



# Clover CLIPS



University of Nevada  
Cooperative Extension  
[www.unce.unr.edu/western](http://www.unce.unr.edu/western)

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University of Nevada Cooperative Extension • Western Area

## ❄ Organizational Systems & Skills ❄

Research shows that youth benefit from structure and order in their lives. Organization is a key element to building that framework of structure and order. It is also a skill that needs to be developed and nurtured. Leaders and parents can help 4-Hers develop organizational skills by allowing them to make choices and decisions under the guidance of adult role models and mentors. As adults assist 4-Hers in the organizational process, they foster a sense of confidence and independence in youth.

Some things parents can do to support developing organizational skills at home are:

- ❄ Provide a space to work. Make it comfortable, and if possible, free of clutter.
- ❄ Purchase day planners or calendars for your 4-Hers. Encourage 'buy in' by asking them to pick it out. Demonstrate that you consider your 4-Hers' time valuable by encouraging them to create a schedule.
- ❄ Create a family master calendar that is easily accessed and clearly displays family schedules, appointments and activities.
- ❄ Help your 4-Hers develop timelines for deadlines or project goals. Help them determine the

amount of time tasks will take and when it is best to accomplish those tasks.

- ❄ If a goal or task appears too large, help your 4-Her identify the steps required to achieve the goal or task. Breaking a large goal into smaller, more manageable parts gives your 4-Her the opportunity to plan, prioritize and assign an order to what needs to be accomplished.
- ❄ Establish a time, daily or weekly, to sit with your 4-Her and go over tasks, review goals and check deadlines for projects and applications. Check the family calendar for conflicts. Use this time to help your 4-Her make decisions and choices on how to resolve conflicts in activities and deadlines.

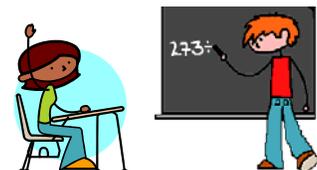
Some things leaders can do to support developing organizational skills in 4-H meetings are:

- ❄ Set aside time during each meeting to help members update project records, record recent events and activities, and process or rework goals.
- ❄ Use a master calendar for all club events and activities for the year and make it available

to members at each meeting. Engage members in helping to develop the calendar by setting long-range and short-term goals.

- ❄ Encourage members to set deadlines and turn in applications by creating schedules. Help members develop a sense of independence and control as they make choices and plan ahead for upcoming events and due dates.
- ❄ Guide members throughout the year with their decisions regarding developing a portfolio or record book.
- ❄ Honor your 4-Hers' time by being consistent. Show up on time for meetings, activities and events.
- ❄ Remain flexible and have fun!

Remember that youth who are better organized exhibit confidence and are better equipped to handle a variety of situations, including peer relations. Helping your 4-Hers develop good organizational skills contributes to better behavior and happier youth.



*4-H is a community of young people across America who are learning leadership, citizenship and life skills.*

## Douglas County Community Club 2007

The Community Club is a chance to be together under one roof and:

- ❖ Learn about community service projects
- ❖ Enjoy 4-H demonstrations (January demonstration presented by Sierra Riders Horse Project)
- ❖ Receive your 4-H T-shirts, if you ordered them
- ❖ Get the latest information on calendar items for the upcoming year
- ❖ Participate in a lively presentation on National 4-H presented by our 4-H Congress members
- ❖ Meet your new 4-H State Ambassadors
- ❖ Participate in games, giveaways and fun!

Community Club is held the second Monday of the month. See you 6:30 p.m. to 8 p.m., Jan. 8 at Pau Wa Lu Middle School on Long Valley Road in Gardnerville Ranchos. The club is open to all 4-H members, leaders, parents, staff, and friends too! Please bring a \$1 donation per family to help pay for Community Club snacks! Wear your 4-H T-shirts!



### *Get Ready to Ride!*

Join Washoe County 4-H Horse leaders for the first in a series of horse clinics offered to area 4-H equine enthusiasts, Jan. 13, 8:30 a.m.

- 3 p.m. at the Reno Livestock Events Center Pavilion. This first clinic is unmounted and will focus on the legal requirements for brand inspection, vaulting, bit fitting and use, roping, record books, and the new guidelines for equine nutrition. Leave your horse at home and come ready to learn! A snack bar, coordinated by High Sierra Riders, will be available. Contact Sarah Chvilicek, 784-4848 or chviliceks@unce.unr.edu, for more information.

