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Motivation and Encouragement Lead to Positive Youth Development

In our latest series of articles for Clover Clips, we have featured 4-H's focus on positive youth development. While there are many organizations that work with youth, 4-H Youth Development is unique in its approach. As 4-H volunteers and staff, it is vital that we understand the basics of positive youth development. Let's start with a definition: "Positive Youth Development is the process that incorporates social, emotional, cognitive, physical and moral development of youth to meet challenges of adolescences with the outcome of becoming competent, caring, contributing adults." It all sounds clinical and overwhelming for a 4-H volunteer, but put simply, our 4-H members need club meeting environments that are safe, welcoming, nurturing and offer experiences that help young people develop skills needed for adulthood.

As volunteers, one way to ensure club meetings are welcoming places that meet the youth development goals for all members is to ensure each member receives motivation and encouragement from club leaders. Motivating youth can be an unpredictable role for the 4-H volunteer. Unpredictable because it depends on the personalities and attitudes of the youth, the sense of friendship and teamwork the youth have in your group, and the family, home and school situation of the youth involved. Most 4-H youth may need little encouragement or motivation. These members are naturally upbeat and positive. But, other members will need a nudge or boost from the 4-H volunteer.

A constant goal of each club and its volunteer is to be a place where every member and volunteer feels welcome and that they belong to the group. Motivation and encouragement start when no one feels like a stranger at the club meeting. To ensure that all feel encouraged and motivated for success, make sure all members know each other's names. Make sure there is time for recreation and games that give members opportunities to learn about each other and offers time for members to interact.

Members feel like part of the group when they are fully informed about club meetings and gatherings. Volunteers should ensure each member and his/her family are invited and encouraged to attend each club function.

Communication with members needs to be frequent and timely to keep members encouraged and motivated to attend club meetings. Some information methods to consider:

- Provide a 4-H club calendar to each 4-H family at the beginning of the year
 - Use an electronic newsletter for club updates
 - Send an email meeting notice
 - Develop a calling tree to keep families informed of club plans; each member is assigned 1-2 families to call.

Now that all members are fully informed of club plans, volunteers need to ensure that all club activities take place in a safe environment for members; safe both physically and emotionally. Create club rules that validate and ensure a "safe place", such as no "put downs allowed." As adults we can never be sure how our words and actions can impact a child. As a 4-H volunteer, let your philosophy be that every child is loveable and capable. As an adult volunteer, be diligent in your efforts to reassure every member that he/she is loveable and capable. It can be as easy as knowing every member's name or telling members that they are doing a good job, or recognizing a youth publically at a meeting to applaud their accomplishments. Let members experience receiving compliments for their good efforts and successes.

Volunteers encourage and motivate their members to succeed in their club efforts, but it is also necessary to encourage all members to be positive about how they feel about themselves. As volunteers live the 4-H philosophy that each child is loveable and capable, those adults must persuade each member to feel that about him/herself. It is

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Portfolio Workshop for Douglas County Members and Parents

Have you been wanting more information on how to fill out your Portfolio for 4-H?

Join us at 6-7 p.m. Wednesday, September 2, at the Douglas County 4-H Office at 1325 Waterloo Lane in Gardnerville.

Members must be accompanied by their parents. Portfolio/Recordbooks are due each year end, in order to receive year end member awards and to be eligible for Leader's Council scholarships.



At this workshop, members will learn the basics of filling out their portfolio. For more information please contact 775-782-9960. RSVP is not required.

Motivation and Encouragement

(Continued from page 1)

not easy for any of us, child or adult to say positive things about ourselves. Yet, this is vital for youth for a positive identification. As a volunteer you can teach members positive self-talk. This helps set the framework for how youth will see themselves in the world. Try the following activity to help members on their way to positive self-talk:

The M&M Activity

This activity forces each member to say positive things about themselves. Give each member a plastic bag with seven M&M candies and a 3X5 card. Have participants list on the card the following things they like about themselves:

- An example of something they do well (sports, art, music, school or home tasks)
- Something they like about their appearance. They may not use modifiers like "sort of" or "for my age"
- Something they like about their personality
- Four more things they like about themselves

Remind the members that one goal of the club is to help all members learn to say positive things about themselves. Have participants pick a partner and share what they have written on the card. They can eat an M&M for every item shared.

