



Goshen County 4-H *Family Guide*



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Welcome to 4-H

4-H is an informal, practical, learning-by-doing educational program for youth. 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. Professional and volunteer staff provide educational projects and activities in animal science, home economics, natural resources, and handcrafts, as well as leadership and citizenship. 4-H is America's largest out-of-school educational program for youth. Nearly 4.5 million youth nation wide now participate in 4-H, under the guidance of 600,000 extension-trained adult volunteer leaders. An estimated 36 million American adults are former 4-H members.

How It All Began

What is now 4-H began in the early 1900s, when youth agriculture clubs appeared in different parts of the country at the same time. These early efforts were organized in rural schools or through "Farmers' Institutes" organized by agriculture colleges to bring the latest scientific information to farmers and their families. In 1914, the U.S. Congress the Smith-Lever Act, formally establishing Extension work on a cooperative basis among the U.S. Department of Agriculture, the state land grant colleges, and counties in each state. Funds were included for youth programs, which became known as 4-H in 1924.



The Four H's

The four H's stand for Head, Heart, Hands, and Health. "Head, heart, and hands" was a familiar phrase with public speakers in the early 1900s. Educators expressed the liberalizing of conventional education ("the three R's") to include practical arts ("the three H's"). The three H's were adopted by program organizers to reflect the educational theme of 4-H. A fourth "H" was added for health. Together the four H's symbolized the development of the head, to think, plan, and reason; the heart, to care for others, accept citizenship responsibilities and develop positive attitudes; the hands, to be useful, helpful, and skillful; and health, to practice healthful living, enjoy life, and use leisure time productively.



Emblems, Colors, Pledge & Motto

The national 4-H emblem is a green four-leaf clover with the letter "H" on each leaf. The design was adopted as the national emblem in 1911. Congress has twice passed legislation protecting the 4-H name and emblem. Similar to a copyright, this protection means that the 4-H name and emblem cannot be used without authorization by the national organization. Green and white are the 4-H colors. Green symbolizes springtime, life, and youth, while white stands for high ideals. The 4-H motto is "To make the best better." It was adopted in 1927 when the 4-H pledge was introduced.

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

Understanding Membership

Wyoming 4-H membership is based on a child's age as of January 1st of the current calendar year.

- Eligibility for Cloverbud programs is ages 5-7.
- Eligibility for participation in 4-H projects and competitive events begins at age 8.

Membership requires enrollment in a Goshen County 4-H Club (listed on the following page)

4-H membership in two counties or states simultaneously is not permitted

Enroll at
4honline.com



Behavior Expectations

Joining Goshen County 4-H is a privilege and responsibility for members and all must abide by the Wyoming 4-H Code of Conduct which is agreed to upon enrollment in 4-H Online.

Members should find a balance between their project area work, participation in their clubs, and involvement in 4-H activities. Keep in mind, the primary goal is working on improving one's personal growth and achieving personal goals.

Members should always strive to be a positive model of how to succeed, how to fail, and how to learn.

Remember, always choose kindness, honesty, and compassion.

You can participate in ANY Project as a member of ANY Club!

Selection of a club should be based on convenience of meeting times, dates, and location. Those details are listed below.

Bear Creek Guys & Gals

Leaders: Scott & Dana Yetter
Phone: 307-575-0600
Meets: 4th Monday of the month
Time: 7pm
Meeting Place: LaGrange Community Building

Bent Barrels Crooked Arrows

Leaders: Dwaine & Rita Scott
Phone: 307-532-3246
Meets: 4th Tuesday of the month
Time: 7 pm
Meeting Place: 4-H Building

Gleaners Union

Leaders: Jennifer Booth & Kelly Groene
Phone: 307-532-0494; 307-331-4485
Meets: 4th Monday of the month
Time: 6pm
Meeting Place: Pinnacle Bank Basement

Goshen Livestockers

Leaders: Dawn Gara & Dawn Coxbill
Phone: Jessie 307-575-0490; 307-534-5555
Meets: 3rd Sunday of the month
Time: 5pm
4-H Building

Happy Hounds

Leaders: Cindy Wright & Melissa Johnson
Phone: 307-532-0210; 307-575-5286
Meets: 1st Monday of the month
Time: 6:30pm
4-H Building

Horseshoe Acres

Leader: Kristen Llewellyn
Phone: 570-851-7615
Meets: 3rd Sunday of the month
Time: 1pm
Veteran Fire Hall

Lingle Aggies

Leader: Rebecca Frederick
Phone: 307-837-2050
Meets: 1st Monday of the month
Time: 6:30 pm
Meeting Place: Lingle Community Center

Lone Star

Leader: Sheila Foos
Phone: 307-532-8935
Meets: 1st Saturday of the month
Time: 10am
Meeting Place: St. Joseph's Children's Home

