



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources

Clover CLIPS



VOLUME 28 • ISSUE 6 • JUNE 2020

University of Nevada, Reno Extension • Carson City, Storey & Washoe Counties

4-H Members Thrive by Being Open to Challenge and Discovery

Thriving youth have the desire and ability to explore and try new things and challenges. They also possess a growth mindset that supports effort in learning over innate ability.

Challenging 4-H members in supportive and helpful ways teaches them that they can learn, grow, and get better through effort.

Encouraging youth to take positive risks, like speaking in front of others, helps develop confidence and a growth mindset. Youth have a growth mindset when they believe that they can get better at things by working hard and putting in effort.

Research shows that a growth mindset is an important quality for thriving and future success.

Becoming open to challenge and discovery is a developmental process - meaning that it increases a little bit at a time over childhood and adolescence.

Helping youth develop their abilities happens by gradually increasing the challenge of 4-H opportunities.

When you work with 4-H youth:

- Identify ways to challenge learning and growth in small but steady steps.
 - Encourage youth to try new things, even if they are uncertain, they can succeed .
 - Teach youth the importance of a growth mindset, and help them understand that through effort they can get better.
 - Use the phrase “not yet” to help youth think positively about the effort they are putting into learning a new skill.
- Teach youth to support each other when they are learning challenging things.

-Article derived from materials found at Oregon State University College of Public Health and Human Sciences

“In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I’m going to reveal my weaknesses, you say, wow, here’s a chance to grow.”

Carol Dweck, Ph.D. *Growth Mindset
Researcher Stanford University*

Looking for a challenge to do at home?

The 4-H Cloverbot Challenge and the 4-H STEM Build Challenge are will be active through June 26. Here is the information for these two challenges:

4-H Cloverbot Challenge

Open to all youth who are Cloverbud age (5 to 8 years old)-they don’t have to be enrolled in 4-H to participate. There are two different challenges available. One deals with transportation on land and the other one deals with transportation in the water. Youth will have a challenge to build a model out of building blocks (example-Legos®) related to the two areas. They will submit a photo via email with their name, county, age, and a couple of sentences about their model. All youth participating

will receive a certificate when they complete the challenge.

For land, go to www.4honline.com/FileServices/Fetch/04868a4f-0ea1-ea11-b6eb-000c299596f1/View

For water, go to www.4honline.com/FileServices/Fetch/cf03a501-0aa1-ea11-b6eb-000c299596f1/View

4-H STEM Build Challenge

This activity is open to any youth ages 9 to 11 years old. There is a series of seven challenges and youth that complete all seven will receive a certificate. Find the event flyer at: <https://www.4honline.com/FileServices/Fetch/588a086c-4ea4-ea11-b6eb-000c299596f1/View>

Nevada Junior Livestock Show Scholarship Recipients

As we close the books on the 2020 Nevada Junior Livestock Show (NJLS) we want to acknowledge the 2020 Seniors who applied for and received NJLS

scholarships. Normally these would have been announced during the show but as we all know we were not able to do that this year. Listed here is the recipient, the donor, and the amount each Senior received.

Congratulations Seniors on your accomplishments and all the best as you start a new adventure!



- Emma Parsons- Lyon County-Elmo Pecetti Memorial Scholarship \$3,000 and Joanne Ballardini Memorial Scholarship \$600
- Keighly Bader-Washoe County-Joanne Ballardini Memorial Scholarship-\$3,600
- Leeann McNeff- Pershing County-Ben & Cecile Caramella Memorial Scholarship- \$2500
- Daryl Moura-Pershing County-Darryl Bader Sr. Memorial Scholarship-\$2500
- Julianna Osmetti- Washoe County-Louis Damonte Memorial Scholarship-\$2,500
- Ariana Bilderback-Douglas County-American AgCredit Scholarship-\$2000
- Ronald Bullock-Clark County-Jack, Joanne, and Sam Caramella Memorial Scholarship-\$2500
- Liberte Sweetland-Washoe County-Tracy Armstrong Memorial Scholarship- \$2000
- Tiffany Sorensen-Churchill County-Nevada Jr. Livestock Show Scholarship-\$2000
- Erick Orozco-Churchill County-Vicki Hellwinkel Memorial Scholarship-\$1500
- Kayla Holcomb-Washoe County-Richard Cameron Memorial Scholarship-\$1500
- Ainsley Parmer-Washoe County-Nancy Pagni Memorial Scholarship-\$1500
- Taylie Hoyt-Humboldt County- Nevada Jr. Livestock Show Scholarship-\$1500
- Shaylynn Walters-Douglas County-Nevada Jr. Livestock Show Scholarship-\$1500
- Marie Lawson-Churchill County- Earl & Eileen Games Memorial Scholarship-\$750 & American AgCredit Scholarship-\$750
- Katelyn Bunyard-Lyon County-Vicki Hellwinkel Memorial Scholarship-\$1000
- Haylee Horton-Lyon County-Nancy Pagni Memorial Scholarship-\$1000
- Jessica Betz-Washoe County-Richard Cameron Memorial Scholarship-\$500 & Laura May Shepard Memorial Scholarship- \$500
- Jamie Moreda-Lyon County- Capurro Family Foundation Scholarship-\$1000
- Cinjin Ponto-Freeman-Clark County- Judy Rumbaugh Memorial Scholarship- \$1000
- Randolph Rego- Douglas County- Joanne Ballardini Memorial Scholarship-\$1000

