexual contact with another.
- Not gamble for real money.
- Not use computers or cell phones maliciously or access inappropriate websites.
- Not participate in hazing of any kind, this includes verbal, physical or cyberbullying.
- Acknowledge that searches of personal property may take place when there is reasonable suspicion of violations of law or policies.
- Be courteous and respect others as well as leaving sites and public places neat and clean.
- Not damage, tamper, misuse, or steal the property of others.
- Use appropriate language and wear acceptable clothing.
- Show kindness to others and give assistance when needed.
- Honor my commitments including fully participating in any program or event.
- Respect the individual rights, safety and property of others.

While attending overnight events as a 4-H member, I will also:

- Not leave the activity or event unless permission is secured from the adult in charge.
 - Be in my sleeping area and honor established curfews.
 - Not enter the sleeping areas of members of the opposite gender nor will I invite non 4-H participants to the sleeping areas.
- Be responsible for any damage caused by, or as a result of, my actions.

If I do not live up to the Code of Conduct, I know that consequences may include any or all of the following:

- Notification of my parents and appropriate staff members
- Dismissed from the 4-H event at my own expense and without any refund
- Not allowed to participate in future 4-H events
- Pay for the financial cost of damages and repairs for damage or destruction of property
- Released to the nearest law enforcement agency and/or proper authorities
- Terminate my 4-H membership in club programming

I understand that any infractions of the 4-H Code of Conduct should be reported promptly by anyone observing them to the adult in charge of the delegation and to the person in charge of the event and that she/he will advise the county and/or state office of any misconduct on my part. I have read the Code of Conduct and agree to abide by it. I understand that any infraction by me will result in any or all of the actions listed above.

General Authorization

As the parent/legal guardian I understand:

- The medical information provided is correct and the youth identified has my permission to engage in all program activities.
- I am financially responsible for any and all charges for any medical attention provided to the indicated.
- The release of any medical records necessary for treatment, referral, billing, or insurance purposes youth.
- The University of Wyoming, its officers, trustees, representatives, agents, employees, volunteer leaders and youth of any 4-H program shall not be liable for any claims, demands, injuries, damage, actions or causes of action, whatsoever, to me, my family, or my property arising out of or connected with participation in 4-H programs/events or the premises where the programs/events occur. I do hereby release, discharge, and hold harmless the University of Wyoming, its officers, trustees, representatives, agents, employees, volunteer leaders, and youth of the 4-H program from all such claims, demands, injuries, damage to person or property, actions or causes of action, including but not limited to all acts of active or passive negligence on the part of the University of Wyoming, any 4-H program, their servants, agents, or employees.

As the parent/legal guardian, I authorize:

- Permission for medical staff/physician to employ such diagnostic procedures deemed necessary if an injury or other medical condition occurs or arises.
I agree that all activities and use of all facilities relating to participation in 4-H activities shall be undertaken at the sole risk of the youth/family.

Statement of Assumed Risk

I, the parent/guardian of a 4-H participant, acknowledge that I understand the risks of my child's participation in 4-H and its activities may include, but are not limited to, sprained muscles, broken bones, injury or other body parts of functions, and death or serious bodily injury. I understand that the dangers and risks of participation in 4-H, 4-H travel, and 4-H activities may result in serious injury, as well as serious impairment of my child's future abilities to earn a living, engage in other business, participate in other social and recreational activities, and/or generally enjoy life.

Publicity and Communication Release

The University of Wyoming Extension 4-H program normally takes photographs, video, and/or recordings of our programs. During activities, a photograph, video, or audio recording may be taken of you or your child. By participating in UW 4-H events or activities you are providing permission for UW to photograph, film, audio/video record, and/or televise your, and/or your child's, image and/or voice for use in any publication or promotional material in any medium now known or developed in the future without any restrictions.

I understand that my child may have direct electronic contact, including social media, with adult volunteers and 4-H staff regarding programming and activities associated with Wyoming 4-H. I understand that 4-H members may have the home or cell phone number of certified 4-H leaders and Extension.

Transportation Release

I understand that if personally-owned vehicles are used as transportation to and from any University of Wyoming (UW) 4-H event or activity that the owner of the vehicle is responsible for any liability that might occur during the transportation. UW does not provide coverage for any property damage, personal injury, or liability that may occur while using personal vehicles. Vehicle owners are required to carry automobile liability insurance as required by the State of Wyoming.

I am giving my permission for my child to be transported during an authorized 4-H activity or event by any authorized 4-H adult volunteer or UW employee. Any other transportation to and from UW 4-H events or activities is my personal responsibility as this child's parent or legal guardian. The operation of motor vehicles by 4-H members is prohibited while attending and participating in 4-H program events. Permission for a 4-H member to drive to and from 4-H programming events must be authorized by the parent/legal guardian.

Authorization for Care

As the parent/guardian of the Participant I understand the University of Wyoming is not equipped to make mental or medical health diagnosis/determinations or provide mental or medical health care (other than any pre-arranged accommodations) while involved in 4-H programming activities and any care needs that arise during such may require my child to discontinue attendance at the activity to seek appropriate care. In cases where emergency medical attention is necessary, parents/guardian/emergency contact will be contacted for approval when possible. However, I hereby grant permission for the University to give or authorize emergency medical treatment to my child during his/her participation in 4-H activities if, in the sole discretion of UW employees or volunteers, such care is necessary. I understand and agree that UW assumes no responsibility for any injury or damage, which might arise out of or in connection with such authorized emergency treatment. I will assume the financial responsibility for any cost of care for my child that may occur by participating.

Except to the extent I have requested in writing a formal accommodation by the University, which requires a separate interactive process, I understand that by revealing or disclosing my child's medical information I am providing critical information but it will not be used by the University to determine my child's ability to participate safely in 4-H activities. I understand that, if my child chooses to participate in activities, he/she do so voluntarily and of his/her own accord and the final decision regarding participation is solely the responsibility of my child, myself, and any medical or other advisor my child engages in assisting with that decision.

All 4-H members and leaders are covered with our insurance.