Prairie Center

Leader: Rebecca Petersen
Phone: 307-575-9499
Meets: 2nd Monday of the month
Time: 6:30pm
Meeting Place: 4-H Building

Rough Riders

Leader: Trisha Lowther
Phone: 307-575-9464
Meets: 1st Sunday of the month
Time: 5 pm
Meeting Place: North Hills Baptist Church

Southeast Cowpokes

Leader: Augusta Jurek
Phone: 307-575-5140
Meets: 1st Friday of the month
Time: 6 pm
Meeting Place: Yoder Fire Hall

Understanding Projects

Wyoming 4-H offers more than 60 projects to its members. Each project has self-guided curriculum available to help members. Copies of these can be obtained at the Extension Office.

Many project areas have volunteers who lead workshops and have scheduled project meetings. These are a great way to meet other members that share the same interests as well as know important project specific details and deadlines.

Some projects DO NOT currently have a designated leader and scheduled learning opportunities. These project areas are self guided- meaning the member and their family will need to independently explore their project area. Feel free to contact the Extension Office for materials, ideas, and guidance.



*What exactly
is a project?*



A “project” is simply a topic that you can explore.

On the following project pages, you’ll find descriptions and resources on a wide variety of major topics . . . from art to woodworking, from computers to rabbits, from clothing to swine.

The projects and curriculum listed on the following pages are only recommendations but are a great place to start.



Wyoming 4-H Project Guide

A 4-H project is an area that you want to learn more about during the year. There are projects on just about any topic you would like to study and explore, from art to woodworking, from computers to rabbits, from foods to range management. Under each project is a description of what you might learn in the project and in italics is a list of resource curriculum that can be used to help you learn about the project or assist a leader in helping you learn.

Your county Extension Office has a copy of the curriculum books listed below. Curriculum with a * is free and you can download it at the website listed. Other curriculum can be purchased at <http://www.4-hmall.org/> unless otherwise noted.

Don't forget to check out the project pages on the Wyoming 4-H Web Site at <http://www.uwyo.edu/4-h/projects/>. On these pages, you'll find descriptions for statewide projects, internet resources and links of interest, county fair exhibit suggestions, other suggested project resources.

And remember, you'll learn more than "subject matter" as you complete your projects. You'll learn many "life" skills that you'll use every day of your life, such as, understanding yourself, communicating better, solving problems, making decisions and working with others. Good luck in your project selections. Have a great 4-H year!

AEROSPACE

Think about the excitement that accompanies dreams of sending a rocket into space, making a first solo flight, becoming an astronaut or someday visiting other planets. In the aerospace projects, you will enjoy learning more about your dreams through hands-on experiences. Members can explore their fascination with flying an airplane, launching a rocket, conquering space, and becoming an astronaut or pilot with this project.

Resource: *06842, Pre-Flight*
 06843, Lift Off
 06844, Reaching New Heights
 06845, Pilot in Command
 06846, Aerospace Adventures Helper's Guide

ARCHERY

Learn how to tune out all distractions, while shooting either a compound or recurve bow; by focusing on form and release, for either traditional or Olympic style shooting, to build self-esteem in a fun and rewarding way.

Resource: **Shooting Sports Manual (uwyo.edu/4-h)*
 Leaders will receive project resources at Shooting Sports Leader Certification.

BEEF

You can have fun in the beef project learning how to determine the type of animal you are looking for, how to feed it, diseases it might have, management techniques and many other important skills. This project is filled with hands-on activities, including how to make a rope halter, preparing your beef animal for the fair and giving vaccinations. You will also have the opportunity to explore the many careers and opportunities the beef industry has to offer.

Resources: *08143, Bite Into Beef*
 08144, Here's the Beef
 08145, Leading the Charge
 08146, Beef Helper's Guide
 08455 Exploring Beef Health and Husbandry
 **The 4-H Beef Project: An Introduction (uwyo.edu/4-h)*

CAKE DECORATING

Through this project you will learn the skills to start making cakes for parties and events. It starts with knowing the basics like simple borders, decorations and cake molds. Then it advances to lace and lattice work, tiered cakes, special icings and, finally, advanced flowers. Creativity — it's just a piece of cake!

Resource: *4-H Cake Decorating (uwyo.edu/4-h)

CATS

Cats need care and attention. The 4-H Cats project helps you explore how a cat can fit into your family's lifestyle and how to be an excellent caretaker of your feline friend. Cats need your love and guidance to live long and healthy lives. The project will help you learn about nutritional aspects of a cat's diet, health needs and practicing responsible ownership

Resource: 08148, *Purr-fect Pals*
08149, *Climbing Up!*
08150, *Leaping Forward*
08151, *Cat Helper's Guide*

CIVIC ENGAGEMENT

Discover what is important to you and to other people, set goals, take action and build a stronger community. Through this project, youth become active citizens, investigating a public issue, learning about the roles of governing officials and carrying out a plan to solve a problem. This project can be taken as an individual member or as a club project where all club members (or several club members) take the project together.

