

# Clover Clips



**EXTENSION**  
College of Agriculture,  
Biotechnology & Natural Resources



4-H Youth  
Development

Monthly 4-H Newsletter for Carson City,  
Douglas, Storey, and Washoe Counties

## Foster Care Youth in the Equity Lens and 4-H

4-H has made a commitment to youth across the United States to better reflect the diverse needs and social conditions of the country. The 4-H Program Leaders Working Group, Access, Equity, and Belonging Committee (AEBC) joined the 4-H Thriving Model Taskforce to ensure this nationally adopted model is explored and utilized through an equity lens. With this equity lens, youth in foster care is a focus because they are a diverse and in-need population of Positive Youth Development programming.

On one level, youth in foster care present needs that are more complex than their peers who have not experienced being in foster care. This has to do with the trauma and adverse conditions that these youth have gone through. Knowing the consistency of unfavorable conditions youth in foster care have experienced, there comes a great need for the same opportunities and experiences as their peers. These needs include caring adults, structure and stability, and healthy spaces in order to take the developmentally appropriate risks that are essential to growing up. (Ableidinger et al., 2015).

Many foster care youth experience Adverse Childhood Experiences (ACEs) which lead to a greater risk of mental and physical illnesses throughout their lives. ACEs are experienced by all social groups, but at higher rates with those who live in concentrated areas of unemployment, housing instability, food insecurity, violence, inadequate schools, and a lack of healthy options, resources, or social services. In such environments, youth and parents are exposed to toxic levels of stress and trauma. These adverse experiences manifest with some families in different ways including a lack of resources, mental illness, substance abuse, physical and domestic violence, ineffective parenting strategies, child maltreatment, incarceration and parental separation and divorce. These are common

amongst foster care youth prior to ever being placed in the foster care system.

Foster care placement is also considered an adverse experience because of family separation, continuation of instability in the home, inconsistent parental figures, and school environments. On average, youth live in 3.4 foster homes before being placed into a permanent home or becoming a legal adult at the age of 18. With these compounding adversities, it is clear to see the need for 4-H programming for this demographic of youth.

Through adverse conditions, the resilience and strength gained can be nurtured for these youth. Resilience refers to both personal and environmental processes that promote positive outcomes and provide youth the resources and support they need to cope with adversity (Ungar, 2011). If protective factors are increased, in a youth's life, it is one way to increase the likelihood of positive outcomes.

Studies have found protective factors for youth in foster care to include positive relationships with case workers, high self-esteem, engagement in school, participation in after school activities, social support, contact with biological family, and a warm stable predictable home. When youth engage in programs such as 4-H, which offer the Positive Youth Development (PYD) approach, youth will present higher levels of resilience, future aspirations and goals, and prosocial behavior. Any PYD programming encourages adults to support youths' personal agency, focus on their strengths, and cultivates respect of the youth as an individual, no matter their circumstances.

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*Continue your learning journey with this Fact Sheet on Youth in Foster Care:*

<https://access-equity-belonging.extension.org/wp-content/uploads/2022/04/Youth-in-Foster-Care.pdf>



## North Las Vegas Hosts Livestock Contest

The Clark County Livestock Skillathon and Quiz Bowl Contest is on August 8, 2024 at the North Las Vegas Extension Office (2280 McDaniel St., North Las Vegas, NV 89030).

To register, use the Jotform link:

<https://form.jotform.com/241794567651165>

Payment will be taken during check-in at the event.

The cost per participant is \$10 for the Skillathon and \$5 for the Quizbowl. A study guide for this event will be emailed to those who register. Registration closes on August 1, 2024.

This contest is a part of the Livestock Contest Series. In order to qualify for series awards, participants must participate in one series contest and the Nevada State 4-H Contest held at Expo September 20-21.

The other remaining livestock contest is the Lyon County Livestock Judging Contest On August 15, 2024. (Registration not yet available)

For more information, please contact Rebecca Glocknitzer, State 4-H Livestock Coordinator, by phone 775-423-5121 or email [rglocknitzer@unr.edu](mailto:rglocknitzer@unr.edu)

## Other Upcoming Livestock Events

In addition to the livestock contests in Clark and Lyon counties, there are other Livestock events this summer and autumn.