4-H to Continue Online for Now

Though the Governor has decided that Nevada is ready to enter Phase 2 of the plan to return to normal after the Coronavirus isolation, and many more businesses are opening with restrictions, the University of Nevada, Reno and the Extension are continuing with our virtual-only policy for now.

Once it is decided when the doors will open again, and activities can resume, 4-H offices will send out notices to all members and leaders. Events for this summer and fall are already in the planning stages.

In the meantime, there are still many online and virtual activities planned in the coming weeks. Be sure to check on the Washoe Facebook page (www.facebook.com/washoecounty4H) for activities with the 4-H AfterSchool staff and look for announcements in your 4-H email.

2020 Ethan McKinney Award of Excellence Awarded

Emma Parsons from Fernley is the 2020 recipient of the Ethan McKinney Award of Excellence. Emma is a senior at Fernley High School and first in her class of 252 students. She has been showing at NJLS for eight years and has shown goats, lambs, and swine.

Emma is a member of the Fernley 4-H livestock club and the Fernley FFA Chapter and has served as president of both organizations. She has also served as her class president for 3 years at Fernley High School.

Emma's career goal is to become a High School Agricultural Educator and inspire and assist a new generation of students to become involved in the agricultural industry. Congratulations Emma!

The 2020 donors of this award: Roger and Marena Works in memory of Tonja Dressler, Susan Taylor, and Nevada Agricultural Foundation.

Local 4-H High School Seniors are Graduating. It's Time to Celebrate!

Without the pomp and circumstance of past years' graduation ceremonies, this year's high school graduates are in danger of going unnoticed. But not in 4-H!

There are a dozen hard working seniors who should be proud of their achievements. We have listed them here:

Washoe County 4-H

has ten members graduating this year, from four different high schools in the area.

Keighley Bader, Tayler Lund, Julianna Osmetti and Liberté Sweetland are graduating from Bishop Manogue Catholic High School.

Keighley has been in 4-H for ten years. This year she did a Market Beef project with Side of Beef 4-H Club. Tayler, who has been in 4-H for five years. This year she completed Sheep and Swine projects with the Leg of Lamb and Slab of Bacon clubs.

Julianna has been in 4-H for nine years and just finish a Non-animal Beef project in the Side of Beef club. This year she received the Louis Damonte Memorial Scholarship. Liberté is in Merry Milkens 4-H Club. She has been in 4-H for five years working on Dairy Goat projects.

Jessica Betz will be graduating from the Academy of Art Careers and Technology (AACT). She has been with 4-H for 11 years, participating in both Horse and Livestock projects. This year she finished a



Swine Project with Slab of Bacon 4-H Club.

Mallory LeProvost and **Ainsley Parmer** will be graduating from Galena High School this year. They are both in the Leg of Lamb 4-H Club and finished Sheep Projects this spring. Mallory has been with 4-H for four years. Ainsley has been in 4-H for ten years.

Noah Breen is a member of Washoe Sharpshooters 4-H Club and is completing his project with a focus on Archery. Noah is homeschooled and will officially graduate this summer.

Emily Koszuth and **Darlynn Wallin-Reed** are both graduating from North Valleys High School. Emily has been in Reno Rabbits and Cavy 4-H Club for two years and completed a Rabbit project this year. Darlynn has done projects in the Sagebrush Livestock 4-H Club for four years. This year her project was a Market Goat.

Carson City/Storey County 4-H has two graduating Seniors.

