



EXTENSION

College of Agriculture,  
Biotechnology & Natural Resources

# Clover CLIPS



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## 4-H Gives Members A Hopeful Purpose

The 4-H program was the first to adopt the philosophy of Positive Youth Development. That philosophy recognized that all youth have interests, abilities and strengths that can be enhanced by caring, guiding adults. 4-H recognized that youth are not simply smaller-sized adults that arrive emotionally complete.

4-H then and now offers programming that allows youth to explore, grow in knowledge, find purpose and a sense of hope and eventually thrive.

And thriving youth have a sense of hopeful purpose. These youth see themselves on the way to a happy and successful future. 4-H strives to give youth hope and a sense of meaningful purpose in all its programming. Research shows that youth with a sense of purpose are more goal-directed, have increased life satisfaction, better emotional well-being and greater positive affect. Additionally, research also shows that identity formation, one of the key parts of healthy adolescent development, and having a sense of purpose are connected. In fact, having a sense of purpose combined with hope come from a youth's sense of identity. As William Damon, Ph.D. from Stanford University's Stanford center on Adolescence states:

“Purpose is the stable and generalized intention to accomplish something that is at the same time meaningful to the self and consequential for the world beyond the self.”

From childhood through adolescence, 4-H can play an important role in developing hope and purpose in youth. 4-H staff and volunteer adult leaders should strive to remember the following when working with youth:

- Help youth identify their “sparks.” Sparks are a key source of hope and purpose for many youth.
- Actively facilitate the development of a young person’s sparks.
- Encourage youth to set meaningful goals and develop plans for achieving them.
- Show youth a pathway to the future.
- Empower youth voice and show how they can make a difference in the world.
- Help youth identify their unique gifts and talents and how they can use them to make the world a better place for others.

*“Purpose is the stable and generalized intention to accomplish some-thing that is at the same time meaningful to the self and consequential for the world beyond the self.”*

**William Damon, Ph.D.** *Stanford Center on Adolescence, Stanford University*

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

### 4-H Youth Find Their Sparks

Sometimes it isn't easy to find your “sparks”. But there are many examples you may not be aware of. 4-H Youth Voices ([4-h.org/parents/youth-voices/](http://4-h.org/parents/youth-voices/)) is a collection of stories about 4-H youth who have created positive change in their communities.

4-H believes in the power of young people. That's why National 4-H is putting a spotlight on the diverse perspectives of young people who are making a difference in their communities, especially in the time of COVID-19, in ways both big and small.

If you are looking for some inspiration on how to help, here are some terrific examples of how 4-H'ers are changing the world.

# Nevada State 4-H Virtual Opportunities for July

For the health and well-being of our 4-H families, volunteers, and professionals, we are still planning several virtual opportunities for youth across the state this summer. Some of the events that will take place in July are:

**Monday, July 6- 4-H Science: Explore STEM-** You will explore STEM by learning, doing, and completing fun and exciting challenges. Topics will include GPS/GIS, principles of flight, robotics, coding, properties of matter. This is a three-week session and will take place every Monday & Wednesday from 11:30 a.m. until 12:30 p.m. and is open to youth ages 7 to 11 years old. To register, go to <https://www.eventbrite.com/e/4-h-science-explore-stem-registration-110709384750>

**Monday, July 6- Yoga at Home-** Join us and follow along with Rebe Yogini as she teaches some simple yoga techniques. All ages and experience welcome. You will need an area outside or a clear area of your home where you can move around freely and lay on the floor. A yoga mat is helpful to prevent slipping and if outside to protect you from laying on the bare ground. A large beach towel will work as well. Videos can be found on Clark County 4-H Facebook Page.



**Wednesday, July 8- 4-H Building Youth for the Future: Career Planning-** Building the perfect resume, cover letter, and preparing for an interview are key to success in landing the perfect job. And it's never too early to start building those within your portfolio - even if you've never had a job. Youth will complete this series with resume, cover letter, and interview practice under their belt and be ready to tackle the real-world workforce. Join us for this impactful online four-session workshop open to youth ages 15-19. Classes are once a week from 1:00 p.m. until 2:30 p.m. To register, go to <https://www.eventbrite.com/e/4-h-building-youth-for-the-future-career-planning-registration-110872484586>

**Wednesday, July 8- 4-H Building Youth for the Future: Psychology Basics-** What does mental health really mean? How many people are affected by mental health issues such as anxiety and depression? Be part of the solution by learning the answers to those questions and more. Intended for advanced level youth who are interested in learning more about mental health, why it is important to overall well-being, and steps that promote understanding and action. Join us for this transformative online four-session workshop! This workshop will be held once a week for 4 weeks at 3:00-4:00 p.m. and is open to youth ages 12-19. To register, go to <https://www.eventbrite.com/e/4-h-building-youthfor-the-future-psychology-basics-registration-110707543242>