**Know Before You Show Zoom Workshop**, presented by Bucky Jackson, is on July 24, 2024, 5:30p.m.-7:00 p.m. Please join Bucky Jackson as he goes over some important details about showing lambs and goats.

The registration link can be found at <https://forms.office.com/r/Sx3XZj1CmQ> See [event flyer](#). This is a free workshop.

Registration closes on July 15, 2024

**Nevada State 4-H Expo Livestock Breeding Show, State 4-H Skillathon Contest and State 4-H Livestock Quiz Bowl Contest** all happen September 20-21, 2024. Senior teams may qualify for Nationals by winning the State event. More information to follow as it becomes available.

### Sullivan Supply Livestock University Webinar Series

Rebecca Glocknitzer will present the Zoom series, with Sullivan Supply, to help new and returning 4-H members on how to pick out their livestock project for the upcoming year. This series will consist of all four species and two webinars per species. Please see the attached flyer for more information. [webinar series flyer](#) Registration closes on October 15, 2024.

**October 21 and 28- Cattle** Registration Link:

<https://forms.office.com/r/uyKFAQ6kh9>

**November 12 and 19 - Sheep** Registration Link:

<https://forms.office.com/r/LjrXeLg6kc>

**November 13and 20- Hogs** Registration Link:

<https://forms.office.com/r/bfNRDkj2CP>

**November 14 and 21- Goats** Registration Link:

<https://forms.office.com/r/XBm4KJRDf6>

## Helping Horses with the Heat

The weather forecast for Western Nevada includes temperatures in the 90s and 100s coming in July.

People can find a cool place during the day, but horses aren't always that lucky. You must provide extra care to your horse during hot weather to reduce their stress and maintain their health and well-being.

Sweating is natural cooling. Horses normally cool themselves by sweating. The sweat evaporates from the skin surface and causes a cooling effect. Less sweat evaporates during times of high humidity. A horse that is working hard in a hot environment can lose 2 to 4 gallons of sweat per hour.

Always provide unlimited access to clean, cool (45 to 64 F) water. At rest, an adult horse in a cool climate will drink about 6 to 10 gallons of water daily depending on feed. They'll drink much more while working or in hot conditions. A horse's stomach can hold between 2 to 4 gallons of fluid without becoming over distended.

Allowing a hot horse a few swallows of cool, fresh water every few minutes is key to combat the effects of heat stress.

Clean water buckets and tanks more often in hot weather to prevent algae and bacteria from growing. Blue algae toxicity is more common in ponds or slow running streams during hot, dry weather.

Heat stress can affect any horse but is especially common in older, obese and out of shape horses. Young foals tend to be more prone to heat stress and dehydration.

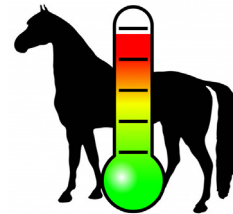
Adjust your schedule (ride early in the morning or late at night). Keep the work light and include frequent breaks that allow the horse to cool down and regain a normal breathing rate. Don't work the horse beyond its fitness level. You should also:

- Watch for normal sweating. Call a veterinarian right away if your horse stops producing sweat, breathes heavily, or becomes lethargic, distressed or uncoordinated.
- Create airflow (use fans) and work the horse in shade when possible.
- Provide access to cool, clean water at all times and offer water frequently during work. There's no reason to withhold water from a hot horse.

Provide relief from the sun. Shade from trees or buildings will provide your horses relief from the sun. Be aware that the shade will change throughout the day and buildings may block natural airflow.

Watch for signs of sunburn, especially on white or light-colored areas. In addition to shade, masks can help protect your horse from sunburns.

You can find more tips, and how to cool off an overheated horse online at <https://extension.umn.edu/horse-care-and-management/caring-horses-during-hot-weather>



## JOANN and Tractor Supply Campaigns

There were two national fundraising campaigns that 4-H did with its corporate partners. The Tractor Supply stores held a Paper Clover donation drive. JOANN store had a Point of Sale donation drive as well as giving 4-H member discounts.

