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Clover CLIPS



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4-H Provides a Training Roadmap to Positive Youth Development

4-H prides itself on being one of the country's premiere youth programs. But how does 4-H keep volunteer leaders up to date with the latest research on positive youth development and out of school education? One way is for volunteers to utilize an online service provided by 4-H.org.

4-H.org is an on-line service of National 4-H that offers educational updates and support for 4-H volunteers. This article will look at one aspect of this on-line service: Volunteer Research, Knowledge and Competency (VRKC) which is designed to advance volunteer knowledge. It asks the important question: "What skills or competencies will volunteers need in order to effectively deliver 4-H programs and projects in the next decade?" VRKC answers this question by identifying the skills and knowledge volunteers themselves have outlined as needed to be competent in their 4-H service.

The VRKC outlines six domains that volunteers should understand and master in order to deliver a successful 4-H project and program:

- Communications
- Organization
- 4-H Program Management
- Educational Design and Delivery
- Positive Youth Development
- Interpersonal Characteristics

Communications: The ability to create, deliver and interpret information effectively through formal and non-formal means. This will include: speaking skills, listening skills, writing skills, non-verbal skills, information delivery and dissemination, marketing and public relations, and use of technology.

Organization: The ability to engage others in planning, providing and delivering positive 4-H Youth development programming in a community. This will include: planning and organizing, time management, parent recruitment and involvement, delegating tasks to parents, service to community, and marketing and publicity.

4-H Program Management: Understanding and following appropriate policies, procedures and safety guidelines when acting on behalf of Cooperative Extension. This

includes: organization and structure of Cooperative Extension, risk management/risk reduction, liability awareness and reduction, club management, behavior management, record keeping, financial management, and computer skills.

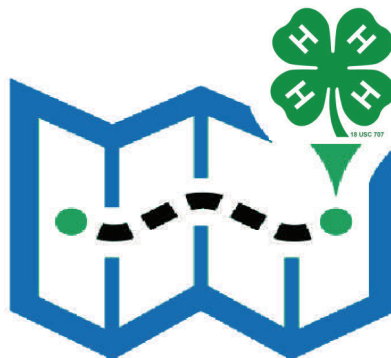
Educational Design and Delivery: The ability to plan and evaluate research-based learning opportunities that effectively promote positive personal development. This includes: use of age-appropriate activities, utilization of multiple teaching strategies, understanding of differences in learning styles, knowledge of subject matter, team building skills, application of experiential learning, and program evaluation methods.

Positive Youth Development: The ability to intentionally and appropriately apply the principles and best practices that result in the positive development of youth. This includes: developing life skills, leadership skills, understanding ages and stages of youth development, empowerment of others, practicing youth-adult partnerships, ability to motivate and encourage youth, and appreciating diversity.

Interpersonal Characteristics: The ability to develop effective relationships, work competently with individuals and groups and express empathy and understanding for others. This includes: caring for others, a compassionate nature, acceptance of others, honesty, ethics and morality, patience, ability to develop and strengthen relationships, and flexibility.

The framework for the VRKC may seem vast and overwhelming, but taken in small bits, the domains can be tamed and managed. Your county 4-H staff is always here to support volunteers and their training. Do not hesitate to take a look at the VRKC or to reach out to staff to request further training. You as a volunteer, can access the VRKC by searching 4-H.org/VRKC.

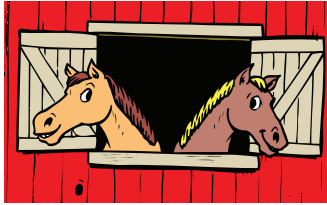
-Material for this article derived from 4-H.org



Leave Your Horse at Home

The first horse clinic of the season is January 23, 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! A snack bar will be provided. Horse Levels written testing will also be offered.



Fliers will be sent out to families soon, and posted on www.facebook.com/washoe4-H. For further information, please contact Sam Mitchell at 775-336-0259 or mitchells@unce.unr.edu.

We look forward to seeing you!

STEM Career Investigation Program Applications Available

Nevada STEM Career Investigation Program (SCIP) is now accepting applications for the SCIP Spring 2016 Seminar Series. The series is open to interested 10th-12th grade students from all Reno/Sparks high schools. Space is limited and positions will be filled on a first come, first served basis.



The seminar series will be held at the Raggio Research Center for STEM Education at the University of Nevada, Reno.