**Thursday, July 9- 4-H Arts: Cultural Awareness through Culinary Arts-** So much can be learned about a culture through the food choices that people make. The rich cultural history and creativity involved in the culinary arts spans the globe and unites people everywhere. Some of the countries we will visit include Honduras, Jamaica, Bolivia, Germany, Australia, Philippines, Botswana, and Laos. We will dive into their culture, traditions, unique natural features and their FOOD! Cultural awareness activities will help students foster an innovative and creative mindset while collaborating with others about their tasty creations. The course will visit five continents and eight countries, soaking up the culture through food. This program is open to youth ages 11-15, and will be held twice a week (Tuesdays and Thursdays) for 4 weeks from 2:00 p.m. until 3:15 p.m. To register, go to <https://www.eventbrite.com/e/4-h-arts-cultural-awareness-throughculinary-arts-registration-110714130946>

**Tuesday, July 14- 4-H Virtual Camp: Team Building Activities-** With the unfortunate cancellation of all of the 4-H Camps this summer and knowing that we have a lot of 4-H'ers across the state missing camp-we are offering a couple of activities that are favorites at 4-H Camps. On July 14, at 2:30 p.m., join 4-H'ers from across the state-many of whom are your summer camp friends-to participate in some virtual traditional camp team building activities and group socialization! Open to any youth aged 9 to 18 and you don't have to have gone to camp before. To register, go to [https://unr.zoom.us/meeting/register/tJEkfumtrj4uEtJ4UBSGc8Y2\\_c73aYqbg\\_jH](https://unr.zoom.us/meeting/register/tJEkfumtrj4uEtJ4UBSGc8Y2_c73aYqbg_jH)

**Wednesday, July 29- 4-H Virtual Campfire-** How does most summer camps end? With the campfire! Come join in a statewide 4-H Campfire, make S'mores at home, sing camp songs led by some amazing 4-H teen leaders and enjoy the company of other 4-H members. This will mark the end of what would have been our summer 4-H camping season and get everyone ready for the 2021 camping season where we will have MANY opportunities for youth to come to camp!! Register at <https://unr.zoom.us/meeting/register/tJlkc-ipqjwvGtGIn0o6OjnBxvYkLvCrliJq>

We are also working on details and funding for two virtual projects for youth this summer. One involves animal science, and the other is on foods and nutrition. As soon as funding is secured for these activities-so that there is no cost to our 4-H families at this time, those will be launched.

Be sure to watch the University of Nevada 4-H Youth Development Facebook page for more opportunities! Our methods are changing, but our 4-H mission remains the same-To Make the Best Better!

## Deadline for 4-H Cloverbot/STEM Build Challenge

All entries for the 4-H Cloverbot and STEM Build Challenges are due by July 15, 2020. There is still time to join in the fun. These activities are open to any youth aged 9 to 11 years old. They involve seven different challenges using building blocks, such as Legos, Megablocks, etc.

Some of the example challenges are building a working catapult, design and build a car that is powered by a balloon, design and build a bridge, etc. To complete these challenges, a photo of the model and the youth (together) will need to be emailed to [nevada4h@unce.unr.edu](mailto:nevada4h@unce.unr.edu) with the youth's name (first and last), county, age, and one sentence describing the model.

For the STEM Challenge, pictures of all seven challenges need to be submitted and youth don't have to complete the challenge seven days in a row but complete all 7 challenges before the deadline. There will be a virtual gallery posted on the State 4-H website and social media sites but only the child's first name will be used.

All youth who complete the challenges will receive a certificate of participation. Challenge guidelines can be found at 4-H Cloverbot Challenge-On the Move: <https://bit.ly/2BcHsJh>; 4-H Cloverbot Challenge-On the Water: <https://bit.ly/3dckWhL>; 4-H STEM Build Challenge: <https://bit.ly/2Xd8tVA>

## SSYLS Still Planned for August

The Lyon County Commissioners and Lyon County Fair Board have approved the continuation of the Silver State Youth Livestock Show (SSYLS) for 2020. It will happen as planned August 14-16, 2020.

The Silver State Youth Livestock Show and Sale is an event of the Lyon County Fair & Rodeo. As part of the Lyon County Fair and Rodeo events, families will enjoy a Livestock Show, Auction, and youth exhibits.

The 2020 Silver State Youth Livestock Show will be open to all Nevada youth exhibitors, ages 5 to 19 (as per our printed qualifications) and to all those returning out of state exhibitors who have shown at SSYLS in the past 8 years. Unfortunately the show can not accommodate its normal "open to the world" status this year. Due to space constraints it must limit entries.

One change for this year is entries are due July 15, 2020. Lyon County Fair Board is looking forward to putting on an exciting event for the benefit of our exhibitors. For updated and new information go to the website at [ssyls.com](http://ssyls.com).



