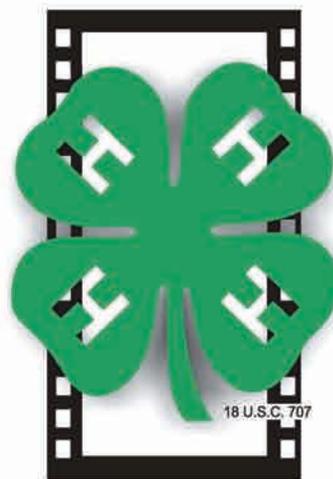




University of Nevada
Cooperative Extension

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Clover CLIPS



VOLUME 16 • ISSUE 9 • SEPTEMBER 2008

University of Nevada Cooperative Extension • Western Area

Knowing What to Expect From Developmental Stages

Ensuring Successful 4-H Club Meetings

Volunteer leaders and staff work with 4-H youth that can range in age from 5 to 19. Having some idea of what to expect from each age group will make club meetings and interactions easier and more successful for all involved.

Although club members develop individually, there are characteristics that each age group may share. These age group characteristics have implications for us as leaders and staff. Knowing what we can expect from each age group will be helpful in planning a project or club meeting.

Characteristics of Early Childhood (5-8 years old)

This age group learns best if physically active. Youth this age have better large muscle control than small muscle control. They are experiencing periods of slow, steady growth. This age group is learning how to be friendly and may have several "best friends." Most boys and girls in this age group enjoy playing together, but older youth will prefer same-gender groups. These youth are beginning to develop empathy, but will have periods of selfishness.

Youth this age are easily motivated and eager to try new things, but will have short attention spans. They are more interested in "doing" than "completing." This group is naturally curious and is looking to make sense of their world. They are concrete thinkers; things must be seen, heard, felt, tasted or smelled in order for them to understand.

Youth this age can be sensitive to criticism and do not accept failure well. They are becoming less dependent on their parents, but still crave adult attention and affection.

Club Meeting Implications and Suggestions for Early Childhood

Provide opportunities for physical activity; for example running, active games and painting.

Try projects that can be completed easily by beginners. A wide variety of projects that take a short time to complete are best. Don't worry if craft projects end up messy.



Focus activities on the process, rather than on the final product. Try small group activities that allow youth to practice social skills and receive individual attention. Demonstrate activities using all five senses. Allow time for exploration and spontaneity. Stay flexible and positive. Offer encouragement and stress cooperation over competition.

Characteristics of Middle Childhood (9 -12 years old)

Youth in this age group have boundless energy. Large and small muscle groups are developing, with increases in strength, balance and coordination. Girls are maturing faster than boys, and some are entering puberty. Both boys and girls prefer their own gender.

It is natural for this group to admire and imitate older youth. This age group enjoys group activities and cooperation. They are very loyal to the group. Youth this age need guidance from adults to stay on task. Interests change quickly, and the best work is produced when presented in small pieces. Academic abilities, interests and reasoning skills vary greatly in this age group. They are still easily motivated and eager to please.

Comparisons with others erode self-confidence. This age group prefers recognition and praise for doing good work.

Club Meeting Implications and Suggestions for Middle Childhood

Try to provide active learning activities that allow youth to move around and use their bodies. Avoid competition between boys and girls. Break the club members into small, same-gender groups and allow the groups to help plan activities. Guide the groups closely and have older youth mentor younger members. Try to give simple, short directions and allow for brief learning activities. These activities should be appropriate for a wide range of abilities, so that all members can

Continued on Page 2

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

Teens Benefit Themselves and Community

Wouldn't you like to strengthen your teen's scholarship applications while making a difference in our community?

One of the top criteria for most scholarship applications is a strong emphasis on extracurricular and community-service activities. Our teen-led program offers all of this and more. Douglas County 4-H is proud to offer Teen Institute (TI) for teens 13 to 19. The first meeting is Sept. 29 at the Douglas County 4-H office, 1329 Waterloo Lane across from Lampe Park. The meetings are on Mondays, 2:30-4:30 p.m.



