



EXTENSION

College of Agriculture, Biotechnology & Natural Resources

Clover CLIPS



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4-H Thrive! Self-Regulation and Goal Setting

Thriving youth have their eyes on the future and set goals to get them where they want to go. Self-regulation, or the ability to make choices with a goal in mind, is a key skill for goal setting and a future orientation. Thriving youth are able to make choices and take actions for both short and long-term success, especially when it means letting go of short-term gratification in exchange for achieving a longer-term goal. Thriving youth also persevere to reach their goals, even when the going gets tough. This perseverance is known as “grit” and research shows that grit is a bigger predictor of success than innate intelligence or ability.

When working with 4-H youth:

- Encourage and help youth to set goals for what they want to achieve. Start with modest achievable goals that gradually get more difficult
- Help youth identify steps they will take to achieve their goals.
- When youth struggle, remind them of the idea of grit, and that with effort, their goals are achievable.
- When youth reach roadblocks to their goals,

“Grit is passion and perseverance for very long-term goals. Grit is sticking with your future, day-in, day-out. And working really hard to make that future a reality. Grit is living life like it’s a marathon, not a sprint.”

Angela Duckworth, Ph.D.

*Distinguished Professor of Psychology
University of Pennsylvania*

encourage them to reflect on what didn’t work and develop new strategies for achieving the goal.

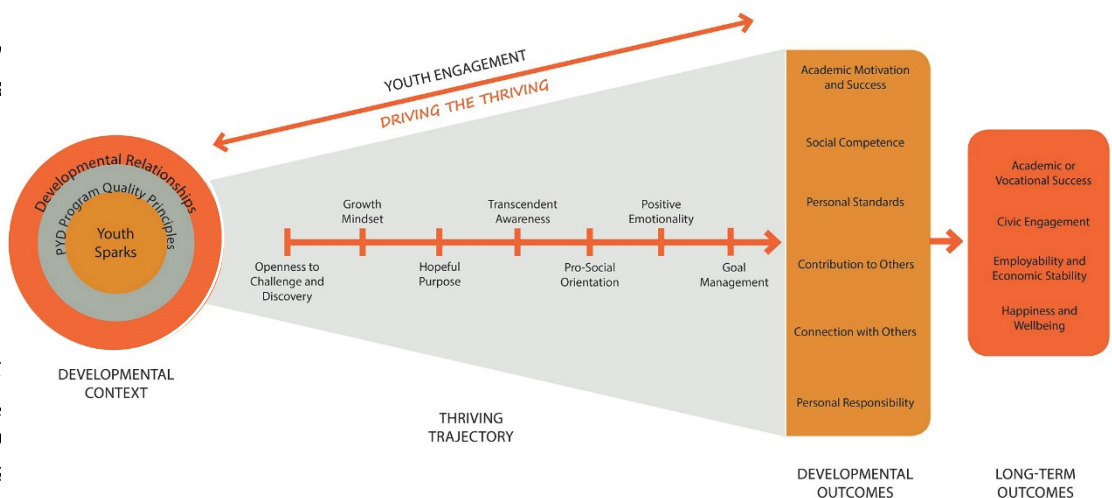
- Remind youth of the importance of delaying short-term gratification for longer-term goals.
- Recognize youth for the achievement of their goals and the effort they put in to making their goals a reality.

Thriving youth set goals and persevere in achieving their goals. They also make self-regulatory decisions that lead to better short-term and long-term success.

-Mary E. Arnold, Ph.D., Oregon State University

4-H is Positive Youth

4-H is based on a positive youth development (PYD) approach: recognizes all youth have interests, abilities, and strengths that can be enhanced by participation in 4-H programs. Research shows that participation in high quality 4-H programs increases thriving in youth, thriving youth achieve important developmental outcomes, such as academic motivation and a



NAF Offering Scholarships

The Nevada Agricultural Foundation (NAF) is offering their Education Assistance Awards (EAA) program to students interested in pursuing higher education in agriculture. To acquire the EAA information and application forms, please visit our website at:

www.nevadaagriculturalfoundation.org

On our home page, click on "FORMS" and it will take you to the page with information and downloads that are needed to apply for our awards. Files that will be of interest to students are:

- Introductory Letter
- Application Checklist
- NAF Educational Assistance

Award Application

In 2020 the NAF is planning to award over \$50,000 in Educational Assistance Awards to deserving Nevada students. The Scholarship Committee will give consideration only to applicants who document intent to follow an agricultural curriculum. Award recipients must enroll within the year awarded (by Fall semester) or forfeit the award. If a student cannot meet requirements for the award during any year of the award, the award will be forfeited. The recipient is eligible to reapply when they can meet the requirements. Some awards are restricted as to major fields of study within an agricultural curriculum. Also, please note the applications must be postmarked by March 15, 2020.

