

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

Asian American, Native Hawaiian and Pacific Islanders (AANHPI)

It's important to recognize that the term "AAPI" (Asian American and Pacific Islanders) or "AANHPI" (Asian American Native Hawaiian and Pacific Islanders) encompasses a wide range of countries, ethnicities, nationalities, and identities. Many different communities within the AAPI label face their own unique challenges. From the trauma faced by those who survived wars in Laos, Cambodia, and Vietnam; Japanese Americans who remember the internment camps of the WW2 era; or the anxiety felt by the children of first-generation immigrants to reconcile their cultural heritage with American life. The struggles faced by Filipinx Americans vary from the experiences of Indian Americans (not to be confused with Native Americans). Additionally, Native Hawaiians, who are grouped into the category of AAPI as Pacific Islanders, still experience generations of historical trauma from the colonialization of the islands of Hawaii. (excerpt from Mental Health America)

A few definitions and statistics on AAPI/AANHPI:

Asian American is defined by the Office of Management and Budget as "a person having origins in any of the original peoples of the Far East, Southeast Asia, or the Indian subcontinent." The six largest sub-groups of Asian Americans are from China, the Philippines, India, Korea, Vietnam, and Japan.

Native Hawaiian or Pacific Islander is defined as "a person having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands."

The AA and NHPI population consist of over 50 distinct ethnicities in the U.S. Historically, Asian Americans, Native Hawaiians, and Pacific Islanders have been lumped into an umbrella racial category. Since 2000, the U.S. Census made the Native Hawaiian and Pacific Islander (NHPI) a distinct racial category from the Asian American category.

Asian Americans, Native Hawaiians and Pacific Islanders are the fastest-growing racial groups in the country, and the 2020 census reflected continued rapid population gains among these populations.

There are over 21 million people in the United States who identify as Asian/Pacific Islander (6.3 percent of the overall population). The population of Asian Americans and Pacific Islanders (alone or in combination) is projected

to increase to 51 million, or 12.3% of the U.S. population by 2060. (<https://aapidata.com/>) That means that one in 10 children in the United States (U.S.) will be AANHPI.

Currently, the AANHPI population in the Western Nevada area is about 7.3 percent. That number is expected to increase.

Over 420,000 (2.5 percent) of Asian Americans and more than 76,000 (7.6 percent) Native Hawaiian and Pacific Islanders are veterans. Over half of Asian Americans and one in four Native Hawaiian and Pacific Islanders have a bachelor's degree or higher.

10.8 percent of Asian Americans live at or below poverty level, and 6.2 percent were without health insurance. Hawaiian Natives and Pacific Islanders fared slightly worse with 14.8 percent at or below poverty level, and 8.6 percent without health insurance.

According to SAMHSA's National Survey on Drug Use and Health, mental health issues are on the rise for Asian American/Pacific Islander/Native Hawaiian young adults.

Suicidal thoughts, plans, and attempts are also rising among AAPI young adults. While still lower than the overall U.S. population, the rate of suicidal attempts is rising 8-10% over a ten-year period.

Binge drinking, smoking (cigarettes and marijuana), illicit drug use and prescription pain reliever misuse are more frequent among AAPI adults with mental illnesses.

Hate crimes toward Asian Americans have been on the rise since the start of the pandemic. "The NYPD reported that hate crimes motivated by anti-Asian sentiment jumped 1,900% in NYC in 2020" according to a Time article from February 21, 2021. Although that number has decreased in the last two years it is still ten times what it was in 2019.

Now more than ever, Asian American, Native Hawaiian and Pacific Islander youth and families need our support.

We hope to provide those working with AAPI/AANHPI youth and families with the resources and tools necessary to offer culturally relevant programming and to support the needs of these communities in ways that are useful and beneficial to all community members.

Full article and sources can be found at Asian American, Native Hawaiian and Pacific Islanders <https://access-equity-belonging.extension.org/about/racial-and-ethnic-youth/asian-pacific-islander-youth/>



Elko County Livestock Skillathon and Quiz Bowl Contest

Elko County Livestock Skillathon and Quiz Bowl Contest is on January 25, 2025 at Great Basin College in the Carl A. Diekhans Center for Industrial Technology (DCIT), rooms 201, 202 & 208. (1050 Chilton Circle, Elko, NV, 89801)

Come show off your livestock knowledge and skills by competing in the Elko County Livestock Skillathon and Quiz Bowl Contest. 4-H members will participate in livestock breed, feed, equipment, and meat identification, team activities including ear notching, cattle tags and animal breeding and a fun quiz bowl game to show off their livestock knowledge.