Resource: 08153, *Citizenship Adventure Kit*
08154, *Citizenship Guide's Handbook*
**Community Pride Project Guide* (uwyo.edu/4-h)

CLOVERBUDS – YOUTH AGES 5-7

Participation, safety, personal development, learning and fun are the priorities for Cloverbuds. This project is designed to introduce cooperative learning and the many things youth can do in 4-H. Cloverbud programs are adult led, activity-focused, and are built on cooperative learning rather than competition.

Resources: 711AG *Cloverbud Volunteer Guidebook* (<http://estore.osu-extension.org/Cloverbud-Volunteer-Guidebook-P220.aspx>)
710GPM *The Big Book of 4-H Cloverbud Activities* (<http://estore.osu-extension.org/The-Big-Book-of-4-H-Cloverbud-Activities-P451.aspx>)

COMPUTERS

Through the computer project learn about hardware, software and computer applications. Learn how to create networks, domains and workgroups and make decisions about operating systems. Plan your security and firewalls, make decisions about monitoring your network and troubleshooting problems. Take your skills to the next level by learning scratch programming. Program fun animations and put the characters into computer games that you create.

Resource: 08346, *Newbie Know How Supplement*
08347, *Inside the Box*
08348, *Peer to Peer*
08349, *Teens Teaching Tech*
01606Y *Discovering Computer Science and Programing through Scratch: Youth Guide*
01607F *Discovering Computer Science and Programing through Scratch: Facilitators Guide*

CROCHETING

A sweater, an afghan and a hat are all things that can be crocheted. It's an easy, relaxing art of yarn and crochet hooks that can become an interest that travels with you. In the crocheting project, you will learn crochet terms, abbreviations, stitches and how to end off. Then watch how your family and friends wait for you to make them something special.

Resource: **Crochet Made Easy* (<http://www.redheart.com/books/crochet-made-easy>)
 **Discover 4-H Crochet Clubs* (<https://www.unce.unr.edu/4H/counties/clark-ne/files/pdf/CrochetCurriculum.pdf>)

DOGS

In the 4-H dog project you will learn basic skills for dog care and training. You can also explore dog health, nutrition, care, showmanship and obedience training. Dog project members can investigate responsible breeding, diseases, dog roles and careers.

Resources: 08166, *Wiggles and Wags*
 08167, *Canine Connection*
 08168, *Leading the Pack*
 08169, *Dog Helper's Guide*
 **Wyoming Dog Show Guidelines* (uwyo.edu/4-h)
 **4H 716W Indiana 4-H Dog Showmanship Guide* (uwyo.edu/4-h)

ELECTRICITY

De-mystify the "magic" of electric circuits, magnetism, motors and electronics. From building burglar alarms to learning how to select a good stereo and other consumer items. This project offers opportunities for hands-on experiences and knowledge you will use in the future. Experience technology firsthand while learning communication and decision-making skills.

Resource: 06848, *Magic of Electricity*
 06849, *Investigating Electricity*
 06850, *Wired for Power*
 06851, *Entering Electronics*
 06852, *Electric Excitement Helper's Guide*

ENTOMOLOGY (INSECTS)

Explore the amazing world of insects and their arthropod relatives. Learn exciting new things about insects and their life cycle. Collect insects and construct an entomology box so that others can learn about insects as well. This project is filled with many hands-on activities that you will enjoy and want to share with others.

Resource: 08440, *Teaming with Insects, Level 1*
 08441, *Teaming with Insects, Level 2*
 08442, *Teaming with Insects, Level 3*
 08443, *Teaming with Insects, Facilitators Guide*

FABRIC AND FASHION

Have you ever seen an outfit and wanted it in a different color or style that wasn't available in the store? Or have you tried on an outfit and needed it hemmed to fit just right? Maybe you are looking for how to find the right accessory for an outfit you just got, or how to look for a good sale in the clothing section. In Fabric and Fashion, you can learn basics like sewing a shirt or putting a zipper on a pair of pants. The advanced units will also teach you how to take the design of your choice and customize it for the perfect look, color and fit. In addition, learn the skill of accessorizing and buying the perfect outfit at a reasonable price.

Resources: 4H2210, *STEAM Clothing 1: Fundamentals*
 4H2211, *STEAM Clothing 2: Simple Sewing*
 4H2212, *STEAM Clothing3: A Stich Further*
 4H2213, *STEAM Clothing: Maker's Guide to Sewing*
 4H2214, *STEAM Clothing: Beyond the Needle*
 Wyoming Fabric and Fashion (ask for a copy from your 4-H educator)

FOODS & NUTRITION

If you enjoy cooking or just like good food, this project could be for you. You will have fun learning the basics of cooking and then advance to gourmet meals. Learning consumer buying skills to get the most from your money are also opportunities for you in this project area. In Food Preservation you will learn how to freeze and dry foods, can foods, make jams, jellies, pickles and relishes and advanced food preservation.

