



University of Nevada  
Cooperative Extension

# Clover CLIPS



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University of Nevada Cooperative Extension • Northern Area/Western

## Recognizing 4-H Volunteer Success

Everyone needs a pat on the back and a “good job” salute once-in-a-while. This is especially true for volunteers in our 4-H programs. Whether it is called recognition, appreciation, or comes with an award, it is vital to recognize the efforts and contributions of our great 4-H volunteers. One of our deepest emotional needs as humans is for recognition and approval by others. Satisfying this basic need is especially important when working with volunteers in a leadership capacity.

Giving our volunteers visible and earnest appreciation is critical and must include recognition of the importance of the job they are doing and the quality aspect of that job. Let the volunteer know the important part he/she performs and what a good job he/she is doing in that endeavor. Ensure all the people involved in that good job are recognized. If it was a group effort, recognize the entire group.

This does not mean heaping on praise when it is not deserved. It does mean giving credit where credit is due. In order for recognition of efforts to be the most effective and appreciated by the volunteer, ensure the praise and appreciation is **EARNED**. Recognize a volunteer when the accomplishment is significant. Hollow praise for something trivial or insignificant will not be welcomed by the volunteer and will sound insincere.

Make sure that volunteer recognition comes in both **FORMAL** and **INFORMAL** manners. Formal recognition may consist of certificates, ribbons, or pins and is given in a public situation. Informal

recognition usually comes in a more spontaneous way and is not planned in advance. Informal recognition is often viewed by the volunteer as more meaningful because the praise happens “on the spot”. If a volunteer did a great job at organizing a meeting or helping a group of youth understand something better; tell the volunteer what a great job they did right away.

Volunteer recognition should also be an important part of the **TOTAL COUNTY** or **GROUP**

**PROGRAM**. Volunteer recognition should always be part of the standard 4-H program. Advance planning of recognition allows opportunities to recognize contributions of not only volunteers, but also parents, public supporters, and others linked to the area 4-H program.

Our 4-H volunteers are anxious to know how they are doing in their leadership capacities. Formal evaluations can be a good way to

reassure volunteers and help them see the progress they are making. Evaluations can be the form of recognition a volunteer needs to answer questions they have and for them to make program suggestions. Individual and group evaluation discussions with volunteers will help to:

- Identify training needs
- Judge the volunteer’s potential for new leadership roles
- Help determine the extent to which youth and adults are achieving their goals



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## NJLS Deadlines in Douglas Co.

All Douglas County Livestock members should mark their calendars for upcoming deadlines:

February 7- All Livestock Leaders please email your livestock tag order to the 4-H Office no later than 5 pm. No phone calls please. Email: [montanas@unce.unr.edu](mailto:montanas@unce.unr.edu)

March 1- Weigh-in at the Douglas County Fairgrounds-920 Dump Road, Gardnerville. Sheep & Goat 5:30 p.m., Swine 6:00 p.m.



Apr 15- DEADLINE QA Training for all youth participating in the Nevada Junior Livestock Show (NJLS)

- First year youth and every 3 years thereafter, must have completed their mandatory online Quality Assurance Training by this date.
- See the NJLS rule book for more information, NJLS entry forms and deadlines <http://agri.nv.gov/Administration/NJLSB/NJLSB/>
- The online QA process requires payment and pre-registration with a unique email for each member. Please start this process with your member *early* to ensure timely completion.

## 4-H Recognition Night at Reno Big Horns Game

Don't miss this chance to celebrate Nevada's 4-H Youth. Come to Nevada 4-H Night with the Reno Bighorns Basketball Team on January 27, 2017.

See the Reno Bighorns (the NBA



Development League team for the Sacramento Kings) play the Rio Grande Valley Vipers. Doors will open at 6:00 pm. Game time is scheduled for 7:00 pm. Show your Nevada 4-H pride by wearing your 4-H apparel!

Meet the players and get autographs after the game! Get your picture taken with Bruno, the Bighorns mascot!

If you missed the chance to get your discounted tickets online (the deadline was December 27), contact your county University of Nevada Cooperative Extension office or email Carrie Stark at [starkc@unce.unr.edu](mailto:starkc@unce.unr.edu)

## Learn to Reduce the Radon Health Risk

January is National Radon Action Month, and University of Nevada Cooperative Extension's Radon Education Program is offering free radon test kits and educational presentations at various locations across the state. Free test kits are available at Cooperative Extension offices and partner offices statewide from Jan. 1 through Feb 28, and 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. 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.

