

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

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4-H Supports Youth Mental Health

In August we are going back to school, wrapping up summer plans, and resting before we dive into a busy time of year. This is an appropriate time to visit the topic of mental health.

What do we mean by “mental health”? Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps to determine how we handle stress, relate to others, and make decisions. Biological factors, life experiences, and environments all contribute to mental health challenges.

Youth overall are resilient and healthy. But health is more than physical wellness. 1 in 6 U.S. youth aged 6-17 experience mental illness each year (National Association on Mental Illness [NAMI], 2021). Depression and anxiety are prevalent across the nation and suicide has become an epidemic – it is the second leading cause of death for people aged 10-34 in the United States (National Institute of Mental Health, 2019).

It is not always apparent that youth are dealing with mental health disorders. Youth experiencing mental health challenges come from varied socio-economic, cultural, and demographic backgrounds. Be aware of and implement strategies that acknowledge intersectionality and the whole child. This means acknowledging their family background, financial situation, race, ethnicity, religious affiliation, etc. You know the youth in your programs, if they are acting differently speak up or ask them how they are doing. Consider that some youth face the same situation in different ways and require different forms of support.

What can we do? It's critical for adults to look out for opportunities to support the youth in our community as they work through these challenges. If youth gather the courage to share that they are having a hard

time, treat that vulnerability with respect and care. Affirm they are not alone and processing feelings can be taxing. Provide support by listening, creating a sense of belonging, and behaving as role models.

Role model behavior includes understanding the power of language. Language that feeds the stigma around mental health, such as “crazy”, “psycho”, “nuts”, “insane”, “lunatic”, etc. can perpetuate the negative stigma. Use of person-first language - e.g., “a child with a mental health disorder” (National Alliance on Mental Illness, 2017). Recognize the validity of multiple perspectives and strive to think openly and inclusively. Speak up if you hear or see negative stereotyping related to mental health and try to avoid negative language in your 4-H space. Help all youth feel welcome by considering “Universal Design” strategies in your project. Universal Design is easier than you might think – it's all about recognizing that we

all learn in different ways. For example, don't just give instructions verbally, also have them written down or model instructions for those youth who may not learn as well verbally (Support for Families of Children with Disabilities).

Youth feel a sense of safety when we respond to their behavior, choose our words carefully, and offer activities that include multiple learning methods. These may seem like small steps, but each one supports better mental health. Together we can make a world of difference for youth in 4-H.

Mental Health curriculum, resources, and community partners are ready to help at our Champion Group page for Youth Mental Health and Wellbeing – check out the website at:

<https://access-equity-belonging.extension.org/about/mental-health-and-well-being/>



4-H Livestock Contest Series Events

There are two remaining 4-H Livestock Series Contests:

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). This contest is a part of the 4-H Livestock Contest Series.

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.

The other remaining 4-H series livestock contest is the **Lyon County Livestock Judging Contest**, part of the Silver State Youth Livestock Show, on August 15, 2024 at the Lyon County Fairgrounds.

The primary goal of the Contest is to demonstrate how to recognize and interpret visual differences between livestock animals and to understand livestock production and management practices. These are valuable skills for youth to learn, comprehend, and utilize.

There are two divisions for Judging, 4-H Division and FFA, Grange, or Independent Youth Division. Each division has three age categories (age, as of January 1, 2024): Junior (ages 9 to 10 years old), Intermediate (11 to 13 years old), and Senior (14 to 19 years old).

High Point Individual Awards in each division and age category will be given. High Point Team Awards in each division and age category will be given.

Registration is due August 5, 2024. For more information, please contact Rebecca Glocknitzer, State 4-H Livestock Coordinator, by phone 775-423-5121 or email rglocknitzer@unr.edu

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.

Other Upcoming Livestock Events

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

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, presented by Rebecca Glocknitzer and Sullivan Supply, is designed 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 13 and 20- Hogs Registration Link:

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

November 14 and 21- Goats Registration Link:

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

Sagebrush Horse Show

The next Sagebrush Community Horse Show is on September 14, 2024 event is at Lemmon Valley Horseman's Arena in Lemmon Valley (11400 Deodar Way, in Lemmon Valley). This is the last Sagebrush show for the 2024 season

Sagebrush offers fun, affordable and rewarding adventures in the show ring. Special classes are included for the novice rider and green horses. Again this year is a discounted entry fee for youth enrolled in recognized 4-H clubs.

4-H Classes: Exhibitor must be enrolled in a recognized 4-H club; club name and leader's name required on entry form. 4-H dress is not required. Helmets are required. For 2024 the 4-H classes will count towards the Washoe County 4-H 100% Participation program. The Washoe County participation guidelines include showing in a minimum of two shows. 4-Hers from all counties are welcome to show at the Sagebrush Community Horse Shows 4-H and regular classes.

