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Cooperative Extension

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Clover CLIPS



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Positive Youth Development Empowerment of Others

How do we create an environment in which youth can do their best? What elements need to be present for youth to learn and practice leadership skills? As a 4-H volunteer, you can empower youth and other adults to achieve success. Empowerment is providing a sense of authority to another person so she can gain confidence, leadership and assertiveness. When others are empowered, they feel ownership, respect, and pride. They develop their strengths and experience growth. They discover they can make a difference in their organizations and in the world.

There is a subtle difference between empowerment and delegation, two words that are often misused interchangeably. According to the Merriam-Webster Dictionary:

Empower means to give authority to somebody, make more confident or assertive.

Delegate means to give a task or authority to somebody.

The difference between these two definitions is the phrase “*make more confident or assertive*,” which is done by conveying information and developing skills through practical and meaningful application—in other words, through education and training. The positive youth development opportunities you create should develop skills through practical and meaningful application, thereby empowering youth and increasing their confidence.

As a 4-H volunteer, you are an essential coach and mentor for youth. It is important for you to build positive relationships with others and gain their trust and respect. In addition, honing your personal leadership and mentoring skills provides modeling for others. Trust and training provide the essential ingredients to empower youth and others and help them achieve success.

A simple way to put this is: Training + Trust = Empowerment. Here are some exercises you can do to foster that empowerment:

Think about the following two questions. Give yourself a few minutes. You may also want to discuss them with other leaders, or your club officers.

- How have you experienced or observed others building relationships in 4-H or other groups?
- What training have you participated in or heard about that would build leadership, mentoring, or coaching skills?

There are ten significant ways we can empower others to be successful (Lee and Catagnus, 1999).

These include:

- Model a passion for the mission and goals
- Demonstrate competency
- Reflect a caring attitude toward the team
- Be accessible and approachable
- Aim for consistency
- Provide role descriptions for everyone on the team
- Provide quality training and education
- Provide feedback
- Share information
- Express your appreciation

This list will help you in creating an environment for empowerment. Look at the list carefully and compare it to your 4-H club. Which of the components appear to be strong in the 4-H program? What components need to be strengthened? What are new ideas you had not considered to support empowering youth and others?

These are good starting points for discussions with co-leaders. You may also want to ask youth members to share experiences where they have felt empowered. Have them share what created that environment, the roles that adult volunteers played, and the outcomes of the experience for the event/activity and for themselves personally.

Empowering others builds confidence, trust, and respect in a group and provides the opportunity for each



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Informational Meetings for 2015 4-H Summer Camp

Northern Area/Western 4-H Summer Camp is just a few weeks away. This year's camp is themed "Into the Wild". It is July 12-18, at the Nevada State 4-H Camp at Lake Tahoe. There are two orientation meetings for prospective campers and their families. First-time campers especially should attend one of the meetings

In Douglas County, there is Camper/Parent Info Night at 6:30-7:30 p.m. on Wednesday, June 17. Teen counselors and campers attending State 4-H Camp and their parents are invited.

The evening is led by our 4-H Camp Teen Counselors and includes an insider's look at 4-H Camp activities & meals, "A Day in the Life" of a typical camper, meet other 4-H Campers & Counselors, tie dying info, fun & prizes. Meet other campers and counselors and see what's happening at camp this year.



The meeting is at University of Nevada Cooperative Extension's 4-H Conference Room, 1325 Waterloo in Gardnerville (across from Lampe Park). Please call 775-782-9960 for information.

Washoe and Carson City/Storey will have a meeting linked by interactive video on Thursday, June 25, at 6:30 p.m. Participants can go to either location in the Reno (4955 Energy Way) or Carson City (2651 Northgate Lane, Suite 15).

All youth going to 4-H camp and their families are encouraged to attend the meeting and find out about the best ways to prepare for camp. First-time campers are especially urged to attend.

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

Empowerment

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individual to contribute and learn from each experience. Empowerment also helps organizations to grow and achieve their mission. Volunteers must partner with youth to build their confidence, competence, and citizenship skills through empowerment. "We empower others when we seek to understand them, and we empower ourselves when we see others without the blinders of our own motives and self interests." (Fritz, Brown, Lunde, Banset, 2005)

This article is adapted from:

VRKC: Volunteer Research Knowledge Competency Taxonomy By Karla Knoepfli, Assistant Extension Program Specialist, Oklahoma State University Extension

Come to Reno Rodeo Kids Day

After two successful, fun-filled years, it's time for year number three! 4-H members are encouraged to join the fun and participate in Reno Rodeo "Kids Day" 2015. Come to the Reno Livestock pavilion and help promote all we do in Nevada 4-H.



The date this year is June 20, from 12 p.m.- 3 p.m. Admission is free. Washoe County will have its information project animal booth set up so if you have an animal you want to show off. Any and all are welcome. We'd love to have you there to promote 4-H.

For more information please call Lisa Boldman at 775-336-0273 or email boldmanl@unce.unr.edu.

