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Clover CLIPS



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Leaders Help 4-H Youth Set and Manage Project Goals

Above all else, 4-H is a youth development program. Facilitating this development is the main role and responsibility of the adults who work with 4-H youth. One important way a 4-H adult volunteer can fulfill this responsibility is to help 4-H members plan, write and evaluate their progress in their project goals.

It is still early in the new 4-H year, so now is the time to help your 4-H members plan for the rest of the coming project year. As a leader, you need to think about some things that will help encourage your club members to manage goals. Some of these things have to do with the 4-H member. Think about the 4-H member and what you know of his or her home life. Is it a place that models planning behavior? Will the 4-H member come to your club already equipped with a skill set that will help her or him create and manage goals, or will you as leader have to start the member thinking about goals in general?

As leader, think about the member's past 4-H history and other experience. How did the member do in the past with goal setting? What worked and what did not? Give some thought to the expectations you have. Can this club member live up to those expectations or does she have some difficulty and limitations? Encourage all members to set and manage goals, but be realistic. All members are individuals and all members have other responsibilities in their busy lives.

Be aware also that the age of your 4-H member will affect how successful he/she is with goal management. If you are dealing with clover buds, this age group lives in the here and now and really does not think in future terms. Goals can be things that are far off and do not seem real.

These younger members do best with simple project goals. Exploring possibilities for future growth is much more important for them than reaching a goal right now.

If you are leading a club with members ranging in age from 9-11, remember that these members can set short-term goals. These goals should increase their project competence. That competence will enhance the member's self-concept. Try, as the leader, to have goals in the project

that will reach outside your club and into the neighborhood and larger community. This age group is interested in community engagement.

Club members that are ages 12-14 can take on the responsibility of planning and evaluating their own project goals. This age group will want to make their own decisions but will still be dependent on adult guidelines.

Members this age can set long-term project goals and devise strategies to reach these goals; as can club members ranging in age from 15-19.

These older members are fully capable of planning and problem solving to reach goal success. These 4-H members can manage resources, exert extra effort and persevere to reach their goals. This group will still need your advice though and will look for your guidance.

Now that you as leader have some basic development information about your members, the next step is developing an action plan. It is important now that you help your 4-H members think about the information they need and the skills required during the 4-H year that will help them acquire their project goals. You might ask your members to write down their project goals. This makes the goals more real and not just ideas.

Once the members have some realistic written goals, ask some questions. What do they need to reach their goals? Will they need to read or research for their goals? What special skills will they need to learn? How much practice will it take to gain their new skills? Who can help the member with his or her goal? Again, ask the members to write down the skills they need to learn and the steps that will get them to their project goals. Remind the members that skills are things we do physically; project knowledge comes from using our brains. Also, encourage your members to share their goals with others; the club leader, an older 4-H member or a parent. Talking about goals gives the members confidence and clearer route to their goals.

Help your members evaluate their goals from the past

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

Share the Love in Las Vegas

The 2013 4-H Leaders' Forum will be held in Las Vegas, February 22-23. The theme this year is 4-H:



Share the Love. Registrations are due back to the State 4-H Office by February 1. County 4-H staff signatures are required on some of the pages, so check

with your county office for their due date.

Registration forms are posted on the 4-H Online Calendar and are available at your county 4-H office. For more information, please contact Jessica Poole at 775-784-4378 or poolej@unce.unr.edu.

Speaking With Confidence

4-H has a history of turning out outstanding public speakers. It 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 from Jan 28-April 8 (holidays and breaks excluded) at the Douglas Extension Office (1329 Waterloo Lane, Gardnerville, NV 89410).

The Project covers topics such as: controlling nervousness, body language, interview tips and using audio-visuals. Youth learn the importance of practicing and setting goals. This program is free of charge and is suited for ages 9 and up. Please R.S.V.P. by January 22 to 775-782-9960.

Leaders Help Youth

(Continued from page 1)

4-H year. This goal evaluation of the past year allows young members to look at the relationship between what they accomplished throughout the year and the goals they are now setting for the new 4-H year. Ask your members questions to help in the evaluation and the setting of this year's goals. What goals did you accomplish last year? Would you change anything about your approach to the project? What did you learn from last year's project that you can use in this year's goal setting? What ideas would you like to build on for the coming project year? Questions like these can help your members develop more positive self-images as they look back over the gains and accomplishments of the past year and look forward to growth in the coming year.

Now be sure to celebrate those gains and accomplishments from last year. This builds confidence in your members and readies them for the new goals of the coming year.

