



Clover CLIPS



University of Nevada
Cooperative Extension

www.unce.unr.edu/areas/western/

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University of Nevada Cooperative Extension • Western Area

Time Management

Yeek! It's August!!!
My project didn't get finished
for the fair and I'm not ready
to go back to school. My
record book isn't up to
date!



Ideally, projects are enjoyable learning experiences through which we gain valuable skills. We can plan for success with less stress by following the rules of time management.

Rule one: Don't take on more than you can do and give yourself enough time to your best job. Be realistic about your goals. For example, how many 4-H projects can you do in one year, and do them well? Many 4-Hers have more than one project.

Give yourself enough time to complete and enjoy the project. If you find yourself being double-booked, it's not necessarily a bad thing. Life is like that. We make the best decisions we can and sometimes we just can't do it all. If you're an active

person and have many interests, you'll find conflicts in your schedule. That's the bounty of choice. It's far better to have choices to make than have too little to do.

On the other hand, if you can't make most of the club meetings, your brother usually feeds and trains your animal, and the demonstration you planned six months ago is still in planning, you need to ask yourself if you are trying to do too much.

Rule two: Seek a balance in your life. Remember that 4-H is an important part of your life, but it's only part of your life. A balanced person is a whole person, and a whole person also has family commitments, does schoolwork, and participates in social and spiritual activities.

Rule three: Plan to work, plan to play. Some of your day is planned or scheduled for you. For example, at school you take math class at the same time for the whole school year. Some of your life is already planned for you. However, you are in charge of planning when and where your homework gets done. You're also in charge of when you play with your friends. The same is true with your 4-H project. You have scheduled club meetings, but you plan when to do the work needed to finish your project.

Mom, Dad, the teacher at school, and 4-H project leaders all help us to make reasonable decisions with our lives. They're all life coaches in time management. Early in life, they tell us what to do and when to do it. As we get older, we're in charge of more planning and how we spend our time.

Rule four: Don't procrastinate. Follow

through with you plan. Procrastination is probably the single most common time management problem. We all procrastinate a little, but don't let it take over your life! There are many things to finish each day, and the fun stuff isn't always best to put first on your list.

To avoid procrastination make a short-term list and long-term list of your goals, and check things off as you finished them.

A long-term plan might include the whole year. What do you want to accomplish by this time next year? The road map is a series of short-term plans to get you there. For example, a goal for the year may be to sew a dress for the Make It With Wool Contest. The short-term plan would be a month-by-month list of specific tasks, such as, buy the pattern and wool, cut the pattern out, pin the pattern to the material, cut out the material, sew, hem, put in the zipper. Each month, you assign tasks that need to be done and finished. On a piece of paper, or on your computer, list these tasks. As they are accomplished, check them off. This list will keep you on track, and let you know if you're ahead or behind schedule.

Good time management is a matter of overcoming the pitfall of procrastination and organizing yourself. Remember, give yourself enough time, have a plan and stick to it, and don't take on more than you can handle. Most important, balance your life for a healthy you and plan for both play and work.



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

Nevada State Fair

Its almost fair time, but you can still enter the fair online, www.nvstatefair.com, the deadline for entries is Aug. 6.

The fair opens to the public Saturday, Aug. 22 and runs to Sunday, Aug. 26. Admission is free on opening day, at 5 p.m., Aug. 22.

Before the fair opens to the public, several events will already be in full swing:

The Horse Show starts 9 a.m., Aug. 20, in the Horse Show Arena, and Static Exhibits open for interview judging 5 – 8 p.m., Aug. 20, at the Exhibit Hall.

Market animals check-in 8 a.m. – noon; weigh-in 1 - 3 p.m., Aug. 22.

The Dog Show will run two days. Aug. 22, Agility and Rally classes, and Aug. 23, Showmanship and Obedience classes.

Small animals, including cavy, poultry and rabbits, will check-in at 7 a.m., Aug. 23, with the Show starting Aug. 24. There will also be a Cloverbud Show Aug. 22, for rabbit and cavy youth.