The six seminars will be presented each Tuesday evening from 5:30 to 7:30 p.m., starting February 2, and continuing through March 8. The speakers for each seminar series will be announced to participants via email upon their acceptance into the program.

Applicants that attend every session will receive a certificate upon completion of the seminar series. Additionally, each time the applicant attends a seminar, their name will be put into a drawing for a prize that will be given at the end of the final seminar.

Deadline to apply is January 15, 2016.

To read more about the program, download a pamphlet and apply online go to the website at <http://nvsolarnexus.org/scip/>. If you have any questions, please email Sue Fitzgerald at:

sfitzgerald@unr.edu or call 775-784-1047.

For information on the Raggio Research Center, go to <http://www.unr.edu/raggio-center>.

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.

Speaking with Confidence is a 9-week project that helps youth learn public speaking techniques. The project meets 4:00- 5:00 p.m. each Monday beginning January 25-April 4 (holidays and breaks excluded) at the Douglas County 4-H Office- 1325 Waterloo Lane, Gardnerville.

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 youth ages 9 years and up. Please R.S.V.P. by January 19, to 775-782-9960.

Livestock Deadlines Approaching for NJLS

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

- Feb 2-All Livestock members must email (no phone calls please) their livestock tag order to the 4-H Office no later than 5 pm. Email to: montanas@unce.unr.edu
- March 1st Douglas County Fairgrounds- Sheep & Goat 5:30 p.m., Swine 6:00 p.m. weigh in at the Douglas County Fairgrounds -920 Dump Road, Gardnerville. Times TBA.



Visit the NJLS website for complete current rules books and entry forms: <http://agri.nv.gov/Administration/NJLSB/NJLSB/>

Community Club Demonstrations and Community Service Night

Join all Douglas County 4-H members, parents and leaders for Demonstration and Community Service Night 6:30 p.m. on Monday, January 11 at The Carson Valley United Methodist Church, 1375 Centerville Lane, Gardnerville. We will be doing two activities:

First, members of several 4-H projects will demonstrate what they have been learning in their project this year. Check with your 4-H Project Leaders to discuss if your project will be demonstrating.

Secondly, for the Community Service Project, please bring donations of pet items for The Douglas County Animal Shelter. Please bring as many of the following items as you are able to donate:

Dog items: leashes, collars, dry and wet food, biscuits, toys, towels, blankets, dog beds

Cat items: dry and wet food, treats, toys, blankets, towels, collars, cat beds items can be used, if they are in good shape and no broken pieces.

All blankets should be fleece type (no comforters with any type of stuffing like feathers or fiberfill please).

Also some "grain free foods and treats would be appreciated for some pets that have allergies, however all types of food, biscuits and treats are welcome.

Coming Soon: Carson City/Storey County Fabulous 4-H Fabric and Rummage Sale

Carson City/Storey County 4-H Council invites everyone to contribute and participate in the 2016 Fabulous Fabric and Rummage Sale 4-H Fund Raiser. It takes place February 6 and 7 at Fuji Park Exhibit Hall on Clear Creek Road in South Carson City 9 a.m. to 4 p.m. Saturday, and 9 a.m. to 1 p.m. Sunday.

Drop off dates for donations are January 16 and 23 in the Fuji Exhibit Hall parking lot 10 a.m. to 3 p.m. and Friday, February 5, at Fuji Exhibit Hall 9 a.m. to 4 p.m. Items can also be dropped off at the Carson City University of Nevada Cooperative Extension office, 2621 Northgate Ln., Suite 15, Carson City, Monday – Friday 8 a.m. to 5 p.m.

The sale raises funds for Carson City/Storey County 4-H Council scholarships for 4-H'ers going from high school on to higher education. Each year high school seniors are selected to receive scholarships for any certified educational pursuit following graduation. All seniors who wish to apply for the scholarship are required to assist with this fund raiser. For more information on the event or how to apply for a scholarship please contact Jim Barcellos 775-887-2252.

Celebrate the 2014-2015 4-H Year at Awards Night

Carson City/Storey County 4-H members, their parents and leaders are invited to the 2014-2015 Awards Night celebration on January 14, at Fuji Exhibit Hall beginning at 6 p.m.

All active 4-H members who have met their club criteria for membership during the year will receive certificates and possibly pins and medals. Come help give a cheer to 4-H project members for all they have done throughout the 2014–2015 year and be inspired for your 2015-2016 year.



