



Clover CLIPS



University of Nevada
Cooperative Extension

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University of Nevada Cooperative Extension • Western Area

Record Keeping Skills

4-Hers involved with record keeping learn how to tell their own story.



Many times 4-Hers are so busy learning and having fun that they don't realize the life skills they are gaining while participating in their clubs. Record keeping is one of those life skills. Creating a portfolio, project or record book can help 4-Hers, and even parents and leaders, realize the value of their club involvement. Record keeping also prepares 4-H youth for future study and work, and allows them to tell their own story.

For many, record keeping is seen as a dreaded chore. It is something to be done to meet a deadline or qualify for an award. However, the

lessons learned from 4-H record keeping will be vital to 4-H youth as they grow into adulthood. These valuable lessons are numerous, but not always obvious.

Creating a record book or portfolio teaches 4-H youth:

-  How to organize themselves, a project and a team
-  How to set reasonable goals
-  How to appreciate what they have learned each year from the goals they reached
-  To recognize what they have learned in their 4-H projects
-  To explain what they have learned
-  How to track costs of their projects
-  How to gather and organize information
-  How to complete applications and resumes
-  How to manage their time

Record keeping also offers a means for self-expression. 4-Hers involved with record keeping learn how to tell their own 4-H story.

This personal, anecdotal story includes photos, drawings, scrapbook items and a 4-H autobiography. In their own words and through their own creative endeavors, youth define their own experience, find their voice and provide excellent evidence of 4-H program impact.

Record keeping teaches necessary skills that will be used throughout life. It is also an effective tool for time management. As 4-H youth enter into adulthood, they realize that there are many demands on their time. Experience with record keeping gives youth a head start on learning organizational skills and will decrease the frustration levels they will face in today's hectic world.

The benefits of record keeping are many. The process takes time, commitment and consistency, but it rewards 4-H youth with competencies that prepare them for life. 4-H prides itself on the life lessons it teaches to our youth.

Record keeping is obviously a valuable avenue that leads to learning those vital lessons.



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



Maximum EXPOsure

The 2007 Nevada State 4-H Exposition is Oct. 12-14 at the Douglas County Fairgrounds in Gardnerville. If you earned a blue ribbon at this year's county qualifier, you're eligible to enter. The following projects will be showcased: Horse, Dog, Rabbit, Cavy, Public Speaking, Fashion Revue, and Static Exhibits.

Entries are available at the county offices and are **due to the state office by Sept. 19**. Late entries will not be accepted, so fill out the form as soon as possible. Both the registration form and the assumption of risk form (found in the Expo handbook) need the signature of a Cooperative Extension staff member.

The handbook and forms are on the University of Nevada Cooperative Extension web site: <http://www.unce.unr.edu/4-H/calendar>.

On Oct. 13, there will be a barbeque dinner for \$10 (included on the registration form), and an ice cream social (50¢ per cup – not included on the registration form, so bring change). After dinner and dessert, there will be karaoke!



We're Growing!

As of July 1, the North Valleys ZIP code, 89506, was split to also include 89508. ZIP codes in the Silver Knolls, Rancho Haven and Cold Springs area have changed. If the post office has notified you by mail, call (775) 784-4848 so that we can update your ZIP code.

Sierra Riders' Open Horse Show



Practice your horsemanship skills at the Sierra Riders' Open Horse Show, 9 a.m., Sept. 22 at the Douglas County Fairgrounds. Pre-entry fees are \$4 per class. Entry fees are \$6 per class, day of show. Pre-entries are accepted by e-mail or regular mail, and close three days before the show, no exceptions. Age categories are lead-line 6 and under, walk/jog 10 and under, 11-18, and open. Day-end awards will be given for each age group. Western riders must enter Showmanship, Stock Seat Equitation, Western Pleasure, and Trail. English riders must enter Showmanship, Hunt Seat Equitation, Hunt Seat Pleasure, and English Riding Skills. Halter, Driving, and Gymkhana classes will also be offered. Anyone 17 or under must wear an ASTM-approved riding helmet in all classes. This will be the last show of 2007!



Learn the Secrets of Leading a Successful 4-H Project

Join us for an exclusive Leader and Teen Leader Training for Douglas County 4-H, by invitation ONLY! Qualified teens and adult leaders should have already received their V.I.P. registration packets for this amazing event in the mail. Attendees will have hands-on access to Jeff Goodwin, one of the nation's top 4-H trainers and humorists! His engaging and interactive workshops will include presentations: "How to Teach Kids (and Crusty Old Codgers)" and the game-show style "Are You Smarter Than a 4-H Member?" Joining Goodwin is Mike Masterpool, leadership trainer to scouting organizations, The Great Basin Outdoor School and more.