Saturday night, Aug. 25, is the Silver Dollar Livestock sale, and Sunday, Aug. 26, there will be Open Shows in horse, rabbit and sheep.

Read your competition guide and call the fair office at (775) 688-5767 if you have any questions concerning the Nevada State Fair, or visit www.nvstatefair.com.

Nevada State 4-H Exposition 2007



Yes! There is an Expo!

The Statewide 4-H Program is offering 4-H Expo, Oct. 12-14, at the Douglas County Fairgrounds.

Areas of competition include:

- Speeches/Presentations
- Static/Home Arts Exhibits
- Fashion Review
- Small Animals - Rabbits, Cavies
- Dog Show
- Horse Show
- Horse Judging
- Horse Quiz Bowl



Educational activities are offered as well!

So what do you have to do?



You need to participate in your county qualifying event, whatever that may be, and earn that qualifying award.

Remember good sportsmanship! You are all winners. Remember to treat each other with respect.

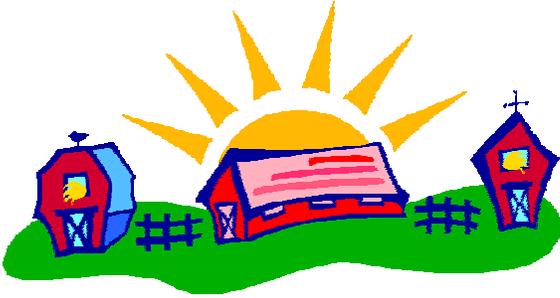
Have fun and learn!

Your local University of Nevada Cooperative Extension will have all the entry material soon!



The University of Nevada Cooperative Extension, Carson City office invites all area 4-H members, leaders and parents to view and comment on plans for the new Carson City Fairgrounds. Plans include the new arena, holding pens, announcers' booth, warm up area, barn, small animal facility, livestock washing station, restrooms, and ample landscaped parking shared with the new casino. The Carson City Parks and Recreation Department generously supplied the plans to the 4-H office in order to get feedback, all comments will be forwarded to the Parks and Recreation office.

National Animal Identification System



The National Animal Identification System (NAIS) is a new voluntary program with the State of Nevada Department of Agriculture. The purpose is to register all livestock premises with a goal of protecting animal health by pinpointing disease outbreaks. The Department of Agriculture is offering our 4-H Clubs \$5 per validated registration form.

This is an opportunity for all clubs to be part of something that can help our community. Registering your premises enhances the ability to trace back livestock and other species should the need arise. Clubs can pick up forms available at your local 4-H office next month.

This program has already been useful in helping to evacuate animals from wild fires. Remember, all 4-H clubs can choose to participate, you do not have to be in a livestock club. For more information, call your local 4-H or Nevada Department of Agriculture office.



There's a New Horse Club in Town



Carson City is starting a new 4-H horse club with an emphasis on hands-on activities and events for youth who own or "wish to own" their horse. Mickey Reid is finishing her leader training and once that is completed, she looks forward to an exciting year and invites area youth to sign up for the horse club.

Club members have use of Silver Saddle Ranch for workshops while they await the opening of the new Carson City Fairgrounds scheduled for late January or early February, 2008. Contact Sandy Wallin, (775) 887-2252, for more information on the horse club.

STRIKE A POSE!



A new 4-H Photography Club begins 6:30 p.m., Aug. 7, at the Carson City/Storey County Cooperative Extension office, 2621 Northgate Lane, Room #12, Carson City.

Photography leaders are also willing to attend other club meetings and offer short tutorials on how to photograph projects.

For more information on the club or to enroll, contact Jim Barcellos, (775) 887-2252.



THE WASHOE

OFFICE HAS MANY

LOST ITEMS FROM

CAMP NEEDING TO

BE FOUND. ARE

YOU MISSING SOCKS?

T-SHIRTS? TOWELS?