## Washoe County Small Animal Knowledge Fair

Come learn proper showmanship for rabbit, cavy and poultry at the Washoe County office. This is an open house event; arrive anytime between 6:30 and 8:30 p.m., Jan. 29. This event is FREE! A drawing is planned for door prizes at 8 p.m. Animals will be provided for showmanship practice. Meet Washoe County leaders and ask questions about small animal projects!

If you have any questions, call Cindy Smullen, 784 4848.



## 2007 CAPITAL DAYS

Youth ages 14 - 19 throughout Nevada are invited to attend a leadership and citizenship experience through firsthand learning about their Nevada State government process. This year, the event takes place March 4 – 6 in Carson City and is run by the University of Nevada Cooperative Extension 4-H and Youth Development programs. Attendees will tour the state Legislature, meet with representatives, talk to lobbyists, and attend legislative committee meetings. Plans are being made for top-notch guest speakers and fun evening activities. Adult chaperones are encouraged to apply.

Registration materials for youth and chaperones are available through your local UNCE office the second week of January. Call your local office for more information.

## Washoe County Leader Meetings Rescheduled

The Livestock leaders and Washoe Leaders Council have moved from the fourth Wednesday to the third Wednesday of the month. On a quarterly basis, most of our leaders will be meeting on one night. Are we crazy? Hopefully not. Hopefully in this fast paced, not-enough-time world this one-stop night of meetings will be a timesaver and will build strength in our county programs by giving us a chance to meet and see each other.

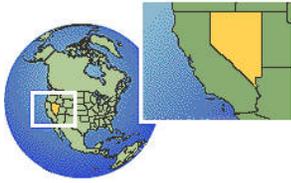
Again, this will only happen four times a year. The dates for "double dip nights" are Jan. 17, April 18, July 18, and Oct. 17.

## *Carson City/ Storey County 4-H Readyng for Annual Fabric Sale*

The annual Carson City/Storey County 4-H Fabulous Fabric Sale will be held 9 a.m. - 6 p.m., Feb. 10, and 9 a.m. - noon, Feb. 11 at Fuji Park Exhibition Hall in Carson City. The sale is a project of the Carson City/Storey County Leaders Council. All sale proceeds benefit the council's scholarship fund.

Area 4-H members are on the lookout for fabulous fabric donations. Fabric donations can be dropped off at Fuji Park Exhibition Hall, directly across from Costco on Old Clear Creek Road, on Feb. 9. Fabric donors can also call the Cooperative Extension office, and every effort will be made to pick up donated items.

All fabrics are priced to sell at only \$1 per yard. For further information, call 887-2252.



## Leadership Laboratory

Youth ages 13-15 will learn winter survival skills Feb. 17-19 at the State 4-H Camp, Lake Tahoe. GPS mapping, challenge course activities, Geocaching (a treasure hunt using GPS) and Life Rocks! will provide experience and information that will reinforce leadership.

The \$100 registration fee includes lodging, meals and supplies. A minimum of 50 participants must be registered by Jan. 10.

For more information on Leadership Laboratory, please contact Sarah Chvilicek or Maureen O'Brien, 784-4848, chviliceks@UNCE.unr.edu, or obrienm@UNCE.unr.edu.



## Douglas County Portfolio Interviews

Douglas County Portfolio Interviews will take place 2:30-6:30 p.m., Jan. 18 and Jan. 19. Portfolio interviews are an extremely valuable way for 4-H members to hone formal interviewing techniques. Each 4-H member who turned in a portfolio/record book in October 2006 is eligible to sign up for an interview. During the interview, members will be asked about their portfolio and their 4-H projects. Youth learn job interviewing skills, proper handshake and eye contact techniques and how to overcome "interview jitters." 4-H members often cite this experience as one of the most helpful that they receive in their development toward adulthood!

Call to sign up for your 15-minute interview time today. Please wear your formal 4-H uniform to your interview. All participants will receive a certificate of participation, and an evaluation sheet. Contact Shannon Montana, 782-9960, for more information.