With a little encouragement and some motivating actions, every 4-H club can and should be a welcoming and fun place to be.

-Article uses material from 4-H.org

Nevada 4-H Shooting Sports Match

The 2015 State 4-H Shooting Sports Match will be held Saturday, September 12, at the Douglas County Fairgrounds and Shooting Range.

This yearly event will be hosted by Douglas County 4-H Shooting Sports and the Nevada State 4-H office. Registration forms and fees are due to Sandy Wallin, State 4-H Shooting Sports Coordinator, 2621 Northgate Lane Carson City, 89706 no later than Friday, August 21, for those who have been County qualified.

For more information please contact Sandy Wallin at 775-887-2252 or wallins@unce.unr.edu or your county Extension office.

National 4-H Shooting Sports Workshop

The 2015 National 4-H Shooting Sports Workshop is in Camp San Luis Obispo, California from September 29 through October 3.

This training allows qualified participants to become certified as Level 2 State Instructors in one of six different National 4-H Shooting Sports disciplines: Archery, Hunting Skills, Muzzle loading, Pistol, Rifle, or Shotgun (*Western Heritage will not be offered*). A Coordinator course is also offered for those who want to learn more about administering a County 4-H Shooting Sports program.



Early bird registration is \$195 per person through August 31. This includes all course material, meals and housing for the duration of the course. After September 1, registration is \$245. Deadline for registration is September 15. Travel expenses are not included in the registration fee and are the responsibility of the participant or the individual State 4-H Program.

No refunds will be given after August 31, 2015. Applications are available on the Washoe County 4-H calendar. They are due to your State 4-H Shooting Sports Coordinator by August 15. For more information, or for an application, contact your State 4-H Shooting Sports Coordinator at 775-887-2252.

Field Day 2015 Date Set

Mark your calendars for the upcoming 2015 Field Day sponsored by the College of Agriculture, Biotechnology and Natural Resources (CABNR), Nevada Agricultural Experiment Station (NAES) and the University of Nevada Cooperative Extension (UNCE). The event, titled "Innovation for a Sustainable Future" is on Saturday, September 26, from 9 a.m. until 2 p.m., at the Valley Road Field Lab (910 Valley Road in Reno). There will be exhibits and information booths that engage visitors and will showcase collaborative work.

Clubs should consider having an exhibit or a poster at Field Day. If you would like to participate, contact your 4-H office by August 21, so that the event planning committee can have a complete list of the activities and exhibits.

National 4-H Shooting Sports Joins NSSF's Project ChildSafe®

The National Shooting Sports Foundation (NSSF®) announced that National 4-H Shooting Sports, a leading shooting education and youth development program administered by the U.S. Department of Agriculture, will join forces with Project ChildSafe® to emphasize the importance of responsible firearm storage across the country.

As a first step, both organizations are preparing to kick off NSSF's third annual "S.A.F.E. Summer" effort.



Consistent with Project ChildSafe®'s overarching message of "Own it? Respect It. Secure it.," S.A.F.E. Summer is a reminder that properly storing firearms when they're not in use

is the number one way to help prevent firearm accidents, theft and misuse.

"Remembering to store firearms responsibly when they aren't in use is always important, but it's particularly important during summer months when children are home from school and more likely to be unattended," said NSSF President and CEO Steve Sanetti.

With "SAFE" serving as an acronym for Secure your firearms when not in use; Be Aware of those around you who should not have unauthorized access to guns; Focus on your responsibility as a firearm owner and Educate yourself and others about safe firearm handling and storage, the effort is focused on providing education and tools that helps gun owners take action to keep families and communities safer.



National 4-H Shooting Sports Coordinator Conrad Arnold said "We equip students to teach others and lead by example, and we want to work with NSSF to emphasize safe storage among our 300,000 participants, so they can share that message with their friends and families."