Have an Adventure in Montana

Have plans for the summer yet? Want to go rafting on the Alberton Gorge of the Clark Fork River in Montana? Ever wondered what a *Pseudotsuga menziesii* is? Curious about how to work and manage the land we live off? And want to meet other kids from all across Montana? Then join us for this year's Montana Natural Resources Youth Camp, a sweet opportunity to get outside where learning and recreation come together, to foster understanding and instill appreciation for the natural amenities of Montana.

The camp is July 12 - 17, 2015 in the Lubrecht Experimental Forest in Greenough, Montana; and all youth ages 14-18 are welcome. It's a wonderful opportunity to get outside where learning and recreation come together, to foster understanding and instill appreciation for nature.



Campers learn about forests, water, soils, geology, range, wildlife, and recreation, and spend a half-day rafting the Alberton Gorge of the Clark Fork River. In between the field sessions, taught largely by professionals that volunteer from a variety of natural resources based agencies and industries, specialty evening programs, guest speakers, hands-on learning-through-discovery, and campfires provide for a lasting summer camp experience.

Qualified campers are accepted on a first-come-first-served basis.

The full fee for camp is \$200 per camper (\$225 June 1 -15) which includes meals, supplies, lodging and all applicable program fees. Application forms are available online at www.mnryc.org and upon request.

Apply online or mail forms to:

Montana Natural Resources Youth Camp
c/o Martin Twer

32 Campus Drive MS 0606
Missoula, MT 59812-0606

Application and \$100 deposit is due June 15, (deadline). The balance is due by start of camp.

For more information, please contact Camp Director Martin Twer at 406-243-2775

Bouncing Bunnies Host June Rabbit & Cavy Show

Bouncing Bunnies 4-H Rabbit & Cavy club is hosting its annual June Rabbit and Cavy Show on June 20 at Fuji Park Exhibit Hall.

Show doors open at 7 a.m. with check-in following at 7:30 a.m.

The show begins at 9 a.m. and ends at 4 p.m. Once again the club is hosting their outstanding raffle so participants should plan on picking up some amazing raffle items.

Contact Sandy Wallin 775- 887-2252 for more information.



Nevada Fair 2015 on its Way

Nevada Fair 2015 is set for July 30 through August 2. See the list of events and sponsors and buy tickets at nevadafair.com.

The site also has the premium book available. Entry forms for youth livestock competitions, plus other adults and youth competitions are available online as well. The fair is open for entries in livestock, home arts, cooking, homespun items and sewing.

Shuttle service will be provided from the Casino Fandango parking garage to the fairgrounds. Volunteers are being sought for help with parking, setting up and taking down the exhibit hall, checking entries and supervising livestock.

To volunteer contact Kelli Du Fresne at 775-283-4718. Check it out online and plan to come to the fair.



4-H Comstock Hot Shots Set Dates for June Shoots

Rich Knight, Comstock Hot Shots 4-H Shooting Sports leader, has set the dates for June training and shoots. All range shoots take place at the Ice House Range at the end of Toll Road in Gold Hill and run from 10 a.m.-3 p.m. with a break for lunch noon-1 p.m.

Training and range shoots are scheduled for June 6-7, June 20-21 and June 27-28. 4-H'ers in Comstock Hot Shots need to attend all shoots in order to be ready for the State 4-H Shooting Sports Match scheduled for September 12 in Douglas County.

For more information please contact Rich by email at fishorfire@aol.com or call Sandy Wallin at 775-887-2252.



Strike It Rich Show Series Returns

Mark your calendars for the 2015 Strike It Rich Summer Series 4-H Horse Shows starting on July 25, with the Copper Show. All shows will be held at the UNR Equestrian Center.

The show will have classes offered for 4-H recognized age groups of seniors, intermediates and juniors; and also classes for the novice/beginner rider. 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 counties are also invited to compete.

The points earned at this show are added to the points for the Silver Show on August 22, and 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 are still being finalized. Look for them later this month 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, contact Sam Mitchell at 775-336-0259 or email mitchells@unce.unr.edu.



Record Book Clinic Series Continues

Washoe County 4-H is sponsoring a series of Record book workshops that started May 11. The next 4-H record book clinic is Monday, June 8, at 6 p.m. Interested 4-H club members can attend the workshops at the UNCE office on Energy Way in Reno. There will be a clinic on the second Monday of each month through September. The clinics are helpful if you need a little guidance or just a refresher course on how to create a great 4-H record book, and what to include.

Check the Washoe County 4-H Calendar at <http://www.unce.unr.edu/4H/counties/washoe/> for dates. For more information, or to secure a spot at an upcoming workshop, please call Sam Mitchell at 775-336-0259 or email mitchells@unce.unr.edu

4-H Reno Rocket Club Launch Day

The 4-H Rocketry Club is approaching lift-off! They have completed the construction of their high-powered rocket.

The finished rocket will not be your average model rocket. The final rocket will stand about 6 feet tall, reach speeds of over 400 miles per hour and will be launched using a 38mm diameter motor. The motor is made of the same fuel as the Space Shuttle Booster stage.

