

Crook County CLOVER CONNECTION

4-H Families & Friends

Spring is in the air, and that means 4-H is gearing up for another exciting season of growth, learning, and community! As the days get longer and the weather warms, our members are diving into new projects, preparing for upcoming events, and embracing the spirit of hands-on discovery. Whether it's gearing up for livestock shows, perfecting crafts and skills, or getting involved in local service projects, there's no better time to explore all that 4-H has to offer



*Happy Spring,
Erica*

**Crook County Extension Office
309 Cleveland St (Basement)
(307)-283-1192
M-F 7:30 am - 4 pm**

Things to Note:

Don't Forget!



Leaders and Members, if you haven't all ready, re-enroll for the 2024-2025 4-H year at 4h.zsuite.org



You can now pay your enrollment fees online through [zsuite!](https://zsuite.org)



Join the BAND group by visiting <https://band.us/n/a6a2Afh246W3b>

Did you know, events are also listed on our 4-H website?!?

wyo4h.org/crook4h/

Upcoming Events



Air Rifle Practice Every Thursday



Easter Egg Hunt

April 19th, 2025



Cloverbuds

April 25, 2025



.22 Rifle Safety Meeting

May 15, 2025



Cookie Decorating-
Sundance

May 16, 2025



307 Showmanship Clinic

June 4-6, 2025

Military Child Month

April 11th

is

Purple Up Day!

Wearing purple on Purple Up! Day is a way to honor and support military children for the sacrifices they make as part of military families. It's a simple but powerful way to recognize the sacrifices of these young heroes.

Help us honor our military kids and share your support on social media! Please send pictures to alaina.branigan@uwyo.edu

National Volunteer Week

National Volunteer Week
April 20-26

**Help us celebrate
by thanking our
amazing 4-H
volunteers!**



BAND app

BAND is an all-in-one-app for messaging, calendars, files, photos, and videos!

Join our Crook County 4-H group to stay up on events and changes!

**SCAN
ME**



**Join the BAND group by visiting
<https://band.us/n/a6a2Afh246W3b>**

Extra Extra Read All About It!

CROOK COUNTY 4-H CLUB NEWS

VOL. 1

DO YOU HAVE A CLUB REPORTER OR JOURNALIST?



Wanted: A 1-2 paragraph monthly article to add to the Crook County Clover Connection highlighting your 4-H club!

Who: Does your club have a reporter? Do you have a member who is passionate in journalism?

Why: Share your clubs accomplishments, community service, and exciting milestones!

When: Send to Erica by the 25th of each month to be included in the monthly Crook County Clover Connection.

Where: Email to ereasone@uwyo.edu and then look at the monthly newsletter!

WANTED

Cloverbuds

**Cloverbuds will now be
the last Friday of the
month at 10am!**

CL  **VERBUDS**

10-11am

Every 4th Friday
through June

Anyone ages
5-7
may attend!

February 28

March 28

April 25

May 30

June 27

Crook County
Courthouse Basement
(unless otherwise specified)

Local Events

**Last 4-H Friday is in
May, until next
school year!**



4-H FRIDAY

CROOK COUNTY COURTHOUSE BASEMENT-SUNDANCE

9am-11am

December 6th- Holiday Crafts (Register by Nov 27th)

February 7th- Valentines Cupcakes (Register by Jan 30th)

April 4th- Spring Crafts (Register by March 27th)

May 2nd- Mothers/Fathers Day Craft (Register by 24th)

REGISTER NOW

SCAN



**REGISTER BY SCANNING THE CODE OR
CALL THE EXTENSION OFFICE AT 307-283-1192**

Children grades 3-12 are invited to attend. You don't need to be signed up for 4-H prior to the workshop but enrollment is highly encouraged.

