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The Four Principles of 4-H Healthy Living

The 4-H Healthy Living mission engages youth and families through opportunities to achieve optimal physical, social, and emotional well-being.

The 4-H Healthy Living Mission Mandate goal is to expand participation from 2.5 million to 2.75 million youth and their families in a dynamic process of healthy living opportunities so they are physically, socially, and emotionally prepared to meet the challenges of the 21st century. 4-H Healthy Living encompasses a holistic approach including healthy eating habits, physical fitness, the capacity to recognize and direct emotions, and the ability to develop and maintain positive social interactions and relationships. Youth and their families engaged in 4-H Healthy Living will develop an awareness and positive attitude about healthy living while increasing their knowledge, skills, and competencies in physical, social, and emotional well-being.

There are four principles used as guides for 4-H's work in healthy living. Following them will keep efforts closely aligned with 4-H's core mission.

Principle 1. Learning about healthy living concepts occurs in the learning environments created with youth development principles. 4-H must direct its resources to delivering healthy living learning opportunities that incorporate the Essential Elements of 4-H Youth Development. Experiential learning must provide youth with opportunities to master life skills such as decision-making, cultivating independence with guidance from caring adults, gaining a sense of belonging within a positive group, and sharing their spirit of generosity toward others. Healthy living curricula offers a range of engaging and challenging experiences for youth of all ages and abilities and their families, and builds healthy living literacy while meeting the fundamental developmental needs of youth..

To enhance the goal of learning, an atmosphere of friendliness, trust, and unconditional acceptance is required. When the Experiential Learning process is used to help youth share the process of discovery, leaders will be developing them as critical thinkers who are concerned for

others and who have the wisdom to function successfully in their future world.

Principle 2. 4-H delivers healthy living programs in a variety of program settings to diverse youth and families in metro and non-metro (rural) areas. One of 4-H's strengths is the ability to offer all youth ages 5-19 a variety of program settings in which they can participate:

including clubs; camps; and after-school, special interest, and school enrichment programs. Because of the wide variety of healthy living programs and resources that 4-H already offers, 4-H has the opportunity to tailor its learning opportunities so that it can expand the number of girls and boys learning about and engaging in programs that improve their health. Therefore, 4-H Healthy Living programs must place special emphasis on involving youth and their families, use a variety of delivery strategies, and engage a very diverse population of volunteers.

It is important to know the target audience and their physical, emotional, intellectual, and social characteristics in order to plan appropriate, tailored learning experiences. How young people change as they grow, and how these changes affect the 4-H leader and programs can be found in 4-H Ages and Stages guides available from several extension sites throughout the country. These guides discuss the characteristics that are common to children at each age level. But keep in mind; children differ as to the speed with which they develop, it is important to remember that each person is unique.

Principle 3. 4-H Healthy Living Programs and their curricula are based on evidence and "best practices" within healthy living research. In summer 2008, the 4-H Healthy Living Task Force commissioned Washington State University researchers to conduct an exhaustive review of the literature to illuminate what is known about physical, social, and emotional well-being within the healthy living area focused. This literature review provides strong evidence of the need for programs in physical and



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Community Club Night

All Douglas County 4-H families are invited to the Community Club Night on Monday, November 17, starting at 6:30 p.m. at the Carson Valley Methodist Church, 1375 Centerville Lane in Gardnerville.

Attendance at this event fulfills many of the annual requirements needed by Douglas County 4-H members to receive their county Year Pin award at year end. It is also a great chance to visit with the other 4-H families.

Here are all the fun things scheduled:

- Turn in donations for City of Refuge and Senior Center donation drive
- Turn in all Pet Treat order monies and order forms (No exceptions)
- Pick up T-Shirt orders if you ordered them
- Pick up Portfolio Record book packets

There are no fees to attend. Youth must be accompanied by an adult. Call 775-782-9960 for more information.

Healthy Living

(Continued from page 1)

social-emotional areas and it has also become the foundation from which the strategic framework has been created. The 4-H organization places high emphasis on moving toward evidence-based programming and establishing relevant evaluation criteria.

4-H Programs of Distinction (POD) are peer-reviewed 4-H programs that are evidence or research-based and have been designated as "POD" by USDA. Be sure to look at those designated within the 4-H Healthy Living Mission mandate.

Principle 4. 4-H's approach to implementing healthy living programs must include youth-adult partnerships.

