



University of Nevada
Cooperative Extension

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Clover CLIPS



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Combine 4-H and President's Challenge for Healthy Living

Healthy Living is one of the four foundations of the 4-H Pledge (Head, Heart, Hands and Health). One way to help you stay healthy is to stay active.

4-H youth and their families can help themselves achieve a more active lifestyle through the President's Challenge Program. When you participate, you are accepting the challenge to be more physically active and can earn the Presidential Active Lifestyle Award (PALA).

According to the PALA website <http://www.millionpalachallenge.org>:

We need your help as we work towards 1 million Americans achieving the Presidential Active Lifestyle Award (PALA). You can participate; serve as a Group Administrator leading others through the Challenge, or do both! However you get involved with the initiative your efforts not only benefit your own health, but the Nation's as well.

PALA is for everyone. Americans of all ages, abilities, and interests can achieve PALA through daily walks, sports, gardening, play, and any other physical activity indoors or outside. Just be active 60 minutes a day for youth (30 minutes for adults), 5 days a week, for 6 weeks. The site has tools for tracking your progress, and resources to aid you along the way.

Even though you are busy with things like a job, homework or your club you can still fit activity into your life. Here are many easy ways to get started and stay active.

Adults can use a push mower to mow the lawn, or go for a walk in a nearby park. Take the stairs instead of an elevator. Bike to work, walk on your lunch hour or sign up for an exercise group or softball team. Or even clean out the garage or attic.

Kids can take the dog for a walk. Start up a playground kickball game, play tag or race a friend to the end of the block. Join a sports team. Help their parents with yard work. Ride your bike to school, walk to the store or even see how many jumping jacks they can do.

If you are really up to a good challenge you can also

visit <https://www.presidentschallenge.org/> and sign up for PALA+. PALA+ promotes physical activity and good nutrition because it takes both to lead a healthy lifestyle. Sign up for the six-week program to help put you on the path to health.

The President's Challenge is really and truly for everyone. All ages and all abilities are welcome here. All you need is a desire to get active (or increase your current activity level) and eat healthy, or a desire to help America's kids get stronger and healthier. Now more than ever, we all need some incentive to make physical activity and healthy eating a part of our daily routine, and the President's Challenge is a good place to get it.

So are 4-H clubs. Riding horses, tending to livestock, walking dogs and hiking are just a few ways that 4-H clubs directly contribute to their members' active lifestyles. Cooking healthful meals and growing fresh vegetables in 4-H gardens contribute as well.

And the President's Challenge Program might be a good addition to a club's activities. Cleaning up a hiking trail or a park is great physically as well as helpful to the community.

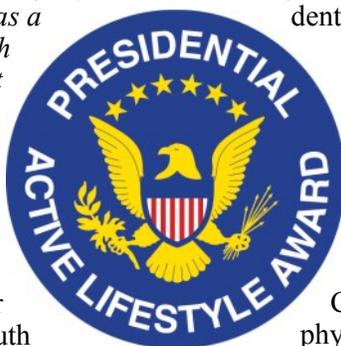
Walking together as a club is a good way to let people see 4-H in their area. Gardening clubs can have a "farmers market" so people can have some fresh vegetables and see 4-H in action.

Ready to get moving with the President's Challenge? Join on your own or start a group—whether it's a few friends you'd like to work out with, or your club. We could all stand to get healthier. You pick your challenge and strive to reach your goal, logging your activity along the way. An added bonus for reaching your goal and improving your health: President's Challenge awards!

Another benefit of regular exercise and healthy diet is stress reduction. A better, healthier lifestyle will make it easier to handle the challenges of your job, or homework.

What are we waiting for? Let's get moving! Visit the PALA website and sign up today!

-Content from millionpalachallenge.org



Mosey in to Reno Rodeo Kids Day

For the second year, members of 4-H Youth Development Programs are enthusiastically invited to participate in the Reno Rodeo “Kids Day” on Saturday, June 21.

Any and all 4-Hers are welcome to join in. Come to the Reno Livestock Events Center Pavilion and help promote Nevada 4-H membership. The event is free.

Although there is no float this year, Washoe County 4-H will also have an information booth available with fun 4-H activities. Please come volunteer some time at the booth.

Want to show off your animals? We are currently recruiting livestock projects to be on display for the public to learn about. Interested? Contact Lisa Boldman for more information 775-336-0273 boldmanl@unce.unr.edu



Last Douglas Portfolio Workshop

Have you been wanting some more information on how to fill out your Portfolio for 4-H? Then come to the last Portfolio Workshop for Douglas County members and their parents for the 4-H year! Join us at 5:30-6:30 p.m. on Monday, August 25 at the Douglas County 4-H Office, 1325 Waterloo Lane in Gardnerville. Parents must accompany their youth. This workshop will demonstrate the ins and outs of filling out their portfolio.