CALL TO SEE IF WE

MIGHT REUNITE YOU

WITH YOUR STUFF,

(775) 784-4848.

Western Area August Dates to Remember

Aug. 17-19 Western States
Wild Horse & Burro Expo
Reno Livestock Events Center

Aug. 22-26 Nevada State Fair
Reno Livestock Events Center



Web Resource Corner

National 4-H Headquarters

Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture

Would you like to have an easy resource to find information about 4-H Programs? The National 4-H Headquarters Web Site highlights National 4-H News. At this site, there are helpful links, such as Name and Emblem Use, About 4-H, Library, and 4-H Community. There are guidelines, regulations and a calendar of national 4-H events. The 4-H Community section includes details regarding grants, scholarships, and volunteer online resources. Review this information and much more at www.national4-hheadquarters.gov/.

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

WESTERN AREA OFFICES

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2621 Northgate Lane
Suite 15
Carson City, NV 89701

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Gardnerville, NV 89410
PO Box 338
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Return Service Requested

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

Upcoming 4-H Events 2 - Month Calendar

August 2007



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1		4-H Photography Club Mtg. 6:30 - 8 p.m.		
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13		4-H Council Mtg. 6:30 - 8 p.m.		Home Arts & Community Arts Leaders' Mtg. 7 p.m.
14				
15				Livestock Leaders' Mtg. 6:30 p.m. Small Animal Leaders' Mtg. 7 p.m.
16				
17	Western States Wild Horse & Burro Expo Reno Livestock Events Center			
18	Nevada State Fair 4-H Horse Show check-in Aug. 19 noon - 5 p.m.	State Shooting Sports Committee Mtg. Videoconference Carson 6 p.m.	Sierra Riders' Open Horse Show Douglas County Fairgrounds 9 a.m.	
19				<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>See you at the Fair!</p>  </div>
20	Nevada State Fair 4-H Horse Show			
21	Nevada State Fair 4-H Horse Show			
22	Nevada State Fair			
23				
24				
25				
26				
27			Leaders' Council 7 p.m.	
28				
29				
30				
31				

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Upcoming 4-H Events 2 - Month Calendar September 2007



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1				
2				
3				
7				
8			Sierra Riders' Horse Camp	
9				
10		4-H Council Mtg. 6:30 - 8 p.m.	Teen Institute 2:30 p.m. 4-H Year Kickoff Orientation TBA	
11				Horse Leaders' Mtg. 6 p.m.
12		State Shooting Sports Committee Mtg. Videoconference Carson 6 p.m.		
13				
14				
15	State Shooting Sports Match Ely 8 a.m. - 8 p.m.		Teen & Adult Leader Retreat	
16				
17			Teen Institute 2:30 p.m.	
18				
19				Livestock Leaders' Mtg. 6:30 p.m. Small Animal Leaders' Mtg. 7 p.m.
22			Sierra Riders' Open Horse Show Douglas County Fairgrounds 9 a.m.	
24			Teen Institute 2:30 p.m.	
25				
29			Cloverbud Project Mtg. TBA	

October 2007

1			Teen Institute 2:30 p.m.	
6			Pumpkin Patch & Fall Festival Lampe Park 8:30 a.m. Flag Raising	
8		4-H Council Mtg. 6:30 - 8 p.m.	Teen Institute 2:30 p.m.	
9				Horse Leaders' Mtg. 6 p.m.
13			Sierra Riders Open Horse Show & Costume Contest 9 a.m.	
15			Community Club 4-H Orientation Night	
17		State Shooting Sports Committee Mtg. Videoconference Carson 6 p.m.		Livestock Leaders' Mtg. 6:30 p.m. Small Animal Leaders' Mtg. 7 p.m. Dog Leaders' Mtg. 7 p.m. Leaders' Council Mtg. 8 p.m.
22			Teen Institute 2:30 p.m.	
27			Cloverbud Project Mtg. TBA	
29			Leaders' Council 7 p.m.	4-H Record Books due to office for year-end awards