Mail completed applications to:

Nevada Ag. Foundation
Educational Assistance Awards
P.O. Box 8089
Reno, NV 89507

Applicants must provide **complete** forms and transcripts that comply with the items on the Application Checklist - worthy applicants will be eliminated from consideration if they have failed to sign their application and/or send their transcript.

Notification to successful applicants will occur in April 2020.

Daylight Savings Reminder

Please note that Daylight Savings Time begins on March 8 at 2 a.m. Remember to make sure your clocks "spring forward" one hour.

Most computers and phones adjust automatically, but stand-alone clocks, ovens and microwaves usually need to be set by hand.



No More Straw at RSLEC

Starting with the 2020 Livestock Show Season at the Reno-Sparks Livestock Events Center (RSLEC), the event center is prohibiting the use of straw as bedding, etc. Exhibitors can bring shavings for their own use or purchase shavings from RSLEC or the show management of the event.

If counties have events scheduled at RSLEC prior to the Nevada Junior Livestock Show this rule is in effect at those events as well.

4-H Horse Clinic in March

Mark your calendars for the next 4-H Horse Clinic on March 28, 2020. It will once again be at the Reno-Sparks Livestock Events Center (1350 N. Wells Ave in Reno) starting at 9 a.m.

The details have not been finalized, but stations will be on desensitization, showmanship and more. A snack bar will be sponsored by High Sierra Riders.

Flyers will be emailed to all Washoe 4-H Horse club members and leaders, and posted on our Facebook page www.facebook.com/WashoeCounty4H/.

All area 4-H Horse members are invited. Horseless kids are welcome, too!



Quality Assurance for NJLS

Please take note that if you still need to meet your Nevada Junior Livestock Show (NJLS) quality assurance requirement, you can attend the YQCA Training Monday, March 9, 2020 at 6 p.m. at Washoe County Extension (4955 Energy Way in Reno. Please use the entrance at the back of the building)

This training is for all new 4-H Livestock members and those who are required to update their Quality Assurance, which was required every three years, and will be required annually starting in 2021. The deadline for NJLS entry is April 1 (April 10 for rabbits).

The training is open to Nevada 4-H, FFA, Grange and Independent Livestock project members.

Participants must pre-register for the training through YQCA.org's 4-H Online portal, and pay the \$3.00 registration fee. A \$9.00 per person fee to cover materials will be charged at the training. Only exact cash or check made out to Board of Regents will be accepted.

For more information or to RSVP, please call Joelle Mackay at 775-336-0273 or jmackay@unr.edu.

Washoe 4-H Small Animal Show Moves to Main Arena

The Washoe County 4-H Rabbit, Cavy, Poultry and Dog Show will be held Sunday, March 29, 2020 at the Reno Livestock Events Center Main Arena (1305 N. Wells Ave).

The show is open to all 4-H exhibitors 9-19 years old as of January 1, 2020. Cloverbuds ages 5-8 will be judged separately for comments only. There will be a snack bar, raffle (bring a good quality item to donate) and contests for costume and photo.

Rabbit and Cavy check-in is from 8:00 a.m. to 9:00 a.m. with judging beginning at 9:30 a.m. Poultry check-in is 9 a.m. to 9:30 a.m. with judging beginning at 10 a.m. Dog check-in is 8:30 a.m. to 9:00 a.m., with judging beginning at 10 a.m. There will be no exceptions.



Entry forms will be available soon and be emailed to all Small Animal Club members and leaders. They will be online at www.facebook.com/washoecounty4H, or at the Washoe County 4-H office, 4955 Energy Way in Reno. All entries must be postmarked by March 21, 2020.

For more information please contact Joelle Mackay at jmackay@unr.edu or call 775-336-0273.

The Biggest Little Livestock Clinic Being Rescheduled

The Biggest Little Livestock Clinic originally scheduled for March 26-27, is being rescheduled. Due to time constraints and other major upcoming events it was decided by the organizers to move the clinic to another day which is yet to be determined.

It will still be a high-energy educational event that focuses on hands-on, interactive learning experiences; and include sessions on livestock judging and showmanship, including animal management and nutrition.

As soon as a new date is established, announcements and event flyers will be distributed. If you need more information, please contact Joelle Mackay 775-336-0273, or jmackay@unr.edu.

Capital City Farm Days Dates Set

The annual Capital City Farm Days event takes place April 23 - 24 at Fuji Park, the Exhibit Hall and Carson City Fairgrounds, 8 am – 1:30 pm daily. Area 4-H youth who want to expose their livestock animals to crowds prior to NJLS are invited to contact the office to set a time they will be able to attend. 4-H'ers need to be able to speak about their animal and answer questions from students, ages pre K - 5th grade, their teachers and parents.