Foods

Resource: *01512Y 4-H Cooking 101*
 01513Y 4-H Cooking 201
 01514Y 4-H Cooking 301
 01515Y 4-H Cooking 401
 01516Y Cooking Helper's Guide

Food Preservation

Resource: *PNW650, Freezing Project Manual*
 PNW651, Drying Project Manual
 PNW652, Boiling Water Canning Project Manual
 PNW653, Pressure Canning Project Manual

GARDENING AND HORTICULTURE

Get outside and dig in the soil; you can grow your own fruit and vegetable garden with this project. Create rows of vegetables and fruit that you enjoy and that are good for you and your family! Learn basic gardening techniques, how to plan a garden and career options — or even learn how to start your own business.

Resources: *4H1037, Gardening: See Them Sprout (2016)*
 4H1038, Gardening: Let's Get Growing (2016)
 4H1039, Gardening: Take Your Pick (2016)
 4H1040, Gardening: Growing Profits (2016)
 4H1041, Gardening Helper's Guide (2016)
 **Selecting and Showing Produce (<http://www.wyomingextension.org/agpubs/pubs/B1196.pdf>)*

GEOLOGY

Geology is the study of the earth. Much of our knowledge about the earth comes from the rocks, minerals and fossils that surround us. Explore the earth — in your backyard, a creek bed, a road cut, anywhere you go. Take field trips, collect specimens, develop your collection and exhibit at the fair. Learn the basics and pursue special interests.

Resource: **Give Discover 4-H Geology Clubs (<http://utah4h.org/discover/>)*
 **Kansas 4-H Geology Project Leader Notebook (uwyo.edu/4-h)*

GOATS

Learn about goat breeds, management, grooming and showmanship. Along your journey find out why their offspring are named “kids.” You will also figure the cost to raise a goat, learn how to care for your goat, and what resources are needed for taking care of your animal. The project also includes how to share information about goat projects and the goat industry.

Dairy Goats

Resource: 08352, *Getting Your Goat*
08353, *Stepping Out*
08354, *Showing the Way*
08355, *Dairy Goat Helper’s Guide*
*The 4-H Dairy Goat Project: *An Introduction* (uwyo.edu/4-h)

Meat Goats

Resource: 07909, *Just Browsing*
07910, *Get Growing with Meat Goats*
07911, *Meating the Future*
07912, *Meat Goat Helper’s Guide*
*The 4-H Meat Goat Project: *An Introduction* (uwyo.edu/4-h)

HEALTH

Are you interested in exploring a wide variety of activities related to physical well-being? In this project, you will have the opportunity to learn the importance of first aid as well as how to maintain a healthy lifestyle through cleanliness, good eating habits, and physical activity. In this project, you can also design a personal fitness plan and track your progress. This is a great project if you are already involved in a school or community athletic team, sport or other physical activity program.

Resource: 08174, *First Aid in Action*
08175, *Staying Healthy*
08176, *Keeping Fit*

HORSES

Are you interested in learning more about horse or love riding? In the horse project, you will discover the basics of horse behavior, breeds and safety, learn about acquiring, selecting and raising a horse, and learn riding and horsemanship skills. This project will also help you to build a financial plan and learn about horse careers. You can also take part in the riding levels program.

Resources: 08053, *Giddy Up & Go*
08054, *Head, Heart & Hooves*
08055, *Stable Relationships*
08056, *Riding the Range*
08057, *Jumping to New Heights*
08058, *Horse Helper’s Guide*
CO200, *Horses & Horsemanship*
CO201, *Horse Science*
*The 4-H Horse Project: *An Introduction* (uwyo.edu/4-h)
*Wyoming 4-H Equine Competition Guidelines (uwyo.edu/4-h)

INTERIOR DESIGN

Do you walk into a room and know exactly what colors and what furniture would look good in the space? Do you know what paint color or wallpaper would brighten the room? How do you create a feeling of coziness in a family room? Being an interior designer is all about making a house a home. But, what about just starting in your room? Can you select colors, textures and accessories that will show off your personal style and enable you to take care of your room? If you know the basics, you can advance to wood finishing, principles of design, furnishing purchase decisions or using software to create your ideal house.

Resource: *Design My Place (CD)* (marketplace.unl.edu)
Design Decisions (marketplace.unl.edu)

KNITTING

Knitting isn't just for when you are sitting in front of a warm fire, it is a hobby you can take with you! Knitting is a wonderful craft to learn and it can be taken anywhere. In the knitting project, you will learn knitting techniques and tips. Did you know that many professions use the techniques learned in knitting (think, surgeons) and other professions use the concentration acquired (think, acting or engineering)?

