



UNIVERSITY OF WYOMING EXTENSION SERVICE

NATRONA COUNTY 4-H



Welcome to 4-H

We are excited that you are interested in joining 4-H! 4-H Clubs are for all boys and girls, ages 8-18. This beginner guide will provide the tools you and your family will need to have a fun experience for the whole family.

The Mission of 4-H

4-H uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes and skills they need to become competent, caring, and contributing citizens of the world. This mission is accomplished by using the knowledge and resources of the land grant university system, along with the involvement of caring adults.

What is 4-H?

- ✿ 4-H is the largest out of school youth organization in the United States with over 7 million youth members. The purpose of 4-H is to help youth acquire knowledge, develop life skills, and form attitudes that will enable them to become self-directing, productive members of society.
- ✿ There are Extension Office staff responsible for 4-H programs in every county in Wyoming. Whether you live in a city or rural area, there's something for you in 4-H.
- ✿ Members learn life skills, make new friends, enhance self-esteem, achieve personal goals, develop positive relationships with peers and volunteers, and have fun learning and sharing as a family and a club.

Who is 4-H?

- ✿ **Extension Educators** are hired by the University of Wyoming Extension Service to work with 4-H and Youth Development; they organize 4-H and youth programs in the community.
- ✿ **4-H Leaders** are individuals in the community who donate their time and knowledge to help 4-H members learn and have fun.
- ✿ **Club Leaders** – Work with general club meetings
- ✿ **Project Leaders** – Help members with their projects
- ✿ **Activity Leaders** – Lead one or more activities or special events in a specific project area

What age do you need to be to enroll in 4-H?

- ✿ Traditional age 4-H members for this year will have turned 8 as of December 31.
- ✿ Cloverbud members for this year will have turned 5 as of December 31.
- ✿ The key difference between Cloverbuds and older 4-H members are Cloverbuds do not work with animals, participate in shooting sports or compete in events. They may exhibit at the fair and receive a Cloverbud participation ribbon.



Some Facts About 4-H

☘ The 4-H Emblem is a green four-leaf clover, with a white “H” on each leaflet ☘ 4-H Colors are green and white ☘ 4-H Motto is “To Make the Best Better” ☘ 4-H Slogan is “Learn by Doing” ☘ 4-H Pledge which members say while saluting the 4-H flag is...”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 county and my world.”

What Can You Do In 4-H?

In 4-H you “Learn by Doing”. You learn useful skills, how to get along with people, and how to help your community. The projects help you gain knowledge and skills and teach you responsibility. As a 4-H member, you will choose at least one project. Select projects that fit your family, community and the way you live. Share projects with your parents. Take only one or two projects your first year. Sometimes members plan more than they can get done and become discouraged.



4-H Allows Youth To Participate In The Following Programs

- ☘ **Family and Consumer Science** – Child Development, Fabrics and Fashion, Food and Nutrition, Home Environment, Introduction to 4-H, Knitting, Crocheting
- ☘ **General Projects** – Gardening, Horticulture, Interior Design, Leadership, Aerospace, Recreation, Self-Determined
- ☘ **Natural Resources** – Exploring Natural Resources, Geology, Shooting Sports, Wildlife, Sportfishing
- ☘ **Handicrafts** – Cake Decorating, Leathercraft, Photography, Ropecraft, Visual Arts, Woodworking
- ☘ **Animal Science** – Dog, Cat, Horse, Goat, Poultry, Rabbits, Sheep, Swine, Beef, Alpaca, Veterinary Science
- ☘ **Club Projects** – Citizenship, Community Pride, Health, Safety



What Is A 4-H Project?

A 4-H project is a topic that a member learns to do with the help of leaders and parents. The Wyoming 4-H Program offers projects in 43 subject areas. Different clubs offer leader support in specific project areas. The County program offers clinics and activities to help you gain the experience and knowledge you need to have a meaningful learning experience with your project.

What Activities Can I Participate In (Other Than The Traditional Projects)?