Youth-adult partnerships are integral to non-formal experiential learning and must be a part of any plans to engage youth in 4-H Healthy Living. Youth-adult partnerships facilitate youth involvement as full partners in design, implementation, and evaluation of 4-H Healthy Living learning opportunities. The role of older youth will be expanded as they provide training and support to volunteers, teach and mentor younger participants, and help to incorporate new technologies into the learning opportunities. As youth gain knowledge, they provide leadership within their communities by engaging a variety of stakeholders to improve health programs, services, and conditions in their local areas. This expanded role for teens and young adults provides new leadership opportunities in 4-H and encourages their continued participation.

4-H is designed to support the positive and successful development of all youth. 4-H volunteer leaders are essential partners in creating a positive environment by focusing on the strengths of youth and providing positive ways for youth to meet their basic needs.

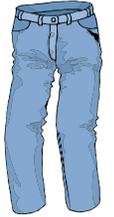
To find out more about these Healthy Living concepts and programs, go to <http://www.4-h.org/youth-development-programs/kids-health/>.

-Text for this article from 4-H .org Healthy Living section

Help Out Reno Rodeo Denim Drive

Over 1,500 Northern Nevada children, all of whom have survived abuse and neglect, need your help!

The 2014 Reno Rodeo Denim Drive runs November 10 through December 17, and the Reno Rodeo Foundation needs collection locations and sponsors to help collect new jeans, socks and underwear and accept Donate a Dollar for Denim donations.



What may just be a package of socks or undies to us is a treasured gift to a child in protective custody who may own nothing but the clothing on his/her back when he/she arrives at an emergency shelter.

Sponsorships are critical to help cover the cost of this outreach efforts as the Foundation is committed to designating 100% of donations to purchase additional new clothing. Please consider making your club or company a GOLD or BLUE sponsor.

To register a location as a pick up site, please visit www.RenoRodeoFoundation.org to download a PDF form, or contact the foundation at 775-322-9875.

4-H Pet Treats Fund Raiser

It is time once again for the Douglas County 4-H Pet Treats Fund Raiser. This is a really popular fundraiser. 4-H Youth sell high quality pet treat packages to businesses, friends and neighbors, just in time for the holidays. They are great stocking stuffers for beloved pets (dog, cat and horse treats available).

Funds raised go toward 4-H Youth Events including Award's Night, Fall Family Costume Ball, Community club Nights, Scholarships, and more. Participation counts towards your year end 4-H awards.

All Douglas County 4-H members are asked to sell a minimum of 4 items. (Families may donate \$20 in lieu of sales). Customers may also purchase treats for donation to the local animal shelter.

Here is how it works: Each member received a Pet Treat order envelope and order form in their bag when they signed up for projects. The envelope is marked "Best in Show Pet Treats". Inside is an order form with stickers. All payments are made at the time of order.



The top selling 4-H member will win movie matinee tickets for four! Money and orders are turned in at Community Club Night at 6:30 p.m. Monday, November 17, at the Carson Valley Methodist Church, 1375 Centerville Lane in Gardnerville. (No late orders accepted). Make checks payable to: DC 4-H Leaders Council.

Orders will be ready for you to pick up Wednesday, December 10, from 8:00 a.m. to 5:00 p.m. at the 4-H office, 1325 Waterloo Lane, Gardnerville.

Please call 775-782-9960 for more information.

Ho, Ho, Ho It's Off to Garden We Go

Carson City 4-H is laying the groundwork to begin a new 4-H Junior Master Gardener club.

Our new leader is taking her training and a great site for the garden has been offered.

The Jr. Master Gardener program is so much more than digging in the dirt, although that is a large part of the project. 4-H'ers will learn what makes gardens grow from the bottom up: how plants grow and develop, what makes good soil, insect good guys and bad guys, landscape horticulture, garden or landscape, is there a difference and so much more.



This project area will also include a section on nutrition and how to eat healthfully. The winter months are the perfect time to begin to design the site and decide what seeds to buy for good eats throughout the summer.

Sign up for this brand new club in Carson City now. For more information, please call Sandy at 775-887-2252.

Rabbits and Cavy and Poultry, Oh My!

The Sixth Annual Reno Rabbits, Cavy and First Annual Poultry 4-H Club Fall Show, is just around the corner on Saturday, November 8, in the Multipurpose Room of Cold Springs Middle School, 18235 Cody Ct. in Reno. As the name implies, this year the show will also feature poultry classes.