Scheduled presentations for Reno, Sparks, Carson City, Incline Village, Stateline and Minden are:

Jan. 7: Northwest Reno Library, 2325 Robb Drive, Reno, at 1 p.m.

Jan. 11: CVIC Hall, 1604 Esmeralda Ave., Minden, at 6 p.m.

Jan. 12: Sparks Library, 1125 12th St., Sparks, at 6 p.m.



Jan. 18: Carson City Senior Center, 901 Beverly Drive, Carson City, at 6:30 p.m.

Jan. 23: Tahoe Regional Planning Agency, 128 Market St., Stateline, at 6 p.m.

Jan. 24: Spanish Springs Library, 7100 Pyramid Way, Sparks, 5:30 p.m.

Feb. 1: Incline Village GID Public Works, 1220 Sweetwater Road, Incline Village, at 6 p.m.

Feb. 8: South Valleys Library, 15650A Wedge Parkway, Reno, at 6 p.m.

Feb. 12: Sierra View Library, 4001 S. Virginia St., Reno, at 2 p.m.

For those who cannot attend a presentation, free radon test kits are available through Feb. 28. For more information, call the Radon Hotline at 888-RADON10 (888-723-6610) or visit the Nevada Radon Education Program website at [www.RadonNV.com](http://www.RadonNV.com). Cooperative Extension, the EPA and the Nevada Division of Public and Behavioral Health urge all Nevadans to test their homes for radon.

## 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. This 9-week project helps youth to learn to speak to an audience with confidence.

The project meets on Monday 4:00- 5:00 p.m. each week from January 30 through April 3 (holidays and breaks excluded) at the Douglas County 4-H Office (1325 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 19 to 775-782-9960.

## First Horse Clinic of 2017

The first horse clinic of the season is January 21, 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.

Be 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.

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

## World of 7 Billion Video Contest

Back by popular demand, the *World of 7 Billion* student video contest can help you bring technology and creativity into your 4-H projects. The contest challenges students to create a short (60 seconds or less) video illustrating the connection between world population growth and one of three global challenges: climate change, ocean health, or rapid urbanization.

Students can win up to \$1,000 and their teachers will receive free curriculum resources. The contest deadline is February 23, 2017. Full contest guidelines, resources for research, past winners, and more can be found at:

[https://www.worldof7billion.org/student-video-contest/\[worldof7billion.org\]](https://www.worldof7billion.org/student-video-contest/[worldof7billion.org]).



## 4-H Ambassador Program Returns

The State 4-H Ambassador Program is returning to Nevada. A statewide committee comprised of Sharon Barton, Lacey Sproul-Tom, Jay Clyde, Schyler Hagen and Jim Barcellos have done a lot of work in the last year to look at what Nevada had in place in the past, but also looked at other state programs to come up with an outstanding program.

***The applications are due January 20th and 3 letters of recommendation are due by January 23rd-*** all to the State 4-H Office. The applications will be posted on the State 4-H website and on the State 4-H Facebook page. Links will also be available on the Washoe County 4-H page, [www.facebook.com/washoecounty4h](http://www.facebook.com/washoecounty4h).

Here are the requirements for youth to apply to become a State 4-H Ambassador.

### Qualifications:

- 15 years of age to age 19 years of age as of January 1st of current year (2017 in this case)
- Enthusiasm for 4-H
- Have an interest in promoting the 4-H Program
- Ability to communicate with youth and adults
- Time and commitment to work with developing a 4-H Public Relations Program
- Ability to accept and follow through with responsibilities
- Member of the 4-H Program in their county
- 4-H Member for 2 years prior to applying for Nevada 4-H Ambassador

There will be 15 youth selected from across the state to serve a 2-year commitment in this role. Any applicant should be aware that there may be some costs associated with being a state ambassador (between \$100-\$200 each). If there is an issue with any youth wanting to apply but unable to pay the costs, please contact State 4-H Program Director Carrie Stark about possible funding.

State 4-H Ambassadors will be an amazing asset to the Nevada 4-H Program. It is also a great learning experience for anyone involved.

If you have any questions, please contact one of the following:

Lacey Sproul-Tom, 702-397-2604 or [sproull@unce.unr.edu](mailto:sproull@unce.unr.edu)

Sharon Barton, 775-623-6304 or [bartons@unce.unr.edu](mailto:bartons@unce.unr.edu)

Carrie Stark, 775-784-4785 or [starks@unce.unr.edu](mailto:starks@unce.unr.edu)



## Recognizing 4-H Volunteer Success

(Continued from page 1)

- Provide feedback on the success of the 4-H program in different situations.