- ☘ **Presentations** – 4-H members show and tell others how to do things. This is your first step toward helping others and becoming someone who can lead others.
- ☘ **Record Keeping** – You will write a record and story of what you do for each project. Keeping records helps keep track of what you are learning and helps you develop business sense. Some projects require you to complete a record book, such as the market animal projects.
- ☘ **Recreation** – You will enjoy the friendships that develop while participating in social events.
- ☘ **County Contests** – Several of the county contests are held during the Central Wyoming Fair in July, but some are held earlier or later in the summer such as the county Shooting Sports Match, Dog Show and Horse Show.
- ☘ **Exhibits** – You may exhibit your project results at club meetings, local fairs, or the State Fair. This shows others what you have learned in 4-H, helps you find out how to improve your work, and gives you a sense of pride and accomplishment.
- ☘ **State 4-H Events** – State Events provide the opportunities for all members to meet other youth with the same interests from around the state. Camps are held in a variety of project areas such as teen leadership and horse camp.
- ☘ **National 4-H Events** – 4-H teens are selected annually to represent Wyoming and Natrona County at regional or national events. Such events showcase outstanding achievement and provide opportunity for delegates to share their experiences with others and help improve 4-H.

What Are My Responsibilities As A 4-H Member?

A 4-H club is a group of youth working with adult leaders toward common goals. These goals are chosen and accomplished by the entire club working together. The officers and leaders can't do it alone. This means that every member of the club needs to pitch in and do his or her part.



✿ **Read your County Newsletter!** – The newsletter is written for you. There is news about other 4-H clubs and upcoming 4-H events for you and your club. Keep your newsletter and other 4-H materials in a safe place. This will help you be a better member.

✿ **Attend all of your club meetings** – You can't be an active member if you are not around! Arrive on time, and plan to stay until the meeting ends. If you miss a meeting for an important reason, let your leader or officer know in advance, if possible. Meetings are held to: get things done, bring up new ideas, build leadership skills, be a change of pace from every day activities, get to know other members, learn and have fun.

✿ **Tell your parents about important dates** – It is important that your parents know in advance so they can make arrangements and get you to the events on time.

✿ **Be a friend** – Get to know other members. Help out when needed. Not all members are the same, but no one is more important than another. Be a friend and you will have a friend!

✿ **Enjoy** – Have fun and learn at the same time.

What Is The Parent's Role In 4-H?

Children need parental encouragement to get them started in 4-H and keep them involved in the program through their teen years.

You can help if you:

✿ **Share** – Take an interest in your child's 4-H project and activities. Listen, look and offer suggestions, but avoid the temptation to "take over" and do things yourself. Learning by doing is the 4-H way. Your child learns by his or her mistakes as well as successes, if you provide encouragement.

✿ **Prepare** – Parents can assist by helping a child understand the value of having projects, duties, and presentations done on time, in a proper way. Also, be sure your child learns the importance of letting someone know if he or she cannot follow through as expected.

✿ **Be There** – Your child will gain more from 4-H by attending club meetings regularly and by getting involved in Fairs, Camps and the many other activities offered. Parents can be part of 4-H too. Don't just drop your youngster off at a meeting, sit and observe. You are welcome. Get to know the club leader. Lend a hand wherever you can. However, try to remain objective and avoid "taking over" any activities. Remember...the club is for the kids.

✿ **Care** – Arrange to attend programs and events where your child is taking part. Your presence shows your child that you consider what he or she is doing very important.

What Is The Role Of A Volunteer Leader?

✿ Volunteer leaders contribute to the structure of the 4-H program. There are different types of 4-H Volunteer Leaders.

✿ **Project Leader** is someone who has knowledge in certain project areas and is willing to help members in those projects. Project Leaders generally belong to a 4-H club.

✿ **A Club Leader** is in charge of each 4-H Club. They will be the main contact for all club activities and will oversee the club Officer Team, meetings and all club events.

✿ 4-H Leaders are usually the people teaching the project classes and helping with events.

✿ All 4-H Leaders have had a background check prior to working with 4-H members.