Attendees learn about where their food and fiber come from, agriculture in the Great Basin, what it takes to raise and market livestock in our environment and about area boutique farms. Students also learn how environmental issues interact with agriculture in Nevada. Students are invited to picnic on the park lawns, weather permitting. Call the Carson City Extension office for more information, 775-887-2252.

JOANN Stores Paying It Fourward

JOANN stores are empowering the next generation of makers by *Paying It Fourward* for 4-H. Through yearly in-store donation campaigns, custom 4-H products and digital experiences, JOANN customers and 4-H supporters are helping to inspire a child's creativity and bring 4-H to more kids across the country.

JOANN stores across the country help 4-H clubs receive critical resources to bring more hands-on programs to local youth. This year, starting March 1- April 30, visit your local JOANN store and purchase a "Pay It Fourward" tear away at the register for either \$1 or \$4 and help to Inspire a Child's Creativity through 4-H. If you donate \$4, JOANN will give you a coupon to use on a future purchase. To find out more about the program, go to:

<https://4-h.org/ways-to-give/corporate-foundation-support/joann-fabric-and-craft-stores/>

Washoe County 4-H Horse Program and BLM Collaborate on Wild Horse Training

As of this writing, 4-H Horse Club members will be viewing horses and burros on February 29, at the Palomino Valley Center for Wild Horses and Burros. They will select their horse or burro for fostering or adopting.

Members will pick up their animals from this Bureau of Land Management (BLM) facility on March 21. It is expected that youth will be able to secure either a weanling or a yearling.

They will spend the spring and early summer raising and training them, The horses will be shown at trail in hand during the Carson City Fair on July 26. The process will finish with the auction of the fostered horses.

For more information, please contact Sarah Chvilicek at 775-336-0236 or email sarahc@unr.edu.



4-H Citizen Washington Focus Presidential Inauguration 2021

Presidential Inauguration 2021, a Special Session of Citizenship Washington Focus, is open for registration. The session is for 4-H'ers ages 14-19 on January 1, 2021. The event will take place Sunday, January 17 through Thursday, January 21, 2021

The program goals and objectives are for the attendees to learn the meaning and importance of the Democratic process, to explore the history of the Presidency, the election process and the role of the press. Participants will also discover the intricacies of the Executive Branch and careers in politics, practice their role in citizenship through service, civic education, and engagement.

There will be many activities and sightseeing opportunities including workshops, sessions, and speakers; visiting memorials, historical sites and museums, the Inauguration Day events themselves. Participants will even enjoy a unique Inaugural Ball dinner cruise.

4-H National wants to provide a once-in-a-lifetime experience for youth and for this reason, priority will be given to groups with at least four youths to each adult. Don't miss this monumental event in history!

For more information, or to register, go to:
www.4-h.org/parents/presidential-inauguration/



New Adult Volunteers Wanted

Do you have a hobby or skill you would like to share with Carson City youth? Consider becoming a 4-H Adult Volunteer.

4-H projects can be a day, a week, a month or a year, it's all up to you and your schedule.

Give us a call and get ready for the time of your life sharing your special knowledge or skill with area youth. Call 775 887-2252 and ask for Sandy or Jim.

4-H Livestock Judging in Elko

The 2020 Elko County Kiwanis 4-H & FFA Livestock Judging Competition is on Saturday, March 28, at the Elko County Fairgrounds. There will be eight Placement and four Reasons classes for Beef, Sheep, Swine and Goat.

This event serves as the Elko county qualifier for the State 4-H Livestock Judging contest, but is open to any 4-H Junior, Intermediate or Senior 4-H members, as well as zone FFA members. Please note that only Elko County 4-H members are provided awards.

Pre-registration is not required but is encouraged. Registration is \$10. Day-of-Contest registration begins at 8:00 a.m., Introductions and Instructions begin at 9:00 a.m. Lunch provided by the Kiwanis Club of Elko, noon to 1 p.m.

For further information, please contact Liz Krenka (Barry) at 775-738-7291 or barrye@unce.unr.edu

Northern Area/ Western March Dates to Remember

March 8– Daylight Savings Time Begins

March 19– First Day of Spring

March 28– 4-H Horse Clinic, RLEC Pavilion

March 29– Washoe County 4-H Small
Animal Show, RLEC Main Arena



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

4-H in Action

As show season approaches, many 4-H members like to have 4-H apparel or swag to show their pride.

It's a great time to try something new. From the latest in pride apparel and merchandise to the expanded suite of curriculum and educational materials, there's always something to try at Shop 4-H (shop4-h.org)

Among new items on the site are travel mugs and tumblers, clover socks and stuffed toys of all the different 4-H project species. There are even baby booties for future Cloverbuds.

There are also supplies for different 4-H projects; like brush for large animals and stall tags.

4-H is a program of University of Nevada, Reno Extension

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