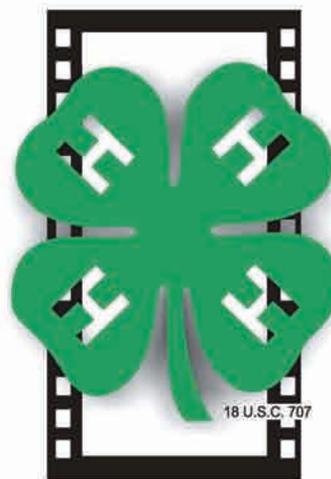




University of Nevada
Cooperative Extension

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Clover CLIPS



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Self-Determined Project Ideas

Have you ever been lost in thought about a new idea you would like to carry out? Did you suddenly have a “Wow!” revelation when you realized you could plan and execute your idea? Then you have begun a “self determined” project. You can investigate global warming, study the history of rugby, learn about ghost towns and their inhabitants, and share what you discover with others. You do not have to follow someone else’s idea of a good learning experience, you can decide on one for yourself! You will have to be your own researcher, your own scientist, your own artist, your own communicator, and your own evaluator. You will be creating a new project or taking an old one to new heights.

Whatever your interests or hobbies may be, 4-H can be part of them. A “project” is simply a topic that you can explore and something that youth find interesting. Not only can you enjoy working on your favorite things, but you can earn rewards for accomplishing them in a fun and friendly atmosphere.

Ask yourself these questions to start planning your self determined project:

1) What things do you really care about? Start here to explain the details of your self-determined project. What are you

passionate about?

2) What interest you most – hobbies or activities? Determine what kind of project would be most rewarding and educational for you.

3) What do you like to do when you are with family and friends? What kind of group activities do you enjoy?

4) What do you like to do in your spare time? Do you like to be with friends or do you prefer quiet projects by yourself?

5) What would you like to make or to become? Think about what kind of career you might enjoy, or a hobby that you can pursue your entire life.



Topics to study can focus on cultures, arts, sports, video games, collections, music, remote control cars, dance, clowning, and international exchange programs. If you can’t find a perfect fit, remember that there is flexibility with 4-H

youth programs and you are designing your own project! Here are more examples for different projects.

Winter Travel – Discover the joys of silent winter travel on cross country skis and snowshoes. Learn how to select and take care of your equipment and clothing while enjoying the beauty of winter.

The China Project and the 4-H Children’s

Art Exchange connects 4-H youth and the Chinese Traveling Art Exhibit. The 4-H group learns cultural awareness about China and about creating Chinese art. A selection of the 4-Her’s artwork is then sent to China as a gift to the children of China.

Folkpatterns is an intergenerational project. This group provides a way for adults to help young people discover their own traditions and traditions of others through activities such as learning to interview people from other cultures, tape recording the interview, indexing and transcribing interview tapes, using the library resources for information about other cultures and visiting ethnic stores.

Establish your areas of interest and plan the activities you want to accomplish over the course of the project year. 4-H projects require a commitment from the club leader, youth and their parents. A proposal for an “outside the box” project area might need to be presented to club leaders and members for approval. Completing a project demonstrates that you are responsible for selecting a topic, determining goals, obtaining resources, and designing a method to evaluate the accomplishment of your goals, skills you can use for the rest of your life. Ask your local 4-H leader or extension staff for resources to help create your own project area.



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

Carson City / Storey County 4-H Holds Photography Exhibition

Carson City/Storey County 4-H will host a photography exhibition on July 19 at Fuji Park Exhibit Hall. The photography show will be hosted by the "Carson Snappers," local 4-H photography club. The show is open to all area 4-H members and can be used to qualify for the state fair and 4-H Expo.



The entry classes will include black and white, color, photo story and other.

The entry fee is \$1.00 per item with a five item limit. For more information or to obtain an entry form contact the Carson City/Storey County office of the University of Nevada Cooperative Extension, 775-887-2252.

