



University of Nevada  
Cooperative Extension

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# Clover CLIPS



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University of Nevada Cooperative Extension • Western Area

## Were You Meant to be a Mentor?

### What is mentoring?

According to the National Mentoring Partnership, mentoring is the presence of caring individuals who, along with parents and guardians, provide young people with support, advice, friendship, reinforcement and constructive examples.

Mentoring is also a partnership between the mentor and mentee for the positive development of the mentee. The mentee is not reduced to a recipient role. The mentee is an active participant and decision maker in his or her development. This allows an emotional transaction between them to occur with bonds of mutual trust and respect at the core of each relationship.

### What is a mentor?

•**A Friend** A mentor has time to listen and give thoughtful, caring advice and assistance. He or she is someone who notices the little things and uses simple phrases like "I'm proud of you," to help build self-esteem of young people. A friend realizes that time is needed to build a relationship; especially if the youth's past relationships have not been stable ones.



•**A Role Model** A mentor is someone who has had successful life experiences and who is willing to share them. Modeling can come at many levels. Some can be as basic and tangible as making a craft, playing a sport or washing the car. Others can be less tangible, but just as important. These might include controlling anger, using good manners, or directing one's energy in a positive direction.

•**A Link to the Community** A mentor should be knowl-

edgeable about the community and be willing to research any information that is unknown to him or her. He or she will teach the young person how to access local resources.

### Why do youth need mentors?

Youth need caring, nurturing, open and encouraging people in their lives. It is paramount to their psychological development that youth, especially at-risk and underserved children, have someone in their life to provide positive support to help them realize their potential.

Many youth have a desperate need for enduring contact with positive adult role models. Youth need to be guided, supported, prized and nurtured. Mutual trust, respect and awareness of being valued are key components for an emotional bond to occur between the mentee and mentor.

### How does mentoring affect youth?

The intimate connection that can form between the mentor and the mentee helps reinforce positive perceptions of self-esteem and self-worth in youth. Mentoring is a tool for positive youth development. It can help improve grades, develop communication skills, enhance leadership abilities and encourage civic values and participation.

### Research indicates:

- Students who met regularly with their mentors are 52% less likely than their peers to skip a day of school and 37% less likely to skip a class (Tierney & Grossman, 2000).

- Youth who met regularly with their mentors are 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking (Tierney & Grossman, 2000).

- Faith-based mentoring has reduced recidivism rates to 5 to 12% (Prison Fellowship International, 2007).

### Types of mentoring

There are many types of mentoring. Sometimes the different types overlap. It is important to understand the type of mentoring you are interested in or will be doing so that you can better understand what to expect.

*(Continued on page 2)*

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

## Start the Year Off on the Right Hoof

Washoe County 4-H Horse Leaders are offering a horse clinic on January 17 at the Reno Livestock Events Center. Please leave your horse at home for the first clinic of the year. We will be offering learning stations packed full of fun. Sign-in begins at 8:30 a.m. with the clinic starting at 9 a.m. There will be a snack bar coordinated by High Sierra Riders. The rotations through the learning stations will conclude by 1 p.m. Written levels testing will be offered at 1 p.m. for those who would like to test.

A flier with specific details will be mailed to 4-H horse members. Please contact Sarah Chvilicek at 775-784-4848 or chviliceks@unce.unr.edu if you have questions.

## Washoe County Celebrates Year-end Achievements

The Washoe County 4-H Youth Development Program is offering two year-end achievement events. The first is the year-end 4-H Horse Awards on January 25, 2009 at 7 p.m., at Lazy 5 Regional Park. 4-H families are asked to bring a "finger food" to share with enough to serve 8 as well as a raffle prize for the famed raffle. A flier with specific details will arrive soon!

The second event is for those 4-H members who completed a 4-H record book for the 2007-2008 4-H year. Year-end awards will be January 30, 2009 at 7 p.m., at Lazy 5 Regional Park. 4-H families are asked to bring a desert to serve 8 to share.

