



EXTENSION

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Clover CLIPS



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

4-H Members Thrive Through Transcendent Awareness

Thriving youth understand that there is a reality bigger than themselves. For some youth this awareness is expressed through religion or spirituality, for others it is through nature or art, and for others it is through a commitment to a cause.

Transcendent awareness results from interactions with others that support a deeper connection beyond the self. These interactions help youth develop clarity and commitment to values, beliefs, actions, and a way of living that benefits others.

Civic engagement is a way to introduce youth to the concept of helping others and connecting with members of a community. The awareness of community needs transcends their personal awareness while giving them an example of others' values and beliefs.

4-H civic engagement programs empower young people to be well-informed citizens who are actively engaged in their communities and the world beyond themselves. Youth learn to build decision-making skills and develop a sense of understanding and confidence in relating and connecting to other people.

As youth develop transcendent awareness, they become committed to personal beliefs, morals, and values that guide their everyday thoughts and actions. These commitments provide the foundation for youth actions to moral living and contribution to others.

When working with 4-H youth:

- Take time to help youth see the wonder and awe in the world around them. Developing a sense of awe is an important step in self-transcendence.
- Encourage and provide opportunities for youth to

volunteer their time serving others.

- Encourage generosity among youth. Doing so helps youth think and act in ways that go beyond the self.

- Encourage youth to think ethically about the decisions and actions they take, helping youth to consider the impact of their actions on others and the greater world.

- Provide opportunities for youth to be out in nature and disconnected from electronic devices

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

“The development of transcendent awareness leads to a “clarity and commitment of beliefs and resulting behaviors that contribute to self and society.”

Pamela Ebstyne King, Ph.D.

Peter L. Benson Associate Professor of Applied Developmental Science Fuller Theological Seminary

4-H Youth Awareness

4-H Voices (<https://4-h.org/parents/youth-voices/>) are stories of 4-H youth who create positive change in their communities. They are 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.

Through transcendent awareness they were able to see the “bigger reality” happening around them. They saw where changes were needed, or where opportunities were available to help others. They committed themselves to finding solutions, making connections and improving the community of which they are a part.

If you're looking for some inspiration on how to help, these stories are great examples of what 4-H members are doing right now.

Nevada State 4-H Virtual Opportunities for August

Thoughtful Thursdays (Every other Thursday):

5 to 10 minute clips-prerecorded and posted on social media. Done by faculty and staff. Topics that have posted since May have included Communicating Feelings, Financial Management for Youth, 4-H Service to Community ideas, Composting in the Home, and Rethink Your Drink. We are still looking at topics around mental health, civic engagement, etc.

August

Youth Mental Health Awareness Week (August 2-8)

In a survey commissioned by National 4-H Council, and conducted by the Harris Poll, found 7 out of 10 teens are struggling with their mental health in the wake of COVID-19. More than half of those surveyed shared that the pandemic has increased their feelings of loneliness, with 64 percent believing it will have a lasting impact on their mental health. In 2019, the World Health Organization announced that suicide was the third leading cause of death in teens 15 to 19. Their findings determined that the consequences of not addressing adolescent mental health conditions extend into adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults. This week, through Social Media, information will be shared about the state of youth mental health, be given resources if they suspect a youth is struggling, and tips to talk to youth about cancelled events or other disappointments.

Youth Talk (August 4)

Designed for youth ages 9 to 18 years old, which will be broke out into 3 groups. Those three groups will be based on the youth's age (9 to 11 year old, 12 to 14 year old, and 15 to 18 year old) and each of the three groups will have 2 adult facilitators. Discussion will be age appropriate for the group and a chance for youth across Nevada to get to know each other and talk about things that are relevant to their lives! They will have a chance to talk about the changes that are happening with the start of school, programs that have been postponed or cancelled, etc. They will also be given a chance to share ideas for future programming for Nevada 4-H.

To register, go to: https://unrextension.zoom.us/meeting/register/tJwqd-morD4uHNPswwfysHXIBL6k_OvA_xqht

Virtual Horse Classic (August 9-15)

Do you ride a horse, have a horse, love horses, or interested in horses? Well, here is a chance to learn, have fun and meet other 4-H'ers across the state who feel the same way. There will be 5 events, including Breed Scramble, Scavenger Hunts, Making Horse Treats, Quiz Bowl, etc. There will be a chance to meet everyone who participated in this event through a virtual meeting. Details will be emailed to all registrants and shared on social media. To register, go to https://unr.az1.qualtrics.com/jfe/form/SV_erPGrUikrhs25aB. Registration is due by August 7.