Portfolio/Recordbooks are due each year end, in order to receive year-end member awards and to be eligible for Leader’s Council scholarships.

Nevada 4-H Horse Club Members Offered Chance to “Strike It Rich”

Current 4-H horse club members are invited to enter a new three-show series of horse shows offered by the Washoe County 4-H Horse Club Leaders this summer. This is a new concept and opportunity for 4-H members from across the state to demonstrate their horsemanship skills in a wide variety of classes from showmanship to equitation and pleasure to hunter hack, trail and games. The “Strike It Rich” Summer Circuit will feature the same set of classes in each of the three shows with classes offered for 4-H recognized age groups of seniors, intermediates and juniors. Also offered will be classes for the novice/beginner rider; and there will be exhibition rides in all categories for ‘cloverbuds’ – those riders between the ages of 5 and 8. 4-H members in neighboring California and Oregon counties are also invited to compete in the “Strike It Rich” show series.

Twelve High Point Buckles will be awarded at the end of the series with points tabulated from all three shows for each discipline and for each age group plus novice rider competitors. Also featured at each show will be arena prizes for exhibitors, a fifty-fifty jackpot raffle and raffle tickets for sale for a beautiful western silver-plated bridle and reins.

Each show will be at a different area arena. The first show, the Copper Show hosted by the Spanish Springs Trailblazers 4-H Club, is July 20 at the Ironwood Events



4-H Camp Cosmos Orientations

Calling all Camp Cosmos campers. Come see what’s happening at camp this year. All participants in the Western Area 4-H Camp at the State 4-H Camp in South Lake Tahoe on July 13-19, should plan on attending one of two informative Camper Orientations.

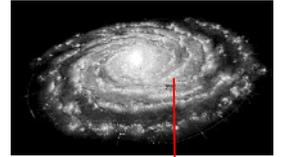
Douglas County has Parent Camper Info Night, 6:30-7:30 p.m. on Wednesday, June 18, for parents, teen counselors and campers. It meets at University of Nevada Cooperative Extension 4-H Conference Room, 1325 Waterloo Lane in Gardnerville (across from Lampe Park).

The evening is led by 4-H Camp Teen Counselors and includes an insider’s look at 4-H Camp activities and meals, “A Day in the Life” of a typical camper, tie dying info, fun and prizes. For more information, please call 775-782-9960.

Carson City, Storey and Washoe Counties will be linked by video for their orientation on Thursday, June 19 at 6:30 p.m. Interested families can go to either the Carson City/Storey County location (2621 Northgate Lane in Carson City) or the Washoe County location (4955 Energy Way in Reno, please use the door at the back of the building).

There will be all sorts of useful tips on how to best prepare for camp, along with a few do’s and don’ts to make camp a great experience. For more information, please call Sam Mitchell at 775-336-0259 or email mitchells@unce.unr.edu.

NOTE: As of May 30, here are still several spots available for both male and female campers.



YOU ARE HERE

Center, 5600 Whiskey Springs Road on the Pyramid Lake Highway. The second show, the Silver Show on August 24, will be at the Lemmon Valley Horsemen’s Arena, 11400 Deodar Drive in Lemmon Valley north of Reno; hosted by Silver Knolls Spurs 4-H Club. The final show of the circuit is the Gold Show on September 13, located at Rockin’ L J Arena at 3185 Lakeshore Drive in Washoe Valley and hosted by High Sierra Riders 4-H Club. The High Point Award Buckles award ceremony and the drawing for the silver bridle will be at the conclusion of this show.

Sponsors for awards and prizes are encouraged to contact Washoe County 4-H club members or leaders or call Sarah Chvilicek at the Washoe County 4-H office, 775-784-4848.

Nevada State 4-H Horse Show Rules will apply. Exhibitors are required to follow the Nevada/California 4-H Dress Code. Helmets are required of all youth horse handlers and exhibitors.

Class lists and entry forms will be posted online a few weeks before show dates; and will be available on the Washoe County 4-H Calendar (<http://www.unce.unr.edu/4H/counties/washoe/>) and www.facebook.com/washoecounty4h.

For more information, contact Sam Mitchell at 775-336-0259 or email mitchells@unce.unr.edu.

Still Time to Enroll in Babysitting Class

There is still time to enroll in the babysitting class being held June 9-13, in Carson City's Cooperative Extension class room (2621 Northgate Lane, Suite 12, Carson City). Class is 3-5 p.m. each day, and is open to all area middle or high school youth.

Course topics include ages and stages of development, babysitting for more than one child, safety and first aid, how to apply for a babysitting job and appropriate games and activities. To learn more about the class or to enroll, call the Carson City/Storey County Cooperative Extension office at 775-887-2252.