We also take this time to celebrate the accomplishments of our wonderful 4-H volunteers and supporters of the 4-H youth development program. Nomination forms are available at the office and are due January 15, 2009. Consider nominating your 4-H volunteer leader as well as nominating friends and partners of 4-H. Please call 775-784-4848, Sam Mitchell or Sarah Chvilicek for nomination forms. A flier detailing the event will arrive soon!

*(Continued from page 1)*

•**Informal Mentoring** It is a natural or unstructured connection between a caring adult and a young person that validates the youth and creates a safe, supportive and positive relationship outside of an organized, mentor-focused program.

•**Formal Mentoring** It is a connection that validates youth through a safe, supportive and positive relationship through a mentoring-focused program (school programs, youth organizations, community agency programs and other programs).

•**Individual Mentoring** This is the forming of a one-to-one relationship between a youth and an adult. The young person is the focus of this relationship.

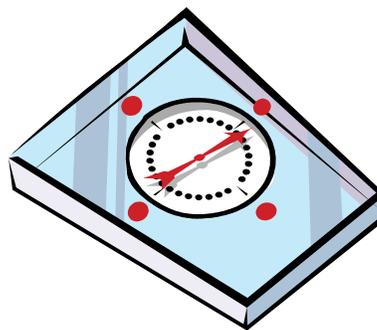
•**Group Mentoring** This occurs when small groups of youth develop a relationship with an adult (such as a coach, teacher or others).

## GPS/Orienteering Club Off to Fast Start

In keeping with national 4-H's commitment to Science, Engineering and Technology,

Carson City/Storey County 4-H now is offering a full-fledged GPS and Orienteering Club.

The new club offers lessons on using global positioning satellites and GPS units in the search for geo caches. Caches are hidden treasures scattered across the state that can only be found



by finding their coordinates with a hand-held GPS unit that interacts with satellites.

The club will also feature orienteering that incorporates the use of compasses and topographical maps needed to find coordinates on a challenge course.

The club has had an enthusiastic response in the area, but is still accepting members.

To find out more about the GPS/orienteering Club, contact Jim Barcellos at 887-2252.

### Teen Institute Takes a Break

Members of Douglas County Teen Institute will meet only on Monday, 2:30-4:00pm, January 12 to do their printer cartridge recycling which helps keep cartridges out of landfills. Have a great break teens and we'll see you on January 12 (775) 782-9960!

•**Community-Based Mentoring** This occurs when mentoring activities take place within the community. Examples of this usually include sports, crafts, museums and other hobbies.

•**School-Based Mentoring** This occurs at school and most often is focused on academics. The mentor and mentee meet regularly to work on school assignments and form a relationship.

•**Occupational Mentoring** This occurs when a person shares his or her knowledge and experience in a particular career with someone interested in the same field.

•**Peer Mentoring** This occurs when one young person mentors another slightly younger person.

*Reprinted from Michigan 4-H Youth Development - <http://web1.msue.msu.edu/4h/mentor/general.htm>*

## The Power of Speaking With Confidence

4-H has a history of turning out outstanding public speakers. This is a skill that individuals find very useful throughout their lives. This 8-week project helps youth to learn to speak to an audience with confidence. The project meets Mondays 4:00 - 5:00 p.m. each week beginning January 26-March 30 (holidays excluded) at the Douglas Extension Office. Project covers topics such as: controlling nervousness, body language, interview tips and using audio-visuals. Youth learn the importance of practicing and setting goals. Suited for ages 9-19 years of age. Please R.S.V.P. by January 22 to (775) 782-9960.

## Putting Some Fun in Portfolio Interviews

Douglas County members who turned in a portfolio in November are eligible to take part in a portfolio interview session January 22, 2:30 to 5 p.m.. This interview will give members a chance to learn interview skills in a low key and fun setting.