Enroll in 4-H at <https://4h.zsuite.org/>

Local Events

**Make sure you bring
your Easter Basket
on April 19th!**



CROOK COUNTY 4-H

EASTER EGG HUNT



CROOK COUNTY
POST #45

SATURDAY, APRIL 19TH

9:00 AM

Happy

Easter

Sundance Elementary School Playground

(Inclement weather - Large Barn @ Fairgrounds)

**FREE FOR KIDS AGES 0-12!
BRING YOUR BASKET!**



Local Events

307 Northeast Livestock Showmanship Clinic

Swine - June 4

Beef - June 5

Sheep/Goat - June 6

Camping Available \$10

Livestock Stalls - Free

Lunch Provided

\$30

4-H
Members
Register
on ZSuite
Account!



Non -4-H
Members
Register
Here!



Open to all 4-H & FFA members in
Wyoming & surrounding areas!



Local Events

**Registration DUE
May 1st!**

DEVILS TOWER ROCK CLIMBING

MAY 9TH-TRAINING 3-5PM

MAY 10TH - CLIMBING 9AM

May 9th - Training with Devils Tower Climbing Guides @ Crook County Courthouse Community Room -Basement of Courthouse (Zoom available for out of county participants)

Parent/Guardian must attend beginning of meeting!

May 10th - Meet at Crook County Courthouse @ 8:15 am if you are getting a ride with Erica (spaces are limited and must make arrangements with Erica prior to May 10th) or meet at Devils Tower Lodge @ 9am.

There is a \$25 park entrance fee to the National Monument if driving separately.

Lunch/Snacks will be provided. You will need to bring water, sunblock, and wear closed toed shoes. Expect to return to Sundance about 5pm.

Please note this climb will NOT summit Devils Tower.



\$25 FEE

**CROOK 4-H
MEMBERS**

\$75 FEE

**WY 4-H
MEMBERS**

REGISTER BY MAY 1ST

MAX 14 PARTICIPANTS

**MINIMUM 4-H AGE OF
10 & HAVE ACTIVE
STATUS IN 4-H**

**REGISTER
ON ZSUITE**

4H.ZSUITE.ORG

SCAN HERE



Local Events



CROOK COUNTY MURAL CONTEST

OPEN TO YOUTH OF CROOK COUNTY

BETWEEN THE AGES OF 8-18

THE MURAL WILL BE LOCATED IN THE SHOOTING SPORTS BUILDING ON THE WALL OF THE FAIR OFFICE. SUPPLIES WILL BE PROVIDED TO THE WINNER TO COMPLETE THE MURAL AFTER SELECTION.

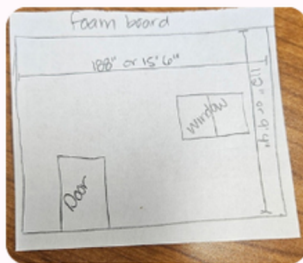
MURAL DESIGNS MUST INCORPORATE ITEMS THAT REPRESENT CROOK COUNTY! EXAMPLES INCLUDE DEVILS TOWER, VORE BUFFALO JUMP, COUNTY FAIR, SUNDANCE KID, ETC...

DESIGNS MAY BE ENTERED BY AN INDIVIDUAL OR A TEAM OF NO MORE THAN 4 YOUTH. IF ENTERED BY A TEAM, THE WINNING PRIZE WILL BE DIVIDED AMONGST TEAM MEMBERS.

DESIGNS WILL BE JUDGED BY A PANEL CONSISTING OF 4-H EDUCATOR, FAIR MANAGER, AND 1 COMMUNITY MEMBER.

Designs Due
by April 28th

DUE
April 28th!



Prizes:

- \$100 Visa Gift Card (split between all team members)
- Free 4-H enrollment for 2025-2026

Submit designs to the Crook County Extension Office either in person or by email to crookcty@uwyo.edu
Must include Name, Age, Address, Phone #, and Email address with design