Here are the results of these multi-state fundraisers:

### Teamwork Makes the Dream Work

A huge 4-H shout out to Tractor Supply. The two-and-a-half week long Paper Clover campaign raised more than \$1.3M to help 4 H'ers everywhere thrive and become independent thinkers and leaders in today's world. #Opportunity4all



### We Couldn't Have Done it Without YOU

With your help, 4-H raised \$522,388 during the two-month campaign with JOANN! Because of your donations, 4-H can support #opportunity4all youth by equipping them with the skills and confidence they need to thrive. Thank you to all who donated.

Donating to 4 H is an investment in kids' potential. From farming and crafting to robots and public speaking, your donation creates learning experiences that fuel kids' passions and equip them for life.

## Last Minute Summer Camp Notes

The 4-H Northern Area/Western 4-H Camp is July 7-13, 2024. The theme this year is *Legends and Heroes of 4-H*. It's a fun look at history and mythology. As always there will be crafts, activities, presentations by local experts, and STEM projects with 4-H staff.

The Camper/Parent orientation meeting was Tuesday, June 25. Current campers or their families that missed the event can contact Sam Mitchell at [samm@unr.edu](mailto:samm@unr.edu) to get a packet that covers the information discussed at the meeting.

As a reminder, transportation to and from camp is the responsibility of parent or guardian. Camp officially opens with check-in from 3:00 p.m. – 4:30 p.m. on Sunday afternoon, July 7. The first meal served at camp will be dinner on Sunday. Camp activities will begin at 4:30 p.m. on Sunday.

Camp officially closes at 10:30 a.m. Saturday, July 13. Campers must be picked up between 10:30 a.m. and 11:00 a.m. Do not arrive before 10:30 a.m. as the gates will not open until that time. Arriving early causes long lines and possible unsafe driving conditions.

Also, while the camp is beautiful and green, please note that it is also at high altitude (over 6200 feet elevation), and the weather is predicted to be warm and sunny. So it is essential that campers (and staff) remember their sun screen and water bottles. Protecting one's skin and keeping hydrated are vital, especially at high altitude.



## Plan Now for Nevada State 4-H Expo

Join Nevada 4-H members from across the state to participate in competitions, fun activities, or to support your fellow 4-H'ers.

Nevada State Expo returns to the Fallon 3C Events Complex on Friday, September 20, and Saturday, September 21.

Come join us for:

- youth workshops
- static exhibits
- Quiz Bowl and Skill-a-thon
- Small and Large animal shows
- Horse show
- Shooting Sports contests
- Fashion Revue
- Public Speaking and Demonstration events.

Want to participate in a contest?

All 4-H members are welcome to enter! Entries must be postmarked by September 10.

Static exhibit and shooting sports entries must be qualified to be entered in Expo. All other competitions can be submitted without qualification. There are lots of projects you worked on this year, all 4-H projects can be submitted to Expo. Just make sure they are qualified at your local level before entering.

Details to come on show books and more!

<https://tinyurl.com/Expo-2024>

## 4-H Festival Coming in August

Mark your calendars. The annual Washoe County 4-H Festival will take place on Saturday, August 24, at Rancho San Rafael Park.

It will be a chance for those not in 4-H to see some of the great clubs and activities that are available.

It is also an opportunity for clubs to displace their projects.

## 2024 STEM Challenge Introduced

It's here! The 2024 4-H STEM Challenge, Food for Thought, is now available. The 2024 kit provides young people with a hands on experience as they explore food security and its impact on the world, empowering them to innovate and create positive change in their communities.

Developed by Council and 4-H educators from LSU AgCenter, North Dakota State University, Penn State Extension, and the University of Nebraska Lincoln, the new STEM Challenge is a collection of three activities that engage kids in learning about food production, the supply chain, and food waste, while equipping them with STEM based skills.

Get yours today on [shop4-h.org](http://shop4-h.org).





# How Much Water Do Kids Need in Summer to Stay Hydrated?

How much water do kids need in summer?

Kids need more water when it's hot outside and when they are active. To help keep kids hydrated, keep ice-cold tap water and other healthy beverages on hand for them, offer them water breaks often, and watch for signs of dehydration.

As summer approaches, kids may be spending more time outdoors and playing sports. Sometimes kids don't recognize when they need more fluids until they start feeling poorly.