Some key times to provide volunteer recognition are during the initial commitment to volunteer, successful completion of orientation training, successful completion of the volunteer's first cycle of service and subsequent cycle completions and outstanding performance as needed. Tie recognition to the volunteer job agreement in your county or area.

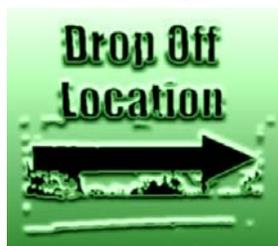
Some ways you might recognize volunteers are to give personal thanks or praise either on the spot or by telephone. Write a note of appreciation or praise. Remember to celebrate outstanding individual and/or group accomplishments. This can be done at special recognition programs, parties, teas, or other activities for 4-H leaders, parents, community supporters, first year 4-H members, officers, or other contributors to the program. Recognize individuals in front of people who are important to them.

Always remember that volunteers are the backbone of the 4-H program and their deserved recognition should always be innovative, sincere, specific and relative to the volunteer's interests and success.

## Fabric and Rummage Sale Drop-Off Site Changes

Carson City/Storey County 4-H Council is making a change on the site for collection drop-offs in January for their Fabulous Fabric and Rummage Sale fundraiser.

On January 21 and 28, items for the event can be dropped off at Carson City UNCE conference room, 2621 Northgate Lane, Suite 12 from 10 a.m. – 4 p.m. each day.



The event takes place February 4 and 5 at Fuji Exhibit Hall in South Carson City on Clear Creek across from Costco. All proceeds from this annual 4-H fund raiser go to assist with continuing education scholarships for 4-H participant graduating seniors and 4-H Camp participants.

Carson City/Storey County 4-H'ers who want to apply for a 2017-2018 scholarship are required to assist with this event.

Please contact Jim Barcellos, at 775-887-2252 for more information.

### Northern Area/ Western January Dates to Remember

**Jan. 2** – New Year's Holiday  
Offices closed

**Jan. 16** – Martin Luther King Jr. Day  
Offices closed

**Jan. 20** – State 4-H Ambassador  
Applications due

**Jan. 27** – 4-H Recognition Night at  
Big Horns Basketball Game

## Your 4-H Mission Minute

County-based recognition models usually consist of presenting plaques, certificates and pins at banquets.

Receiving a thank-you note was the most meaningful form of recognition. Thank-you notes from members, parents, Extension agents, and club, county and state recognition banquets were rated as the most important specific types of recognition. Volunteer recognition presented at county banquets and club meetings or activities were preferred over state recognition events.

Twenty percent (20%) of the volunteers did not want formal recognition. Intrinsic recognition forms were ranked as more desirable than extrinsic forms. 4-H members were identified as the most meaningful recognition source.

*-Journal of Extension , Conclusions of Ohio State University Study*



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 2017



DATE	WESTERN AREA AND OTHER COUNTIES	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
2	<b>NEW YEAR HOLIDAY - OFFICES CLOSED</b>			
2		Target Rippers, Fuji Exhibit Hall, 6:30 - 8 p.m.		
4		Bouncing Bunnies, Fuji Ex. Hall, 6:30-8 p.m.		
5		4-Paws, Fuji Exh. Hall, 6:30-8 p.m.	<b>Please note:</b> Due to the number of club meetings in Douglas County, we cannot list them all here.	
7		Cloverbuds, 1-3 p.m.		
9		Cook Lovers, VC Sr. Center 4-6 p.m.		Small Animal Leaders' Meeting, 6:30 p.m.
10				Horse Leaders' Mtg., 5:30 p.m.
12		4-Paws, Fuji Exh. Hall, 6:30-8 p.m. Arrowhead Livestock, UNCE conf. rm., 6:30-8 p.m.		
13		Carson Hot Shots, Cap. City Gun club, 6-9 p.m.		
16	<b>MARTIN LUTHER KING DAY HOLIDAY - OFFICES CLOSED</b>			
17		Carson Cluckers, Fuji Exhibit Hall, 6:30-8 p.m.		Livestock Leaders' Mtg., 6:30 p.m.
19		4-Paws, Fuji Exh. Hall, 6:30-8 p.m.		
20	State 4-H Ambassador applications due to state office.			
21		Fabric/Rummage Sale Drop-off, UNCE Carson conf. rm., 10 a.m.-4 p.m.	Cloverbud Gardening Day, CV Methodist Church, 10-11 a.m.	4-H Horse Clinic, RLEC, 8 a.m.
23	State 4-H Ambassador reference letters due to state office.		Crochet second session begins, CV Methodist Church, 6-8 p.m. Leaders' Council, 7 p.m.	Home Arts and Sciences Mtg., 6:30 p.m. Leaders Council Mtg., 6 p.m.
26		Arrowhead Livestock, UNCE conf. rm., 6:30-8 p.m.		<b>Please note:</b> Due to the number of club meetings in Washoe County, we cannot list them all here.
27		Carson Hot Shots, Cap. City Gun club, 6-9 p.m.		
28		Fabric/Rummage Sale Drop-off, UNCE Carson conf. rm., 10 a.m.-4 p.m.		
30		Cook Lovers, VC Sr. Center 4-6 p.m.	Speaking with Confidence begins, 4-5 p.m.	



