

University of Nevada  
Cooperative Extension ....

Clark County (north)  
1897 N Moapa Villy Blvd  
Logandale 89201  
Phone: 702-397-2604

Humboldt County  
1085 Fairgrounds Rd  
Winnemucca 89445  
Phone: 775-623-6304

Clark County (south)  
8050 Paradise Road  
Suite 100  
Las Vegas 89123  
Phone: 702-222-3130

Lander County  
815 N Second Street  
Battle Mountain 89820  
Phone: 775-635-5565

Carson City &  
Storey County  
2621 Northgate Ln, #15  
Carson City 89706  
Phone: 775-887-2252

Lincoln County  
360 Lincoln Street  
Caliente 89008  
Phone: 775-726-3109

Churchill County  
111 Sheckler Rd  
Fallon 89406  
Phone: 775-423-5121

Lyon County  
504 S Main Street  
Yerington 89447  
Phone: 775-463-6541

Douglas County  
1329 Waterloo Ln  
Gardnerville 89410  
Phone: 775-782-9960

Mineral County  
314 Fifth Street  
Hawthorne 89415  
Phone: 775-945-3444

Elko County  
701 Walnut Street  
Elko 89801  
Phone: 775-738-7291

N Nye/Esmeralda Co  
475 St Patrick Street  
Tonopah 89049  
Phone: 775-482-5001

Eureka County  
701 S Main Street  
Eureka 89316  
Phone: 775-237-5326

Nye County (south)  
1651 E Calvada Blvd  
Pahrump 89048  
Phone: 775-727-5532

Washoe County  
Incline Village  
855 Alder Ave, #106  
Incline Village 89451  
Phone: 775-832-4150

Pershing County  
810 Sixth Street  
Lovelock 89419  
Phone: 775-273-2923

Washoe County  
Reno  
4955 Energy Way  
Reno 89502  
Phone: 775-784-4848

White Pine County  
995 Campton  
Ely 89301  
Phone: 775-289-4459

Washoe County  
Pyramid Lake  
Paiute Tribe  
301 Gerlach Hwy, Rm 103  
Nixon 89424  
775-574-0441

State 4-H Office  
UNCE, UNR, MS 405  
1305 Evans Avenue  
Reno 89557  
775-784-6206 (voice)  
775-327-5125 (fax)



<http://www.unce.unr.edu/4H>

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University of Nevada  
Cooperative Extension



NEVADA 4-H



YOUTH DEVELOPMENT

4-H Military Program  
(Operation Military Kids...OMK)



\*\* 4-H OMK Is Fun & Exciting \*\*



## What is 4-H?

4-H is an exciting youth development program that is based on the concept of learn by doing (which is the 4-H Slogan) in order to develop youth to their greatest potential, in other words to make the best better (which is the 4-H Motto).

4-H and the 4-H Military Program are designed for youth to make new friends, have positive interaction with peers and adults, build positive relationships within his/her family, learn life skills, enhance self-esteem, and achieve personal goals.



## What is the meaning of 4-H?

The clover is green and white; white is for purity and green is for the most common color of nature. Each H (Head, Heart, Hands, Health) is for a part of the human body that comes together to make a complete and valued person, as per the words of the 4-H Pledge.

I Pledge:

My Head to clearer thinking,  
My Heart to greater loyalty,  
My Hands to larger service,  
My Health to better living,

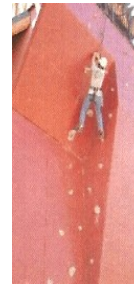
For my club,  
my community,  
my country, and  
my world.



## What is 4-H Military (OMK)?

Any youth who is 5 to 19 as of January 1 of the current 4-H Year (Oct 1 to Sept 30) may join the 4-H Operation Military Kids (OMK) Program, which uses juried curricula and educational programming designed to develop and enhance:

- leadership abilities
- citizenship awareness
- decision-making skills
- social-interaction skills
- diversity/differences skills
- learning/comprehension skills
- self esteem and coping skills



Youth possessing these life skills are less likely to have problems with drug use, school failure, delinquency, and depression as they grow and develop into adults.



## Where can I sign up?

4-H Clubs/4-H OMK Programs are located in every county, so joining is easy. Contact the University of Nevada Cooperative Extension Office located in your county using information located on the other side of this brochure.



## What are the goals/purpose of the 4-H OMK Program?

The 4-H OMK Program provides an excellent opportunity for youth to achieve his/her highest potential because the opportunity to develop and enhance life skills is provided.

The purpose of the 4-H OMK Program is to promote the child's healthy development – mentally, physically, socially, and emotionally.

The goals of the 4-H OMK Program are:

- Positive Youth Development
- Provide safe & welcoming environment
- Provide programs for military youth living in civilian communities
- Create community support for military youth when their parents are deployed
- Support for military youth in coping with deployment of parents
- Provide awareness of unique needs of military youth due to parent deployment
- Educate the public on the impact of the deployment on the community & family