Resource: **Knitting Made Easy* (<http://www.redheart.com/books/knitting-made-easy>)
 **The 4-H Knitting Handbook* (http://extension.usu.edu/files/publications/publication/4-H_Sewing&Textiles_2012-02pr.pdf)

LEATHERCRAFT

In this project, you can learn the construction of small leather articles involving carving, stamping and lacing. You can start with simple articles, such as a coaster, and learn the skills to advance methods of decorating leather such as filigree and figure carving.

Resource: **Leathercraft Unit 1 Project Guide* (uwyo.edu/4-h)
 **Advanced Leathercraft Unit 2 Project Guide* (uwyo.edu/4-h)

LLAMAS AND ALPACAS

In the Alpaca/Llama project, you will learn how to feed and care alpacas/llamas, as well how to train them for a show. You can also learn about the many products created from llamas and alpacas, such as fiber.

Resources: 4-H 996, *Llamas & Alpacas, Book 1*
 4-H 997, *Llamas & Alpacas, Book 2*
 4-H 998, *Llamas & Alpacas, Book 3*
 *4-H 999, *Llama & Alpacas, Helper's Guide* (<https://extension.purdue.edu/extmedia/4H/4-H-999-W.pdf>)

MUZZLELOADING

Experience how to properly load and fire a black powder firearm when aiming at a variety of target types. For safety reasons, the member must have the physical strength and ability to properly seat the lead ball.

Resource: **Shooting Sports Manual* (uwyo.edu/4-h)
 Leaders will receive project resources at Shooting Sports Leader Certification.

NATURE AND ECOLOGY

How does water pollution affect wildlife? What alien species live in your neighborhood? How can you decrease your energy use? Find answers to these questions as you are learning about environmental science through hands-on, experimental learning experiences in the natural sciences and technology.

Resource: 08410 *Exploring Your Environment – Ecosystem Services*
 08411 *Exploring Your Environment – Earth's Capacity*
 08412 *Exploring Your Environment – Facilitators Guide*

OUTDOOR RECREATION

This 4-H project is for those who like hiking and camping! Progress from day hikes to overnight camping trips, and then to extended backpacking expeditions as you hike through the three activity guides and the helper's guide. Experiences relate to food, shelter, Leave No Trace ethics, safety, navigation, equipment and camp management.

Resource: 08043 *Hiking Trails*
 08044 *Camping Adventures*
 08045 *Backpacking Expeditions*
 08046 *Outdoor Helper's Guide*

PHOTOGRAPHY

Capture important moments, communicate your perspective and show how life appears through your lens with photography. Learn about cameras, lighting, and digital and film media so you can be ready when you find that great shot. Build skills you can use to excel in other 4-H opportunities and explore possible new careers.

Resource: *PC1, Focus on Photography*
PC2, Controlling the Image
PC3, Mastering Photography

PISTOL

You will learn how to shoot an air pistol or a .22 pistol using a two-handed standing position and a one-handed International style shooting position. Learn basic shooting skills and utilize them in hunting small game or for competition.

Resource: **Shooting Sports Manual (uwyo.edu/4-h)*
Leaders will receive project resources at Shooting Sports Leader Certification.

POCKET PETS

The Pocket Pets project provides positive opportunities for young people to develop the essential life skills of mastery, independence, generosity and belonging through their interest of pets. Learn how to raise a small animal or pet in a home, how to select the right small animal for your circumstances and environment, how to give urban pets proper housing, care and health, and how to show small pets.

Resource: *06359, Pet Pals*
06360, Scurrying Ahead
06361, Scaling the Heights
06362, Pet Helper's Guide
**The 4-H Pocket Pets Project: An Introduction (uwyo.edu/4-h)*

POULTRY

Identifying poultry parts, species and breeds, selection, exploring an egg, cooking an egg, feeding, handling, washing and showing are activities included in the 4-H poultry project. In the intermediate level you will learn how to read a feed tag, explore retail products, grade carcasses, select layers and manage poultry health. Advanced poultry members will develop leadership skills by planning a judging clinic, managing a flock, exploring careers, processing chickens, conducting poultry games and discussing values and ethics.

Resources: *06363, Scratching the Surface*
06364, Testing Your Wings
06365, Flocking Together
06366, Poultry Helper's Guide
**The 4-H Poultry Project: An Introduction (uwyo.edu/4-h)*
**PS 5.145 Producing Turkeys for Show (uwyo.edu/4-h)*

QUILTING

Do you have a favorite quilt that someone special has made for you? Maybe it has been passed down from generation to generation. You too can learn quilting techniques and create wonderful quilts and other useful, fun items in the 4-H quilting project.