Remember that the amount of goal progress will vary with the individual member, the goal and the topic of the project. Remember also that we are measuring progress, not the quality or quantity of the work. The progress of the member that we celebrate should only be measured against the member's own goal plan. Remember not to compare one member's accomplished goals against another's.

Livestock Clinic & Washoe County 4-H Year-end Awards

Washoe County Year-end Awards will be January 6, at 3 p.m. at the Cooperative Extension Office, 4955 Energy Way, Reno (please use the door around the back of the building). This ceremony will recognize record books and project medals for the 2011-2012 4-H year.

Leaders will also be recognized for their years of volunteer service. All participants are asked to wear their 4-H Best since this is a recognition ceremony to celebrate achievements. 4-H families are asked to bring a "hearty finger food" to share, with enough to serve eight (please bring serving utensils). We are asking for only a few desserts. The Washoe County Leaders' Council will supply beverages, plates, napkins and utensils. All 4-H Families are invited to attend.

Prior to the awards ceremony at 1:30 p.m., 4-H Livestock Project members will participate in a mini-clinic on marketing their projects and enhancing their public speaking skills. This clinic is being offered by Steve Lewis, Douglas County Extension Educator.

Livestock and Meat Pen Rabbit Deadlines Approaching for NJLS

All Douglas County Livestock and Meat Pen Rabbit members should mark their calendars for upcoming deadlines:

- Feb 1-Self-Determined Livestock members must call in their livestock tag order to the 4-H Office no later than 4 pm.
- March 1, Douglas County Fairgrounds-Sheep & Swine weigh in at the Douglas County Fairgrounds- 920 Dump Road, Gardnerville. Times TBA.

Meat Pen Rabbits must not be born prior to March 6, 2013. Visit the NJLS website for complete current rules: <http://agri.nv.gov/Administration/NJLSB/NJLSB/> Copies of the NJLS rulebook and entry forms will be available at the March 1 weigh in.

THE NEVADA 4-H PROGRAM PRESENTS.
2013 CAPITAL DAYS
MARCH 10-11, 2013

Nevada 4-H Capital Days is March 10-11, 2013 in Carson City, but the deadline to register is less than a month away! This is a chance to see our state government in action. You can talk directly to state lawmakers and participate in the legislative process. This event is open to youth 13-19 years old.

Please note that any youth who sign up for this event are required to attend two Pre-Conference Sessions via interactive video. These sessions have been scheduled for February 5 and March 5, 2013, from 6-8pm.

Registrations are due back to the State 4-H Office by January 11, 2013. Which means they must get to the county offices even sooner. For more information regarding this event, please contact Jessica Poole at 775-784-4378 or poolej@unce.unr.edu.

The links to Youth and Adult Registration packets are <http://www.unce.unr.edu/4H/calendar/files/pdf/2013CapitalDaysAdultRegistration.pdf>
<http://www.unce.unr.edu/4H/calendar/files/pdf/2013CapitalDaysYouthRegistration.pdf>

Packets are also available at your nearest UNCE office.

Emergency Overnight Kits Needed

Silver Sage Community Club is collecting items to benefit the Carson City Advocates Against Domestic Violence Shelter. The goals are to collect 20 complete emergency overnight kits and 20 cleaning items.

If you or your club can help please select from the following list for emergency overnight kits: shampoo, conditioner, lotion, toothpaste, toothbrush, bar soap, deodorant, wash cloth, comb/brush, razors, chapstick, dental floss. These items are for women and children and should be in the regular size not travel size.

The following list is for cleaning supplies for bathroom and kitchen: bleach, toilet cleanser, 409/Fantastic, Comet, floor cleaner, dish soap liquid (for sink not dishwasher), sponges/scrubbies or anything else you can think of. Currently they are in real need of liquid laundry detergent and a generic brand is OK. All items are needed by January 21, 2013.

Silver Sage will collect and organize donated items. Donations can be left at the UNCE Carson City office.



Fabulous Fabric and Rummage Sale

The Carson City 4-H Council is holding their 2013 Fabulous Fabric and Rummage Sale on Saturday, February 2, 9 a.m. to 4 p.m. and Sunday February 3, 9 a.m. to 1 p.m.

This is the major annual fund raiser for Carson City/Storey County 4-H Council. Funds from this event are used for scholarships for graduating 4-H'ers in Carson City and Storey County and to assist county youth to attend Western Area 4-H Camp and National 4-H events.

All sale items are donated by area communities and marked far below prices you might expect. Come by, enjoy finding the treasure you thought you would never find and enjoy the fun while you browse and buy. Call 775-887-2252 for information or to drop off donations.

Start Horseless this New Year

The first horse clinic of the season is January 26, at Reno Livestock Event Center Pavilion at 8 a.m. Please leave your horse at home for this one! This clinic is open to all area 4-H Horse members.