TI is a leadership program that focuses on community service, public speaking, and environmental projects. 4-H has partnered with community organizations to give local

teens fun and exciting opportunities. With partners such as The Nature Conservancy, Kiwanis and the Department of

Energy, 4-H TI offers teens a chance to make a difference in their community. Teens will test Carson River water quality, take part in community recycling projects, and host Community Club, where the teens will teach fun science projects. These opportunities and so much more are waiting for you at 4-H Teen Institute.



All participation will be documented for scholarships and resumes. Past TI members are consistently among top scholarship winners. Get involved in your community and join 4-H Teen Institute today. Space is limited, and the program starts in early September, so please call today! There are no fees to join this program.

For more information and to sign up, please contact, Adrienne Sawyer at 775-782-9960.

Development Stages *From Page 1*

experience success. Avoid comparing youth with each other. Rather, identify successes by comparing past and present performances of the individual member.

Characteristics of Young Teens (12-14 years old)

This age group can experience rapid growth and changes to physical appearance. Girls can mature faster than boys. They are concerned about their social standing and grooming. These youth have a keen interest in their changing bodies. This age group is interested in active games and sports that involve both genders. The opinions of peers, rather than parents, are much more important to this age group. They tend to reject solutions from adults in favor of their own. This group is beginning to think more abstractly; that is, they are beginning to think about how they think. They are becoming skilled in the use of logic and understand cause-and-effect. They can take on more responsibility, handle their own planning and evaluate their own work.

Club Meeting Implications and Suggestions for Young Teens

This group learns best with active, fun learning experiences. These learning experiences should include the opportunities for self-discovery, self-understanding and practice in cooperating with others. Try to provide activities

where boys and girls can mix without feeling uncomfortable. This works best if the youth help plan the activity. In fact, include these young teens in setting the club's rules and planning the club's program.

Teens can help plan the club's activities, but insist the young teens also follow through on their commitments. Allow these youth to also evaluate how successful the activity was. When planning learning activities with these young teens, try to include many varied opportunities to achieve and have success recognized by the group. Concentrate activities on developing individual skills. Try to remember that these adolescents are known for their drama and feelings that seem extreme to adults. Try to be open to their feelings and careful not to openly criticize or embarrass them.

Characteristics of Teens (15-19 years old)

Teens in this group are quickly gaining independence and a firm individual identity. Most have overcome the awkwardness of puberty, but some boys may still be growing at a fast pace. Many are still concerned with body image. These teens have high levels of abstract thinking and problem solving. This group still

seeks status in its peer group, and each wants to be recognized as a unique individual. They are interested in coeducational activities, and many are dating.

These teens are developing a community consciousness and a concern for the well-being of others. These teens are almost full adults, but still yearn for guidance in life planning. As they form their adult identity, many will still suffer from feelings of inferiority and inadequacy.



Club Meeting Implications and Suggestions for Teens

Club activities should be coplanned by leaders and the teens. Learning opportunities should put youth into real-life, problem-solving situations that allow them to discover ideas, make decisions and evaluate the outcomes. These activities should be coeducational and group oriented. Emphasize personal development in all aspects of the club's program. Try to allow time for these teens to explore and express their thoughts and feelings. The club's meeting climate should be supportive and cooperative.

Teens and adults should avoid comments that criticize or compare stature, size or shape. Club activities should include civic projects that are geared to service for others. Always encourage these teens to recognize their positive self-worth.

THE COUNTDOWN IS ON!

A 4-H model rocketry club for ages 12 and up will meet weekly in Northeast Sparks. We'll explore the science and craft of "aeronautical engineering in miniature," discover the power of teamwork in creating safe launches, and make fun side trips into aviation and astronomy.

Our curriculum will be a hybrid of the 4-H "Aerospace" program and the National Association of Rocketry's "NARTREK" and "NARTREK Cadet" programs. Club launches will be every four to six weeks (weather and launch sites permitting!). "Born-again rocketeer" parents welcome, too! Contact club leader Bob Portnell for meeting times and locations: 775-626-8463 or e-mail to nvrocketeer@gmail.com.

