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Cooperative Extension

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Clover CLIPS



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Young people take an intricate, occasionally difficult path to adulthood. Luckily, however, they don't have to take that journey alone. Their families and their communities are integral to their successful development into contributing adults, helping them learn to think for success.

4-H, with its programs and age-appropriate curricula, can be an important part of that development by providing young people with the knowledge and support they need.

Four components factor into the positive development of young people. They are belonging, generosity, mastery and independence. In 4-H, the success of a program is gauged by how many of these components the program fosters in youth. Within that framework, each component corresponds with an "H" in 4-H. The "H" for "head" corresponds with mastery, for example. Youngsters gain more than a useful skill when they master one or more of the hundreds of projects available through 4-H. They develop self-esteem and a sense of self-worth, which will stand them in good stead as adults, whether or not they continue to use the particular skill they learned.

There are projects to fit almost every

Thinking for Success

interest – agriculture, home environment, science and technology, leadership and personal growth, to mention a few. 4-H is also flexible enough that if there is interest in a particular project that may not be available, the organization can often develop a curriculum for that project.

No matter what project a 4-Header works on, the importance of mastery does not lie in the subject matter. It lies in the steps taken to complete the project and the self-worth young people develop as they conquer a particular skill. So, whether youngsters develop skills associated with their livestock projects, their container gardens, their speeches, the process used in each project helps build some of those aspects that are so important for successful development into adulthood.

The 4-H idea of "head" can be broken up into two main categories: managing and thinking. Skills learned within those categories contribute to a positive and successful development for young people. By managing, children learn to be resilient, keep records, use resources wisely, plan and organize, and set goals.

The thinking encouraged by 4-H includes service learning, developing critical thinking ability, learning to solve problems, making decisions and even learning to learn. Each one of these is a key component in 4-H project work.

Development begins in Cloverbuds, when children are 5 to 8 years old. At this stage, age-appropriate activities introduce youngsters to some basic concepts in a noncompetitive environment. Cloverbud activities in the Western Area can include participating in many programs and projects, including 4-H After School Clubs,

county livestock shows, 4-H sponsored programs such as Farm Safety Day, and county fairs.

Young people from 9 to 19 are part of the official 4-H program. In that 10-year time span, young people proceed progressively, enhancing and developing skills based on the previous year's work. For example, in a photography project, the first year is spent developing some basic camera-using skills. In subsequent years, those skills are enhanced and developed to include more complicated photography projects.

On the surface, other projects might seem the same year after year, but they also offer opportunities for youth to develop and progress as time passes. When showing livestock, 4-Hers can transition from being participants to becoming active helpers. Toward the end of their time in that project, they can serve as junior leaders, helping people younger than them.

The leadership curriculum encompasses all aspects of leadership, such as team building, communication and the concept of what a leader is. The program is arranged by grade level, so as the children progress through the grades, they also progress through the 4-H curriculum, always building on the previous year's concepts.

As the saying goes, it takes a village to raise a child. 4-H, as an integral part of the community, provides some of the support and educational tools young people need to become the best adults they can be.

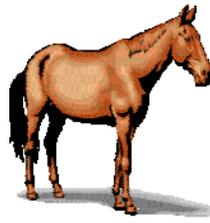
For more information about how you can become involved in 4-H, contact your local Cooperative Extension office.

Adapted from an article written by Gary Michael Templeman-4-H/Youth Development Extension Agent for Logan County

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



Sierra Riders Horse Project Orientation



Douglas County 4-H Sierra Riders will host an orientation for new and returning members and their parents, 6 – 8 p.m., March 6, at the Douglas County Cooperative Extension. Teen Leaders will lead fun and informative activities. Meet our new horse leader, Lee McKinney. Calendars and information on upcoming workouts, shows and clinics will be distributed.

For information or to enroll, contact Shannon Montana, (775) 782-9960.

Teens Sought for Farm Days

Carson City/Storey County 4-H will hold its annual Farm Days on April 24 and 25.