Come prepared to learn about horse related topics. Please dress warm and wear your 4-H uniform. Bring a notebook for note taking and a positive attitude to start the new 4-H year off! There will be a snack bar provided.

Fliers will be mailed to families soon. Included with that flier will be the new 2012-2013 attendance requirements for Washoe 4-H Horse members. Please contact Sam Mitchell at 775-336-0259 or mitchells@unce.unr.edu for further information or questions. We look forward to seeing you!



4-H Sewing Projects in February

Sue Jones' last two sewing projects were such an outstanding success she is offering them again. February 9 is the kick off for a new beginners sewing club, Novice Needles from noon to 3 p.m. every Saturday. This project is for youth with limited sewing experience. Members will learn some hand sewing as well as how to use a machine, read and cut a pattern and select fabric. This is a highly interactive project and 4-H'ers can plan on completing the year with several usable items they have made.

Creative Stitches is for more advanced sewers who are at the intermediate level. Sue is offering workshops every Saturday afternoon beginning February 9 3 to 6 p.m. Club members can plan on learning more intricate handling of the machine, pattern development and what fabrics to choose for which projects. Turn your creativity loose and plan on joining Creative Stitches. Call 775-887-2252 to register for one of these outstanding projects.

Be Red Cross Ready, Learn Dog and Cat First Aid and CPR

4 Paws dog club is hosting Peggy Rew, the only Red Cross Dog and Cat Certified Trainer in Nevada, for a workshop February 7, 6:30 – 8 p.m. at UNCE Carson City office, 2621 Northgate Ln, Ste. 12. Participants will learn to care for their pet in an emergency. Class discussion topics include:

- How to build a first aid kit for your human family and your dogs and cats
- Creative muzzling techniques for your pets
- How to treat allergic reactions or insect bites
- Tips to remove sap, ice balls or gum from paws or fur
- How to wrap an injury and when to splint a fracture
- Choking relief or rescue breathing
- When and how to perform CPR on your dog or cat



Please note this workshop is for Certification only and there is a fee. Certification for Dog or Cat is \$35 and Certification for both is \$45 and \$30 for 4-H members, parents & friends. Attendees are required to register for the class and the public is invited to register. Please call Sandy Wallin, 775-887-2252, to reserve your spot.

Groundhog Sees Small Animal Show

We don't know if you will see your shadow on February 2, but you can see the Washoe County 4-H Youth Rabbit, Cavy and Poultry Show at the Reno Livestock Events Center exhibit hall.

Check-in is from 7:30-8:30 a.m. Rabbit and Cavy judging starts at 9 a.m.; Poultry judging starts at 10 a.m.

All entries are due by January 28. Entries are available online on the Washoe County calendar (<http://www.unce.unr.edu/calendar/files/pdf/RabbitCavyPoultryEntryForm2013.pdf>) or at the UNCE office, 4955 Energy Way in Reno. For more information, contact Sam Mitchell at 775-336-0259 or mitchells@unce.unr.edu

Western Area Dates to Remember

- Jan. 1** - New Year's Holiday
(Offices closed)
- Jan. 6** - Year-end Awards & Livestock
Clinic, Washoe County
- Jan. 11** - Capital Days Registration due
to State Office
- Feb. 1** - State Leaders' Forum
Registration due

Your STEM* Minute *4-H Science, Technology, Engineering and Math January is National Radon Action Month

Radon is a naturally occurring radioactive gas that is present in rocks and soil. It can accumulate in buildings and can cause lung cancer. In Washoe County, elevated radon levels have been found in 21 percent of the homes tested. Radon levels at or above the EPA Action Level of 4 picoCuries per liter of air (pCi/l) poses a similar risk of developing lung cancer to smoking half a pack of cigarettes a day. The EPA estimates 21,000 Americans die each year from radon-induced lung cancer.

Radon can enter any home – old or new, well-sealed or drafty. Homes with slab on grade, crawl spaces, basements or invisible foundation cracks are susceptible. The only way to know a building's radon level is to test. If high levels of radon are found, there is a way to reduce or mitigate radon levels. Radon-induced lung cancer is highly preventable. A simple three-day test can determine if a house has a radon problem and winter is an ideal time to test a home for radon.

Free radon test kits are available at UNCE offices during the months of January and February. For more information, visit the Nevada Radon Education Program website, www.RadonNV.com, or call the Radon Hotline, 888-RADON10 (888-723-6610). A list of Radon is available at www.unce.unr.edu/news/article.asp?ID=1767.

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OF RESPONSIBILITY

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