Douglas County Happenings

Discover the Opportunities for Your Teen in 4-H

Teens and their parents are invited to join us 8—11 a.m., Sept. 13, at the Douglas County Cooperative Extension office.

We'll share a light breakfast and engage in a lively session packed with "teens-only" 4-H info.

This mandatory session is for all 4-H teens and their parents. It covers all the basics for having a successful 4-H career during your teen years (ages 13 and up)! Parents and teens will learn the biggest and best "teen-only" 4-H opportunities, and how to apply for them.

Find out dates, fees and any prerequisites for Capital Days, State and National Livestock and Horse Judging, National Congress, Discover Your Future and scholarships!

Learn the requirements for becoming a teen leader, state or county ambassador, Teen Institute member, Nevada State Fair Queen and Princess, teen camp counselor and more!

Breakfast and all supplies are provided with your registration. Packets were mailed in early August. Please contact us ASAP if you need another. They are due NOW so don't delay! 775-782-9960.

Teen and Adult Leader Training

Join us 11 a.m.—3:30 p.m., Sept. 13, at the Douglas County Cooperative Extension Office for teen and adult project leaders training.

This mandatory session is for all 4-H teens and adult project leaders. We'll share a tasty lunch and learn the 4-H basics, plus things that every teen and leader needs to know.

What type of leader are you? We'll discover the three types of leaders and why each type is valuable.

Teens and leaders will team up for fun and prizes to test their knowledge in a lively game of 4-H Jeopardy. Learn how teens and leaders can work together to create the 4-H projects they've dreamed of!

Lunch and all supplies are provided with your registration. Packets were mailed in early August. Please contact us ASAP if you need another. They are due NOW so don't delay! 775-782-9960.

4-H Orientation Night Showcases Projects

Join us at for the Douglas County 4-H Orientation Night, 6:30 p.m., Sept. 15, at the Carson Valley Methodist Church 1375 Centerville Lane, Gardnerville. 775-782-9960. Learn about the projects available for the new 4-H year, sign up and reserve your spot.

Project leaders will be on hand to answer your questions and hand out calendars and project requirements. All slots are on a first-come, first-served basis, and projects fill up fast! Order forms will be available for 4-H t-shirts for the upcoming year! Membership enrollment cards will be available upon check-in and must be completed and turned in to ensure your slot in a project.

Portfolio and Record Books Due

Douglas County 4-H members will turn in their portfolios and record books from the 2007-08 4-H year at 6:30 p.m. Nov. 17, at Community Club Night at the Carson Valley Methodist Church. No late books will be accepted for judging. 775-782-9960

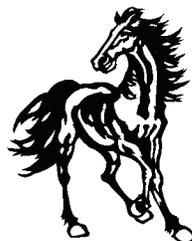
Turn Green for National 4-H Week

National 4-H Week is Oct. 5-11. It is a time to reflect on, and celebrate our programs. It is also a time to showcase our accomplishments and recruit new 4-H members.

This year's theme is "Keeping It Green". With the nation in a push for green alternative thinking, such as designing cars to use less gas or alternate fuels, the environment is an all-important part of our 4-H program.

Many of the new 4-H projects, such as GPS, robotics and Web design, are right on target with the new "Keeping It Green" theme. So is agriculture. For example, how do different types of fertilizer affect plant growth? Do different varieties of the same fruit have the same level of vitamin C? What is the best ration of feed to produce the best possible rate of gain in my market animal? In 4-H, "Green" is all around you, and environmental projects help make a positive difference in our communities.

You are encouraged to become involved with some of the national programs and to also celebrate at your club level. So reach out let your neighbor know what 4-H is doing to keep our community green.