## CAPITAL CITY GUN CLUB PARTNERS WITH HOT SHOTS SHOOTING SPORTS

Carson City and Storey County youth are invited to get involved in a new opportunity for 4-H Shooting Sports. Greg Wright and Rusty Wolbers, of Capital City Gun Club, completed their 4-H Shooting Sports Leader Training and Certification and will hold a planning meeting 6 - 8:30 p.m., Jan. 17 at the Clubhouse, 3950 Arrowhead Drive, Carson City. Area youth and their parents are invited to attend and help plan goals and future events for youth shoots at the club's facility.

Capital City Gun Club is a public facility managed and maintained through Carson City Parks and Recreation Department with a full compliment of Clay Sports possibilities. 4-H Shooting Sports is open to youth ages 9 - 19 and includes state and national competition opportunities.

Contact Sandy Wallin, 887-2252, for more information or directions to the meeting.

## *Washoe County Home Arts Kickoff*

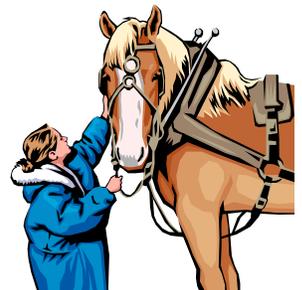
Washoe County Leaders present their kickoff event Jan. 20 at the Reno office, 5305 Mill Street. Check in starts at 8:30 a.m. Come learn about early spring garden care and start seeds to take home. Learn to draw a landscape and create your own masterpiece. Participate in a judging event and learn how to make good consumer choices.

Bring a donation to the Gospel Mission and participate in this events' community service. (Some donation suggestions include; socks, soap, toothpaste and first aid supplies.)

The cost of this event is \$5 per youth and is limited to the first 25 youth who RSVP. Call Cindy Smullen by Jan. 17 at 784-4848 to reserve your spot.

## YEAR-END HORSE AWARDS

Washoe County 4-H Horse Leaders invite area 4-H horse members and their families to join them in the annual awards presentation, 6:30 - 8:30 p.m. Jan. 19, at the Summit Church, 7075 Pyramid Highway.



Each family is asked to bring a dessert to share and a raffle prize for the annual raffle. Raffle items do not have to be horse-related. Proceeds from the raffle support the purchase of the annual awards. Spanish Springs Trailblazers 4-H Club members are providing beverages and the Mountain Mustang 4-H Club members are providing all of the paper products.

Look for your invitation soon!



## Web Resource Corner

### Western Area January Dates to Remember

- Jan. 1* New Year's Day  
Offices Closed
- Jan. 15* Martin Luther King Jr. Day  
Offices Closed
- Jan. 19* Washoe County  
Year-end Horse Awards
- Jan. 21* Washoe County  
Year-end 4-H Awards
- Jan. 21* Carson/Storey  
Awards Ceremony

The Internet is a great resource to 4-Hers. Over the next few months, we'll use this spot to introduce recommended websites for youth, parents, volunteers, leaders, and 4-H staff to visit.

#### **Western Area UNCE website -**

We're the college that puts university research to work—in your home, workplace or community. We're in every corner of Nevada, helping you learn parenting skills, conserve water in your garden and thrive economically. Explore our Website and find many ways to make your life healthier and happier!

The areas of Douglas County, Carson City, Storey County and Washoe County are all included in the Western Area. From the home page, you can select many additional resources. Check out <http://www.unce.unr.edu>.

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#### WESTERN AREA OFFICES

**Carson City/  
Storey County**  
(775) 887-2252  
2621 Northgate Lane  
Suite 15  
Carson City, NV 89701

**Douglas County**  
(775) 782-9960  
1329 Waterloo Lane  
Gardnerville, NV 89410  
PO Box 338  
Minden, NV 89423-0338

**Washoe County**  
(775) 784-4848  
5305 Mill St.  
Reno, NV 89502  
P.O. Box 11130  
Reno, NV 89520-0027

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***Return Service Requested***

Unless stated differently, all meetings are held at your local Cooperative Extension office.

