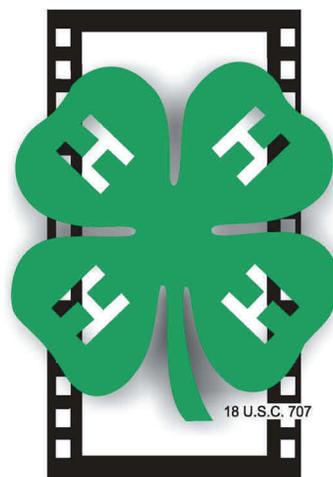




University of Nevada
Cooperative Extension

www.unce.unr.edu/areas/western

Clover CLIPS



VOLUME 16 • ISSUE 12 • DECEMBER 2008

University of Nevada Cooperative Extension • Western Area

4-H is the Place to Grow Leadership Skills & Opportunities

What is leadership?

Leadership is the ability to inspire, motivate and create an environment for each individual to participate and succeed. Leadership skills can be learned and enhanced by anyone. 4-H offers youth the opportunity to learn leadership skills and practice them at the same time. Leadership is something you believe in, but also something you put into action!

Every 4-H member, in every project, experiences some leadership development related to their project. 4-H provides young people the opportunity to develop skills in communicating, getting along with others, making decisions, and working with groups. It changes lives by enhancing abilities and developing leadership skills of volunteer leaders and members through experiences and opportunities to reach their fullest potential.

The “hands-on” learning opportunities available through 4-H are vital to leadership skill development. The relationship between participation and leadership life skills strengthens as youth expand their responsibilities in 4-H.

Learning and developing leadership skills

Leaders use their personal skills, knowledge and influence to establish relationships with youth and help them meet their goals. 4-H Members have many opportunities to learn and practice leadership skills by assuming positions of responsibility within their club, school and community.

4-H programs can be the building blocks for members to develop their own leadership skills. Participating in demonstrations, presentations; public speaking and judging activities provide various ways to build skills. You can learn a lot by meeting people and being exposed to new experiences.

Practicing leadership skills through 4-H activities

Here are a few ideas to set your leadership goals:

- Be a club officer
- Be a peer helper, mentor or educator

- Participate in leadership trainings and workshops
- Be a teen counselor at 4-H Western Area Camp
- Serve as a county or state Ambassador
- Join county, state and national committees
- Attend statewide events like 4-H Capitol Days or Discover Your Future
- Earn honors or awards for leadership and community involvement

4-H clubs encourage involvement by every member.

Youth assist with planning, leading and evaluating club meetings. Experienced 4-H'ers can assist the club's younger members at meetings and spend extra time getting to know them and set an example for them. Through hands-on experiences, youth members, with guidance from adult volunteers, improve verbal and interpersonal communication skills, gain self-confidence, self-respect and learn leadership skills they can use throughout their lifetime.

First-time activities can be designed so that youth can gain confidence in his or her skills and abilities. Experiences should become more challenging as the youth develop their leadership skills.

Reasons you'd want to be a youth leader in 4-H

- The younger youth in your club will look up to you.
- You can help people by sharing what you know.
- Feel involved in the community
- Develop youth and adult partnerships
- You can put the leadership experience on your résumé

Communicate with your leaders. They are a good resource to further discuss leadership opportunities. Ask what you can do in your 4-H club as an officer. Remember to check with your local county Extension office and the 4-H Youth Development Professionals what other opportunities are available. 4-H program provide opportunities for young people to develop their leadership potential and have fun while doing it.

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

Awards, Awards, Awards

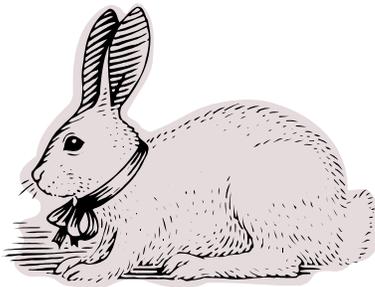
Circle the date on your calendar and come celebrate the 2007 – 2008 4-H Year. Carson City/Storey County 4-H clubs are invited to attend the 2007 – 2008 Awards Ceremony at Carson Sr. Center, January 3, 4 – 9 pm. 4-H'ers need to be in 4-H dress; white shirt, dark pants and green tie or suitable business interview attire.

Families are encouraged to bring a dish to share. Utensils, plates and drinks will be supplied. Special award nomination packets are available for pick up by club leaders at the Carson UNCE office. Special awards include: Leader of the Year, Teen Leader of the Year, Friend of 4-H, New Leader Award, and 4-H Partner Award.

For more information call 775-887-2252.

4-H Rabbit "101"

Finally, here it is a workshop guaranteed to answer those perplexing problems related to raising happy, healthy and super show stock bunnies. Leaders and parents can learn tattoo techniques, health care: holistic and general, palpating and how to check for future health problems.