Registration is due by January 15, 2025. Registration costs per contestant for all divisions:

- **Skillathon Contest \$10**
- **Quiz Bowl Contest \$5**

**Registration fees includes breakfast for youth participants and supports the costs associated with official judges, contest materials, and awards.

Check-in for Skillathon and Quiz Bowl is at 8:00 a.m. At 8:30 a.m there is a Contestants Welcome and Contestant Orientation. The Skillathon Contest starts a 9:00 a.m. and the Quiz Bowl starts at 11:00 a.m. The Contest Awards will follow.

Copies of the rules for all divisions can be found on the University of Nevada, Reno Extension website at <https://tinyurl.com/34zktz9t> or you can get a copy from your local 4-H Office.

For more information or if you need assistance with registration, please contact Rebecca Glocknitzer at rglocknitzer@unr.edu.

4-H Livestock Contest Series Schedule:

- December 14- Clark County, Logandale Skillathon and Quiz Bowl Contest
- January 10 and 11- Churchill County Horse and Livestock Judging Contest
- January 25- Elko Skillathon & Quiz Bowl Contest
- February 8- Douglas/Carson-Storey Skillathon and Quiz Bowl Contest
- February 22- Washoe County Skillathon Contest
- April 9- State 4-H Livestock Judging Contest, Clark County Fair (pending approval)
- August 7- Eureka County Fair Skillathon and Quiz Bowl Contest
- August 14- Lyon County Fair Livestock Judging Contest

For more information, contact: Rebecca Glocknitzer, rglocknitzer@unr.edu.

Registration Information: Please watch for information about each individual contest and entry forms coming from your county office.



Wild Sheep Foundation Youth Event

The Youth Wildlife Conservation Experience (YWCE) is a huge (94,000 sq foot) indoor youth event that is free for school groups and the public to attend. It is presented by the Wild Sheep Foundation. This will be its 14th year.

Last year, over the three days we had over 2,700 youth attend. This year the event is January 16-18, 2025 at the Reno-Sparks Convention Center (Hall 5)



This event may be of interest to your clubs or members. Below is information about the event and asking 4-H if we want to run a station at the event that would have 2 purposes:

- To inspire youth about some aspect about the outdoors, agriculture, conservation, nature, etc.
- To allow 4H to get your name out on what you all do, recruit volunteers, promote upcoming events, etc. Please share as you feel appropriate.

The hands-on stations that you would be a part of if you choose to participate (free for your organization to be involved in) would run from:

January 16, from 12:15-3 p.m.

January 17 from 12:15-3 p.m.

January 18 from 10 a.m.- 4 p.m.

You can see more about it at <https://www.wildsheepfoundation.org/youth-programs/ywce>.

4-H Judging Contests in Fallon

Save the dates for two Judging Contests presented by Churchill County 4-H in January.

On January 10, 2025 there is a Horse Judging Contest at the Rafter 3C Arena at the Churchill County Fairgrounds (227 Sheckler Rd. Fallon, NV)

On January 11, 2025 at the Rafter 3C arena there is a Livestock Judging Contest.

Registration and fees are due December 20, 2024 for either or both contests. To receive more information, please contact Karen at kbogdanowicz@unr.edu or 775-427-2480 or Ben Matley 775-217-1185.

Know Before You Show Cattle Workshop

The deadline to register for this informative workshop is fast approaching. To register, please go to forms online at <https://forms.office.com/r/104qxHrjvf>

There is no fee to attend, but you must register.

Registration closes on December 1, 2024. The workshop is December 17, 2024, 5:30 p.m.- 7:00p.m.

Please join Dean Vanwinkle as he provides some important details about showing steers and heifers.

Dean will be covering cattle nutrition, show trends/fitting, showmanship tips and a judges' perspective from the show ring. Please list any questions you would like Dean to address on the registration form.