CROOK COUNTY MURAL COMPETITION

MURAL TIPS FROM ARTIST BRUCE SPEIDEL

1. **COMPOSITION!** It's all about a good plan. Spend time planning before you color in and put details into your design! Composition doesn't make things look real but it's the most important part. Make sure the elements of a painting are put together in a meaningful way. Dynamic Symmetry, rule of 3rds, Golden Ratio, and good diagonals are tools to a solid foundation for a painting. Color and Lighting are also essential elements to be considered in your compositions. You can break the rules of composition and go with your gut... but always consider VERY carefully the composition of your painting. You ruin a masterpiece with a bad composition. A solid plan however, will cover a multitude of mistakes. **MAKE SURE** that your design has the correct size ratio and you have considered the window and door placement into your design.
2. Think out your overall layout with thumbnail sketches before you get into the details, this will help a lot!
3. **Atmospheric Perspective.** The clear Western skies make it difficult to see. Exaggerate atmosphere to give your painting a "real look" and depth.
4. **Shadow and Lighting.** Make sure your painting has a believable light source and the shadows are conformed to that light source and linear perspective.
5. **Linear Perspective.** Make sure your painting has it!
6. **Focus/Depth of Field.** Having the subject of main interest and the background and close foreground out of focus makes it look like a photo... but more importantly eliminates distractions and helps your subject to stand out. Take it the opposite direction, make everything in focus and your eyes will dance through the painting quickly and your subject will blend in.
7. **Proportion and Accuracy.** Start with the big picture first, stay far away from your painting as long as possible. Resist getting close to your painting and into details. Gridding can help a lot to make your subject accurate. Printing the same size as your painting and tracing. Transfer Paper is very helpful. A reference print the same size can be measured for accuracy and a whole list of benefits to using a same size reference. The mirror trick, flip things and your eyes and brain will spot the problem. Flip a photo of your painting in a phone and you'll spot your problems right away.
8. **Color and mood** Color gives you the power to set the tone and mood of your painting. You want energy and movement? Contrast and bold color will give you movement. You want peace, tranquility and calm, analogous, monochromatic or black and white is the route to calm.

How to get your Subject to stand out:
Lighting, Color, Focus, Texture

Regional Events

October 18, 2025

Buffalo, WY



Hey, fabulous adult and teen leaders, grab your calendars and circle October 18, 2025 for an epic regional leader summit coming your way in Buffalo! More details to come but save the date now!!



State Events

Keep an eye out for
details in the future!

Think a **pig** can't
change the world?
Think again.

We know Wyoming kids have a heart
for helping; we also know you're never
too young to join the fight against
food insecurity.



#307fairtofork



Interested in
participating
in *Fair to Fork*?

COMPLETE
THIS FORM TODAY!



E John P.
ELLBOGEN
FOUNDATION



UNIVERSITY
OF WYOMING

Extension

State Events

All Wyoming 4-Her's
are invited to attend in
Casper!



SAVE THE DATE

Nature Inspired
Expressive Arts

May 3, 2025
9:00 AM - 4:00 PM
Casper, Wyoming



Camp Topics

- Container Gardening
- Visual Arts
- Range Management
- Nature Journaling
- Grow a Little Extra
- Entomology

Registration Deadline
April 23rd, 2025

Register via ZSuite Events

Registration Fee: \$10 due
day of

Questions

Mary Louise: 307-754-8836

Josh: 307-235-9400

State Events

All Wyoming 4-Her's
are invited to attend in
Riverton!



DOG PROJECT

WORKSHOP

Join us for hands-on practice for Agility,
Showmanship, Obedience, and Rally!



May 3rd, 2025

What to Bring:

- ✓ Crate & Water bowl
- ✓ Leashes, Collars, treats
- ✓ Grooming Supplies

\$12 per person

Lunch included

Limited to the first 20 participants



Fremont County
Extension Office
307-857-3654



Fremont County
Fairgrounds
1010 Fairground Rd.
Riverton, WY 82501

Scan to
Register



tinyurl.com/fremontdogclinic



State/National Events



READY, SET, EXPLORE!

COMING SOON!

We are so excited to introduce you to the new program from University of Wyoming Extension

Ready, Set, Explore!

This is a free, family-friendly program designed to inspire outdoor adventures and create unforgettable memories.

Throughout this packet, you will find information on what to expect while participating in this program, information about our partners, and learn how to sign up!