The event takes place at Fuji Park Exhibit Hall on January 3, 10 a.m. – 1 p.m. and is for human type critters ONLY. Bunnies will be available for demonstration purposes by instructor/leaders Susan and Desiree Rogers. Call the Carson UNCE office, 887-2252 and sign up to attend this hands on, information packed workshop.

Get Ready for the Carson City/Storey County 4-H Fabric and Rummage Sale.

Carson City/Storey County 4-H Council asks area club members, leaders and parents to check their closets and storage sheds for donations to the 2009 Carson City/Storey County 4-H Fabric and Rummage Sale. Funds from the sale go toward increasing the council's scholarship fund for 4-H'ers attending national events and those going on to advanced education following high school graduation.

Council members will be collecting items January 17 and 31 at the Fuji Park Exhibit Hall 10 am – 4 pm. Please call the Carson City UNCE office for items which need to be picked up 887-2252.



Handling Holiday Stress

The holidays, ideally a time of peace, joy, love, and connection with friends and family, will soon be here. If you are like many people, the very thought of all of the preparations you need to make is already making you feel somewhat stressed. Each year many of us repeatedly promise ourselves that this year we will “keep it simple”, but the illusion that we can somehow pull off “perfect” occasions once again overtakes us. To help make this year's celebrations ones you'll look back on with pleasure you may want to consider the following tips:



Make a written plan early in the season to help manage your time and money Develop a budget for gifts and stick to it! No more than 1.5% of your gross income should be used to buy gifts. As an example, a family with a gross income of \$30,000 should be spending no more than \$ 450.

Keep it simple No one is perfect...and no one expects you to be. Your food, decorations, and gifts do not need to be elaborate or expensive. Family and friends will relax and enjoy themselves more if your menus and preparations do not require you to be constantly in the kitchen or obsessing over each detail.

Focus on meaningful traditions and gifts from the heart The best gift you can give may well be that of your time and calm presence. As the years pass, your family will cherish memories of shared traditions. Expensive gifts are likely to be outgrown, broken, lost or forgotten.

Set limits If you are in the habit of saying “yes” to every request on your time, learn to politely, yet firmly, say “no”. Prioritize what is most important to you and concentrate on those things. Get plenty of rest, eat healthy meals, and observe usual family routines

These are all helpful ways to keep stress under control and avoid illness, both of which can tarnish holiday celebrations.

Make time for yourself and keep your sense of humor. Humor is one of your most valuable coping mechanisms.

We wish you and your family peace and joy during this holiday season!

Reprinted from: <http://www.princeton.edu/hr/worklife/eaptopics/holidaystress.pdf>.



Douglas County Award's Night & Holiday Party

Douglas County 4-H'ers will gather to celebrate the season and receive end of the year awards at 6:30 p.m., Dec. 15, at the Carson Valley Methodist Church, 1375 Centerville Lane in Gardnerville. This end of the year celebration recognizes our members, leaders and supporters for the 2007-08 4-H year. It is planned and hosted by our Teen Institute members. Formal 4-H uniform is required. Please bring a finger food dish to share (enough for approx 12 people), no desserts please (dessert and drinks are provided). Highlights of the evening include awards and the annual end of the year slide show! Please come early at 4:30 p.m. to help decorate if possible! Current and last year's members and their families are encouraged to attend. Call (775) 782-9960.

Carson City/Storey County 4-H Holiday Ski and Snowboard Fun Returns

The 2008 Carson City/ Storey County 4-H Ski and Snowboard dates are set for December 20, 21 and 22 at Diamond Peak Ski Resort in Incline Village. Youth ages 4-18 can choose to participate in two or three days of the holiday event.

This year youth packages are \$35 per day and include equipment rental, lesson and lift ticket. The cost drops to \$30 per day if youth have their own equipment. Attending adults can receive a full-day lift ticket for \$35. Registration packets, which include Diamond Peak forms, 4-H member registration and payment information, are available from Molly and Paul Sinnott, Ski and Snowboard leaders. Registration must be received by December 15. Parents are responsible for transporting their children to and from Diamond Peak.



For more information, contact the Sinnotts, 775-882-4921.

Get a Jump on Winter Sports

All Carson City 4-H Ski and Snowboard participants are encouraged to attend a presentation on "Ski and Snowboard Safety" by Mark Bissonnette, past member of the Heavenly Valley Ski Patrol. The event is Thursday, December 18, 6:30 – 8 p.m. at the Carson UNCE conference room. Mark will address safety concerns of parents and youth as well as share a number of his experiences on the safety patrol.

Come and get a head start on your skiing season. Mark welcomes questions from one and all at this informative presentation. To sign up or for more information call Sandy Wallin 775-887-2252

Capitalize on Capital Days

Would you like to meet and talk to members of Nevada's government in Carson City? How would you like a chance to sit with a state Senator or Assemblyperson on the chamber floor?