This lively event takes place on Sept. 15 for Teen Leaders only and Sept. 16 for Adult and Teen Leaders at Western Nevada College in Carson City. Teens will have a fun pizza night together. Food cost is included in your registration. This event will fill up fast, so please turn in your registration TODAY to the Douglas County 4-H office. Teens will register for Teen Institute, County Ambassadors and exclusive "teen only" events. Space is VERY limited and will be filled on a first-come, first-served basis. Call Shannon Montana at (775) 782-9960 to register by Sept. 10.

4-H Council Extends an Invitation

Geoff Landry and the officers of the Carson City/Storey County 4-H Council invite area club leaders, 4-Hers, and parents to attend council meetings 6:30 - 8:30 p.m., the second Monday of each month in the Conference Room of the Carson City Cooperative Extension office. Participants are currently making decisions on scholarship application packets, the new Council Constitution and Bylaws, scholarship fundraisers for area 4-Hers, the Carson City/Storey County 4-H and Youth Fair, and chartering clubs in Nevada.

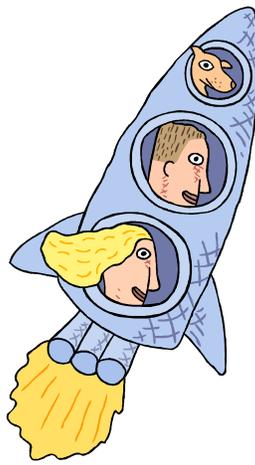
This is a great way to learn more about 4-H and share with other youth and leaders how clubs are run. 4-H youth are especially encouraged to attend. Geoff reminds everyone that this is an opportunity to contribute your ideas on how you want 4-H to grow in our area. For more information call, (775) 887-2252.



National 4-H Week is Oct. 7 - 13, 2007

National 4-H Week is held annually as a time to celebrate, promote and share the 4-H movement. This special week signals the official start of our 4-H year and is a time to celebrate, recruit new members, and show our communities what 4-H offers. This year, we will highlight 4-H's work in science, engineering and technology.

To learn more about National 4-H Week, get ideas on how to participate, or find National 4-H Week resources, tips, and logos, take a look at the National 4-H Week Kit on the 4-H Brand Network provided by the National 4-H Council, at <http://www.fourhcouncil.edu/>.



Awards Committee Gets Techy-Creative

Carson City/Storey County 4-Hers are creating a new look for the 2006-2007 Awards Ceremony. Club members are bringing their ideas to the table as they come up with a new design for this year's awards. Deb Cook, committee leader, says 4-Hers can plan to learn more about using technology as they work with the team. Committee members reach out to area 4-Hers urging them to, "get involved and do not let this opportunity pass you by." Call (775) 887-2252 for future meeting dates with this youth-driven group.

Cool Science

Douglas County 4-H is excited to be offering a brand new 4-H project in South Lake Tahoe for 2007-2008. Open to ages 9 and up, The Cool Science 4-H Project will kick off during a family orientation night and sign up, 5 p.m., Sept. 19, at the Tahoe Library in South Shore. Monthly meetings will be filled with science experiments covering gravity, rocket launching, radio transmitters, kinetic energy and more! Space is limited. Call Shannon Montana to RSVP, (775) 782-9960.



Record Book Deadline

Washoe County record books are due at 5 p.m., Oct. 29 at the Washoe County office. In past years, this date was earlier in the month. In order to include the Oct. 12-14 4-H Expo experience, the deadline has been moved back. If you have questions on how to put your book together, call the Washoe County office.

ARE YOU 8 YEARS OLD OR UNDER?

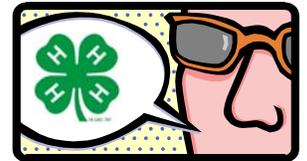
Douglas County 4-H announces their brand new Cloverbuds program, open ONLY to kids ages 8 and under! Youth will explore many exciting 4-H projects, including mini-horses, crafts, cooking, baby sheep, cows and pigs, dog care and more, during this once a month (usually the last Saturday) program. Get your registration in for this exciting Cloverbuds program today. Space is very limited.

Contact Shannon Montana, (775) 782-9960, for information and plan to attend the Community Club and 4-H Family Orientation Night at 7 p.m., Sept. 17, at Carson Valley Methodist Church.

4-H Spoken Here

Have you ever heard Leonardo DiVinci and 4-H mentioned in the same sentence? You will during the 4-H Orientation Night, 7 p.m. on Sept. 17, for all *new* and *returning* 4-H families and leaders, located at Carson Valley Methodist Church. Our guest speaker, Jeff Goodwin, head of Colorado's 4-H program and veteran humorist, will share his engaging wit, wisdom, and even a few juggling tricks. This is the night when ALL 4-H members will sign up for their 2008 projects. Come early, as space is limited in many of the projects.

Evening highlights include the keynote speaker, presentations about our current 4-H projects, sign ups for all 4-H projects, t-shirt orders (your only chance this year) and a 4-H Fashion Show by some of our more brave members! Call Shannon Montana, (775) 782-9960 to RSVP.