OCTOBER- SNEAK PEAK FOLLOWED BY NOVEMBER ACTIVITIES

In October, families can enjoy a "sneak peek" of the **Ready, Set, Explore** program! During this month, you'll have the chance to participate in all the activities without needing to officially register. Beginning in November, we'll start sending out monthly incentives to registered families (1 incentive per family), and participation to earn your WY State Parks Annual Day Pass will kick off as well! Participants can register anytime throughout the month. Don't miss the opportunity to try it out this October and see if you're ready to

Ready, Set, Explore!

To register use the following link or scan the QR code!
https://bit.ly/ready_set_explore_registration

Check out the October post on the Website.

FAMILY ADVENTURES AWAIT!

QUESTIONS? ☎ 307.568.4160 ✉ gasvoda@uwyo.edu

4-H, CVH, WORTH, & ANR



SHOWCASE showdown

EVENT DETAILS

📅 June 17 - 19, 2025

📍 University of Wyoming
Laramie, Wyoming

🏠 Stay in the UW
Residence Halls

ABOUT THE EVENT

- 11 State Contests
- Explore new contests and project areas
- Top placing seniors get to attend National Trip
- Project related Workshops
- Fun Workshops Activities
- Tour and Experience parts of UW Campus

**Interested? Need more info?
Call the office 307-283-1192
or email ereasone@uwyo.edu**



WOOL JUDGING CLINIC

\$15 per person
Lunch Included Saturday

Tour of Mountain Meadow Wool and Guest Speakers

Join us to learn from members of the wool judging team at the University of Wyoming and participate in a practice contest.

📅 May 3rd & 4th, 2025

🕒 9:00 am - 4:00 pm
9:00 am - 12:00 pm

📍 Johnson County Fairgrounds

REGISTER NOW

Contact Us
307-684-7522
307-314-4495

<https://tinyurl.com/johnsonwoolclinic>




307 Judging Series Tentative Contest Schedule

Updated as of 4/3/2025

- Northwest College Contest, Friday 3/28 (Powell, WY)
- Casper College Spring Contest, Saturday 3/29 (Casper, WY)
- Central Wyoming College Contest, Friday 4/4 (Riverton, WY)
- Fremont County Contest, Friday 5/9 (Riverton, WY)
- Casper College Camp Contest, Thursday 6/5 (Casper, WY)
- University of Wyoming Camp Contest, Wednesday 6/11 (Laramie, WY)
- Central Wyoming Fair Contest, Friday 7/11 (Casper, WY)
- Sheridan County Contest, Sunday 8/3 (Sheridan, WY)
- Wyoming State 4-H Contest, Tuesday 8/12 (Douglas, WY)

Livestock Mastery

Visit with Erica to learn more about this awesome opportunity!

Wyoming 4-H Livestock Mastery Pathway Program



Proficiency

Develop hands-on expertise in animal & livestock care.



Beyond Ready

Prepare for future careers by gaining leadership experience, goal-setting, and problem-solving skills.



Achievement

5 stages of mastery earning awards, leadership opportunities & statewide recognition.



Ask your local 4-H Extension Educator how to get involved!
Program is open to all animal project areas!



Seniors!



Graduating 4-H Seniors!

**We would like to showcase you
and your accomplishments!**

Share the following to ereasone@uwyo.edu by April 15th

- Share 2 pictures showcasing your 4-H experience
- What is your favorite 4-H memory?
- What are your plans after graduation?
- What advice would you give to new members in 4-H?

Seniors!

2025



Crook County 4-H Graduates!

Thank you for your dedication to 4-H!

New this year, Wyoming 4-H is offering a graduation cord to represent 4-H! The 4-H Graduation Cord recognizes graduating seniors who have demonstrated commitment, leadership, and growth through their involvement in the program.

Please complete the application by April 16th, to allow us to celebrate your achievements and ensure you receive your 4-H cord for graduation.