2008 Invitational Horse Judging at Rockin' LJ Arena

Washoe County 4-H Horse Program is hosting an invitational horse judging contest, Sept. 27 (rescheduled from 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. Preregistration is required. For more information, contact Sarah Chvilicek, 775-784-4848 or chviliceks@unce.unr.edu. Your club leader will coordinate registration for the club. The deadline is Sept. 23.

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 2009. 4-H dress is required, as well as approved equestrian helmets for close inspection of horses being judged.

**Western Area
September dates to remember**

Sept. 1:

Labor Day. Offices closed.

Sept. 15:

Douglas County 4-H Orientation Night, 6:30 p.m.,
CV Methodist Church

Sept. 20:

Nevada State 4-H Shooting Sports Match at
Elko County Shooting Range in Elko, Nev.



Time Management



Tame the Time Monster to Get More Done

Wouldn't it be easy if time were like a DVD that you could slow down, speed up, fast-forward, or rewind? Well, we can't change the speed of time, but what we CAN do, is manage it. This means that we can:

- Consider everything we HAVE to do and WANT to do.
- Understand how much time each activity in a day will take.
- Make a plan that helps us get through the day, week or month without running around like a total wacko.

If you learn to tame the time monster, you might be surprised at how much you can get done. The *real* reward, however, is that you'll probably feel less stressed and more happy.

- from PBSKids, *It's My Life* Web site

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

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Upcoming 4-H Events Calendar



OCTOBER 2008				
DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
4		Pumpkin Patch Fundraiser and Carnival, at Fuji Park 9 a.m. - 4 p.m.	Pumpkin Patch and Fall Festival, 8 a.m.	
11			Snapshop Day on the Carson River	
13		4-H Council Mtg., 6:30 - 8 p.m.		
14				Horse Leaders' Mtg., 6 p.m.
15				Livestock Leaders' Mtg. 5:30 p.m. Small Animal Leaders' Mtg., 7 p.m.
20			Community Club, Bubble Science, CV Methodist Church, 6:30 p.m.	
27			Leaders' Council, 7 p.m.	
31	NEVADA DAY - OFFICES CLOSED			

November 2008				
11	VETERANS' DAY - OFFICES CLOSED			
13				Horse Leaders' Mtg., 6 p.m. (Date change due to Veterans' Day Holiday)
17			Community Club, CV Methodist Church, 6:30 p.m. Portfolios due at Community Club	
24			Leaders' Council, 7 p.m.	
27	THANKSGIVING DAY - OFFICES CLOSED			
28	FAMILY DAY - OFFICES CLOSED			
30				NJLS Beef Weigh-in and Tagging. Location TBA

4-H Events Calendar

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September 2008



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1	LABOR DAY - OFFICES CLOSED			
6				Silver Knolls Spurs Day Trip to Gold Lakes, Meet at Cold Springs Park n' Ride, 7:30 a.m.
7		All Carson City/Storey County Barbecue, Silver Saddle Ranch, 11 a.m. - 3 p.m.		
9		4-H Council Mtg., 6:30 - 8 p.m.		Horse Leaders' Mtg., 6 p.m.
10	State 4-H Shooting Sports Committee Mtg., 6 - 8 p.m., video conference			
13			Teen & Leader Training for Teen and Parents, 8 a.m., for Leaders, 11 a.m.	Horse judging practice, Golden Valley Raley's Community Room, 10 a.m.
15			4-H Orientation Night, CV Methodist Church, 6:30 p.m.	
17				Livestock Leaders' Mtg., 5:30 p.m. Small Animal Leaders' Mtg., 7 p.m. 4-H Leaders' Council, 8 p.m.
19				Horse judging practice, Golden Valley Raley's Community Room, 7 p.m.
20	State 4-H Shooting Sports Match, Elko Public Range			Recordbook Workshop, Mira Loma Roundtable, 3 p.m. Dressage Clinic, at Barbara Boatman's, time TBA
22			Leaders' Council Mtg., 7 p.m.	
27				2008 Invitational Horse Judging Contest Rockin' LJ Arena, 8 a.m.
29			Teen Institute, 2:30 - 4:30 p.m.	