Kayla Holcomb is graduating from Academy of Art Careers and Technology (AACT). She is a member of the Arrowhead Livestock 4-H Club, and had a Market Beef Project this year.

Debra Rego is graduating from Douglas County High School. She is a member of the 4-H Community Club and had a Market Sheep Project this year. She also had an independent project.

Please make a point to congratulate these local 4-H members on both their school and 4-H project success.

Open Letter: Celebrating 4-H'ers and 4-H Alumni in the Class of 2020

Congratulations 2020 graduates!

While this may not be the graduation and celebration you looked forward to, it will surely be one that you will never forget.

You thrived. Through adversity and uncertainty, you made it! Whether you're a new or longtime 4-H alum, I have a feeling you made it this far with help from one of the first things you learned as a 4-H'er: The 4-H Pledge.

Today, I celebrate you and the 4 H's - Head, Heart, Hands, Health - that guided you throughout your journey.



Celebrating a Clear Head

You knew where you wanted to go and what it took to get there. By pledging your head to clearer thinking, you have built your path to a future of which you will be proud.

Celebrating Loyalty

Over the past few years, you have pledged your heart to greater loyalty for your passion and craft, while overcoming obstacles and learning a few life lessons along the way. That devotion will serve you

well, no matter what the future brings.

Celebrating Service

In the wake of COVID-19, what I've learned is we are in this together. As you navigate the world ahead, I encourage you to lead with a service mindset. Your pledge to larger service will guide you to make the world a better place.

Celebrating a Healthy Mind and Body

No matter how difficult the journey, how far you've come is a clear indication that your pledge to better living - mentally and physically - helped you win.

The 4 H's were the foundation of what you learned early on - perhaps many years ago - in your 4-H Club. And I hope that you continue to allow your head, heart, hands, and health guide you through a path that leads you to fulfill your purpose in your community, country and world.

Congratulations to the Class of 2020!

**Jennifer Sirangelo, President & CEO
National 4-H Council**

2020 NJLS Rate of Gain Winners

Congratulations to the Rate of Gain winners from the 2020 Nevada Junior Livestock Show. These awards would have been announced during the show and since we were unable to do that this year we want

to acknowledge their accomplishments here. We are also want to thank the donors for the Rate of Gain Contest, without their continued support we would not be able to offer these awards.

Beef:

1st Keighly Bader
2nd Sarah Scott
3rd Dominic Damonte
4th Lander Smith
5th Amanda Snelgrove
6th Julianna Osmetti
7th Grace Tekansic
8th Lonnie Adams

Goats:

1st Hadley Nield
2nd Ryan Olson
3rd Jesse Nield
4th Rachial Wempner
5th Hunter Arends
6th Charlee Sparrow
7th Jillian Bridges
8th Landon Olson

Lambs:

1st Ainsley Parmer
2nd Ella Bidaureta
3rd Makiah
Carramella-Willis
4th Graham Lemmons
5th Brooklyn Pimpl
6th Rosie Mestre
7th Ellie Silva
8th Malia Love

Swine:

1st Lilah Charles
2nd Aspen Smokey
3rd Riley Aldridge
4th Haylee Field
5th Katie Varain
6th Sawyer Aldridge
7th Ben Tureson
8th Randolph Rego

2020 NJLS Rate of Gain Contest Donors:

Beef:

Western Nevada Cattlewomen,
Denio Farms/Gene & Loretta Curti Ranches
Janet Hunewill

Goats:

Nevada Goat Producers
Withers 5 Rancho
Big Buck Barns

Lamb:

Nevada Agricultural Foundation
Michael Sullivan
Larry Kirk

Swine:

Denise York-Young
D Bar M Western Store

Northern Area/ Western June Dates to Remember

There are currently no scheduled events.

Check back on the Extension Calendar at <https://events.unr.edu/search/events/> for notices of events as allowed after zero-contact order is lifted.

4-H in Action

Need some inspiration for mealtimes? Cook with 4-H in the free digital **Fresh Chefs Cookbook** with recipes from 4-H youth, celebrity alumni and supporters, and featuring Celebrity Chef, Author, 4-H Healthy Habits Ambassador and Tennessee 4-H Alumna, Carla Hall! 4-h.org/parents/healthy-living/cookbook/

Did you miss Carla Hall's live cooking demonstration of her "Oven Smothered Chicken"? You can still watch it on the National 4-H Facebook page!

https://www.facebook.com/watch/live/?v=699595894191816&ref=watch_permalink



4-H GROWS HERE

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

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