Overcome Your Public Speaking Fears !

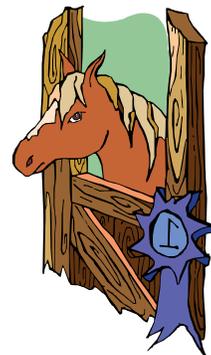
Are you experiencing shaky knees and sweaty palms? Has your voice suddenly elevated two octaves and is your stomach churning? You're probably thinking about the talk you are scheduled to give, or you are in the middle of giving one.

Overcome those shaky knees, sweaty palms, the churning stomach and squeaky voice. Join other Carson City/Storey County youth in a workshop guaranteed to give you the confidence you need to address any crowd and feel in command.

A planning meeting for the workshop is scheduled July 22, 2008, 6:30 – 8 pm in the Carson City Cooperative Extension conference room. Parents who want to fine tune their public speaking skills are invited to attend as well. Call the Carson-Storey County Extension office, 775-887-2252, for more information and to sign up.

Oh To Qualify!

Washoe County 4-H Horse leaders are coordinating the qualifying horse show, July 18-20 for Area 4-H members who are required to qualify for State 4-H Expo, at Hidden Valley Regional Park, Bath Arena, 4740 Parkway Drive, Reno. Gymkhana classes are July 18, western classes are July 19, and showmanship, trail, and all English classes are July 20. All classes comply with State 4-H Horse Show rules and requirements. 4-H members who earn blue ribbons from classes entered are eligible to enter the State 4-H Exposition to be held in August at Nevada State Fair.



Fees are a one time administrative fee of \$10/per exhibitor, \$4 per class or \$15 per day for each exhibitor. All entry forms and fees are due July 14 to the show secretary, Wendy Nicora.. Contact Wendy at 775-784-4848. No late entries will be accepted, so plan accordingly.

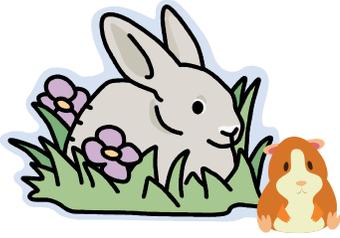
4-H dress and approved equestrian helmets are required. A snack bar coordinated by Spanish Springs Trailblazers will be available Saturday and Sunday. All exhibitors are asked to enter Nevada State Fair for all equestrian classes entered at the qualifying show. Qualifying will be sorted later but it is important to enter Nevada State Fair – mail-in entries close July 25 and online entries close August 4.

1 Place This Class

Washoe County 4-H Horse leaders are hosting an invitational horse judging contest, July 26, at Washoe Valley Ranch's Rockin' LJ Arena, 3185 Lakeshore Drive. Sign-in begins at 8 a.m. with judging to follow. Classes offered include two halter classes, two performance classes, two reason classes and tack and feed identification classes. Pre-registration is required.



This event is open to all 4-H members and qualifies Washoe County 4-H members for attendance requirements. Washoe County members in the junior, intermediate, and senior divisions are competing to represent Washoe County at the state contest in the spring of 2009. 4-H dress is required, as well as approved equestrian helmets for close inspection of horses being judged. A snack bar will be available and coordinated by High Sierra Riders. Registration forms have been mailed separately. For more information, contact Sarah Chvilicek, 775-784-4848 or chviliceks@unce.unr.edu.



Carson City / Storey County 4-H Clubs Plan Rabbit & Cavy Qualifiers

Carson City Bouncing Bunnies and Battle Born Cavies 4-H Clubs are hosting their county qualifier show and raffle July 19, 7:30 a.m. – 5 p.m., Fuji Park Exhibit Hall, 701 Old Clear Creek Road, Carson City.