Communication

- ✿ Communication is a very important part of the 4-H program. E-mail is the main method of communication in Natrona County. E-mails will contain information on upcoming events, deadlines, etc.
- ✿ Newsletters are sent via e-mail and snail mail once a month. It is very important that parents and members look over the newsletter at the beginning of every month to make sure they are aware of opportunities, updates, and deadlines.
- ✿ Newsletters contain information about 4-H projects and events and information that applies to the 4-H program. There will be tips and pointers in the newsletter as well.
- ✿ The newsletter is also available on-line at: <https://wyoextension.org/natronacounty/newsletters-2/>
- ✿ Natrona County 4-H also has a Facebook page where we share timely updates, reminders and cancellations.
- ✿ If for some reason you stop receiving any of these communications, or if your mailing address or e-mail address changes, it is your responsibility to contact the Extension Office.
- ✿ Deadlines are very important in Natrona County 4-H. Different projects have different deadlines such as ownership deadlines, Fair entry deadlines, record book submission deadlines and others. It is your responsibility to watch the 4-H communications for these deadlines and have the requirements in on time.

Deadlines And Requirements For Specific Projects

Before 4-H animal ownership is allowed in Wyoming, a youth must be enrolled in 4-H. For instance, to have a 4-H market beef project, youth must be enrolled when they declare ownership which is usually on the day the animals are weighed and tagged.

- ✿ **Market Animals** – All market sheep, swine, beef and goats must be officially ear tagged on the specified county ear tagging date. Every member planning to exhibit and sell market animals at the County Fair must have completed a Quality Assurance class. Senior members will be required to take a Quality Assurance class one time. Junior and Intermediate members are required to attend a Quality Assurance Class every year.
- ✿ **Breeding and Dairy animals** – All breeding sheep, breeding swine, breeding beef, feeder calves, dairy cattle, and dairy goats should have proof of ownership papers on file at the 4-H Office. Proof of ownership papers must be filled out completely before they will be accepted.
- ✿ **Horse** – Every member must pass a safety certification test before they are allowed to ride in a County or State event. We offer clinics to help you gain the knowledge needed to pass these tests. Study guides and Horse Rule books are available at the 4-H Office. All project horses must have a Proof of Ownership ID on file at the 4-H Office.
- ✿ **Dogs and Cats** – All dogs and cats must have proof of ownership papers and current shot records on file at the 4-H Office before participating in any clinics or classes. Ownership deadline for dogs and cats is April 30th.
- ✿ **Shooting Sports** – Every member must attend the county firearm safety course and shooting sports orientation. You may attend our monthly practices before completing the safety course but must meet this requirement before you can shoot in the County Shooting Sports Match in the spring. Members must also attend required practices before shooting in the County Shooting Sports Match. Due to the growing number of shooting sports participants, shooting sports registration will close on February 14th.
- ✿ **Self-Determined** – This is a great opportunity for a member that wants to complete a project in an area not already offered. Before you start your project, you must fill out a Self-Determined approval sheet and wait for the State 4-H Office to approve it.



How Can I Get Involved And Make A Difference?

Each project area has a committee that involves members, leaders, parents and concerned citizens. These committees meet and decide the topics of clinics, plan shows, and assist members gain the knowledge needed to complete the project.

Competitive Events, Opportunities, & So Much More...

Various events are held at many times throughout the 4-H year. Some events are sponsored by 4-H and some are sponsored by partner entities. The following events are available for 4-H youth to participate in with their 4-H projects.

☘ **Natrona County Presentation, Prepared Speech and Impromptu Contests** – 4-H public speaking contests held in April open to all 4-H members and all methods of presentations on any topic.

☘ **County Shooting Sports Tournament** – This competition is open to 4-H members enrolled in the shooting sports program that have completed practice and safety requirements. Participants must shoot in the county tournament to qualify to participate in the state tournament that takes place in Douglas in July of each year.

☘ **State Shooting Sports Tournament** – A state-wide 4-H event held in Douglas in July. Open to 4-H members who have met the qualifications set by their county 4-H program.

☘ **Showcase Showdown** – A state-wide 4-H event held in June. Open to all 4-H members it includes project clinics, contests and social events. Clinics vary in topic, contests include State Presentation Contest, Robotics, Rocketry, Horse Judging, Foods Contests and Produce Judging.