<https://docs.google.com/forms/d/e/1FAIpQLSfjK10EdLbuilbIP0DLpL1OFuXdHPTf7m3NU3nJ8z-CqFEZQ/viewform?usp=dialog>



Receiving a 4-H graduation cord does not guarantee permission to wear it during your graduation ceremony. It is the responsibility of the student to check with their high school administration to confirm whether graduation cords from external organizations are allowed.

<https://forms.gle/ec1USyDHXM9ysKYW7>

Due April 16th!



2025 Crook County Fair July 26th- August 2nd

Important Fair Deadlines

- ★ Market beef tagging, brand inspections, & ownership forms due to fair office February 1, 2025
- ★ Dog ownership forms to fair office May 1st, 2025
- ★ Market Sheep/Swine/Goat tagging, brand inspections, & ownership forms due to fair office June 1st, 2025
- ★ Market rabbit/poultry ownership form to fair office June 1st, 2025
- ★ Fair Entries Due July 7th, 2025

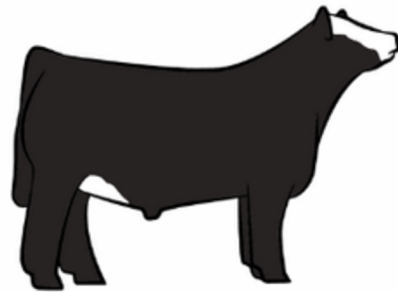
Questions about deadline requirements? Contact Jasmyne at the fair office. 307-283-2644

Beef News



NEW

2025 CROOK COUNTY FAIR YOUTH BEEF CARCASS CONTEST



More details to come!



Rabbit Tips

6 Tips to improve your rabbit showmanship skills.

1 Know your rabbit.

What's your rabbit's daily routine? It's important to know what you are feeding them, how much/often, and what kind of routine maintenance your animal needs – nail trimming, worming, grooming, and teeth trimming for example.



4 Rabbit parts!

Be a parts expert! Knowing rabbit anatomy from nose to tail is important for judging, but also in understanding selection and assessing any problems your bunny might have. Rabbits don't have lots of parts to memorize, so understanding how correct your rabbit is is also important.



2 Know your breed & breed facts

Do you know what breed your rabbit is? It's important to understand their breed and facts about what makes them unique! Mixed breeds are allowed in our shows, but having a good idea of the mix is helpful.

5 Work on the Flip!

Part of rabbit showmanship includes bunny "flipping" or placing the rabbit on their back so you and the judge can assess legs, teeth, and sex the rabbit. Practice flipping your rabbit by holding their head steady facing you and flipping from head to tail so the tail then faces you.

3 Understanding fur

Rabbits have a variety of fur patterns and styles depending largely on breed and individual rabbits! Coats can be solid or broken in terms of coloring. The four fur types recognized by the American Rabbit Breeders Association (ARBA) are rollback, flyback, dense rollback and standing.



6 Know some basic bunny health

Understanding rabbit health concerns like diseases, parasites, and genetic disorders can add some good detail to your time talking to the judge. Juniors should know 1-3 basic ones, intermediates 3-5, and seniors should be able to explain most of the issues that rabbits face.

Do you have Rabbit Showmanship Questions? Reach out to our Rabbit Superintendent & Range Riders Club Leader, Courtney Dixon, for more tips!

A yellow background with several tulips in shades of yellow and pink. The tulips are scattered across the page, with some in the foreground and others in the background. The text is overlaid on the background.

Wyoming State Fair News

2025 Family Animals

At the Wyoming State Fair, we understand that some county fairs offer a Family Animal option, allowing multiple family members to work with the same animal. For a family animal to be eligible to show at the Wyoming State Fair, it must adhere to the established ownership and tagging deadlines, be listed on the county tagging worksheet, and must have been exhibited under a single exhibitor at the county level. For example, if the Smith family has a Family Animal at the Sunshine County Fair and Jonathan Smith shows it as his individual project, then that animal can be entered at the Wyoming State Fair under Jonathan's name. We hope this provides a helpful clarification and ensures a smooth and fair experience for all exhibitors at the Wyoming State Fair.