Local teens and teen leaders, ages 14 and older, are needed to serve as bus greeters, runners, presenter liaisons and lunch servers. This is an excellent opportunity to perform some community service and to help ensure a successful event.

Interested youth should contact Jim Barcellos or Sandy Wallin at the Carson City/Storey County office of University of Nevada Cooperative Extension, (775) 887-2252.



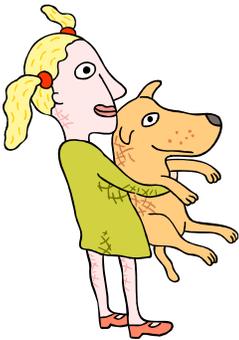
RIDE TO EXCEL

Washoe County 4-H Horse Leaders are offering a clinic on March 1, at the Reno Livestock Events Center Pavilion. This clinic is divided based on riding level per the Nevada Horse Levels Program.

The morning session begins with registration at 8:30 a.m. The clinic starts at 9 a.m. Assigned riders are: those who have passed Level II, those working toward Level III, and those who have passed Level III. Clinic topics are equitation, trail and grooming.

The afternoon session begins with registration at 12:30 p.m. The clinic starts at 1 p.m. Assigned riders are: those who have not passed Level I, riders who have passed Level I, and riders who are working toward Level II. Clinic topics are horsemanship, trail and grooming.

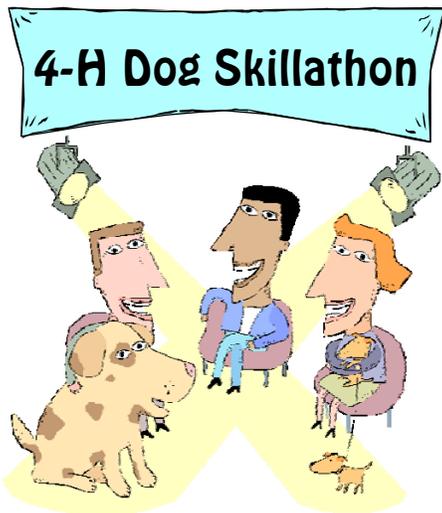
A snack bar, coordinated by High Sierra Riders, will be available. 4-H dress and approved equestrian helmets are required.



Dog Fun Match

Douglas County 4-H Happy Heelers are sponsoring a Dog Fun Match on April 5 at the Douglas County Fairgrounds Pavilion in Gardnerville. This all-breed event is open to the public.

Check-in is 8 – 9 a.m. Judging begins at 9:30 a.m. Classes in obedience and conformation, fun classes, a trick contest and a costume contest will be offered. Win great prizes from the raffle! An all-day snack bar and a pizza concession will be available. Pre-entry is \$5 for the first class and \$3 for each addition class. Obedience is pre-entry only. Day of entry is \$1 more per class. Contact the Douglas County Cooperative Extension office, (775) 782-9960, for entry forms.



Washoe County 4-H Dog Leaders invite you to a Dog Skillathon workshop to be held March 15 at Reno Livestock Event Center.

Subjects covered will be touch exercise, weave poles, dog nutrition, vaccinations, broad jump, how to clip nails and new dog tricks. Bring your dog, crate, water dish, treats, lunch for yourself, folding chair, leash, collar and training collar.

Cost is \$3 with RSVP or \$5 at the door (providing there is room). Check in is 8:30 a.m. The event will start at 9 a.m. and end at 2 p.m. Door prizes will be given out at lunch break!

For more information, call Cindy Smullen, (775) 784-4848.



YOUTH SCHOLARSHIPS

Visit these websites for information on upcoming agriculture-related scholarships and opportunities for 4-H members. Many scholarship opportunities have deadlines beginning in early March. Hurry to apply!