Resource: *You Can Quilt! (<http://projectcentral.ohio4h.org/publications/you-can-quilt/>)*
Quilting the Best Better (<http://projectcentral.ohio4h.org/publications/quilting-the-best-better/>)

RABBITS

Whether you see rabbits as soft and cuddly pets or a business opportunity, the rabbit project is flexible for your interest. Beginning level rabbits activities include selection, handling, breeds, parts, management, equipment, feeding, health, breeding and kindling. At the intermediate level through hands-on activities, you will learn how to select, judge, give oral reasons, show rabbits, tattoo, keep records and detect diseases. In the advanced level of the rabbits project, you will learn more about breeding, genetics, culling, determining pregnancy, designing a rabbitry, anatomy, teaching others, registering a rabbit and marketing your product.

Resource: 08080, *What's Hoppening?*
 08081, *Making Tracks*
 08082, *All Ears*
 08083, *Rabbit Helper's Guide*
 **The 4-H Rabbit Project: An Introduction (uwyo.edu/4-h)*

RANGE MANAGEMENT

Wyoming has a vast array of rangeland to explore. This project allows you to study rangeland plant types and how/where they grow. You can identify, collect, and analyze plants and can decide if they are a good fit for your area.

Resource: 5311 *At Home on the Range (http://store.msuextension.org/)*

RIFLE

You will have the chance to experience the Air Rifle along with .22 Rifle while learning about target diversity in a standing, prone and kneeling positions. Learn about breathing techniques, sight picture and sight alignment, along with trigger control.

Resource: **Shooting Sports Manual (uwyo.edu/4-h)*
 Leaders will receive project resources at Shooting Sports Leader Certification.

ROBOTICS

Exploring 4-H Robotics is an ideal way to introduce science, math, engineering and technology while teaching life skills. Through hands-on activities, the 4-H Robotics projects teach basic concepts related to robotic subsystems such as structure, power, sensors, control and programming. These concepts are the foundation for building robots and robotic subsystems from a variety of materials and packaged kits. 4-H Robotics has projects and resources for a wide variety of interests.

Resource: **Robotics Engineering Volume 1*
 (http://www.education.rec.ri.cmu.edu/content/lego/curriculum/rev1_index.htm)
 **Robotics Engineering Volume 2*
 (http://www.education.rec.ri.cmu.edu/content/lego/curriculum/rev2_index.htm)
 **NXT Video Trainer*
 (http://www.education.rec.ri.cmu.edu/content/lego/curriculum/nvt2_index.htm)

ROPECRAFT

Learn about knots, hitches, and bends in the ropecraft project. Did you know there are 14 basic skills that can be used in many activities and situations from sailing and climbing to working with animals and decorating. This project is a lot of fun, and we're KNOT kidding.

Resource: 540, *Not Just Knots (http://estore.osu-extension.org/Not-Just-Knots-P454.aspx)*
 **41001-95 Wyoming Ropecraft Manual (uwyo.edu/4-h)*

SELF-DETERMINED

A self-determined project allows members freedom to design a project with skills that are not already offered in a different project. Please consider if your project work might fit into another project area before selecting the self-determined project. Members enrolling in the Self-determined project are responsible for identifying their project resources and filling out project paperwork. Projects in this category allow the member to set individual goals and select activities suited to his or her needs. Approval from the UW 4-H Educator is required.

Resource: **Designing My Own Project (uwyo.edu/4-h)*

SHEEP

The sheep project introduces you to a wide variety of fun and challenging activities including identifying parts of a sheep, selecting a project lamb, preparing for lambing season, identification of lamb meat products and feeding and showing sheep.

Resources: *06367, Lambs, Rams and You*
06368, Shear Delight
06369, Leading the Flock
06370, Sheep Helper's Guide
**The 4-H Sheep Project: An Introduction (uwyo.edu/4-h)*

SHOTGUN

Learn about teamwork while busting clays in trap, skeet and sporting clays.

Resource: **Shooting Sports Manual (uwyo.edu/4-h)*
Leaders will receive project resources at Shooting Sports Leader Certification.

SPORT FISHING

In this project, you can learn to select equipment, choose a place to fish, catch fish, and either release or prepare them for dinner. It will help you understand fish management practices and how they affect fishing. This project is designed to focus on this great lifetime sport along with understanding the rules and responsibilities of it, and conserving it for the future.

Resource: *07598, Take the Bait*
07599, Reel in the Fun
07600, Cast into the Future
07601 Fishing Adventures Helper's Guide
**4-H Sportfishing Manual (uwyo.edu/4-h)*

SWINE

Enjoy learning the different breeds, swine body parts, selection, exploring the digestive system, exploring swine diseases, identification of the different meat products and many more exciting things in the swine industry. Hands-on activities including practicing fitting and showing swine, managing baby pigs, balancing a ration and designing a swine operation.