## 4-H Events Calendar January 2007



Date	Western Area	Carson City/Storey County	Douglas County	Washoe County
1	<b>NEW YEAR'S DAY - OFFICES CLOSED</b>			
2		Teen Awards Planning Committee 6:30 - 8 p.m.		
3		Carson Public Lands Bill Mtg. Community Center Sierra Room 6 p.m.		
4	State Ambassador Training 4-H Camp Lake Tahoe			
5		2005/2006 Portfolios/Record Books Due 5 p.m.		
6				
7				
8		VCHS Intersession begins, runs through Feb. 2	Community Club Sierra Riders' Demo 6:30 p.m. Pau Wa Lu Middle School	
9			Livestock Leaders' Mtg. 6 p.m. Bylaw Committee Mtg. 7 p.m.	Horse Leaders' Mtg. 6 p.m.
10				
11				Nevada State Fair Livestock Committee Mtg. 5:30 p.m.
12				
13				Horse Clinic Reno Livestock Events Center 8:30 a.m.
14				
15	<b>MARTIN LUTHER KING JR. DAY - OFFICES CLOSED</b>			
16				
17		Carson 4-H Shooting Sports Mtg. 6 - 8:30 p.m.		Livestock Leaders' Mtg. 6:30 - 8 p.m. Small Animal Leaders' Mtg. 6:30 - 8 p.m. Dog Leaders' Mtg. 7 - 8 p.m. Washoe Leaders' Council 8 - 9 p.m.
18				
19			Portfolio/Record Book Interviews 2:30 - 6:30 p.m.	Year End Horse Awards Summit Church, 7075 Pyramid Hwy. 6:30 p.m.
20				Home Arts Kickoff Event 8:30 a.m. - noon
21		2005/2006 Awards Ceremony Carson City Senior Center 4 - 9 p.m.		Washoe County Year End 4-H Awards Lazy 5 Regional Park 2 - 4 p.m.
22			Speaking with Confidence 4 - 5 p.m. Leaders' Council Mtg. 7 p.m.	
23				
24				
25				
26				
27				
28				
29				Small Animal Knowledge Fair 6:30 - 8:30 p.m.
30				
31				

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## Upcoming 4-H Events 2 - Month Calendar



### February 2007

DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1			Scholarships for Kiwanis and Norm Sharkey Memorial available	
9		Set up 4-H Fabric Sale Fuji Park Exhibit Hall All Day		
10		Fabulous 4-H Fabric Sale Fuji Park Exhibit Hall 8 a.m. - 6 p.m.		Horse Clinic Reno Livestock Events Center 8 a.m.
11				
12		Carson/Storey 4-H Council Mtg. 6 - 8:30 p.m.	Community Club Beef & Chicken Club Demos Pau Wa Lu Middle School 6:30 p.m.	
13				Horse Leaders' Mtg. 6 p.m.
14				Deadline for Small Animal Show Entries
17				
18	Leadership Laboratory 4-H Camp Lake Tahoe	Nevada Junior Livestock Show Workshop Reno Livestock Events Center		Nevada Junior Livestock Show Clinic Reno Livestock Events Center
19		<b>President's Day - Offices Closed</b>		
21				Livestock Leaders' Mtg. 6 p.m. Small Animal Leaders' Mtg. 7 p.m. Dog Leaders' Mtg. 8 p.m.
22			Expansion & Review Panel 4 p.m.	
24				Small Animal Show Reno Livestock Events Center
25				Swine, Goat, & Sheep Weight Day
26			Teen Institute Snowshoe Excursion Hope Valley 2:30 - 6 p.m.  Leaders' Council 7 p.m.	
<b>4-H Upcoming Events - March 2007</b>				
1				
4		Capitol Days Carson City		
5				
6				
12			Community Club Happy Heelers Demo 6:30 p.m.	
13				Horse Leaders' Mtg. 6 p.m.
17				Washoe County Dog Affair Reno Livestock Events Center
18		Horse Judging Fuji Park Exhibit Hall 8 a.m. - 5 p.m.		
21				Livestock Leaders' Mtg. 6 p.m. Small Animal Leaders' Mtg. 7 p.m.
23		Paws Fun Match Fuji Park Exhibit Hall Friday evening & all day Saturday		
24			Dog Fun Match 8 a.m. Douglas County Fair Grounds	
26			Leaders' Council 7 p.m.	
31				Horse Clinic Reno Livestock Events Center 8 a.m.