Matt McKinney Named Nevada 4-H 2014 Ag Volunteer Leader of the Year

In recognition of the role of agriculture in our global economy, the Nevada Agricultural Foundation (NAF) has announced Matt McKinney of Douglas County as their Nevada 4-H 2014 Ag Volunteer Leader of the Year!

The NAF annually recognizes those volunteers who dedicate much time and energy to enhance the lives of 4-H Youth. The award is sponsored by the NAF and their criteria states that "the recipient should be that educator who each year has been the most creative and tenacious in incorporating the reality of agriculture in their youth curriculum or program."

McKinney was honored with a plaque and a \$1,000 check to be used for teaching supplies for the development of 4-H Youth. The ceremonies took place at the Nevada State 4-H Livestock Judging Competition and annual NAF Banquet at John Ascuaga's Nugget in Sparks, on May 9.



According to Shannon Montana, 4-H Youth Development Coordinator in Douglas County, "Matt has been the backbone of the Douglas County 4-H program and Volunteer Leader's Council for the past eight years. As a 4-H Project Leader, Leader's Council President and 4-H Community Outreach spokesman, he has served more than 3,000 youth and adults annually, just in Douglas County. However, his commitment to promoting and educating youth on agriculture and 4-H principles extends across the state and beyond."

Matt now serves as a volunteer 4-H Leader for the Douglas County 4-H Shooting Sports and Livestock Programs, as well as being the 4-H Leader's Council President. Past volunteer efforts have included, Livestock Judging as well as pioneering a project "Cloverbuds" where even the youngest of 4-H members learn about agriculture in an experiential and hands on environment.

Don't Forget to Discover Your Future

Registration is now open for the 2014 Discover Your Future event June 22-25, on the beautiful campus at UNR. Stay in the dorms, meet professors, find out about majors, engage in lots of fun activities, meet new friends, and Discover Your Future!

Don't forget to send in your registration to the Washoe office 4955 Energy Way, Reno, NV 89502 by Friday, June 13.

Forms are available online on the Washoe County 4-H Calendar (<http://www.unce.unr.edu/4H/counties/washoe/>) and www.facebook.com/washoecounty4h. Enrollment is limited so be sure to get your registration in early!

National Youth Summit Series

There are currently more than 7 billion people living on our planet. Over the next 40 years there's expected to be 9 billion people. This kind of growth will create huge stress on food, water and energy resources. But despite these grim statistics, there is tremendous hope for a better tomorrow...today's young people. Youth are developing a sense of purpose and a sense of personal and civic responsibility.

The National Youth Summit Series was created to empower young people to be well-informed citizens who are actively engaged in their communities and our world. It brings together some of the best and brightest students to focus on aerospace, robotics, maker, healthy living, and agri-science. Each event brings together subject experts and youth development leaders. The goal is not only for youth to learn about a subject but to create action plans to put into place in their communities

Designed for high school students (grades 9 -12), the Summits provide opportunities to learn technical skills, participate in hands-on activities and workshops, learn from leaders in the field, and visit professional and academic sites. Students attend in teams comprised of two to eight youth and are accompanied by an adult mentor/chaperone.

The five summits start in September 2014 and end in February 2015. Each four-day summit is devoted to one of the subjects listed above. Youth can attend more than one summit. For information on this exciting program, go to the National Youth Summit Series website at www.nationalyouthsummit.org.

Horse Clinic Focuses on the Fair

4-H horse club members can sharpen their skills for the NV150 Fair at the Horsemanship Clinic sponsored by Washoe County 4-H Leaders on Saturday, June 7, 9 a.m. to noon at Lemmon Valley Horsemen's Arena (11400 Deodar Drive in Lemmon Valley).

Rotations will include:

- Western Riding - Practice flying lead changes
- Showmanship - Sharpen your showmanship skills
- Desensitization - Is your horse frightened by carts or burros?
- Show Attire - Is your shirt tucked in? Are your pants long enough?
- Horse Show Entry Forms - The Complete Story

This will be a great practice for you and your horse to improve your horsemanship skills.

This clinic will count towards Washoe County 100 % Participation. Bring your horse and tack and snacks. Water will be provided for your horse and you. Unmounted participants are welcome.

Open to all 4-H members. RSVP to Sam at the Washoe 4-H Office by Thursday, June 5, 3:00 p.m. 775-336-0259 or mitchells@unce.unr.edu



Western Area June Dates to Remember

June 18 – Camper/Parent Orientation
Douglas County

June 19 – Camper/Parent Orientation
Carson City, Storey & Washoe Counties

June 21 – Summer Begins

June 22-25 – Discover Your Future at
University of Nevada, Reno

JOIN | THE REVOLUTION 
OF RESPONSIBILITY

WESTERN AREA OFFICES

**Carson City/
Storey County**
(775) 887-2252
2621 Northgate Lane
Suite 15
Carson City, NV 89701

Douglas County
(775) 782-9960
1325 Waterloo
Gardnerville, NV 89410
PO Box 338
Minden, NV 89423-0338

Washoe County
(775) 784-4848
4955 Energy Way
Reno, NV 89502

Your 4-H Mission Minute

Whether you are part of the President's Challenge Program or not, June is a great month to get outside and exercise. The warm weather and long days allow plenty of time for fun summer activities.