Look for your invitation in the Carson City/Storey County January e-Zine which will be online soon; or call Jim or Sandy at 775-887-2252. See you soon at the 2014-2015 Awards Night celebration.

Learn How to Reduce the Radon Health Risk

January is National Radon Action Month, and University of Nevada Cooperative Extension's Radon Education Program is offering educational presentations at various Reno locations. Free test kits will also be available at the presentations.

Radon is a naturally occurring, radioactive gas that is colorless, odorless and tasteless. It comes from the ground and can accumulate in homes, raising the risk of lung cancer. The U.S. Environmental Protection Agency (EPA) estimates 21,000 Americans die each year from radon-caused lung cancer, killing more people than secondhand smoke, drunk driving, falls in the home, drowning or house fires.

In Nevada, one in four homes tested show radon concentrations at or above the EPA action level. In Washoe County, 21.8 percent of tested homes had elevated radon concentrations above the action level. According to experts, living in a home with radon concentrations at the action level poses as much risk of developing lung cancer as smoking about half a pack of cigarettes a day.

The risk of radon-caused lung cancer can be reduced. 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. If radon problems are found, they can be fixed. Find out more and get a free test kit at a presentation in your community.



Scheduled presentations for Reno are:

- Jan. 9 – North Valleys Library, 1075 N. Hills Blvd. #340, at 11 a.m.
- Jan. 12 – Sierra View Library, 4001 S. Virginia St., at 4 p.m.
- Jan. 13 – South Valleys Library, 15650A Wedge Parkway, at 6 p.m.
- Jan. 20 – Northwest Reno Library, 2325 Robb Drive, at 5:30 p.m.

For those who cannot attend a presentation, free radon test kits are also available through Feb. 29 at the Washoe County Cooperative Extension office, 4955 Energy Way, in Reno.

The Nevada Radon Education Program is a program of University of Nevada Cooperative Extension and is funded by the Nevada Division of Public and Behavioral Health. Since the program began in 2007, more than 21,000 homes have been tested in Nevada.

Cooperative Extension, the EPA and the Nevada Division of Public and Behavioral Health urge all Nevadans to get their homes tested for radon. For more information, visit the Nevada Radon Education Program website at www.RadonNV.com, or call the Radon Hotline at 888-RADON10 (888-723-6610).

Nearly 21.77 percent of homes tested in Washoe County found radon concentrations at or above the EPA action level. For a radon potential map specific to each Nevada county, go to <http://www.unce.unr.edu/programs/sites/radon/results/>.

Northern Area/ Western January Dates to Remember

Jan. 1– New Year's Day (Offices Closed)

Jan. 11– Douglas County 4-H Club
Demonstrations and
Community Service Night

Jan. 14– Carson City and Storey County
4-H Clubs Awards Ceremony

Jan. 18– Martin Luther King Jr. Day
(Offices Closed)

Jan. 23 – Horseless 4-H Horse Clinic

Your 4-H Mission Minute

Western Regional Leaders' Forum (WRLF) is an annual event hosted by one of the 13 Western states. Adult and youth 4-H leaders from the Western states gather to:

- Learn about new skills and ideas to implement in their 4-H clubs and groups back home
- meet other 4-H leaders and staff from around the West
- re-energize, get motivated and share enthusiasm about 4-H youth development
- participate in workshops, tours and special events
- recognize outstanding leaders for their efforts
- find out what's new in current 4-H projects and trends in youth development
- have fun with other 4-H leaders

To find out more about the next Western Regional Leaders' Forum, visit www.alaska2016.com.