**New Year's Day  
January 1, 2017**



**Martin Luther King Jr. Day  
January 16, 2017**

## Upcoming 4-H Events Calendar



DATE	WESTERN AREA AND OTHER COUNTIES	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
<b>February 2017</b>				
1		Bouncing Bunnies, Fuji Ex. Hall, 6:30-8 p.m.		
2		4-Paws, Fuji Exh. Hall, 6:30-8 p.m.		
3		Fabric/Rummage Sale Fund Raiser set-up, Fuji Exhibit Hall, 8 a.m.-5 p.m.		
4		Fabric/Rummage Sale Fund Raiser, Fuji Exhibit Hall, 9 a.m.-4 p.m. Cloverbuds, UNCE conf. rm, 1-3 p.m.		
5		Fabric/Rummage Sale Fund Raiser, Fuji Exhibit Hall, 9 a.m.-1 p.m.		
6		Cook Lovers, VC Sr. Center 4-6 p.m. Target Rippers, Fuji Exh. Hall, 6:30-8 p.m.		
7			Livestock Leaders turn in NJLS tag orders to the 4-H Office	
9		4-Paws, Fuji Exh. Hall, 6:30-8 p.m. Arrowhead Livestock, UNCE conf. rm., 6:30-8 p.m.		
10	Camp Meet and Greet, Washoe County office, 5:30-7 p.m.	Carson City Hot Shots, Cap. City Gun club, 6-9 p.m.		
11				Annual Tack Sale, RLEC, 8 a.m.- 5p.m.
13		Cook Lovers, VC Sr. Center 4-6 p.m.		
14				Horse Leaders' Mtg., 5:30 p.m.
16		4-Paws, Fuji Exh. Hall, 6:30-8 p.m.		
18		Cloverbuds, UNCE conf. rm., 1-3 p.m.		4-H Horse Clinic, RLEC, 8 a.m.
20	<b>PRESIDENTS' DAY HOLIDAY - OFFICES CLOSED</b>			
21				Livestock Leaders' Mtg., 6:30 p.m.
23		Arrowhead Livestock, UNCE conf. rm., 6:30-8 p.m.		
24		Carson City Hot Shots, Cap. City Gun club, 6-9 p.m.		
26				Tagging and Weigh-in, RLEC, time TBA
27		Cook Lovers, VC Sr. Center 4-6 p.m.		Small Animal Leaders' Meeting, 6:30 p.m.
28			Portfolio Workshop, 6:30-7:30 p.m.	
<b>March 2017</b>				
1		Bouncing Bunnies, Fuji Ex. Hall, 6:30-8 p.m.	Sheep, Goat and Swince official weigh/tagging, DC fairgrounds, 5:30 p.m	
2		4-Paws, Fuji Exh. Hall, 6:30-8 p.m.		
4		Cloverbuds, UNCE conf. rm., 1-3 p.m.		
6		Cook Lovers, VC Sr. Center 4-6 p.m.		
7		Carson Cluckers, Fuji Exhibit Hall, 6:30-8 p.m.		
9		4-Paws, Fuji Exh. Hall, 6:30-8 p.m. Arrowhead Livestock, UNCE conf. rm., 6:30-8 p.m.		
10		Carson City Hot Shots, Cap. City Gun club, 6-9 p.m.		
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27				Home Arts & Science Leaders' Mtg, 6:30 p.m.