For more information, contact Rebecca Glocknitzer at rglocknitzer@unr.edu.

Record Book Cheers and Clinic Dates

We wanted to give a huge round of applause to all 55 4-H'ers who completed and handed in their Record Books for the 2023-2024 4-H year! Everyone did an amazing job and it was a pleasure for the 4-H Washoe county staff to look through them and see everyone's hard work.

New to Record Books or need a refresher? The Washoe County 4-H staff will be hosting a few Record Book Working sessions in 2025 and they would love to have you join them! There will be laptops, project record packets, record book covers for purchase, and staff on hand to answer questions and provide clarification.

Working sessions will happen at the Washoe County 4-H office (4955 Energy Way, Reno, NV, 89502) on the following dates:

- Thursday, January 16, from 5:30 p.m.-7:30 p.m.
- Monday, February 10, from 5:30 p.m.-7:30 p.m.
- Thursday, March 13, from 5:30 p.m.-7:30 p.m.
- Thursday, September 4, from 5:30 p.m.-7:30 p.m.

Have questions? Please reach out to Bethany by email at bsteiner@unr.edu.

Equestrian Club Hosts Craft Fair

The Douglas County 4-H Equestrian Club is hosting the 5th Annual Country Christmas Market holiday craft fair at the Douglas County Fairgrounds (920 Dump Rd in Gardnerville) on Saturday, November 30, and Sunday, December 1, from 10 a.m to 4 p.m.



Choose from many local handmade items. Get a picture taken with Santa.

You can also enter the Silent Auction, where all proceeds go to Douglas County 4-H Equestrian Club.

For more information, contact Tara Ansotegui at tansotegui@unr.edu.

Sparks Hometowne Christmas Parade

The 2024 Sparks Hometowne Christmas Parade will be celebrating 37 years of tradition on Saturday, December 7. This year's theme is *A Cowboy Christmas!* Once again Washoe County 4-H have a float, and members have the honor of walking in the Sparks Hometown Parade.

The group will meet on Parade day at 10 a.m. at the west parking lot of the Sparks Nugget to walk over to the staging area, then walk the parade together representing Washoe County 4-H!

Please contact Amy Zimmerman with any parade questions. whipstirs4h@gmail.com

Please contact Lauren Holdway with any float questions. coldbloodedcritters4H@gmail.com



Gift Wrapping at C-A-L Ranch

Washoe 4-H is returning to the Cal Ranch store for holiday gift wrapping. (3400 Kietzke Ln, Reno, NV 89502). This is an excellent opportunity to volunteer with your 4-H club. You can come for a few hours, or stay the entire time. We invite you all to join us at this fundraising event!

C-A-L Ranch offers gift wrapping for no cost. But all donations (and tips) go to the clubs doing the wrapping.

Dates and times:

1. Friday 12/6 from 5:30 p.m. - 8 p.m.
2. Friday 12/20 from 10 a.m. - 4 p.m.

Please sign up for this event with Amy Zimmerman at whipstirs4h@gmail.com or 702-981-3062



Local 4-H Clubs Support the Wreaths across America Project

Remember, Honor, Teach. Remember the fallen. Honor those who serve. Teach the next generation the value of freedom. It's the mission of Wreaths Across America. You can join us by sponsoring a wreath, volunteering or partnering with us on National Wreaths Across America Day and every day.



WREATHS
across
AMERICA

This year, National Wreaths

Across America Day will be held on Saturday, December 14, 2024. Join the more than two million volunteers and supporters who will gather to Remember, Honor and Teach at more than 4,600 participating locations in all 50 states, at sea and abroad.

Locally, 4-H Clubs in Washoe County will be volunteering to help place wreaths at the Northern Nevada Veterans Memorial Cemetery in Fernley. There are several locations in Washoe, Carson City and Douglas that will be participating in this event. It is a great opportunity for a service project and helps youth recognize the contribution of veterans.

Groups or individuals who may not have the opportunity to participate can also show their support by Sponsoring a wreath. Wreaths can be sponsored for \$17 and several can be sponsored at the same time.