4-H GROWS HERE

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

NORTHERN AREA/WESTERN

**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

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

4-H Events Calendar January 2016



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1	NEW YEAR'S DAY HOLIDAY - OFFICES CLOSED			
4		Target Rippers, Fuji Exhibit Hall, 6:30-8:00 p.m.		Please note: Due to the number of club meetings in Washoe County, we cannot list them all here.
6		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
7		4 Paws, Fuji Exhibit Hall, 6:30-8:30 p.m.		
9		Comstock Hot Shots, Ice House Range, 9 a.m. - 4 p.m.	Cloverbud Worms & Dirt Day, CV Methodist Church, 10 a.m.	
10		Comstock Hot Shots, Ice House Range, 9 a.m. - 4 p.m.		
11		S.C. Cook Lovers, V.C. Sr. Center, 4-6 p.m.	Community Club Demo Night, CV Methodist Church, 6:30 p.m.	Small Animal Leaders' Meeting, 6 p.m.
12				Horse Leaders Mtg, 5:30 p.m.
13		Carson Cluckers, UNCE Carson Conf. Rm. 6:30-8:00 p.m.	Please note: Due to the number of project meetings in Douglas County, we cannot list them all here. Please consult the project calendars that you received at Sign Up Night.	
14		2014-2015 Awards Night, Fuji Exhibit Hall, 6:30-9 p.m.		
15		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		
16		Fabric and Rummage Sale drop off, Fuji Exhibit Hall, 10 a.m.-4 p.m.		
18	MARTIN LUTHER KING, JR. DAY HOLIDAY - OFFICES CLOSED			
20				Livestock Leaders' Mtg., 6 p.m.
23		Fabric and Rummage Sale drop off, Fuji Exhibit Hall, 10 a.m.-4 p.m.		Horseless Clinic, RLEC Pavilion
25		S.C. Cook Lovers, V.C. Sr. Center, 4-6 p.m.	Speaking with Confidence begins, 4-H office, 4 p.m. Leader's Council, 4-H office, 7 p.m.	Leaders' Council Meeting, 6 p.m.
28		4 Paws Business Meeting, UNCE Carson Conf. Rm., 6:30-8:30 p.m.		
29		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		
31	Western Regional Leaders' Forum (WRLF) Reg. registration deadline			

**Martin Luther King, Jr. Day
January 18, 2016**



Upcoming 4-H Events Calendar



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
February 2016				
1	National 4-H Beekeeping Essay Contest state deadline	S.C. Cook Lovers, V.C. Sr. Cntr., 4-6 p.m. Target Rippers, Fuji Exhibit Hall, 6:30-8:00 p.m.	Please note: Due to the number of project meetings in Douglas County, we cannot list them all here. Please consult the project calendars that you received at Sign Up Night.	Please note: Due to the number of club meetings in Washoe County, we cannot list them all here.
3		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
4		4 Paws, Fuji Exhibit Hall, 6:30-8:30 p.m.		
5		Fabric and Rummage Sale drop off, Fuji Exhibit Hall, 9 a.m.-4 p.m.		
6		Fabric and Rummage Sale Fundraiser, Fuji Exhibit Hall, 8 a.m.-4 p.m.		
7		Fabric and Rummage Sale Fundraiser, Fuji Exhibit Hall, 9 a.m.-1 p.m.		
8		S.C. Cook Lovers, V.C. Sr. Cntr., 4-6 p.m.	Teen Leadership, 4-H Office, 2:30-4 p.m.	
9				Horse Leaders Mtg, 5:30 p.m.
11		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
12		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		
14				Silver Knolls Spurs Tack Sale, RLEC Pavilion
15	PRESIDENTS' DAY HOLIDAY - OFFICES CLOSED			
17				Livestock Leaders' Mtg., 6 p.m.
18		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
20			Cloverbud Rabbit Day, CV Methodist Church, 10 a.m.	Horse Clinic, RLEC Pavilion
22		S.C. Cook Lovers, V.C. Sr. Cntr., 4-6 p.m.		Small Animal Leaders' Meeting, 6 p.m.
23			Portfolio Recordbook Workshop, 6 p.m.	
24		Carson Cluckers, UNCE Carson Conf. Rm. 6:30-8 p.m.		
26		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
28	WRLF late registration deadline			
29		S.C. Cook Lovers, V.C. Sr. Cntr., 4-6 p.m.		
March 2016				
1			Weigh-in for NJLS, Douglas County Fairgrounds, 5:30 p.m. sheep and goat, 6:00 p.m. swine	
2		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
3		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
7		S.C. Cook Lovers, V.C. Sr. Cntr., 4-6 p.m. Target Rippers, Fuji Exhibit Hall, 6:30-8:00 p.m.		
8				Horse Leaders Mtg, 5:30 p.m.
9		Carson Cluckers, Fuji Exhibit Hall, 6:30-8 p.m.		
10		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
11		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
12				Small Animal Show, RLEC, 8 a.m.
14			Community Club Demo Night, CV Methodist Church, 6:30 p.m.	
16				Livestock Leaders' Mtg., 6 p.m.
17		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
19			Cloverbud Livestock Day, 10 a.m.	
21		S.C. Cook Lovers, V.C. Sr. Cntr., 4-6 p.m.	Leader's Council, 4-H office, 7 p.m.	Small Animal Leaders' Meeting, 6 p.m.
25		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		