☘ **Central Wyoming Fair** – Held in July each year, exhibitors can showcase their project work through livestock shows, static exhibit interview judging and much more.

☘ **Wyoming State Fair** – Held in August, participants from counties throughout Wyoming participate in contests that include livestock and small animal shows, static exhibit judging and the State 4-H livestock judging contest.

☘ Each year events and projects are added to our program, so be sure to watch your email and monthly newsletters for announcements regarding new opportunities!



Record Books & Portfolios

☘ Portfolios and livestock sale completion records are due each year. Part of 4-H is learning to keep good records of your project from state to finish. Record books along with a story are required for anyone who sold an animal in the Junior Livestock Sale, all other record books are optional.

☘ To compete in the County Record Book Judging Contest, you must submit a completed record book portfolio, Record books are available on-line at: <https://4h.zsuite.org/>

State 4-H Achievement Program

☘ Members are divided up into three groups based on their involvement in 4-H. The achievement program is designed to recognize youth based upon the extent of their involvement in the 4-H program each year. Over continued years of involvement in 4-H, a youth can earn recognition of prominence that reflects their efforts.

☘ The ultimate achievement that a 4-H member can obtain is inclusion in the Wyoming 4-H Honors Club. It is based on the principle of providing recognition for youth that maximize their opportunities to foster positive youth development elements of belonging, independence, generosity, and mastery over their time as a 4-H member in the program.

☘ To get the highest annual recognition a youth needs to be engaged in each aspect of the 4-H Record Book, including keeping accurate project records, recognition, leadership, community service and participation in 4-H activities.

☘ Induction into the Wyoming Honor's Program will also be an achievement that member's will be able to put on college or scholarship applications.

How Do I Get Signed Up For 4-H?

4-H enrollment is completed on-line. The log-in home page is <https://4h.zsuite.org/>

Enrollment for the 4-H year will always begin on **October 1st**. Whether you are a parent enrolling your children, or an adult wishing to be a 4-H volunteer, or both, it all starts with creating a family profile:

☘ New Users: **Click SIGN UP**

☘ Fill out the Register New Household Information. Select a Primary Profile Access PIN which is needed to enter the primary household account. **Click LET'S GO** (If you get an error message that your email address is already used, go back to the main screen and click on Forgot Password? as some profiles were transferred over from 4HOnline.com)

☘ You are now on the Dashboard screen. **Click + HOUSEHOLD MEMBER**

Enter the First Name, Last Name, Role (Member or Volunteer), and Member's Birthday. You may choose a preloaded avatar or upload a personal photo by clicking CHOOSE PICTURE. **Click CONTINUE**

☘ **Select the PERSONAL INFO tab**. All fields marked with an asterisk (*) are required. **Click NEXT** to get to the WAIVERS tab.

☘ **Select the WAIVERS tab**. **Click ↓** next to each section to sign off on all the waivers. (You must agree in order to proceed.) On the Health Form, put N/A or none if the required field does not apply to your member. **Click NEXT** to get to the CLUBS tab.

☘ **Select the CLUBS tab**. Choose your club from the drop down menu. **Click ADD CLUB**

NATRONA COUNTY 4-H FIRST TIME MEMBERS: If this is your first year with the Natrona County 4-H, please choose "1-Club Placement Requested Natrona". The Natrona County 4-H Office will assist you in placing your member in a club that has openings based upon the projects that your child has enrolled in.

☘ **Select the PROJECT tab**. Choose project from the drop down menu. **Click ADD PROJECT**. Repeat process until all projects are selected. Some Animal Projects have a required field that you may not have information for. If this happens, please enter this 4-digit number "0000" in that required field.

CLOVERBUD MEMBERS: Choose only the Cloverbud project.

☘ Verify all information is correct including your Club and Project selections. **Click SUBMIT** (After you Click SUBMIT, your enrollment will be sent to the Natrona County 4-H Office Administrators for approval.)

If you have any questions, please contact the Natrona County 4-H Office at 307-235-9400.



I Pledge

My Head

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My Heart

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AND My Health

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For my club,

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