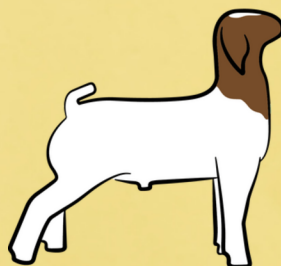
Goat News

Wyoming State Fair Goat Update:

To support and align with breed standards in our livestock exhibits, we are updating the "no horn" rule for market goats at the 2025

Wyoming State Fair.

- Market Does: Horns will be allowed only in the Market Doe class. Exhibitors with a dehorned doe may choose to enter either the Market Goat class or the Market Doe class.
- Market Wethers & Dehorned Market Does: Must follow the existing rule—no horns, with scurs up to one inch acceptable.



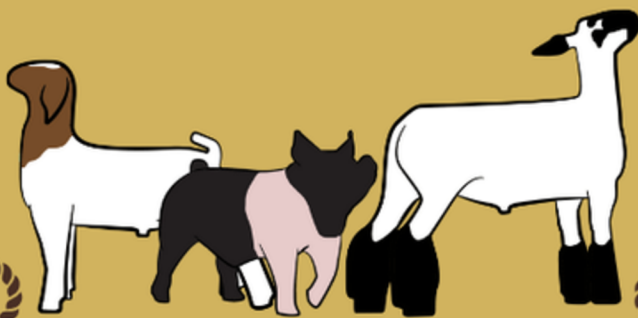
Market Sheep/Swine/Goat

Crook County Market Goat/Sheep/ Swine Tagging

MAY 21ST, 2025

4:30-6:00 PM

SUNDANCE FAIRGROUNDS - SWINE BARN



**Ownership Papers
Brand Inspections
(Sheep Only)
Tagging**

**Pictures
(Front Facial w/ ear tag,
Full Body Left Side, Full
Body Right Side)**

**All Due
JUNE 1st, 2025 to the
Fair Office
by 5pm**



Shooting Sports



Crook County 4-H Shooting Sports



Air Rifle

Mandatory Safety Meeting
(Parent/Guardian must attend)
March 6th @ 5:30pm
Shooting Sports Building-
Sundance Fairgrounds

Air Rifle Practice will begin
March 13th at 5:30-6:30pm
and continue every Thursday
through May 8th

Shooting Sports members will be required to either pay \$10 or participate in 1 community service project at a future date!

4-H MEMBERS ARE REQUIRED TO BE SIGNED UP FOR (AND PAID FOR) THE CURRENT 4-H YEAR IN ORDER TO PARTICIPATE IN ANY SHOOTING SPORTS ACTIVITIES! NO EXCEPTIONS!!!

Shooting Sports



Crook County 4-H Shooting Sports

Mandatory Safety Meeting
(Parent/Guardian must attend)

May 15th @ 5:30pm
Shooting Sports Building-
Sundance Fairgrounds

.22 Rifle

.22 Rifle Practice will begin May 22nd,
5:30-6:30pm and continue every
Thursday through July 3rd at the Rod &
Gun club's rifle range on Hwy 585.
If you need directions please reach out!

4-H MEMBERS ARE REQUIRED TO BE SIGNED UP FOR (AND PAID FOR)
THE CURRENT 4-H YEAR IN ORDER TO PARTICIPATE IN ANY SHOOTING
SPORTS ACTIVITIES! NO EXCEPTIONS!!!

4-H Camp



SAVE THE DATE

4-H  CAMP

CROOK, WESTON, NIOBRARA

**June 27-29
2025**



Crook County Learning Lab



Crook County Learning Lab



THE CROOK COUNTY LEARNING LAB IS DESIGNED TO ALLOW YOUTH AN OPPORTUNITY
TO RAISE AND INTERACT WITH A MARKET LIVESTOCK ANIMAL.

CURRENT 4-H OR FFA MEMBERSHIP IS REQUIRED FOR ACCEPTANCE INTO THE PROGRAM.
VISIT THE CROOK COUNTY 4-H WEBSITE FOR RULES AND APPLICATION!