Well then sign-up for the 2009 Nevada 4-H Capital Days. The program's primary goal is to enhance participants' understanding of the role and function of Nevada State Government. Participants will have the opportunity to observe our legislators in action. In addition, participants will learn about Nevada Government through touring public offices, historical sites, and talking with government officials.

March 2, 2009 has been declared by the Nevada State Senate, a "Special Day" for 4-H.

Senators, Assemblypersons, and other Government Officials are also invited to a breakfast hosted by Nevada 4-H on Monday, March 2, in the Foyer of the State Library.



Participation is open to all youth who are 13 through 19 years of age (age as of January 1, 2009). There will be two video conferences in February to prepare participants for the day at the Capital. UNCE/4-H Personnel and Screened/Certified 4-H Volunteers will chaperone the March event.

A central block of rooms has been reserved for the night of Sunday March 1, at the Plaza Hotel in Carson City (Phone 775-883-9500). The cost for the room is \$52 plus tax. Reservations must be made by January 16, 2009. Parents may room only with their children.

Registration cost for 4-H Capital Days is \$50.00 per person and is due (along with other registration information) to the County UNCE/4-H Office by January 9, 2009. The registration cost includes snacks throughout the event, Legislative Breakfast on Monday, lunch on Monday, recreational activities, and choice of a tour (Old Capital, Supreme Court, or State Museum). The registration fee does not include the cost of the hotel room, which each family is responsible for arranging.

For more information, or a registration packet, contact your local 4-H office.



**Western Area
December dates to remember**



Dec. 25 Christmas Day Holiday, Offices closed.

Jan. 1 New Year's Day Holiday, Offices closed.

A Cornucopia of 4-H Materials

The National 4-H Directory of Material is a database designed to share national and state 4-H resources with 4-H club leaders, youth and volunteers. This site will allow you to share information about your 4-H projects, programs and more. It has hundreds of educational materials. The directory contains both print and electronic products that cover a variety of subjects.

There is a search feature to look up specific and general information. Use this website to expand information and resources specifically for 4-H Program.

Website : www.4-hdirectory.org

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

WESTERN AREA OFFICES

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Carson City, NV 89701

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(775) 782-9960
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Minden, NV 89423-0338

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4-H Events Calendar

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

December 2008



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1			Teen Institute 2:30 p.m.	
6			Holiday Caroling, Merrill Garden's, Noon Parade of Lights Float Decorating and Pizza Party, 3:30 p.m.	
8		4-H Council, 6:30 p.m.	Teen Institute 2:30 p.m.	
9				Horse Leaders' Mtg., 6 p.m.
15			Teen Institute 2:30 p.m., DCEO 4-H Award's Night, CV Methodist, 6:30 p.m.	
				No Leaders' Meetings for Livestock, Small Animal or Dogs Until January 21
18		Ski & Snowboard Safety, 6:30 – 8 p.m.		
22			No Leader's Council until February 23	
25	CHRISTMAS DAY - OFFICES CLOSED			



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

Upcoming 4-H Events Calendar



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
January 2009				
1	NEW YEAR'S DAY - OFFICES CLOSED			
3		Rabbit "101", Fuji Park Exhibit Hall, 10 a.m. – 1 p.m. Carson/Storey Awards, Carson Sr. Center, 4 – 9 p.m.		
7			No Teen Institute until March 9	
12		4-H Council, 6:30 – 8 pm		
13				Horse Leaders' Mtg., 6 p.m.
17		Fabric & Rummage drop off, Fuji Park, 10 a.m. – 4 p.m.		Horse Clinic RLEC Pavilion, 8 a.m.
19	MARTIN LUTHER KING DAY - OFFICES CLOSED			
21				Livestock Leaders Mtg., 5:30 p.m. Small Animal Leaders Mtg., 7 p.m. Dog Leaders Mtg., 7 p.m.
22-23			Portfolio Interviews 2:30-6 p.m.	
23				Tentative year-end 4-H Horse Awards, location & time TBA
26			Speaking with Confidence 4 p.m. No Leaders Council 'til Feb. 23	
31		Fabric & Rummage drop off, Fuji Park, 10 a.m. – 4 p.m.		
February 2009				
2			Speaking with Confidence 4 p.m. Senior Scholarships avail. for	
4	Capital Days interactive video, 6:30-8:30 p.m.			
7-8		Fabric & Rummage sale, Fuji Exhibit Hall, 9 a.m. – 5 p.m.		
9		4-H Council, 6:30 – 8 pm	Speaking with Confidence 4 p.m.	
10				Horse Leaders' Mtg., 6 p.m.
16	PRESIDENT'S DAY - OFFICES CLOSED			
				Dog Workshop RLEC
15	NJLS workshop, RLEC, All day event			
18	Capital Days interactive video, 6:30-8:30 p.m.			Livestock Leaders Mtg., 5:30 p.m. Small Animal Leaders Mtg., 7 p.m.
23			Speaking with Confidence 4 p.m. Leaders' Council, 7:00 p.m.	