More Activities from Around the Country (4-H.org)

Clear your mind and strengthen your body with this week's collections of 4-H at Home activities on mental and physical wellness! Don't forget to visit the links to learn more about the activity and check back every Monday for new ideas and hands-on, educational resources for all young people.

Indoor Fitness Trail

Recommended age: Grades 3-12

Courtesy of Purdue University, Indiana 4-H

Learn how to create an indoor fitness trail that is a great way to stay physically active while indoors!

<https://www.youtube.com/watch?v=9JnCKkm-8iY&feature=youtu.be>

Bike Safety

Recommended age: Grades Pre-K-12

Courtesy of Oklahoma State University OK 4-H

Follow these steps to make sure your bicycle is safe and ready to ride!

<http://4h.okstate.edu/weekly-healthy-habits-1/bike-safety>

Health Rocks! Video Playlists

Recommended age: Grades Pre-K-12

Courtesy of University of Tennessee, Tennessee 4-H

Learn about healthy living topics such as stress, decision making and much more with these Health Rocks! video playlists!

Pre K+ <https://www.youtube.com/playlist?list=PLjpVzhaz58FEDgsgoZ6dJ7ZoOlaYyJFq>

Intermediate <https://www.youtube.com/playlist?list=PLjpVzhaz58HGUUjvjiHDp2oGnpSj79Qt>

<https://www.youtube.com/playlist?list=PLjpVzhaz58HGUUjvjiHDp2oGnpSj79Qt>

Soccer & 4-H at Home Summer Program

Recommended age: Grades 3-12

Courtesy of Purdue University, Indiana 4-H

Explore topics such as soccer fundamentals, home challenges, serving others, eating well and more with this 10-week Soccer & 4-H at Home Summer Program that includes lessons in both English and Spanish!

extension.purdue.edu/4h/Pages/Soccerand4HatHome.aspx

2020 Carcass of Merit donors:

1st place gift certificate for all species:

The Cameron Family
c/o Trish Lods,
6890 Sandia Drive, Reno, Nevada 89523

2nd. Place gift certificates for all species:

Snyder's Pinenut Livestock Supply,
263 Dorrall Way, Fallon, Nevada 89406

Rosettes and ribbons for all species:

Tom and Phyllis Cates
40 Bitterbrush Road, Reno, Nevada 89523

Beef:

Les Schwab Tires of Northern Nevada
3020 South Carson Street, Carson City, Nevada 89701

Western Nevada Cattlewomen
c/o Terri Chichester
P.O. Box 51, Topaz, California 96133

Janet Hunewill -
200 Hunewill Lane, Wellington, Nevada 89444

Denio Farms/Gene & Loretta Curti Ranches -
555 Geiger Grade Rd. Reno, Nevada 89521

Sue Hoffman -
1405 Crown Drive Reno, Nevada 89503

Lamb:

Les Schwab Tires of Northern Nevada
3020 South Carson Street, Carson City, Nevada 89701

Sarah Chvilicek
11595 Osage Road, Reno Nevada 89508

Mark & Bev Elston -
10395 Thomas Creek Road, Reno, Nevada 89511
Nevada Agricultural Foundation -
PO Box 8089, Reno, Nevada 89507

Swine:

Les Schwab Tires of Northern Nevada
3020 South Carson Street, Carson City, Nevada 89701

Denise York Young -
540 Abernathy Oaks Way, Alpharetta, Georgia 30004
Mark & Bev Elston -
10395 Thomas Creek Road, Reno, Nevada 89511

Goats:

Les Schwab Tires of Northern Nevada
3020 South Carson Street, Carson City, Nevada 89701

Nevada Goat Producers -
PO Box 5081, Fallon, Nevada 89407

Withers 5 Rancho -
4090 Allen Road, Fallon, Nevada 89406

Big Buck Barns -
5036 Cody Road, Fallon, Nevada 89406

NJLS Final Numbers

The 2021 fiscal year started on July 1. The Nevada Junior Livestock Show Board (NJLS) has posted the final numbers for the 2020 Show and Sale.

