



UNIVERSITY
OF WYOMING
EXTENSION



SUBLETTE COUNTY 4-H
**FIRST YEAR
4-H
MEMBER
GUIDE**



CONTENTS

Welcome to 4-H.....	3
Contact Information.....	3
What is 4-H?.....	4
Wyoming Projects.....	4
Facts About 4-H.....	5
Enrolling in 4-H.....	6
County Programs/Events.....	7
State Programs/Events.....	9
National Programs/Events.....	10
Cloverbuds.....	11
Junior Leaders.....	11
YQA.....	11
Record Books.....	12
Achievement Program.....	13



WELCOME!

We are pleased you are interested in joining 4-H! 4-H is open to all youth ages 8-18 (by January 1st of the current year) and the Cloverbud program is for youth ages 5-7. We hope this guide will answer questions you may have and help you understand the 4-H program. We understand that the 4-H program is big and can be overwhelming your first few years, so here are three pieces of advice to help you:



1) Ask questions! If you don't know - ask. If you want to know something - ask. A large part of learning is being willing to ask questions and find out information.

2) Participate! There are camps, clinics, workshops, club meetings, and many other county and state events that each offer you opportunities to learn and grow.

3) Read county 4-H communications! A lot of information including important dates, times, and opportunities. If something you want to know isn't in the newsletter, Facebook page, or an email, contact us at the Extension Office.

4) Check out these websites for more information:

- University of Wyoming Extension 4-H <https://www.uwyo.edu/4-h/index.html>
- Sublette County 4-H https://www.wyoming4h.org/4hsublette/?page_id=504

Sublette County 4-H Contact Information

Jen Matosky:
4-H Extension Educator
jmatosky@uwyo.edu

Tanya Greenwell:
Administrative Assistant
sublette@uwyo.edu

PO BOX 579
9660 US HIGHWAY 191
PINEDALE, WY 82941

307-367-4380

[HTTPS://WWW.WYOMING4H.ORG/4HSUBLETTE/](https://www.wyoming4h.org/4hsublette/)

FACEBOOK:
SUBLETTE
COUNTY 4-H

INSTAGRAM:
SUBLETTE4H

What is 4-H?

4-H is America's largest youth development organization with nearly 6 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.

The University of Wyoming Extension staff are 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 club.

CURRENT WY PROJECTS

- AEROSPACE
- ARCHERY
- BEEF
- CAKE DECORATING
- CATS
- CIVIC ENGAGEMENT
- CLOVERBUDS
- COMPUTERS
- CROCHETING
- DOGS
- ELECTRICITY
- ENTOMOLOGY
- FABRIC & FASHION
- FOODS & NUTRITION
- GARDENING & HORTICULTURE
- GEOLOGY
- GOATS
- HEALTH
- HORSES
- INTERIOR DESIGN
- KNITTING
- LEATHERCRAFT
- LLAMAS & ALPACAS
- MUZZLELOADING
- NATURE & ECOLOGY
- OUTDOOR RECREATION
- PHOTOGRAPHY
- PISTOL (AIR OR .22)
- POCKET PETS
- POULTRY
- QUILTING
- RABBITS
- RANGE MANAGEMENT
- RIFLE (AIR OR .22)
- ROBOTICS
- ROPECRAFT
- SELF-DETERMINED
- SHEEP
- SHOTGUN
- SPORT FISHING
- SWINE
- VETERINARY SCIENCE
- VISUAL ARTS
- WELDING
- WILDLIFE & HUNTING
- WOODWORKING
- YOUTH LEADERSHIP

**4-H is worldwide -
existing in more
than 80 countries!**

What is a 4-H Project?

A topic that a member chooses to work on during the year. a 4-H project is something a member learns to do with the help of leaders and parents.

In general we put projects into two different categories: Animals and Static.

[Wyoming Project Guide](#)

 **HEAD**

 **HEART**

 **HANDS**

 **HEALTH**

How is the 4-H Program Administered?