The amount of water a child needs is based on their age, weight, level of activity and temperature. Kids need more water when it's hot outside and when they are active. Keeping kids hydrated can be easy:

- Offer them tap water often. It's convenient, inexpensive and refreshing.
- Serve tap water ice cold. Keep a pitcher of water in your refrigerator.
- Make healthy drinks that your family will love. Try these easy recipes on the Think Your Drink website: <https://rethinkyourdrinknevada.com/recipes/>
- Carry a reusable water bottle. Remind kids to take water breaks.
- Offer kids plenty of fruits and vegetables. These are a hydrating, refreshing snack.

Most kids can get the recommended amounts of water and electrolytes by drinking fluids often



and eating a wide variety of foods from each food group. Sports drinks are sugary drinks and are rarely necessary.

The best way to tell if your child is adequately hydrated is if they are taking regular bathroom breaks. Their urine should be a light straw color. Dark urine, the color of apple juice, is a sign of dehydration. Other signs of dehydration include headache, poor concentration, dry mouth, flushed skin, constipation and tiredness. If the dehydration is severe, kids may experience cramps, lightheadedness and a rapid pulse. Don't hesitate to call your pediatrician if you are concerned about your child being dehydrated.

*- Article written by Brandy Kuebler, R.D.N., L.D., a research associate with Rethink Your Drink, a SNAP program offered by the College of Agriculture, Biotechnology & Natural Resources' Department of Nutrition in collaboration with Extension. It originally appeared in Nevada Today*



## Northern Area/Western July Dates to Remember

- July 4** - Independence Day Holiday - (Offices Closed)
- July 7-13** - Northern Area/ Western 4-H Camp at Lake Tahoe
- July 22** - Washoe County Leaders' Council Meeting

Find it in **CLOVER** [4-h.org/clover/](https://4-h.org/clover/)

Three new activities, designed by the University of Georgia Extension and brought to you by Google, focus on learning about computer science using Scratch. Scratch is a visual programming language that allow users to create animations, games, and interactive stories. Youths are invited to complete the following activities:

- *Introducing Commands* — an introduction to basic coding and using commands in Scratch.
- *Jumping Sprite: Introducing Functions* — create a simple jumping game to explore how functions are used.
- *"Say My Name" Introducing Variables* — an introduction to coding with variables in Scratch. Tell a story using code.

Find these and more at <https://4-h.org/clover/activities/>

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

### CLOVER CLIPS PARTICIPATING COUNTY OFFICES

**Carson City/Storey County**  
775-634-5702  
727 Fairview Drive Suite F  
Carson City, NV 89701

**Douglas County**  
775-782-9960  
1325 Waterloo  
Gardnerville, NV 89410

**Washoe County**  
775-336-0259  
4955 Energy Way  
Reno, NV 89502

The University of Nevada, Reno is committed to providing a place of work and learning free of discrimination on the basis of a person's age (40 or older), disability, whether actual or perceived by others (including service-connected disabilities), gender (including pregnancy-related conditions), military status or military obligations, sexual orientation, gender identity or expression, genetic information, national origin, race (including hair texture and protected hairstyles such as natural hairstyles, afros, Bantu knots, curls, braids, locks, and twists), color, or religion (protected classes). Where discrimination is found to have occurred, the University will act to stop the discrimination, prevent its recurrence, remedy its effects, and discipline those responsible.