HOT SHOTS HEAD FOR STATE COMPETITION



Comstock and Carson City Hot Shots 4-H Shooting Sports Clubs are excited about sending 12 4-Hers to this year's State 4-H Shooting Sports Match. 4-Hers who qualified in one or more of the five disciplines in area shoots during July and August hit the road for Ely, Nevada.

Competitions in air pistol, air rifle, .22 rifle, muzzleloader, shotgun and archery begin at 8 a.m., Sept. 15, and continue throughout the day. The event culminates in an awards ceremony with a presentation of county flags. For more information on 4-H Shooting Sports in Carson City and Storey County, contact Sandy Wallin, (775) 887-2252.



Web Resource Corner

4-H ATV SAFETY

There are many things to know before you ride an all-terrain vehicle, or ATV. It's like baking a cake; you need a recipe. Only in this case, the cake has a 90 cc engine, rear hydraulic brakes, and an automatic transmission.

The 4-H ATV Safety program brings young people, parents and caregivers together to help ensure that every ATV ride is a safe ride. Parents and other adults have a lot of power when they work with young people to support their safe behavior while riding ATVs.

View the 4-H ATV Safety website at www.atv-youth.org. It's a place where you can have fun with games and quizzes as you find out how much you know about ATV safety.



Western Area September Dates to Remember



- Sept. 3** Labor Day - Offices Closed
- Sept. 15** State Shooting Sports Match - Ely
- Sept. 19** 4-H Expo entries due to State office
- Sept. 22** Sierra Riders' Open Horse Show
Douglas County Fairgrounds
Gardnerville

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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
Gardnerville, NV 89410
PO Box 338
Minden, NV 89423-0338

Washoe County
(775) 784-4848
5305 Mill Street
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 September 2007



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1				
2				
3	Labor Day - Offices Closed			
4				
5				
6				
7		Awards Planning Committee Mtg. 6:30 - 8 p.m.	Sierra Riders' Horse Camp	
8				
9				
10		4-H Council Mtg. 6:30 - 8 p.m.	Registrations due for Teen & Leader Training 4 p.m.	
11				Horse Leaders' Mtg. 6 p.m. Round Table Pizza on Mira Loma Dr.
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 Leader Training Western Nevada College Carson City	
16			Teen & Adult Leader Training Western Nevada College Carson City	
17			4-H Community Club & Family Orientation Night 7 p.m. Carson Valley Methodist Church	
18				
19			South Lake Tahoe New 4-H Projects Orientation Tahoe Library 5 p.m.	Livestock Leaders' Mtg. 6:30 p.m. Small Animal Leaders' Mtg. 7 p.m.
20				
21				
22			Sierra Riders' Open Horse Show Douglas County Fairgrounds 9 a.m. Beginning Horse Project kickoff 10 a.m. - noon No Horse Required!	
23				
24			Teen Institute 2:30 - 4:30 p.m. Dragon Project 5:30 p.m. Leaders' Council 7 p.m.	
25				
26				
27				
28				
29			Cloverbud Project 9 a.m. TBA	
30				
31				

Upcoming 4-H Events Calendar October and November 2007



October 2007				
DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1			Teen Institute 2:30 - 4:30 p.m.	
2			Rabbit, Cavy, Chicken Projects 6:30 p.m.	
6			Pumpkin Patch & Fall Festival Lampe Park 9 a.m. (Flag Raising 8:30 a.m.)	
8		4-H Council Mtg. 6:30 - 8 p.m.	Teen Institute 2:30 - 4:30 p.m.	
7		National 4-H Week Window Displays & Poster Contests		
9				Horse Leaders' Mtg. 6 p.m.
11				
12	2007 Nevada State 4-H Exposition Douglas County Fairgrounds			
13				
14				
15			Teen Institute 2:30 - 4:30 p.m. Community Club for all 4-H Families 7 p.m. Carson Valley Methodist Church	
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 - 4:30 p.m.	
26	Nevada Day - Offices Closed			
27		Nevada Day Parade	Cloverbuds' Halloween Party 9 - 11 a.m.	
29			Leaders' Council 7 p.m.	4-H Record Books due to office for year-end awards
November 2007				
1				
5			Teen Institute 2:30 - 4:30 p.m.	
12	Veterans' Day - Offices Closed			
13				Horse Leaders' Mtg. 6 p.m.
17			Cloverbud Project Mtg. 9 - 11 a.m.	
19			Teen Institute 2:30 - 4:30 p.m. Community Club 7 p.m. Carson Valley Methodist Church Portfolios Due at Community Club	
22	Thanksgiving Day - Offices Closed			
23	Family Day - Offices Closed			
26			Teen Institute 2:30 - 4:30 p.m. Leaders' Council 7 p.m.	
30				