All riders are welcome to ride in and be judged in the All Breed and Colored Horses classes. Class list and entry form at:

www.comstockarabianassociation.com



Carson City 4-H Day Camp

Join the 4-H Carson City/Storey County for three days of fun at Summer Day Camp. From Tuesday to Thursday, August 6-8, 2024, make friends,

play games, participate in educational activities and learn new things.

The camp is each day 9:00 a.m. - 12:00

noon at the University of Nevada, Reno Extension office at 727 Fairview Drive, Suite F Carson City, Nv 89701.

Every summer camp has a different theme. Enrollment is required. The cost of attendance for all three days is \$15. Snacks and refreshments will be provided.

Please contact Kristina Williams to get enrolled or, if you have questions, at kristinawilliams@unr.edu or call 775-887-2252.

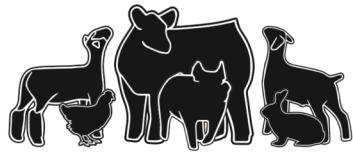


Silver State Youth Livestock Show

The Silver State Youth Livestock Show and Expo is August 15-18, 2024. It is an event of the Lyon County Fair & Rodeo. As part of the events, families will enjoy a Livestock Show, Auction, and youth exhibits.

Market and breeding shows are open to all individuals between the ages of 9 and 18 from Nevada and surrounding states. Unless specified in rules.

Youth ages 5 - 8 may show in Breeding shows and Showmanship with parent/guardian supervision. Peepees must Pre-enter. No day of show entries will be accepted



All exhibitors must be currently enrolled in a 4-H, FFA, Grange program, or meet SSYLS requirements for Independent exhibitors. Exhib-

itors must own and be in possession of their lamb, goat or swine for 60 days or beef for 120 days prior to the opening date of the fair. Rabbits and poultry must be owned and in possession of their animals 30 days prior to fair.

Dry Camping areas are available to exhibitors. It must be paid for through the online entry system with your entries. Please Note: no hookups for water or sewer are available.

The deadline for entering is August 1, 2024. All Classes must be entered online. No written/mailed entries will be accepted.

For show rules, information, and to enter online go to: <http://www.ssyys.com/livestock-shows.html>

Living with Fire Tips for Smoke

You probably have noticed that it is pretty smokey outside. Smoke from several fires in the West are impacting the air quality in Northern Nevada. Living with Fire - a program of University of Nevada, Reno Extension - wants to share some recommendations and resources from our Living With Smoke factsheet.

Here are some steps to protecting yourself from smoke:

1. Monitor air quality, and if possible, wait for less smoky conditions before going outdoors. To do this, visit <https://fire.airnow.gov/>
2. Stay safe indoors and reduce or stop outdoor activity if possible.
3. Protect yourself from smoke if you must stay outdoors to reduce the health impacts from smoke exposure.

To learn more about living with wildfire smoke visit <https://www.livingwithfire.org/get-prepared/living-with-smoke/>



Washoe County 4-H Festival

The annual Washoe County 4-H Festival will take place on Saturday, August 24, 10 a.m. to 3 p.m. at Rancho San Rafael Park Farm & Families Area (1595 N Sierra St. in Reno)

4-H Clubs from Washoe County welcome new members, share information, and display their projects and animals. It will be a chance for those not in 4-H to see some of the great clubs and activities that are available. They can visit this free, family friendly event, and talk to 4-H club members, leaders, and volunteers. Hispanic interpretation will be available.



It is also an opportunity for clubs to display their projects. (Club members and leaders: there is still time to sign up to represent your club) Come see the animals, projects, and skills our 4-H members are learning about and consider joining as a member or volunteer!

4-H is a positive youth development organization through the University of Nevada, Reno Extension and College of Biotechnology, Agriculture, and Natural Resources. It focuses on creating a safe space for all youth ages 5-19 to build positive relationships and explore their spark.

For more information call Rachel at 775-336-0235, or email rkaiserschoen@unr.edu. Find Washoe County online at <https://extension.unr.edu/4h/washoe.aspx>

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 and Saturday, September 20-21.

- 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>

Reminder to Apply for the 2025 Young Horse Development Program

The AQHA Ranching Heritage Young Horse Development Program is a life-changing experience, and you're invited to apply!

Participating AQHA Ranching Heritage Breeders donate young horses for Young Horse Development participants to raise and train. Young horsemen and women learn responsibility and goal-setting, important components of horse ownership - and life skills that can follow them for years to come. Encouraged by good fun, as well as key education in the horse industry, youth learn to raise and train their weanlings. At the end of the program, participants get to keep their donated horses.