VISIT THE CROOK COUNTY 4-H WEBSITE FOR MORE INFO!
[HTTPS://WWW.WYOMING4H.ORG/CROOK4H/LEARNING-LAB/](https://www.wyoming4h.org/crook4h/learning-lab/)



Scan Me!

Club News

Bearlodge Wranglers

On February 26, 2025, the Crook County 4-H club, the Bearlodge Wranglers, contributed to the local Sundance Food Pantry. They donated hygienic items such as soaps and tooth brushes. The donation was planned the month before on January 15, 2025 to give members of the group time to go out and prepare items that could be donated.

Cooper Croell

Bearlodge Wranglers 4-H Club Reporter



HAPPY

April

BIRTHDAY

Riata B.

Livvy D.

Zinnia B.

Shyla S.

Tony M.

Hayden A.

Ava N.

Kase E.

Tyce E.

Rylie M.

Brantley M.

Camden H.

Chesney C.

Dylan B.

Ryan S.

Raelee R.

Kasen R.

Hayes S.



Crook County 4-H Clubs

NO GOATS, NO GLORY

LEADERS: AMI HANSEN - 307-680-8918

TANJA MILLER - 307-290-2324

MEETINGS: 2ND MONDAYS/EVERY OTHER MONTH

4PM - MOORCROFT LIBRARY

MUST BE ACTIVE IN ZSUITE BY JANUARY 31ST

BEEF & BRIDLE

LEADERS: LYNSEY GREY-307-670-2316

MEETINGS: SUNDAYS - 3PM- MOORCROFT LOCATION

TBD

BEARLODGE WRANGLERS

LEADERS: MEGAN FRANZEN - 307-290-2279

SARAH ELLSBURY - 307-281-2956

MEETINGS: 3RD WEDNESDAY-4:30PM SHOOTING

SPORTS BLDG-CROOK COUNTY FAIRGROUNDS

LIMIT OF 25 MEMBERS & ONLY 6 MEETINGS

RANGE RIDERS

LEADERS: CORTNEY DIXON-307-752-8263

JACKIE DAILY - 307-283-2775

MEETINGS: 3RD FRIDAYS-5:30PM SHOOTING SPORTS

BLDG-CROOK COUNTY FAIRGROUNDS

COUNTY 18 HOMESTEADERS

LEADER: STEVIE PHILLIPS 307-752-6140

MEETINGS: TBD

CARLILE WRANGLERS

LEADERS: KRISTY DENNIS-307-756-9401

AMBER BURCH - 307-467-5678

MEETINGS: 2ND FRIDAYS-3PM- VARIABLE LOCATION

SILVER SPURS

LEADERS: JENN JAY 307-467-5595

MEETINGS: VARIABLE TIME

HULETT- W BAR FEED

BLACKTAIL HUSTLERS

LEADERS: REBECCA PALUS - 307-290-1052

MELISSA WILLIAMS - 307-680-5066

MEETINGS: FIRST BAPTIST CHURCH-HULETT

DATES TBD

A background image featuring several tulips in shades of yellow and pink, with green stems and leaves, set against a light yellow background. The tulips are arranged in a way that some are in the foreground and others are slightly behind, creating a sense of depth.

S.M.A.R.T Goals

Setting S.M.A.R.T goals can help you focus your efforts, stay motivated, and achieve your objectives more efficiently!

How to write a S.M.A.R.T goal:

1. **Specific:** Goals should be well-defined and clear, answering the questions of who, what, where, when, and why. A specific goal has a much greater chance of being achieved than a general one.
2. **Measurable:** Goals need to have criteria for measuring progress. This involves identifying the indicators of success and how you will track your achievements.
3. **Achievable:** Goals should be realistic and attainable. While it's important to aim high, the goals should be within reach, considering the resources and constraints.
4. **Relevant:** Goals must matter to you and align with broader objectives. This ensures that the goals are meaningful and contribute to long-term aspirations.
5. **Time-Bound:** Goals should have a clearly defined timeline, including a starting date and a target date. This creates a sense of urgency and helps prioritize tasks.