Nevada Junior Livestock
http://agri.state.nv.us/ADMIN_JrLivestock.htm

Nevada Agricultural Foundation
<http://www.nvagfoundation.org/NAF/awards/>



Home Arts Spring Event

Washoe County Home Arts leaders will present a workshop, 9 a.m. to noon, March 8, at the Washoe County Cooperative Extension office. The workshop will cover basic shooting sports safety and use of firearms, how to make a bean and seed mosaic and an egg consumer judging. Cost for the event is \$5 at the door. We need at least 12 participants' RSVPs by March 4 to hold the event. If you have any questions, please call Cindy Smullen, (775) 784-4848.

Program Update Highlights from State 4-H Meetings

4-H staff from across the state participated in a meeting Feb. 21 and 22, just prior to the Leaders' Forum on Feb. 23. At both events, staff and leaders heard about state program updates including horse levels training, livestock skillathon trainings, new information from the state-wide dog committee and further updates on state-wide shooting sports events.

A state committee has recently been named to make the website more user-friendly and attractive. Currently, 4-H enrollment information and forms, county 4-H information and news about the Discover Your Future event (for all youth ages 14 to 19, on the University of Nevada, Reno campus, June 15 – 19) can be found on the 4-H portion of the website. You can access the website at www.unce.unr.edu.

The 2009 Nevada 4-H Leaders' Forum was announced for March 13 – 15 in Fallon. The planning committee is seeking help. A planning meeting is scheduled for 6 p.m., March 12, via interactive video. Please contact Jill Tingey, (775) 753-4545, or jilltingey@gmail.com, if you would like to attend the planning meeting.

Western Area March Dates to Remember

March 1	Horse Clinic Reno Livestock Events Center
March 8	Home Arts Spring Workshop Washoe County Cooperative Extension Carson City Dairy Judging Carson Prison Dairy Farm
March 15	Dog Skillathon Reno Livestock Events Center 4 Paws Fun Match Fuji Park Exhibit Hall
March 29	Carson/Storey 4-H Club Barbeque Fuji Park Exhibit Hall



Time Management

How to Say "No"



- ⌚ We say "yes" to others because we want to please them. But eventually, when we can't complete everything we have obligated ourselves to complete, we let people down and feel guilty. Everyone suffers. Recognize that a desire to please often prevents us from saying "no".
- ⌚ Make sure you understand exactly what is being asked of you before you comment. Perhaps the task is more time-consuming than you thought. On the other hand, it may not take much effort at all.
- ⌚ Choose to excel at just a few things, rather than being just average at many things. Don't try to do everything.
- ⌚ You have a right to say "no". Remember that others may take you for granted and even lose respect for you if you don't!

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

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Return Service Requested

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

4-H Events Calendar

March 2008



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1			Sheep and Swine Weigh-in for Nevada Junior Livestock Show Nita's House 9 a.m.	Horse Clinic Reno Livestock Events Center 8 a.m.
2				
3			Teen Institute 2:30 p.m. Speaking With Confidence 4 – 5 p.m.	
4				
5				
6			Sierra Riders Horse Project Orientation 6 – 8 p.m.	
7				
8		Carson City Dairy Judging Carson Prison Dairy Farm 10 a.m. – noon		Home Arts Spring Workshop 9 – 11 a.m.
9				
10		4-H Council 6:30 – 8 p.m.	Teen Institute 2:30 p.m. Speaking with Confidence 4 – 5 p.m. Teen Sewing Arts 6:30 p.m.	
11				Horse Leaders' Mtg. 6 p.m.
12		State Shooting Sports Committee Videoconference 6 – 8 p.m.		
13				
14				
15		4 Paws Fun Match Fuji Park Exhibit Hall Registration 8 – 9:30 a.m. 7 a.m. – 5 p.m.	Nevada Agriculture Scholarship application postmark deadline	Dog Skillathon Reno Livestock Events Center Pavilion 9 a.m. – 2 p.m.
16				
17	Camp Planning Meeting Videoconference Reno - Carson - Douglas 6:30 p.m.		Spring Break begins Teen Institute cancelled Speaking With Confidence cancelled	
18				
19				Livestock Leaders' Mtg. 5:30 p.m. Small Animal Leaders' Mtg. 7 p.m.
20				
21				
22				
23				
24			Teen Institute 2:30 p.m. Speaking With Confidence 4 – 5 p.m. Leaders' Council 7 p.m.	
25				
26				
27			Portfolio/Record Book Workshop 4 p.m.	
28				
29		4-H Club Barbeque Fuji Park Exhibit Hall noon – 8 p.m.		
30				
31			Teen Institute 2:30 p.m. Speaking With Confidence 4 – 5 p.m.	