USDA-NIFA

United States Department of Agriculture
National Institute of Food and Agriculture



CSREES

Cooperative State Research, Education, and
Extension Service



LAND GRANT UNIVERSITY

University of Wyoming



EXTENSION



COLLEGE OF AGRICULTURE



COUNTY EXTENSION OFFICE

Some Facts About 4-H

4-H EMBLEM

A GREEN FOUR-LEAF CLOVER WITH
A WHITE "H" ON EACH LEAFLET

4-H COLORS

GREEN AND WHITE

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 SLOGAN

LEARN BY DOING



Enrolling in 4-H

Enroll online
@4h.zsuite.org

The 4-H Year
runs Oct 1 to
Sep 30.

4-H AGE
IS THE
CHILD'S
AGE AS
OF
JANUARY
1ST.

4-H Age Divisions:
Cloverbud (ages 5-7 year olds)
Junior (8-10 year olds)
Intermediate (11-13 year olds)
Senior (14-18)

Enrollment Fees:

October
\$5/member

FIRST YEAR MEMBERS
ARE FREE

**Rest of the
year**
\$10/member

4-H Club Information

4-H clubs are youth working in groups with a volunteer leader.

All 4-H members must belong to a club. Clubs offer opportunities outside of projects for youth to learn and develop socially by teamwork, community service activities, fundraising events, and leadership opportunities.

There are three different types of clubs: Community Clubs, Project Clubs, and Special Interest Clubs. Members may belong to more than one club if their interests fall within the scope of different clubs. Clubs are overseen by an adult club leader, but are really run by youth members.

Sublette County has 20 community and project 4-H clubs located in Pinedale, Big Piney, LaBarge, and Bondurant.

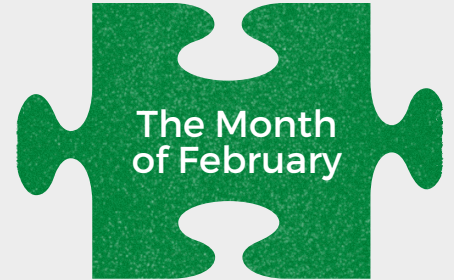
County Programs/Events



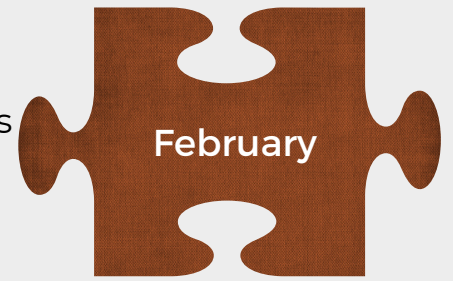
All 4-H Market Beef animals must be tagged by February 1st.



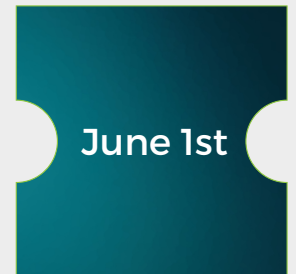
Sublette County 4-H Food Drive



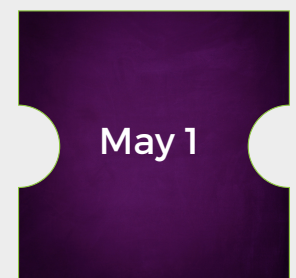
Youth Quality Assurance Training levels 1-3 for those in market projects who plan to participate in the Jr. Livestock Sale.



All 4-H Market small livestock must be tagged by June 1st.



Dogs in 4-H program ID due May 1st.