To support the program, NSSF will provide a toolkit of materials, including videos, social media tools, tips on safe firearm storage and other resources, that can be distributed among all of 4-H Shooting Sports' state and local program coordinators. Local groups will also be encouraged to work with their local law enforcement agencies to host firearm safety events and distribute free Project ChildSafe® gun locks and safety information. Through partnerships with more than 15,000 local law enforcement agencies and more than 1,000 organizational supporters like 4-H throughout the United States, Project ChildSafe® has helped distribute more than 36 million free firearm safety kits to communities in all 50 states and the five U.S. territories.

Series Continues with Silver Show

The Silver Show, the second in the 2015 Strike It Rich Summer Series 4-H Horse Shows, is August 22, at the UNR Equestrian Center.

There will be lots of classes for each of the 4-H recognized age groups of seniors, intermediates and juniors; and also classes for the novice/beginner rider. Also exhibition rides for 'cloverbud' riders 5 to 8 years-of-age in all categories. 4-H members in neighboring California counties are also invited to compete.

The points earned at this show are added to any points earned in the July 25 Copper Show, and upcoming the Gold Show on September 19. 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.



Class lists and entry forms for all three shows are available on the Washoe County 4-H Calendar at <http://www.unce.unr.edu/4H/counties/washoe/> or on Facebook at www.facebook.com/washoecounty4h.

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

4-H Shooting Sports Leader Certification and Training

The Fall Nevada 4-H Shooting Sports leader certification and training will be held in the town of Alamo in Lincoln County September 25-27.

If you have 4-H volunteer leaders in need of training or would like to be trained in an additional discipline for your club, add these dates to your calendar.

Exact details have not been decided yet. More information along with registration forms will be available soon from your county Extension office.

August Record Book Clinic

Need to learn more about putting together a great record book? Or just need a refresher on how it's done? Washoe County 4-H leaders are holding free record book workshops August 10 and September 21, from 6-7 p.m. at 4955 Energy way in Reno; just in time for end of year finishing touches to your record book.

For more information and to reserve your spot at one of these great workshops, contact Sam Mitchell mitchells@unce.unr.edu or 775-336-0259.



Northern Area/ Western August Dates to Remember

July 30 –Aug 2– Nevada Fair in Carson City

Aug. 13-16 – Silver State 4-H Livestock Show and Expo, Lyon County Fairgrounds, Yerington

Aug. 22–Strike it Rich Summer Series 4-H Horse Show, Silver Show UNR Equestrian Center

Your 4-H Mission Minute

4-H provides youth with a positive youth development experience, but do you really know what it means to use a positive youth development focus? Positive youth development is defined as the ongoing process of building young people's assets and strengths through social, emotional, cognitive, physical and moral development. Volunteers who understand this are more likely to help youth develop the skills that will allow them to thrive.

Volunteers must understand the Five C's of Positive Youth Development: competence, confidence, connection, character and caring/compassion.

Another asset volunteers can really help youth grow is planning and decision making. Volunteers should allow youth to take an active role in deciding what the group will do and then allow youth to plan the activity so they can learn the skills.

Volunteers play an extremely important role in helping youth develop, and the skills youth need to develop do not happen overnight. However, they must be fostered in caring relationships, and 4-H volunteers can help youth learn the skills through some careful thought in how they interact with youth.