Arrival and health check for Bouncing Bunnies 4-H Club qualifier is 7:30 – 8:30 a.m. Mail in entries must be postmarked by Friday, July 11, and sent to 5305 Mill St., Reno, NV 89502. Make checks payable to Carson 4-H Bouncing Bunnies. E-mailed entries must be sent by 11:59 p.m., Monday, July 14.

Battle Born Cavies 4-H Club hosts the Cavy qualifying event on the same day at Fuji Park Exhibit Hall with check in at 8 a.m. and show starting at 9 a.m. Entries must be postmarked by Friday, July 11, and mailed to 5305 Mill St., Reno, NV 89502. Make checks payable to Battle Born Cavies.

Remember to buy some raffle tickets, and check out the terrific prizes that have been donated. Hope to see you at the show!

Nevada State 4-H Expo Q's & A's

This year Nevada State 4-H Expo will be held at the same time and in conjunction with Nevada State Fair. This is in response to leaders and volunteers who voiced their opinion to the state 4-H office this past winter. Expo may be held before your county qualifier so there is no requirement to qualify unless you have requirements from your county.

Here are a few Q's and A's about the combined event.

-Do I have to fill out two entries? No, but you do need to enter the state fair to be in this year's State Expo. On the entry you are asked if you are a 4-Her and if you are, you will automatically be entered in the Expo competition.

-Will I be judged two times? No, you will be judged once. For example, in the class of Photography all the entries will be judged as usual using the Danish system of blue, red or white awards. From all the blue winners, a Champion and Reserve Champion may be awarded. Next the blue winners marked "4-H" will also be awarded a blue, red or white Nevada State 4-H Expo ribbon, and the highest scoring 4-H blue winners may be awarded Nevada State 4-H Expo Champion and Reserve Champion ribbons.

-Could this be the same entry? Yes. Many times a class may only have 4-H entries. For example in the Youth Dog Show there are very few exhibitors entered from outside the 4-H program.

The most important thing is to enter the Nevada State Fair – Your local county 4-H staff will work with fair management and the state 4-H office to ensure that all exhibitors who want to participate in 4-H Expo are considered.

Nevada State Fair

Nevada State Fair officially begins August 20 and runs through August 24 with a few contests starting as early as August 18. Competition Guides are out and available at the State Fair Office located at 1350A North Wells Ave., open 9a.m. to 5p.m. daily.

Entry forms MUST be postmarked by July 25, if you are entering with pen and paper. You may also enter using the easy online system, where the entry deadline is August 4. You will be prompted to create a profile – this is necessary to track your online entry and for you to be able to print a copy for your records. The website for the Nevada State Fair is www.nvstatefair.com. If you have any questions about entering the fair, call the fair office at 775-688-5767. You may also want to stop by and welcome the new General Manager, John Owens.



**Western Area
July dates to remember**

July 6-12:
Western Area
4-H Camp!



July 10:
Leaders Forum Planning
Committee meeting—
6-8 p.m., Reno office.

July 15:
Nevada State Fair Board
meeting, Video Conference,
5:25—8 p.m.



Time Management



Why do We Procrastinate?

In a nutshell, we procrastinate when we put off things that we should be focusing on right now, usually in favor of doing something that is more enjoyable or that we are more comfortable doing.

Procrastinators work as many hours in the day as other people (and often work longer hours) but they invest their time in the wrong tasks. Sometimes this is simply because they don't understand the difference between urgent tasks and important tasks, and jump straight into getting on with urgent tasks that aren't actually important.

They may feel that they're doing the right thing by reacting fast. Or they may not even think about their approach and simply be driven by the person whose demands are loudest. Either way, by doing this, they have little or no time left for the important tasks, despite the unpleasant outcomes this may bring about.

Another common cause of procrastination is feeling overwhelmed by the task. You may not know where to begin. Or you may doubt that you have the skills or resources you think you need. So you seek comfort in doing tasks you know you're capable of completing. Unfortunately, the big task isn't going to go away – truly important tasks rarely do.

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

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