Resources: *08065, The Incredible Pig*
08066, Putting the Oink in the Pig
08067, Going Whole Hog
08068, Swine Helper's Guide
08456, Exploring Swine Health and Husbandry
**The 4-H Swine Project: An Introduction (uwyo.edu/4-h)*

VETERINARY SCIENCE

A natural compassion for animals and an interest in science is what leads most veterinarians into their field. Learn the role a veterinarian plays in practicing animal and public health while participating in many hands-on activities. These activities will help you learn about the different equipment used by veterinarians, diseases and health problems, and career opportunities as a veterinarian or volunteer. You do not have to own an animal to be in this project.

Resources: 08048, *From Airedales to Zebras*
08049, *All Systems Go*
08050, *On the Cutting Edge*
08051, *Veterinary Science Helper's Guide*
08744 DD, *Veterinary Science 1: Animal Behavior – THIS IS A DIGITAL DOWNLOAD*
08745 DD, *Veterinary Science 2: Animal Vital Signs – THIS IS A DIGITAL DOWNLOAD*
08746 DD, *Veterinary Science 3: Disease Transmission – THIS IS A DIGITAL DOWNLOAD*
08747 DD, *Veterinary Science 4: Principles of Biosecurity – THIS IS A DIGITAL DOWNLOAD*
08748 DD, *Veterinary Science 5: Advanced Concepts in Animal Care – THIS IS A DIGITAL DOWNLOAD*

VISUAL ARTS

Cutting and pasting, painting, sculpting, drawing, printing, preserving memories and construction with fibers and other materials are all exciting hands-on activities in the arts and crafts project. Experience different careers, culture, science and technology that are available. Explore your creativity and discover a hobby that you might enjoy for the rest of your life. Budding artists manipulate fiber, construct sculpture and draw in Sketchbook Crossroads. Portfolio Pathways affords the opportunities to create and communicate through printing, painting and graphic designing.

Resources: 4H592, *Get Started in Art*
08140, *Visual Arts 1: Sketchbook Crossroads*
08141, *Visual Arts 2: Portfolio Pathways*

WELDING

This project will allow you to explore several techniques and methods for joining metal together by welding. Use your new skills and the techniques to construct or repair items you use. The project focuses on safety. You will gain the skills needed to construct and repair needed items and even be able to create art and other projects from welding materials.

Resource: 573, *Arcs and Sparks: Shield Metal Arc Welding* (<https://extensionpubs.osu.edu/arcs-and-sparks-shielded-metal-arc-welding>)

WILDLIFE AND HUNTING

In this project, you can learn how to identify, track and characterize game birds and animals; how to become a good, safe and lawful hunter; how to conserve and improve habitats; and the basic concepts of taxidermy.

Resource: *NRA Hunter's Guide* (<http://materials.nrahq.org/the-hunter-s-guide.html>)
**Wyoming Game and Fish Department Hunter Education Student Manual*
(<https://wgfd.wyo.gov/Education/Hunter-Education>)

WOODWORKING

Have you ever wanted to make something with wood? This project is an opportunity for you to create and construct items using wood and woodworking tools. From the basics of using a tape measure and a hammer to advanced equipment like routers and table saws, there is something for everyone. Have fun by learning new things and creating useful items





Resource: 06875, *Measuring Up*
06876, *Making the Cut*
06877, *Nailing It Together*
06878, *Finishing Up*
06879, *Woodworking Helper's Guide*

YOUTH LEADERSHIP

Life brings many situations where good leadership skills can make a difference: working on a group project in a class, being part of a team, finding yourself with people about to make a mistake, owning your own business or even being an elected leader. You'll make a bigger difference by knowing how to make good decisions, build relationships, organize your life and plan for success. Get started with a foundation in leadership that you can build upon over a lifetime!

Resource: 07905, *My Leadership Workbook*
 07906, *My Leadership Journal*
 07907, *My Leadership Portfolio*
 07903, *Leadership Mentor Guide for Grades K-5*
 07904, *Leadership Mentor Guide for Grades 6-12*