To find out more about the event, sign up yourself or your club, or to donate wreaths, go online to <https://www.wreathscrossamerica.org>

Reminder to re-enroll

If you haven't re-enrolled in 4-H online yet, you should think about doing it soon. The 4-H year is in it's third month, and will be getting into full swing after the holidays. Any member or leader who has not enrolled by January 1 will not show up on the club roster until they do. That means no event emails or club correspondence.

So please enroll soon, it only takes about five minutes, and that way you won't miss anything.

Two Opportunities to Shop for 4-H Footwear for Christmas

Two companies have worked with 4-H to produce 4-H branded footwear. Part of each sale goes to 4-H:

Introducing the 4-H Collection from **Twisted X®** footwear.

Step into the holiday spirit with the stylish 4-H Collection! Slip-ons, Chukas and driving Moccs.

For every pair sold, 6% will be donated to support 4-H. See it at Shop4-H.org at <https://shop4-h.org/collections/4-h-footwear-by-twisted-x>



4 H BOGS® Boots

Keep your toes toasty warm this winter with 4-H BOGS® boots! Available in fun styles for the whole family, \$5 from each pair sold supports 4-H'ers across the country. Several styles to choose from.

<https://www.bogsfootwear.com/shop/4H.html>



Supports 4-H for the Holidays at Tractor Supply Company

Tractor Supply has two exciting ways to give back to 4-H this holiday season.

1) Grab a festive 4-H holiday ornament in stores nationwide, with all proceeds going to 4-H.

2) From November 29 to December 15, purchase a Paper Clover to help fund scholarships and leadership opportunities for 4-H.

Tractor Supply proudly began its partnership with 4-H in 2010 and have since helped raise over \$20 million through our Paper Clover fundraisers. The success of these campaigns has impacted over 80,000 students by providing them with hands-on learning experiences through projects in STEM, agriculture, healthy living, and civic engagement.

100% of funds raised through the Spring and Fall Paper Clover fundraisers directly benefit 4-H and the kids and teens they work with - 90% of donations directly support 4-H youth in the state it was raised, and the remaining 10% supports national 4-H programming.



Northern Area/Western December Dates to Remember

Dec. 7 - Sparks Hometowne Christmas Parade

Dec. 23 - Hanukkah begins

Dec. 25 - Christmas Holiday (Offices Closed)

Dec. 26 - Kwanzaa begins



Find it in **CLOVER** 4-h.org/clover/
by 4H

Bring Health Rocks! Pressures and Triggers

It's not easy to say no to vaping. To help you be successful, surround yourself with positive influences like family, friends, teachers, or coaches who can support you. You also need to be able to identify triggers in your life that make you want to vape. This lesson can help you identify positive influences and learn how to avoid or deal with triggers so you can avoid vaping for a lifetime!

After this activity, you'll be able to recognize social, emotional, and every day triggers to vaping....

Find it online at <https://4-h.org/clover/activities/health-rocks-pressures-and-triggers/>

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

CLOVER CLIPS PARTICIPATING COUNTY OFFICES

Carson City/Storey County
775-887-2252
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 December 2024

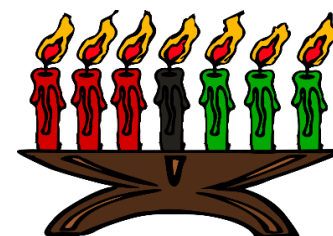


DATE	WESTERN AREA AND OTHER COUNTIES	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1	.	.	5th Annual Country Christmas Market, Equestrian Club, DC Fairgrounds, 10 a.m.-4 p.m.	.
2	.	Target Rippers, Fuji Exh., 6-8:30 p.m.	CV Shepards, Extension Office, 6-7:30 p.m.	Livestock Leaders' Meeting, 6 p.m.
3	.	.	Advanced Baking, Douglas Co. Community. 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	.	C-A-L Ranch Gift Wrapping fund raiser, 5:30 p.m.-8 p.m.
7	.	.	Cloverbuds, 10-11:30 a.m.	Sparks Hometowne Parade, Vitoria Ave, 10 a.m.
9	.	Sewing 3-5 p.m.	Baking A, 5:30-7:30 p.m.	.
10	.	.	Equestrian, CVUMC, 6-7:30 p.m.	Horse Leaders' Mtg., 5:30 p.m.
11	.	Arrowhead Livestock, 6-8 p.m.	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	State Livestock Contest Event Series, skillathon and quizbowl, Logandale	Capital City Critters, 6-8 p.m.	Sewing, 10 a.m.-12 p.m.	.
16	.	Target Rippers, Fuji Exh., 6-8:30 p.m.	.	.
17	Know Before you Show, Cattle Webinar with Dean Vanwinkle	.	.	.
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	Registration and Fees due for Judging Contests in Fallon	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	C-A-L Ranch Giftwrapping fund raiser, 10 a.m. to 4 p.m.
23	.	Sewing 3-5 p.m.	.	.
25	CHRISTMAS DAY HOLIDAY - OFFICES CLOSED			
27	.	Capital City Hot Shots, Carson City Gun Range, 6 p.m.	.	.