2020 Top Buyers

Sinclair Family Farm - \$11,730.00
Frontera Tile Service - \$11,000.00
Benson's Feed & Tack - \$9,387.50
Gerhardt & Berry Construction - \$9,323.75
Cameron Family - \$8,277.50
Mel Clark Construction - \$6,585.75
Sierra Rental & Transport - \$6,347.50
Raley's - \$4,993.50
Quilici Family - \$4,759.00
Reno Green Landscape - \$4,512.50

Top Volume Buyers

1. American AgCredit - 10 lots
2. Raley's - 8 lots
3. Sinclair Family Farm - 6 lots
4. Cameron Family - 5 lots
5. Withers 5 Rancho - 4 lots
6. Dagenhart Family - 4 lots

2020 NJLS Show and Sale:

137 buyers registered
165 animals sold (includes Clark County animals allowed to sell)

13 Turkeys
18 Steers
26 Goats
45 pigs
63 lambs

Total receipts from buyers: \$218,002.00
Harvest fees: (\$11,565.00)
Net Sales: \$206,437.00
Total add-ons: \$ 9,819.50

Total Paid to Exhibitors: \$208,104.00
NJLS Commission: \$ 8,317.50
Less credit card fees: (\$1,731.46)
Net NJLS Commission: \$ 6,586.04

Rate of Gain payments: \$1,440
Carcass of Merit Payments: \$1,960

Eugene George (Gene) Curti 1945-2020

Reno - Eugene (Gene) George Curti passed away at the age of 74 on Thursday July 9, 2020.

He was born in Reno, Nevada on September 21, 1945 to George Curti and Gladys Damonte Curti.

He was preceded in death by his parents George and Gladys Curti.

He is survived by his wife of 53 years Loretta Martini Curti, Daughters: Lori Curti Piccinini (Dave), Gina Curti Harris (Jesse), Granddaughters: Marissa and Allison Piccinini, Emma Harris, Grandson: Tyler Harris, and his Brother Gary Curti (Iris), Brother in law, Dan Martini (Mary), and numerous nieces and nephews.

He grew up on the family ranches, with his cousins the Damontes and Caramellas: the Damonte ranch in Reno, NV and was co-owner and operator of George Curti and Sons Dairy Ranch in Southeast Reno, that resided on several hundred acres before the dairy was sold for land development. He then went on to own and operate Denio Farms with his wife, Loretta, and Eaglecreek Land and Cattle in California with his daughter Gina and son in law, Jesse. He loved working on his beloved Denio Ranch and being

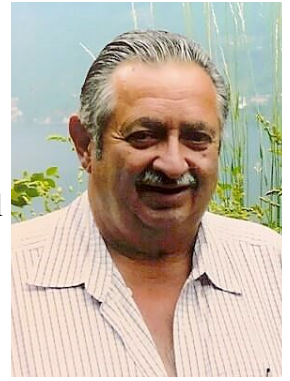
on the ranches until the week he passed.

Gene was also the President of the Steamboat Ditch and Canal for over 50 years where he first started working with his grandfather, Louis Damonte at an early age. He used his years of skill and accuracy on a Caterpillar Excavator in treacherous terrain to clean 48 miles of the ditch. It brings thousands of customers irrigation water from the Nevada state line in Verdi to the Mount Rose highway in Southwest Reno.

Due to the COVID virus and restrictions - a private Catholic service and Rosary was on Tuesday 7/21/20.

In lieu of flowers donations can be made to the: Nevada Junior Livestock Show Board P.O. Box 8026, Reno, NV. 89507 or the Modoc County Cattlewomen, P.O. box 711, Alturas, CA, 96101 and reference Gene Curti Memorial Fund.

The family invites you to leave a message on his Memory Wall at www.waltonsfuneralhomes.com



Strike it Rich 4-H Horse Shows

The first of this year's Strike it Rich 4-H Horse Shows was scheduled for July 25, 2020. In light of Governor Sislak's Phase 2 of Reopening plan being extended to the end of July, and the continued high seven-day average of Covid-19 cases, the show was canceled.



The next scheduled Strike it Rich show is August 15. It will be at the UNR Equestrian Center and have many of the events of past Strike it Rich shows. Since Phase 2 will most likely 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.

The last show in the series will be September 12.

4-H in Action

Clear your mind and strengthen your body with this week's collections of 4-H at Home activities on mental and physical wellness! Choose from a variety of activities such as indoor hiking trail, bike safety and soccer.

Don't forget to visit the links attached to each activity to learn more about the it. Check back every Monday for new ideas and hands-on, educational resources for all young people.

<https://4-h.org/about/blog/4-h-at-home-mind-body/>

Northern Area/ Western August Dates to Remember

Aug 14-16 – Silver State Youth Livestock Show and Sale. (SSYLS) Yerington

Aug 15 – Strike it Rich Summer Series Horse Show– UNR Equestrian Cntr.



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

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Storey County**
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Carson City, NV 89701

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(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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