Priority Application Deadline: August 15, 2024

Late Application Deadline: October 1, 2024

Apply by the priority deadline for the best chance of admission into the program and the most likely match with a horse closest to your home. Participants may be selected and matched with horses any time after August 15, with the majority being selected and matched with horses September through November 2024.

Read more details about the Young Horse Development Program at

<https://www.aqha.com/web/aqha/youth/programs/young-horse-development>



Prepare Young People for AI Now

For young people to succeed in the workforce of the future, we need to prepare them for AI now. Artificial intelligence technologies – specifically generative AI tools – are influencing our lives and our world in profound ways. From enabling new scientific discoveries in fields like genetics and chemistry, to making basic research easier, to helping people in a growing range of jobs work more efficiently, AI is changing how we create, collaborate and communicate with one another. And young people will increasingly become those leading the creation and navigating the consequences of these powerful tools and technologies.

The advent of generative AI also has major implications for the economy and workforce of the future. According to the World Economic Forum, familiarity with AI and big data is already one of the skill sets most sought after by employers. Demand for AI-savvy workers will only increase as these technologies become more advanced and play a bigger role in our daily lives.

Today's young people are already powerful digital natives who have been introduced to AI and hold some knowledge about its possibilities, according to the National 4-H Council's new survey.

To see some of the key takeaways from the survey, and read the complete article, go online to

<https://4-h.org/about/blog/for-young-people-to-succeed-in-the-workforce-of-the-future-we-need-to-prepare-them-for-ai-now/>

Northern Area/Western August Dates to Remember

Aug. 6-8 - Carson City/Storey County 4-H
Summer Day Camp

Aug. 15 - Lyon County Livestock Judging
Contest, Lyon Co. Fairgrounds

Aug. 24 - Washoe County 4-H Festival
Rancho San Rafael Park

Find it in  **4-h.org/clover/**

Learn healthy ways to understand and express your emotions.

Have you ever noticed that when you feel great you do great things? That's no coincidence! Having positive ways to manage emotions can benefit a person's physical and mental health, which could help them to accomplish goals.

This collection explores ways that emotions play an important role in each individual's health and success. The activities will help teens gain an understanding of different ways to express feelings, the importance of resilience, and ways to use our positive thoughts to accomplish goals.

Contains three activities for youth grades 6-12.

<https://4-h.org/clover/activities/emotional-wellness/>

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

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

4-H Events Calendar August 2024



DATE	WESTERN AREA AND OTHER COUNTIES	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
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.	Silver Knolls Spurs General Mtg., Silver Knolls Comm. Room, 6:30 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.	Home Arts & Science Leaders' meeting, 6 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.	Horse Leaders' Mtg., 5:30 p.m.
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	.	.	.	Annual Washoe County 4-H Festival, Rancho San Rafael Park, 10 a.m - 3 p.m.
26	.	Sewing 3-5 p.m.	.	.
30	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.



Dog Days - July 3 - August 11

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
September 2024				
2	LABOR DAY HOLIDAY - OFFICES CLOSED			
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.		Silver Knolls Spurs General Mtg., Silver Knolls Comm. Room, 6:30 p.m.
10			Baking A, 5:30-7:30 p.m. Equestrian, CVUMC, 6-7:30 p.m.	Horse Leaders' Mtg., 5:30 p.m.
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			
October 2024				
1	New 4-H Year Begins		Advanced Baking, Douglas County Comm. Center, 5-7:45 p.m.	
2			Wings n Things, 6:15-8:00 p.m.	
3		4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	
4		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
5			Cloverbuds, 10-11:30 a.m.	
6-12	National 4-H Week			
7		Target Rippers, Fuji Exh., 6-8:30 p.m.	CV Shepards, Extension Office, 6-7:30 p.m.	Silver Knolls Spurs General Mtg., Silver Knolls Comm. Room, 6:30 p.m.
8			Equestrian, CVUMC, 6-7:30 p.m.	Horse Leaders' Mtg., 5:30 p.m.
9		Arrowhead Livestock, 6-8 p.m.		
10		4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	
11		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
12		Capital City Critters, 6-8 p.m.	Sewing, DC Exten., 10 a.m.-12 p.m.	
14		Sewing 3-5 p.m.	Baking A, 5:30-7:30 p.m. Equestrian, CVUMC, 6-7:30 p.m.	
16			Baking B, 5:30-7:30 p.m.	
17		4 Paws, Fuji Exh., 6-8 p.m.	4 Paws, Fuji Exh., 6-8 p.m.	
18		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
21		Target Rippers, Fuji Exh., 6-8:30 p.m.		
25		NEVADA DAY - OFFICES CLOSED		
28		Sewing 3-5 p.m.		Leaders' Council mtg., 5:30 p.m.