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

## 4-H Events Calendar July 2024



DATE	WESTERN AREA AND OTHER COUNTIES	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1			CV Shepards, Extension Office, 6-7:30 p.m.	Silver Knolls Spurs Gen. Mtg., Silver Knolls Comm. Rm, 6:30p.m.
2		Target Rippers, Fuji Exh., 6-8:30 p.m.	Advanced Baking, Douglas Co. Comm. Center, 5-7:45 p.m.	
3			Wings n Things, 6:15-8:00 p.m.	
4	<b>INDEPENDENCE DAY - OFFICES CLOSED</b>			
TBD				Small Animal Leaders' Meeting, TBD
5		Capital City Hot Shots, Carson City Gun Range, 6		
6	Staff reports to Camp, 3 p.m.		Cloverbuds, 10-11:30 a.m.	
7-13	Northern Area / Western 4-H Camp at Tahoe			
8			Baking A, 5:30-7:30 p.m.	
9		Sewing, 3-5 p.m.	Equestrian, CVUMC, 6-7:30 p.m.	<b>Horse Leaders' Mtg., 5:30 p.m.</b>
10			Rabbit, 6-7:30 p.m.	
11		4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	
12		Capital City Hot Shots, CC Gun Range, 6 p.m.		
13		Capital City Critters, 6-8 p.m.	Sewing, DC Exten., 10 a.m.-12 p.m.	
16		Target Rippers, Fuji Exh., 6-8:30 p.m.		
17			Baking B, 5:30-7:30 p.m.	
18		4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	<b>Livestock Leaders' Mtg, 6 p.m.</b>
19		Capital City Hot Shots, CC Gun Range, 6 p.m.		
22				<b>Leaders' Council Meeting, 5:30 p.m.</b>
23		Sewing, 3-5 p.m.		
25	Camp Wrap-up Meeting, Bowers Mansion, 5:30 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	
26		Capital City Hot Shots, CC Gun Range, 6 p.m.		



Independence Day, July 4



Northern Area/Western 4-H Camp, July 7-13

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

# Upcoming 4-H Events Calendar



DATE	WESTERN AREA AND OTHER COUNTIES	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
<b>August 2024</b>				
1	.	4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	.
2	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
3	.	.	Cloverbuds, 10-11:30 a.m.	.
5	.	Target Rippers, Fuji Exh., 6-8:30 p.m.	CV Shepards, Extension Office, 6-7:30 p.m.	.
6	.	.	Advanced Baking, Douglas County Comm. Center, 5-7:45 p.m.	.
7	.	.	Wings n Things, 6:15-8:00 p.m.	.
8	.	4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	.
9	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
10	.	Capital City Critters, 6-8 p.m.	Sewing, DC Exten., 10 a.m.-12 p.m.	.
12	.	Sewing, 3-5 p.m.	Baking A, 5:30-7:30 p.m.	.
13	.	.	Equestrian, CVUMC, 6-7:30 p.m.	<b>Horse Leaders' Mtg., 5:30 p.m.</b>
14	.	Capital City Critters, 6-8 p.m.	Rabbit, 6-7:30 p.m.	.
15	.	4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	.
16	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
19	.	Target Rippers, Fuji Exh., 6-8:30 p.m.	.	.
21	.	.	Baking B, 5:30-7:30 p.m.	.
23	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
24	.	.	.	<b>Annual Washoe County 4-H Festival, Rancho San Rafael Park, 10 a.m - 3 p.m.</b>
26	.	Sewing 3-5 p.m.	.	.
30	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
<b>September 2024</b>				
2	<b>LABOR DAY HOLIDAY - OFFICES CLOSED</b>			
2	.	Target Rippers, Fuji Exh., 6-8:30 p.m.	CV Shepards, Extension Office, 6-7:30 p.m.	.
3	.	.	Advanced Baking, Douglas County Comm. Center, 5-7:45 p.m.	.
4	.	.	Wings n Things, 6:15-8:00 p.m.	.
5	.	4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	.
6	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
7	.	.	Cloverbuds, 10-11:30 a.m.	.
9	.	Sewing 3-5 p.m.	.	.
10	.	.	Baking A, 5:30-7:30 p.m. Equestrian, CVUMC, 6-7:30 p.m.	<b>Horse Leaders' Mtg., 5:30 p.m.</b>
11	.	.	Rabbit, 6-7:30 p.m.	.
12	.	4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	.
13	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
14	.	.	Sewing, DC Exten., 10 a.m.-12 p.m.	.
16	.	Target Rippers, Fuji Exh., 6-8:30 p.m.	Leader Council Meeting, 6 p.m.	.
18	.	.	Baking B, 5:30-7:30 p.m.	.
19	.	4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	.
20	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
20-21	Nevada State 4-H Expo, 3C Events Complex in Fallon	.	.	.
22	Autumn Begins	.	.	.
23	.	Sewing 3-5 p.m.	.	.
27	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.
28	Last day of 4-H Year 23-24	.	.	.