Events include:

- o .22 Rifle/ .22 Pistol
- o Air Rifle/ Air Pistol
- o Archery
- o Shotgun
- o Muzzleloading



County Programs/Events

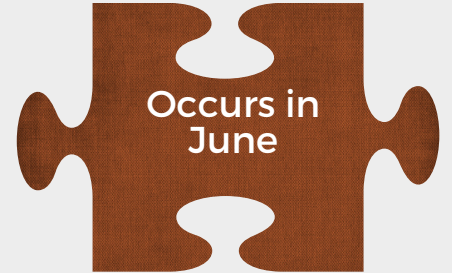


Events include:

- Livestock Skillathon
- Table Setting
- Cake Decorating
- Presentations



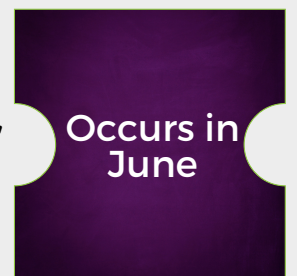
Three day camping trip at the Uinta County Youth Camp



4-H members distribute treats to the local businesses as a way to say thank you for all their support.



Two day jackpot show open to ALL youth in different age brackets. 4-H and FFA members gain more experience in preparing, fitting and showing a steer, hog, lamb or goat. The "payout" is based on their placing in class or by being selected Grand Champion or Reserve Champion in their division.

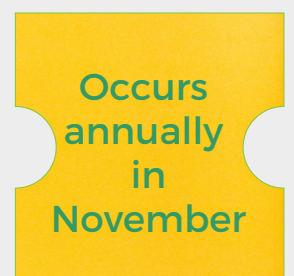


Events include:

- Animal Shows
- Static Exhibits
- Junior Livestock Sale
- Archery Shoot
- Fashion Revue



Members turn in record books in September and receive awards at Achievement Night. Clubs, leaders, and members are honored for their success and achievement.



State Programs and Events



- Occurs in June and takes place at the University of Wyoming in Laramie, WY
- Events include:
 - Livestock Skillathon
 - Table Setting
 - Robotics Competition
 - Cake Decorating
 - Food Cook-Off
 - Presentations
 - Produce Judging
 - Horse Skillathon
 - Hippology
 - Dog Skillathon
 - Avian Bowl



- Occurs annually in July in Douglas, Wyoming
- Events include all shooting sports disciplines and Outdoor Skills



- Occurs mid August in Douglas, Wyoming
- Wyoming State Fair is an opportunity for 4-H members to exhibit their projects and demonstrate what they have learned.
- Events include many shows, events, and contests



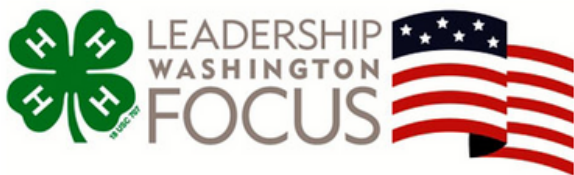
- The State 4-H Leadership Team is a seven-person team that represents Wyoming 4-H at all statewide events and activities including state leadership team retreat, Showcase Showdown, Legislative Day, and the Wyoming State Fair.

National Programs/Events

**For more information about national 4-H opportunities:
Contact the State 4-H Office at (307) 766-5170**



- Opportunity for high school students in grades 10-12 from across the country travel to Washington, D.C.
- 4-H'ers to learn how to be citizen leaders and make a difference in their communities.
- Participants will enjoy a behind the scenes look at our nation's capital and meet members of Congress
- Participants will also develop communication, leadership and citizenship skills through hands-on learning and group activities, build new and lasting friendships.



- Opportunity for youth in grades 7-9 from across the country travel to Washington, D.C.
- Participants will enjoy a behind the-scenes look at our nation's capital and meet members of Congress
- Participants will also develop communication, leadership and citizenship skills through hands-on learning and group activities, build new and lasting friendships.



- Youth ages 15 and older are invited to be part of the Wyoming 4-H National Congress delegation in Atlanta, Georgia.
- The trip focuses on community service and diversity awareness.
- Delegates will attend leadership and personal development workshops, meet youth from 4-H programs across the United States, participate in community service, tour Atlanta, and more.



- 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.

Funding is available from the Wyoming 4-H Foundation for those who apply.

**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.**



The 4-H Cloverbuds Program in the University of Wyoming's 4-H program is a non-formal education program designed for children ages 5-7. Participation, safety, personal development, learning and fun are the highest priorities for Cloverbuds programs. Cloverbuds is designed to introduce young people to cooperative learning and the many things they can do in 4-H. These programs are adult led, activity-focused, and are built on cooperative learning rather than competition.