Hanukkah Begins - December 23

Christmas Day- December 25



Kwanzaa - December 26

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
January 2025				
1	NEW YEAR'S DAY HOLIDAY - OFFICES CLOSED			
1			Wings n Things, 6:15-8:00 p.m.	
2		4 Paws, Fuji Exh., 6-8 p.m.		
3		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
4			Cloverbuds, 10-11:30 a.m.	
6		Target Rippers, Fuji Exh., 6-8:30 p.m.	CV Shepards, Extension Office, 6-7:30 p.m.	
7			Advanced Baking, Douglas County Comm. Center, 5-7:45 p.m.	
8		Arrowhead Livestock, 6-8 p.m.	Rabbit, 6-7:30 p.m.	
9		4 Paws, Fuji Exh., 6-8 p.m.		
10	Horse Judging Contest, 3C arena in Fallon	Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
11	Livestock Judging Contest, 3C arena in Fallon	Capital City Critters, 6-8 p.m.	Sewing, 10 a.m.-12 p.m.	
13		Sewing 3-5 p.m.	Baking A, 5:30-7:30 p.m.	
14			Equestrian, CVUMC, 6-7:30 p.m.	Horse Leaders' Mtg., 5:30 p.m.
15			Baking B, 5:30-7:30 p.m.	
16		4 Paws, Fuji Exh., 6-8 p.m.		Record Book Clinic, 4-H office, 5:30-7:30 p.m.
17		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
20	MARTIN LUTHER KING, JR. DAY- OFFICES CLOSED			
20		Target Rippers, Fuji Exh., 6-8:30 p.m.		
24		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
25	Elko Co. Livestock Skillathon and Quiz Bowl, Great Basin College, 8 a.m.			Horse Clinic, TBD
27		Sewing 3-5 p.m.		Leaders' Council mtg., 5:30 p.m.
31		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
February 2025				
1			Cloverbuds, 10-11:30 a.m.	
3		Target Rippers, Fuji Exh., 6-8:30 p.m.	CV Shepards, Extension Office, 6-7:30 p.m.	
4			Advanced Baking, Douglas County Comm. Center, 5-7:45 p.m.	
5			Wings n Things, 6:15-8:00 p.m.	
6		4 Paws, Fuji Exh., 6-8 p.m.		
7		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
8		Capital City Critters, 6-8 p.m.	Sewing, 10 a.m.-12 p.m.	
10		Sewing 3-5 p.m.	Baking A, 5:30-7:30 p.m.	Record Book Clinic, 4-H office, 5:30-7:30 p.m.
11			Equestrian, CVUMC, 6-7:30 p.m.	Horse Leaders' Mtg., 5:30 p.m.
12		Arrowhead Livestock, 6-8 p.m.	Rabbit, 6-7:30 p.m.	
13		4 Paws, Fuji Exh., 6-8 p.m.		
14		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
16				Tack Sale, RSLEC, 8 a.m.-3 p.m.
17	PRESIDENTS' DAY - OFFICES CLOSED			
19			Baking B, 5:30-7:30 p.m.	
20		4 Paws, Fuji Exh., 6-8 p.m.		
21		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		
22				Washoe County Livestock Skillathon, 8 a.m.
23				Washoe County Sheep, Goat, and Swine Tagging, RSLEC 10 a.m.
24		Sewing 3-5 p.m.		
28		Capital City Hot Shots, Carson City Gun Range, 6 p.m.		