Mailed entries must be postmarked by Friday, October 31. E-mailed entries by Monday, November 3. No entries day of show. E-mail confirmations will be sent.

Entry forms and show books are available on the Washoe 4-H Calendar at <http://www.unce.unr.edu/4H/counties/washoe/> and the Facebook page www.facebook.com/washoecounty4h/, or at the Washoe County 4-H office at 4955 Energy Way in Reno.

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



Clean Out That Attic or Basement

Carson City/Storey County 4-H Council is collecting reusable, clean rummage and fabric for the Annual Fabulous Fabric and Rummage Sale fund raiser. Drop off dates this year are January 17 and 24 at Fuji Exhibit Hall from 10 a.m. – 4 p.m. Items can also be dropped off at the UNCE Carson City Office, 2621 Northgate Lane, Suite 15 anytime during the week, 8 a.m. – 5 p.m. from now until the sale date.

The event takes place the second weekend in February. Help our 4-H'ers on their way to their higher education goals and get a tax deduction. A terrific win/win. Call 775-887-2252 for more information.

Project Youth Extension Service (YES) Internship Program

Everyone feels the impact of deployments, but children and youth can be especially vulnerable. Project YES! allows you to get involved and make a difference in the lives of our military families throughout the nation.

As a Project YES! intern, you'll travel the nation providing youth development programs to military families engaged in deployments or other military-related separations. This one-year internship provides an opportunity to deliver hands-on, engaging, interactive and fun youth programming to children 6-18 years old.

Professional development opportunities also allow interns to complete a career-broadening project under the guidance of an individually assigned mentor.

The application deadline is February 28, 2015. Interns attend a mandatory, all expenses paid orientation in May, 2015. Here you'll meet your fellow interns, learn more about the program, and receive high-level curriculum and program management information.

If you are interested in Project YES! contact Director James C. Johnson, at 919-513-3165 or email james_johnson@ncsu.edu. Visit the website at <http://militaryfamilies.extension.org/yes-intern-program/>.



Sign up for Washington Focus

The National 4-H Council is pleased to announce the opening of registration for 4-H Citizenship Washington Focus and 4-H Leadership Washington Focus 2015! Organizers are expecting strong attendance in 2015 and the early weeks are already filling up - it's never too early to secure your delegation's space!

Citizenship Washington Focus (CWF) is a program for 4-H'ers entering grades 10-12 that takes place at the National 4-H Youth Conference Center, just 1 mile from the Washington, D.C. border.

Leadership Washington Focus (LWF) is a 4-H leadership program for 4-H'ers entering grades 7-9. The program will also take place at the National 4-H Youth Conference Center.

Maria McNeely from National 4-H Council stated, "As the Director of Educational Programs, and a proud 4-H CWF Alumni, I am continually amazed by our delegates and their growth through these programs. Youth truly leave as emerging leaders, focused on making a difference in the world and in communities around them."

For More Information or to Register, Please visit the 4-H Citizenship Washington Focus and 4-H Leadership Washington Focus websites, www.4hcnw.org or www.4hlwf.org, for additional program details and for registration instructions. If you have any questions, contact Maria McNeely at 301-961-2812 or via email at mmcneely@4hcenter.org.



Western Area November Dates to Remember

Nov. 11– Veterans' Day Holiday
(Offices Closed)



Nov. 17– Douglas Co. Community Night

Nov. 21– Washoe County Leader Award
Nomination Deadline

Nov. 27&28– Thanksgiving Day and
Family Day (Offices Closed)

JOIN | THE REVOLUTION 
OF RESPONSIBILITY

WESTERN AREA OFFICES

**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

Your 4-H Mission Minute

Obesity has become an epidemic in our country. Since 1980, obesity among children and adolescents has almost tripled. Our society needs effective and proven programs and tools to target this epidemic. 4-H and United Healthcare have partnered to launch an innovative program to engage people at the community level to take on the challenge of living healthy lives.

Eat4-Health is a program designed to educate youth on health and nutrition through interactive, immersive activities. Through Eat4-Health, teen health ambassadors and 4-H professionals partner with local organizations to develop community-focused events that engage youth in learning about healthy lifestyles. Offering interactive educational activities, youth are guided in developing positive perspectives on health and nutrition - ultimately helping them to make smarter choices.