Upcoming 4-H Events Calendar April and May 2008



APRIL 2008

DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1		Arrowhead Livestock Clinic Silver Saddle Ranch 5 – 8 p.m.	NJLS/AJLS entries due to county 4 p.m.	
5			Happy Heelers Dog Fun Match 8 a.m.	
7			Teen Institute 2:30 p.m.. Speaking With Confidence 4 – 5 p.m.	
8		Arrowhead Livestock Clinic Silver Saddle Ranch 5 – 8 p.m.		Horse Leaders' Mtg. 6 p.m.
11			Scholarship applications due for Kiwanis & Norm Sharkey 4 p.m. All Nevada Junior Livestock Show Scholarship/Advisory/Contest applications due to NJLS Board in Reno	
12		Carson City Livestock Qualifier Silver Saddle Ranch 7 a.m. – 5 p.m.	Area Junior Livestock Show Silver Saddle Ranch Carson City 7:30 a.m.	
14		4-H Council 6:30 – 8 p.m.	Teen Institute 2:30 p.m.	
15		Arrowhead Livestock Clinic Silver Saddle Ranch 5 – 8 p.m.		
16				Livestock Leaders' Mtg. 5:30 p.m. Small Animal Leaders' Mtg. 7 p.m. Leaders' Council 8 p.m.
17			Dutch Garden Bulb fundraiser packets due 4 p.m.	
18			Livestock record books due to County 4 p.m.	
21			Community Club – Carson Valley Methodist Church 7 p.m.	
22		Arrowhead Livestock Clinic Silver Saddle Ranch 5 – 8 p.m.		
23		Set up for Capital City Farm Days Fuji Park Exhibit Hall 5 – 8 p.m.		
24		Capital City Farm Days Fuji Park Exhibit Hall 7 a.m. – 3:30 p.m.		
25	State 4-H Shooting Sports Leader Training & Certification Eureka April 25 7 – 10 p.m. April 26 8 a.m. – 6 p.m. April 27 8 a.m. – 1 p.m.		NJLS Record Keeping due to NJLS Board in Reno	
26				Washoe County Livestock Show Reno Livestock Events Center Pavilion setup 10 a.m. – 1 p.m.
27				Washoe County Livestock Show Reno Livestock Events Center Pavilion 7 a.m. – 4 p.m.
28			Leaders' Council 7 p.m.	
30				

May 2008

1	Nevada Junior Livestock Show Reno Livestock Events Center			
2				
3				
4				
5			Teen Institute 2:30 p.m.	
10				Spring Fling Horse Show Lemmon Valley Arena 8 a.m.
12		4-H Council 6:30 – 8 p.m.	Teen Institute 2:30 p.m.	
13		Equine Levels Training Elko		Horse Leaders' Mtg. 6 p.m.
14				
15				
19			Teen Institute 2:30 p.m. Community Club (last one until Sept. 15) Carson Valley Methodist Church 7 p.m.	
21		State 4-H Shooting Sports Committee Mtg. 6:30 – 8 p.m.		Livestock Leaders' Mtg. 5:30 p.m. Small Animal Leaders' Mtg. 7 p.m.
24		4 Paws Good Citizens Test Fuji Park 8 a.m. – 5 p.m.		
26	MEMORIAL DAY – OFFICES CLOSED			
31				