But when you're outside in the sun having fun, don't forget two important things: sun protection and water. Sunlight is at its most intense during June and July because the sun is more directly overhead, which means less atmosphere to filter out harmful ultraviolet (UV) rays and infrared rays (heat) making things hotter.

Sunscreen is essential to protecting your skin from damage; and a hat and UV-rated sunglasses protect your head and eyes. If you travel to higher altitude (like Tahoe) the danger increases, so make sure you reapply sunscreen every two hours when you're outside.

Keeping hydrated, drinking water to replace what is lost perspiring, is essential to keeping your body cool, and your brain and organs working properly. That means drinking 6-8 glasses of water per day.

4-H is a program of University of Nevada Cooperative Extension

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

4-H Events Calendar June 2014



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		
3			Small Animals, 6:30 p.m.	
4		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
5		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
6		Explorers BBQ, Miners Park, 6 p.m.		Silver State Youth Livestock Show Mtg, Reno Office IV, 5-6:30 p.m.
7	4-H Camp, Teen Counselor Candidate Interviews, Washoe UNCE office			Focus on the Fair-Horsemanship Clinic, Lemmon Valley Arena, 9 a.m. - noon
9		CC/SC 4-H Council Mtg., 6:30-8 p.m.		Horse Leaders Mtg, 6 p.m.
12		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
13		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
14	4-H Camp Teen Counselor and Adult Chaperone training, Washoe UNCE office	Carson Rabbit/Cavy Show, Fuji Exhibit Hall, 7 a.m. - 4 p.m.		
16		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		
17				Livestock Leaders' Mtg., 6 p.m.
18			Camper and Parent Info Night, 6:30 p.m.	
19		4 Paws, Fuji Exhbt. Hall, 6:30-8 p.m. Camper and Parent Information Meeting, Interactive Video		Camper and Parent Camp Information Meeting, Interactive Video
20	Sesquicentennial Fair Entries due, postmarked by 5 p.m.	Set-up Rabbit & Cavy Show, Fuji Exhibit Hall, afternoon		
21	Reno Rodeo Kids day, RLEC, 12 noon - 3 p.m.			
22-25	Discover Your Future, UNR			
23			Leaders' Council, 7 p.m.	
24		Carson Cluckers, 6:30 -8 p.m.		
25	All Camp Staff Meeting, Carson City UNCE office			
27		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		



Summer Solstice June 21

Upcoming 4-H Events Calendar



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
July 2014				
2		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
3		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
4	INDEPENDENCE DAY HOLIDAY - OFFICES CLOSED			
7		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		
8				Horse Leaders Mtg, 6 p.m.
9-12			Bishop Tri County Fair	
10		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
11		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
12	Teen Counselors and Adult Chaperones training, State 4-H Camp, 1 p.m.			
13-19	Western Area 4-H Summer Camp, State 4-H Camp Lake Tahoe			
14		CC/SC 4-H Council Mtg., 6:30-8 p.m.		
15		Carson Cluckers, 6:30 -8 p.m.		Livestock Leaders' Mtg., 6 p.m.
16				Small Animal Leaders' Mtg., 7 p.m.
17		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
20				Strike It Rich Copper Show, Ironwood Events Center
21		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		
25		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
28			Leaders' Council, 7 p.m.	
7/30 - 8/3	Sesquicentennial Fair (Nevada 150 Birthday Fair) Fuji Park & Carson City Fairgrounds, daily			
August 2014				
7/30 - 8/3	Sesquicentennial Fair (Nevada 150 Birthday Fair) Fuji Park & Carson City Fairgrounds, daily			
1	Silver State Livestock Show entry deadline			
4		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		
5			Small Animals, 6:30 p.m.	
6		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
7		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
8		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
11		CC/SC 4-H Council Mtg., 6:30-8 p.m.		
12				Horse Leaders Mtg, 6 p.m.
13		Carson Cluckers, Fuji Exhibit hall, 6:30 -8 p.m.		
14		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
14-17	Silver State Livestock Show, Lyon County fairgrounds, Yerington			
16				Horse Judging Contest, Rockin' LJ Arena, 8 a.m.
18		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		
19		Carson Cluckers, 6:30 -8 p.m.		
20				Livestock Leaders' Mtg., 6 p.m. Small Animal Leaders' Mtg., 7 p.m.
21		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
22		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
24				Strike It Rich Silver Show, Lemmon Valley Arena
25			Portfolio Workshop, 5:30 p.m. Leaders' Council, 7 p.m.	