-from "What is positive youth development?" by Christine Heverly, MSU Extension

We are  **4-H PROUD**

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 August 2015



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
7-30 to 8-2	Nevada Fair, Fuji Park/Carson City Fairgrounds, daily			Please note: Due to the number of club meetings in Washoe County, we cannot list them all here.
3-7		Fuji Hall not available due to fair clean up.		
4		National Night Out, Mills Park, 5-8 p.m.	Rabbits Portfolio Recordbooks, 6:30 p.m. State Shooting Match Sign Up, Douglas County Fairgrounds, 6 p.m.	
10		Carson City/ Storey County 4-H Council, 6:30 - 8:00 p.m.		Record Book clinic, 6 p.m.
11				Horse Leaders Mtg, 6 p.m.
12		Carson Cluckers, Fuji Exh. Hall, 6:30-8 p.m.	Douglas County currently has too many Project specific meetings dates to publish. Please refer to your Project Leader and Calendars for meeting dates. All dates take place at the 4-H office unless otherwise noted.	
13		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
13-16	Silver State 4-H Livestock Show and Expo, Lyon County Fairgrounds, Yerington			
14		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		Horse Judging Clinic, Golden Valley Raley's Comm. Room, 6:30 p.m.
17		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.		No Small Animal Leaders' Mtg
18				No Livestock Leaders' Mtg
20		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
22				Strike it Rich Summer Series 4-H Horse Show, Silver Show. UNR Equestrian Center, 8 a.m.
24			Leaders' Council, 7 p.m.	
26				Horse Judging Clinic, 6:30 p.m.
27			Beyond Gardening End of Year Party, 4:30 p.m.	
28		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		
29				Horse Judging Contest, location TBA

Upcoming 4-H Events Calendar



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
September 2015				
2		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.	Portfolio Workshop open to all Douglas County 4-H Members, 6 p.m.	
3		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
7	LABOR DAY HOLIDAY - OFFICES CLOSED			
8				Horse Leaders Mtg, 6 p.m.
10		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
11	Nev. State 4-H Shooting Match Early Check-in, DC fairgrounds, 6-8 p.m.	Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		Please note: Due to the number of club meetings in Washoe County, we cannot list
12	State 4-H Shooting Sports Match, Douglas Co. Fairgrounds and Rifle Range, all day			
14		Carson City/ Storey County 4-H Council, 6:30 - 8:00 p.m.	Douglas County currently has too many Project specific meetings dates to publish. Please refer to your Project Leader and Calendars for meeting dates.	
15				Livestock Leaders' Mtg., 6 p.m.
16		Carson Cluckers, Fuji Exhibit Hall, 6:30-8:00 p.m.		
17		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.	Shooting Sports Portfolio workshop, DC Fairgrounds, 6 p.m.	
19				Strike it Rich Summer Series 4-H Horse Show, Gold Show and High Point awards. UNR Equestrian Center, 8 a.m.
21		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.	Leaders' Council, 7 p.m.	Small Animal Leaders' Mtg., 6 p.m. 4-H Record book clinic, 6 p.m.
25		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		
25-27	Fall Shooting Sports Leader Training, Alamo, Fri. 7 p.m. - Sun. 1 p.m.			
26				UNR Field Day, Valley Rd. Field Lab, 9 a.m. - 2 p.m.
28			4-H Sign-up Night, Methodist Church, 6:30 p.m.	
October 2015				
1	Beginning of 4-H year 2015-2016	4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.	Portfolios due to 4-H Office, 4 p.m. or earlier	
2				Record books due to Washoe Office by 5 p.m.
4-10	National 4-H Week			
5		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.	Teen Leadership begins, 2:30-4 p.m.	
7	National Youth Science Experiment Day (NYSE)	Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m. NYSE, in the UNCE conf. rm. 6-8 p.m.		National Youth Science Experiment Day (NYSE), location TBA
8		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
9		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		
12		Carson City/ Storey County 4-H Council, 6:30 - 8:00 p.m.	Teen Leadership, 2:30-4 p.m.	
13				Horse Leaders Mtg, 6 p.m.
13-18			Paper Clover Tractor Supply Days	
14		Carson Cluckers, Fuji Exhibit Hall, 6:30-8:00 p.m.		
15		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.	T-Shirt Orders due by 4 p.m.	
19		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.	Teen Leadership, 2:30-4 p.m.	Small Animal Leaders' Mtg., 6 p.m.
20				Livestock Leaders' Mtg., 6 p.m.
23		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.	Set up Fall Family Costume Ball, DC Fairgrounds, 6-8 p.m.	
24			Fall Family Costume Ball, DC Fairgrounds, 5:30 p.m.	
26			Leader Training and Council, 6 p.m.	Leaders' Council Mtg., 6 p.m.
30	NEVADA DAY HOLIDAY - OFFICES CLOSED			