Interviews last about 15 minutes and you must call to reserve a slot by January 16. Space is limited and slots will be awarded on a first come-first serve basis. Members will have the chance to share items from their portfolio in an interview style setting with a "panel" of interviewers. All participants will receive an official certificate of participation that can be included in next year's portfolio.

This is an excellent opportunity for your child to build life skills that will help them when applying for jobs and scholarships. Suited for ages 9 and up. Contact (775) 782-9960 for information.

## Fabulous 4-H Fabric and Rummage Sale Coming

Carson City/Storey County's 4-H Council is seeking donations for its annual fabric and rummage sale. This year's sale will be held Saturday, February 7, from 9:00 am-4:00 pm, and Sunday, February 8, 9:00 a.m. to 12:00 p.m., at Fuji Park Exhibit Hall in Carson City. Proceeds from this fund raising event benefit the Council's scholarship efforts.

If you have spare fabric, sewing novelties, craft supplies or household items you would like to donate for the event, donations will be accepted at Fuji Park on Saturday, January 17, and Saturday, January 31, from 9:00 a.m. until 4:00 p.m. Donations will also be accepted at Fuji Park on the day before the sale, February 6, from 9:00 a.m. to 4:00 p.m. Donate or come by the sale for great bargains and a chance to support deserving 4-H youth. For more information on the sale and donating items, please call the Carson City/Storey County Cooperative Extension office at 775-887-2252.

## Get Your Kicks at the Kick-Off Event

Washoe County Small Animal Leaders are holding their Kick -Off event January 27, 2009 at the Washoe Office 6:30 p.m. to 8.p.m. for rabbit, cavy and poultry projects.

Learn about feeding, care, housing, showmanship and meet others starting in small animal projects. Anyone thinking about adopting a small animal or desiring more information about showmanship should attend. Please do not bring your animals as the presenters will have animals to look at and handle. The event is free, but please RSVP, to Cindy Smullen at 775-784-4848 or [smullenc@unce.unr.edu](mailto:smullenc@unce.unr.edu).

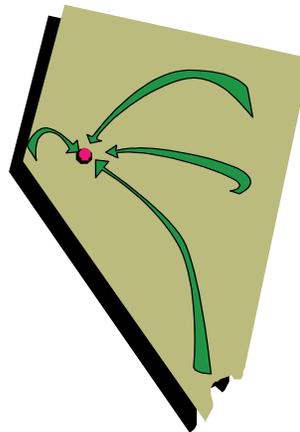


## Nevada 4-H Leader's Forum— the Gathering

A gathering of 4-H volunteer leaders and teen leaders from across the state will meet in Fallon, on March 13-14, 2009. Over 28 workshops will be offered; sheep fitting, public speaking, horse levels, weather science, energy science, sewing, and service dogs to name a few.

Other highlights at The Nevada 4-H Leader's Forum, are the Share Fair, where other leaders share project ideas they are doing from around the state; A Taste of Nevada which features homegrown Nevada products; and a Saturday Night Banquet with live entertainment and raffle.

Registration fees are just \$40 if you sign up by January 15, 2009. There will be deals on hotels and you can also camp or RV . Registration packets are available at your 4-H office and contain complete details on the workshops, hotels and maps. Call the State 4-H Office at 775-784-6207 for more information.



**Western Area  
January dates to remember**

**Jan. 1 New Years Day**  
Offices Closed

**Jan. 9 Capital Days registration due**

**Jan. 19 Martin Luther King Day**  
Offices Closed

**Feb. 4 Capital Days interactive video**  
At your local 4-H office



**Time Management**



Do you find yourself having trouble concentrating in class? Or yawning repeatedly throughout the day? Sugar may help temporarily, but it only makes you more tired when it wears off. Let's face it. There is just no substitute for a good night's sleep. For teens, that means eight or nine hours a night.

Studies have proven that your brain works better when you are rested. You'll have more energy and work better. That means you can still get all those projects done in the same amount of time, and feel better doing it.