Launch day is scheduled for June 7, at 10:00 a.m. at White Lake in Cold Springs. Admission to the launch is free for spectators.

For more information or questions contact Lisa Boldman at boldman@unce.unr.edu or phone 775-336-0273.



Northern Area/ Western June Dates to Remember

June 6– 4-H Camp Teen Counselor
Candidate interviews, Reno

June 13– 4-H Camp Staff Training,
Washoe Office, Reno

June 17– 4-H Camp Orientation and Info
Night Douglas County Office

June 25– 4-H Camp Orientation,
Washoe and Carson City Offices

Your 4-H Mission Minute

The job of youth development professionals is to provide opportunities for young people to develop the competencies they need to become successful contributing members of their communities (Pittman & Wright, 1991). Empowerment can be one of the most effective strategies for providing young people with opportunities to develop competence. Over the past decade "empowerment" has become the buzzword in business, evaluation and youth development. Because of its wide use, the word "empowerment" has many different meanings to people.

For our use "Empowering teens" refers to a PROCESS through which adults begin to share responsibility and power with young people. It is the same idea as teaching young people the rules of the game. Youth development professionals are helping young people develop non-academic competencies that will help them to participate in the game of life. Because it is a process, empowerment is something that is achieved over time, not overnight.

-From Views of Empowerment at www.joe.org

We are  4-H PROUD

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 June 2015



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.		
3		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
4		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
5		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		
6	Camp Teen Counselor candidates Interviews & Selection, Washoe Office			
6-7		Comstock Hot shots, Ice House Range, 10 a.m. - 3 p.m. each day.		
8		Carson/Storey 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. All dates take place at the 4-H office unless otherwise noted.	Record Book clinic, 6 p.m.
9				Horse Leaders Mtg, 6 p.m.
11		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
13	Camp Staff Training, Washoe Office, 9 a.m. to 3 p.m.	Youth Day, Capital City Gun Club, 10 a.m.- 3 p.m.		
15		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.		Small Animal Leaders' Mtg., 7 p.m.
16				Livestock Leaders' Mtg., 6 p.m.
17		Carson Cluckers, Fuji Exh. Hall, 6:30-8 p.m.	Teen Counselor Prep for Info Night, 4-H office, 2 p.m. Camper & Parent Camp Orientation and Information Night, Douglas County, 6:30 p.m.	
18		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		Please note: Due to the number of club meetings in Washoe County, we cannot list them all here.
19		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.		
20		Rabbit/ Cavy Show, Fuji Exhibit Hall, 7:30 a.m.-4 p.m.		
20-21		Comstock Hot shots, Ice House Range, 10 a.m. - 3 p.m. each day.		
21-27		Range Camp, Austin Nevada, daily		
22			Leaders' Council, 7 p.m.	
25		Camper & Parent Camp orientation, Washoe (Reno) Office and Carson City, IV mtg., 6:30 p.m.		Camper & Parent Camp orientation, Washoe (Reno) Office and Carson City, IV mtg., 6:30 p.m.
27-28		Comstock Hot shots, Ice House Range, 10 a.m. - 3 p.m. each day.		
30	Camp Staff Training, Carson Office, 6 p.m.			



Summer Solstice, June 21

Upcoming 4-H Events Calendar



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY	
July 2015					
1		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		Please note: Due to the number of club meetings in Washoe County, we cannot list them all here.	
2	All Camp Staff Meeting, Carson Office, 6 p.m.	4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.			
3		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.			
3	INDEPENDENCE DAY HOLIDAY - OFFICES CLOSED				
6		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.			
9		4 Paws, Fuji Exhibit 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.		
11	Camp Staff reports to camp by 3 p.m.				
12-18	Northern Area/Western 4-H Camp, Lake Tahoe				
14					Horse Leaders Mtg, 6 p.m.
15		Carson Cluckers, Fuji Exh. Hall, 6:30-8 p.m.			
16		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.			
17		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.			
17-19		Camp Mason Ortiz, Winnemucca Ranch, daily			
20		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.		Record Book clinic, 6 p.m. Small Animal Leaders' Mtg., 7 p.m.	
21				Livestock Leaders' Mtg., 6 p.m.	
25				Strike it Rich Summer Series 4-H Horse Show, Copper Show. UNR Equestrian Center, 8 a.m.	
27			No Leaders' Council	Leaders' Council Mtg, 6 p.m.	
7-30 to 8-2		Nevada Fair	Nevada Fair, Carson City		
August 2015					
3		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.			
5		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.			
6		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.			
10				Record Book clinic, 6 p.m.	
11				Horse Leaders Mtg, 6 p.m.	
12		Carson Cluckers, Fuji Exh. Hall, 6:30-8 p.m.			
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.			
17		Target Rippers, Fuji Exhibit Hall, 6:30-8:30 p.m.		Small Animal Leaders' Mtg., 7 p.m.	
18				Livestock Leaders' Mtg., 6 p.m.	
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.		
28		Carson Hot Shots, Capital City Gun Club, 6-9 p.m.			