Here's an example of a SMART goal: "Increase my reading to 10 books by the end of the year by dedicating 30 minutes each day to reading."

Request for Funds

Crook County 4-H has a form to request funds to help with those 4-H trips and events you want to participate in!

Need a little financial assistance to pay for registration at a 4-H event; local, state, or national?

Fill out the Request for Funds form before the date of the event and turn it into Erica @ the Crook County Extension Office.

<https://www.wyoming4h.org/crook4h/request-for-funds/>



Projects

PICK YOUR PROJECT

There's a project for everyone!

- | | | | | |
|-------------------|---|---|--|--------------------|
| Aerospace | | | | Muzzleloading |
| Archery | |  |  | Nature & Ecology |
| Beef |  | |  | Photography |
| Cake Decorating | | | | Pistol |
| Cats | |  |  | Pocket Pets |
| Citizenship |  | | | Poultry |
| Computers | | | | Quilting |
| Crocheting | |  |  | Rabbits |
| Dogs |  | | | Range Management |
| Electricity | | | | Recreation |
| Entomology | |  |  | Rifle |
| Fabric & Fashion | | | | Robotics |
| Foods & Nutrition | | | | Ropecraft |
| Gardening |  | | | Self-Determined |
| Geology | |  | | Sheep |
| Dairy Goats |  | |  | Shotgun |
| Meat Goats | | | | Sportfishing |
| Health | |  | | Swine |
| Horses |  | |  | Veterinary Science |
| Interior Design | | | | Visual Arts |
| Knitting | | | | Wildlife & Hunting |
| Llamas & Alpacas |  |  | | Woodworking |
| Leathercraft | | |  | Youth Leadership |

Enrollment Help ...

4-H ZSuite Enrollment

New Family Profile

If you've never signed into ZSuite before follow these steps:

1. Go to <https://4h.zsuite.org>
2. As a family creating a new profile, select **SIGN UP**. Fill in all fields, select **LET'S GO**.

SCAN ME



Adding 4-H Member

You are now on the Dashboard tab

1. Select **+Household Member**
2. Fill out 4-H members 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**. (Cloverbuds is not a club, select club placement)
6. Select **ADD PROJECT**. When selecting an animal project, Animal project information is not required at this time
7. Select **ADD TO CART** and then you can either **+Add ENROLLMENT** (another child or volunteer) or **SUBMIT**. You must click **SUBMIT** to be complete.

Cloverbuds (5-7 yrs) = \$1.35

4-H (8yrs & up) = \$10

Volunteers = \$10

**Cash or check payable to
Crook County 4-H**

Puzzled?

**Call Erica @ 307-
283-1192 or stop by
extension office
during business
hours**

Once submitted, your enrollment will change from pending payment or pending approval to ACTIVE once the Extension office receives payment!

Age Classification

4-H programs are offered on an age-appropriate basis to youth, ages 5-18. This is the general age requirement for 4-H participation. On occasion, multi-state and national 4-H programs and events may use different age criteria and will be adhered to as necessary to qualify for participation.

Age classification for 4-H club members are:

Cloverbud: Ages 5-7

Junior: Ages 8-10 (3rd-5th grade)

Intermediate: Ages 11-13 (6th-8th grade)

Senior Member: Ages 14-18 (9th-12th grade)

Ages are as of January 1 of the current 4-H year, which spans from September through August. Here are some examples for clarification:

- If a child is age 5 on January 1, they can join 4-H for the entire 4-H year as a Cloverbud member.
- If a child turns age 5 on January 2 or later, they must wait until the next 4-H year to join.
- If a member is 7 years or under as of January 1, they are a Cloverbud member.
- If a teen will be age 18 on December 31, they can join for the entire 4-H year.
- If a teen is age 19 on January 1, they cannot join 4-H but are encouraged to serve as a 4-H volunteer.
- Collegiate 4-H clubs are available at many colleges and universities for those wishing to continue 4-H activities into their early twenties.