How it all ties together

Targeting Life Skills ⁹	Community Action Framework ¹⁰	Features of Developmental Relationships ¹¹	4 Hs ¹²	Six Cs of PYD ¹³
BELONGING <ul style="list-style-type: none"> ✓ Nurturing relationships ✓ Social skills ✓ Communication ✓ Cooperation ✓ Personal safety ✓ Conflict resolution ✓ Accepting differences ✓ Teamwork 	<ul style="list-style-type: none"> ✓ Learning to connect ✓ Multiple supportive relationships with adults & peers ✓ Safety ✓ Policies & public institutions support youth development 	Attachment Positive & appropriate connections between youth and adults (e.g., teacher & student, coach & player)	HEART relating, caring 	CONNECTION
MASTERY <ul style="list-style-type: none"> ✓ Learning to learn ✓ Decision making ✓ Critical thinking ✓ Problem solving ✓ Wise use of resources ✓ Keeping records ✓ Marketable skills 	<ul style="list-style-type: none"> ✓ Challenging & engaging activities & learning experiences 	Progressive Complexity Youth are engaged in progressively more complex experiences as the activity progresses	HEAD managing, thinking 	COMPETENCE
INDEPENDENCE <ul style="list-style-type: none"> ✓ Self-esteem ✓ Resiliency ✓ Goal Setting ✓ Self-motivation ✓ Leadership ✓ Planning/Organizing ✓ Managing feelings ✓ Self-discipline ✓ Self-responsibility ✓ Stress management ✓ Healthy lifestyle 	<ul style="list-style-type: none"> ✓ Learning to be productive ✓ Learning to navigate ✓ Meaningful opportunity for involvement and membership 	Balance of Power Power shifts from adults to youth as activity progresses to develop youths' independence	HEALTH being, living 	CONFIDENCE
GENEROSITY <ul style="list-style-type: none"> ✓ Empathy ✓ Concern for others ✓ Service Learning ✓ Character ✓ Community Service ✓ Responsible citizenship ✓ Contributions to group effort 	<ul style="list-style-type: none"> ✓ Community awareness & involvement 	Reciprocity Youth and adults feel an equal committed to one another's well-being & success; both experience mutual respect & positive dependence	HANDS giving, working 	CONTRIBUTION
				CHARACTER
				COMPASSION

¹Kress, 2003; ²Brendtro, Brokenleg and Van Bockern, 2005, p 132; ³Peterson et al, 2001; ⁴Coppersmith, 1967; ⁵Harter, 1987; ⁶Kohn, 1993; ⁷Benard, 1991; ⁸Search Institute, 1997; ⁹Hendricks, 1996; ¹⁰Gambone & Connell, 2004;

County Programs and Events

Pancake Supper

- Occurs annually in spring as 4-H Council's fundraising event
- Clubs sell tickets and serve guests



County Shoot

- Typically occurs on Tuesdays and Thursdays, May-June
- Events include:
 - .22 Rifle/ .22 Pistol
 - Air Rifle/ Air Pistol
 - Archery
 - Shotgun
 - Muzzleloading
 - Outdoor Skills
- Must do in order to participate in State Shoot

Cloverbud Camp

- Occurs in mid-June
- Day camp
- Planned and led by trained teen counselors and Counselors-In-Training (CITs)

Harvest Carnival

- Occurs annually in the fall
- Active recruitment of new members
- Clubs offer game booths

County Fair

- Occurs annually at the beginning of August
- Events include:
 - Animal Shows
 - Indoor Exhibit Displays
 - Pig Wrestling
 - Livestock Sale
 - Fashion Revue

4-H Camp

- Occurs annually late June/ early July
- Residential camping at Haven on the Rock
- Planned and led by trained teen counselors

Achievement Program

- Occurs annually in the fall
- Clubs, leaders, and members are honored for their success and achievement

Judging Teams

- Meats Judging
- Wool Judging
- Produce Judging
- Horse Judging
- Livestock Judging



State Programs and Events

Meats and Wool Judging

- Occurs annually in the Spring and takes place at the University of Wyoming in Laramie, Wyoming.

Showcase Showdown

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

State Shoot

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



State Fair

- 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

Horse Camp

- The educational programs presented at Horse Camp are designed to provide practical, hands-on training.
- The major emphasis of the camp is to improve safe riding and handling skills.

State Leadership Team

- 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 Opportunities

**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.**

International Opportunities



Sponsored by the University of Wyoming 4-H Youth Development Program and the Vieremän Finland 4-H Association.

For more information:
Contact Warren Crawford
crawford@uwyo.edu

Come explore the world with us!

- You can experience the rich history and culture of Finland. The International 4-H Exchange Programs are designed to advance cultural understanding, prepare youth leaders to become responsible citizens, spark an interest in learning about foreign cultures, and develop a care of Americans with cultural understanding who can advance international dialogue and compete effectively in the global economy.
- Current members of the Wyoming 4-H program (14-19 years of age) are eligible to participate. Members must have an interest in traveling internationally, learning about different cultures, and living with a host family.

Cloverbuds

University of Wyoming's 4-H Cloverbuds Program is a non-formal education program designed for children ages 5-7.

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.



*Want more out of
your 4-H experience?*

Junior Leaders

4-H members ages 13-18 may join the Junior Leader project. This program focuses on the development of leadership skills, as well as service learning and fellowship.

Junior Leader members assist with club activities, 4-H projects, and county events including Camp planning, County Fair and additional county-wide events.

They meet the third Sunday of each month @ 3pm.