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

**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

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# 4-H Events Calendar

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

## January 2009



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1	<b>NEW YEAR'S DAY - OFFICES CLOSED</b>			
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	
9	Capital Days Registration due to County Office, by 4 p.m.			
12		4-H Council, 6:30 – 8 pm	Teen Institute community service, 2:30 p.m.	Home Arts Leaders' Mtg., 7 p.m.
13				Horse Leaders' Mtg., 6 p.m.
14		State 4-H Shooting Sports Advisory Committee, 6-8:30 p.m.		
17		Fabric & Rummage drop off, Fuji Park, 10 a.m. – 4 p.m.		Horse Clinic RLEC Pavilion, 8 a.m.
19	<b>MARTIN LUTHER KING DAY - OFFICES CLOSED</b>			
21				Livestock Leaders Mtg., 5:30 p.m. Small Animal Leaders Mtg., 7 p.m. Dog Leaders Mtg., 7 p.m. Leaders' Council , 7:30 p.m.
22			Portfolio Interviews 2:30-6 p.m.	
23				Year-end Horse Awards, Lazy 5 Regional Park 7 p.m.
26			Speaking with Confidence 4 p.m. <b>No Leaders Council 'til Feb. 23</b>	
27				Small Animal Kick-Off Event, 6:30 p.m.
30				Year-end County Awards, Lazy 5 Regional Park 7 p.m.
31		Fabric & Rummage drop off, Fuji Park, 10 a.m. – 4 p.m.		

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
<b>February 2009</b>				
2			Speaking with Confidence 4 p.m.	
3				Horse Leaders' Mtg., 6 p.m.
4	Capital Days interactive video, 6:30-8:30 p.m.			
6			Senior Scholarships avail. for pick-up	
7		Fabric & Rummage sale, Fuji Exhibit Hall, 9 a.m. – 5 p.m.		Horse Clinic, RLEC Pavilion, 8:30 p.m.
8		Fabric & Rummage sale, Fuji Exhibit Hall, 9 a.m. – 5 p.m.		SKS Annual Tack Sale, RLEC Pavilion
9		4-H Council, 6:30 – 8 pm	Speaking with Confidence 4 p.m.	
14				Dog Workshop RLEC
15	NJLS workshop, RLEC, All day event			
16	<b>PRESIDENT'S DAY - OFFICES CLOSED (No Speaking With Confidence, Douglas Co.)</b>			
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.
21				Lamb, Goat and Swine Weight Day for NJLS, time TBA
23			Speaking with Confidence 4 p.m. Leaders' Council, 7:00 p.m.	
24		Portfolio workshop, 6:30-8 p.m.		
<b>March 2009</b>				
1			Sheep, Swine and Goat Weigh In for NJLS, 9 a.m.	
1&2			Capital Days	
2			Speaking with Confidence 4 p.m.	
4	Capital Days interactive video, 6:30-8:30 p.m.			
9		4-H Council, 6:30 – 8 pm	Teen Institute begins, 2:30 p.m. Speaking with Confidence 4 p.m.	Home Arts Leaders, 7 p.m.
10				Horse Leaders' Mtg., 6 p.m.
11		State 4-H Shooting Sports Committee, 6-8:30 p.m.		
14		Paws Fun Match, Fuji Park Exhibition Hall, 9 a.m.- 4 p.m.		
16			Teen Institute begins, 2:30 p.m. Speaking with Confidence 4 p.m.	
18		Primitive Bow Making, Kent McAdoo, 6:30 - 8 p.m.		Livestock Leaders Mtg., 5:30 p.m. Small Animal Leaders Mtg., 7 p.m.
21				Small Animal Show, RLEC, 7 a.m.
23			Teen Institute begins, 2:30 p.m. Speaking with Confidence 4 p.m. Leader's Council, 7 p.m.	
25		Primitive Bow Making, Kent McAdoo, 6:30 - 8 p.m.		
27&28		Livestock Judging Workshop, Fuji Exhibit Hall		
30			Teen Institute begins, 2:30 p.m. Speaking with Confidence 4 p.m.	