-From www.4-h.org/youth-development-programs

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

4-H Events Calendar

November 2014



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
3		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.	Teen Leadership, 2:30 p.m.	
5		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.	<div style="border: 1px solid black; padding: 5px;"> 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. </div>	
6		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
7		Comstock Explorers, Roasting House, Virginia City, 5-7:30 p.m.		
8		Comstock Hot Shots, V.C. Sr. Ctr., 9-noon, Ice House 1-4 p.m.		Rabbit, Cavy and Poultry Show, Cold Springs M.S., 8:00 a.m.
9		Comstock Hot Shots, V.C. Sr. Ctr., 9-noon, Ice House 1-4 p.m.		
10		CC/SC 4-H Council, 6:30-8 p.m.	No Teen Leadership, 2:30 p.m.	
11	VETERANS' DAY HOLIDAY - OFFICES CLOSED			
12				Horse Leaders Mtg, 6 p.m.
13		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		<div style="border: 1px solid black; padding: 5px;"> Please note: Due to the number of club meetings in Washoe Co., we cannot list them all here. </div>
14		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
15		Comstock Hot Shots, V.C. Sr. Ctr., 9-noon, Ice House 1-4 p.m.	Cloverbud Day, CV Methodist, 10 a.m.	
16		Comstock Hot Shots, V.C. Sr. Ctr., 9-noon, Ice House 1-4 p.m.		
17		Target Rippers, Fuji Exhibit Hall, 6:30-9 p.m.	Teen Leadership, 2:30 p.m. Community Club Night: 6:30 p.m. Pet Treat orders and money due, Food Drive, T-shirt pickup and Record Book pickup. CV Methodist	Small Animal Leaders' Mtg., 6 p.m.
18		Carson Cluckers, 6:30-8 p.m.		Livestock Leaders' Mtg., 6 p.m.
20		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
21		Comstock Explorers, Roasting House, Virginia City, 5-7:30 p.m.		
24			No Teen Leadership or Leaders' Council	
27-28	THANKSGIVING DAY HOLIDAY - OFFICES CLOSED			
28		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
30				NJLS Tagging for Steers, time TBA



Vererans' Day, November 11



November 27

Upcoming 4-H Events Calendar



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
December 2014				
1		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.	Teen Leadership, 2:30 p.m.	
3		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
5		Comstock Explorers, Roasting House, Virginia City, 5-7:30 p.m.		Year End 4-H Awards, 6:30 p.m.
6		Parade of Lights, float decorating, V.C. Sr. Ctr. & behind Roast House, 3 p.m. Pot Lucks at each site after parade.		
8		CC/SC 4-H Council, 6:30-8 p.m.	Teen Leadership, 2:30 p.m.	
9				Horse Leaders Mtg, 6 p.m.
10		Carson Cluckers, 6:30-8 p.m.		
12		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
13			Cloverbud Sewing Day, 10 a.m.	
15		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		Small Animal Leaders' Mtg., 6 p.m.
16				Livestock Leaders' Mtg., 6 p.m.
19		Comstock Explorers, Roasting House, Virginia City, 5-7:30 p.m.		
25	CHRISTMAS DAY HOLIDAY - OFFICES CLOSED			
January 2015				
1	NEW YEAR'S DAY HOLIDAY - OFFICES CLOSED			
5		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		Please note: Due to the number of club meetings in Washoe Co., we cannot list them all here.
7		Bouncing Bunnies, Fuji Exhibit Hall, 6:30-8 p.m.		
8		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
12		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.	Community Club Night, 6:30 p.m.	Small Animal Leaders' Mtg., 6 p.m.
13				Horse Leaders Mtg, 6 p.m.
14		Carson Cluckers, 6:30-8 p.m.	Douglas County currently has too many Project specific meeting 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.	
15		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
16		Comstock Explorers, Roasting House, Virginia City, 5-7 p.m.		
17		Fabric/Rummage Drop Off, Fuji Exhibit Hall, 10 a.m.-4 p.m.		
19		Target Rippers, Fuji Exhibit Hall, 6:30-8 p.m.		
19	MARTIN LUTHER KING DAY HOLIDAY - OFFICES CLOSED			
20				Livestock Leaders' Mtg., 6 p.m.
22		4 Paws, Fuji Exhibit Hall, 6:30-8 p.m.		
23		Carson Hot Shots, Cap. City Gun Club, 6-9 p.m.		
24		Fabric/Rummage Drop Off, Fuji Exhibit Hall, 10 a.m.-4 p.m.		Horseless Horse Clinic, tentative date