YQA YOUTH LIVESTOCK QUALITY ASSURANCE

***TO SELL AT THE JR. LIVESTOCK
SALE AT SUBLETTE COUNTY FAIR:***

Classroom presentations and hands-on activities are used to teach youth about animal care, management, carcass quality, handling, medications, and records. All 4-H members in their first year of a market livestock project must complete a YQA Level 1 program and pass additional YQA programs each year until all 3 Levels are completed.



Junior Leaders



A countywide club for 4-H members ages 13 and older. Members assist with local 4-H activities and county events. This program focuses on the development of leadership skills, as well as service learning and fellowship.



Record

Goal setting, record keeping, and reflection are important aspects of 4-H learning and positive youth development. County UW 4-H employees and 4-H volunteers use this information annually to assist in assessing, planning, and implementing the 4-H program as well as for annual recognition. Additionally, 4-H alumni indicate significant value of the record book system in the development of a resume that is customarily used for a variety of scholarship applications- including Wyoming 4-H.

Wyoming 4-H utilizes a record book system for helping youth track and summarize their learning experiences each year. We use an online platform to gather a youth's 4-H project learning goals, experiences, and accomplishments through Project Reports and their overall 4-H participation that includes leadership, community service, engagement, and recognition through a My 4-H Year Involvement Report. As a youth development program this helps youth, parents, and volunteers in assessing, planning, and implementing the 4-H Program.


Project Report


9/8/2021

Current Year: 2021 - 2021

Project: Market Sheep	Member Name: First Last Name
Age Level: Intermediate	Clubs: Barnyard Bunch (Big Piney Sheep, Swine, & Goat Club)

Learning Goals for this year: What do you want to learn about? What do you want to do better?

I plan to make a steady eating plan for my lambs.
I also plan to have a steady workout plan for my lambs.

What are you planning to do?:
Describe your plan to accomplish your goals. Who's going to help you?

- For my first goal I will set alarms for when to feed my sheep.
- For the second goal I will set reminders for when to walk and practice bracing my lambs, I will also make sure their feeding times will not interfere with their walking times.

Example

The annual record book is evaluated for annual status toward potential induction into Wyoming 4-H's highest achievement, the Wyoming State 4-H Honors Club.

Exhibits

Summary

Pictures & Clippings

Starting Gear

Purchases & Expenses

Income

Books

Wyoming 4-H Member Achievement Program

In addition to awards for competitions, participation recognition, or project ribbons at the county or state fair, Wyoming 4-H has annual recognition of youth based on the extent of their 4-H involvement during the entire 4-H program year. Each year youth can be recognized a Green, Silver or Gold at the county level and receive a medallion sticker to add to their 4-H Certificate of Achievement.

- To achieve Green (0 points)
 - Member has turned in all the required enrollment materials
 - Member has behaved in an appropriate manner at all 4-H activities, events, and meetings
 - Member is enrolled in at least one project
 - Member is enrolled in at least one club or has an approval of their UW 4-H Educator
- To achieve Silver (1 point)
 - Member meets criteria for Green, AND...
 - Member has exhibited what she/he learned at some point during the current 4-H year with others.
 - Member provides documentation of setting goals, knowledge/skills gained, and participation in a project. (Most likely via the 4-H portfolio)
- To achieve Gold (3 points)
 - Member meets criteria for Silver, AND...
 - Member provides documentation in all essential elements of positive youth development. (Most likely via the 4-H portfolio)



Wyoming 4-H Honors Club

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 recognition for youth that maximize their opportunities to foster the elements positive youth development of belonging, independence, generosity, and master over multiple years of engagement. Nineteen (19) points must be accumulated from annual recognition points earned. Honor's club inductees are given special recognition that includes an exclusive UW Cowboy Clover tie/lapel pin or necklace/bracelet charm.