## Paper Clover Campaign Goes Digital

As many of you know this spring, the Tractor Supply Company Spring Paper Clover campaign was postponed because of the COVID pandemic. Now, months later, many of 4-H programs are restricted from in-person programming and stores are still working to minimize face to face customer interaction. So National 4-H Council and Tractor Supply Company (TSC) have decided to go in a different direction, one that doesn't depend on in-person interaction and that wouldn't jeopardize the success of the Fall Paper Clover Campaign by having too many similar customer asks in a short time frame.

As a result, TSC is working with 4-H to host a 100% online fundraising campaign this summer. From July 15-26, 2020 customers can donate at online check out. This should work for both online (shipped) purchases and curbside pickup. The funds for this will be distributed to local 4-H programs the Fourward Fund.



Instructions and promotional material is still being finalized, and is not expected until right before the campaign begins.

4-H is using this challenging time to see how digital point of sale fundraising can work so that when we return to "normal" Paper Clovers campaign we can apply those learnings.

The Fall Paper Clover is full steam ahead. The dates are the same as before, October 7-18, 2020. TSC is planning on providing additional promotion to try to make it a huge kickoff to the 4-H year.

In addition, because this is different than our regular Paper Clover campaign and entirely digital, National 4-H does not expect individual clubs and 4-H'ers to participate like normal, just mark your calendars for the fall.

## Phase 2 Extended Through July

On Monday, June 29, Gov. Steve Sisolak announced that Nevada will remain in Phase 2 of the Nevada United: Roadmap to Recovery plan, due to the trends in COVID-19 infection rates, the time needed for expanded contact tracing to identify trends, and to analyze the impacts of the new face covering directive. The Governor has signed an emergency directive extending the length of Phase 2 through the end of July.

For 4-H that means that the current rules for face-masks, outdoor meetings, groups no larger than 25 and social distancing will remain in effect for this month. Any changes will be communicated to all members and leaders as they occur.

Details can be found online at [Youth Program Policies and Guidelines for COVID 19 Phase 2](#)



## 4-H at Home Has New Activities

Explore fun, educational activities for kids and teens to do at home. 4-H at Home inspires kids and teens to learn, grow, and charge ahead in their lives through critical learning resources accessible to all kids.

With COVID-19 disrupting learning for 55 million young people, 4-H has stepped up to bring the traditional 4-H experience inside the home.

Explore this page to receive hundreds of educational activities for kids in topics like STEM, healthy living, and crafting, including step-by-step videos, activity guides, and more.

New hands-on activities for kids are added frequently. Currently there are over one hundred activities in the areas of Healthy Living, STEM, outdoor adventures and more.

There are activities designed for different age groups so every school-age youth can find something to do. To see all of these great projects go online to <https://4-h.org/about/4-h-at-home/>.

## 2020 Strike it Rich 4-H Horse Shows

The first of this year's Strike it Rich 4-H Horse Shows is scheduled for July 25, 2020. At the time that Clover Clips was sent out, the Washoe County 4-H Leaders were still planning to have the show. In light of the Phase 2 of Reopening plan being extended to the end of July, that status may change.

If allowed, it will be at the UNR Equestrian Center and have many of the events of past Strike it Rich shows. Since Phase 2 will still be in effect, all social distancing and safety protocols will be observed. Show flyers and class lists will be sent out to all Washoe 4-H Horse Project leaders and members once details are finalized.

## 4-H Shooting Sports Volunteer Certification and Training

A 4-H Shooting Sports certification training is now scheduled for July 25-26, 2020 in Gardnerville at the Douglas County Shooting Range. Participants will follow the Extension 4-H Youth program COVID reopening policies with 25 person maximum size group, face coverings, no sharing of equipment, physical distancing, etc.

Instructors must be 21 years of age or older, Assistant Instructors are between 18 to 20 years old. Disciplines include- Saturday: Pistol, Muzzleloader and Rifle, Sunday: Archery, Shotgun, and TBD. Participants may choose one discipline per day to be certified, and may receive two certifications during the training.

Registration forms, assumption of risk forms, and fees must be received by Monday, July 20, 2020. For a copy of the registration forms, go to <https://www.4honline.com/FileServices/Fetch/a6cc0263-edbb-ea11-b6eb-000c299596f1/View>

## Northern Area/ Western July Dates to Remember

**July 3** – Independence Day Holiday (observed)

**July 15** – 4-H Cloverbot/STEM Build Challenge deadline

**July 15** – Silver State Youth Livestock Show entry deadline

## 4-H in Action

### WHAT DOES EQUITY MEAN TO YOU?

4-H youth and adult teams came together to share how equity, access, and belonging can empower youth to find their voices and create system change in their local communities.

Watch the video at the link below to learn what equity means to our 4-H family.

<https://4-h.org/about/equity-and-inclusion/>



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

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