



4-H Horizons

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Chelan and Douglas Counties 4-H

400 Washington Street
Wenatchee, WA 98801

Special points of interest:

- Support the Achievements of our members by attending the Award Program
- Show the world what you have done—report your volunteer hours.
- Bring your ideas to Leaders' Council Meetings

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Getting to Know You

Michelle Morrison

I hope you are as excited as I am as we begin this new year in 4-H.

We have many opportunities to improve the 4-H experience for our youth, and as those events and happenings are brought to my attention I will get all of the details to you.

If you are having a function I would appreciate an invitation so that I can come and become better acquainted with the people and events

that make up your club.

I'm very excited to be working in 4-H and want you to know that I am



available to come to your club for trainings on topics your members would like more

information about, such as Demonstrations, Record Books, Officer Duties, etc.

We are in the process of creating a calendar with important annual dates and would like your input on what you would like included. We are thinking that we will try to include all deadlines as well as events in one place as a "go-to" reference. All ideas are welcome!

My 20 hour work week will be spread out with all of the meetings and trainings, which will make me a little hard to catch in the office, so email will be the best way to contact me - mmmorrison@wsu.edu.

4-H History

from: www.national4-hheadquarters.gov/

4-H didn't really start in one time or place. It began around the start of the 20th century in the work of several people in different parts of the United States who were concerned about young people.

The seed of the 4-H idea of practical and "hands-on" learning came from

the desire to make public school education more connected to country life. Early programs tied both public and private resources together for the purpose of helping rural youth.

During this time, researchers at experiment stations of the land-grant college system and

USDA saw that adults in the farming community did not readily accept new agricultural discoveries. But, educators found that youth would "experiment" with these new ideas and then share their experiences and successes with the adults.

(continued on page 2)



"So rural youth programs became a way to introduce new agriculture technology to the adults."

4-H History (continued)

So rural youth programs became a way to introduce new agriculture technology to the adults. A.B. Graham started one such youth program in Ohio in 1902. It is considered the birth of the 4-H program in the U.S. When Congress created the Cooperative Extension Service at USDA in 1914, it included boys' and girls' club work. This soon became known as 4-H clubs - Head, Heart, Hands, and Health.

Nearing its 50th anniversary, 4-H began to undergo several changes. In 1948, a group of American young people went to Europe, and a group of Europeans came to the United States on the first International Farm Youth Exchange. Since then, thousands of young people have participated in 4-H out-of-state trips and international exchanges. 4-H began to extend into urban areas in the 1950's.

Later, the basic 4-H focus became the personal growth of the member. Life skills development was built into 4-H projects, activities and events to help youth become contributing, productive, self-directed members of society. The organization changed in the 1960's, combining 4-H groups divided by gender or race into a single integrated program.

4-H Know Your Government

"Politics and the Media" is the theme for the 2011 4-H Know Your Government Conference, which will February 19-22, 2011 in Olympia. This year, participants will explore media and the use of media to affect change in their community. At the

conference in February, delegates will gather news stories, conduct interviews, and produce a news broadcast video. This is open to grades 9-12 and a great experience for all those who participate!



We have Chelan County 4-H members who have attended KYG and would love to share their experiences with your club. Call Michelle (667-6540) to make arrangements.

Citizenship Washington Focus

Citizenship Washington Focus (CWF) is a week-long 4-H citizenship program for youth ages 14-19.

CWF gives 4-H youth the opportunity to explore, develop, and refine the civic engagement skills

they need to be outstanding leaders in their community, country, and world. Through sightseeing tours in Washington, D.C. and hands-on educational workshops, youth will learn about the history of our nation and how they can apply their leadership and citizenship skills when they return home.

College-aged program assistants serve as tour guides and facilitators. You will get to tour: the Capitol, Mount Vernon, Arlington National Cemetery, Presidential and War Memorials, and Smithsonian Museums.

4-H youth who attend are selected by state or county delegations, contact Michelle Morrison for details on how to apply.



National 4-H Conference submitted by Jan Klein

The National 4-H Conference expands on 4-H's essential elements of Independence, Belonging, Mastery and Generosity by allowing youth to master skills to make positive life choices; participate in decision-making processes; act responsibly; positively influence their communities; and develop into informed, active, engaged citizens. In addition to strengthening leadership skills, the purpose of National 4-H Conference is to: Engage delegates with leaders from USDA, the Land-Grant University system,

as well as, their local, state and national partners; Stimulate thought around key matters and move delegates to action in their local communities; Provide an opportunity for delegates to engage as citizens by meeting with their congressional representatives to discuss issues affecting their communities; Exposes delegates to the splendor of the Nation's Capital. For additional information go to: <http://4hconf.4-h.org/default.aspx>. Youth wishing to apply as a Washington State delegate **must** have sponsor-

ship by a county or state 4-H leadership board or council. If selected to attend National 4-H Conference, they will have a commitment to this sponsoring board/council to bring back the information and training they have received and utilize it within the context of that board's service. Specific guidelines will be determined jointly between the youth and the board prior to attendance at National 4-H Conference. For information, requirements and application go to: <http://4h.wsu.edu/members/delegate->



Leaders' Councils

4-H Leaders' Councils are made up of ALL enrolled Leaders (General, Project, Resource and Activity). We are in a time of transition and we want to make sure that the decisions that are being made

are representative of all of our Clubs. So please join us at the next Leaders' Council Meeting for your County: Douglas County Leaders' Council Meeting will be

December 8 at 6pm, here at the Extension office.

Chelan County Leaders' Council Meeting on January 10 at 7pm, here at the Extension office.

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Survey

Parents are invited to participate in an important survey about families, media and nutrition! Participating parents can enter to win one of 50 gift certificates for \$25 to Safeway or Fred Meyer! The Washington State Media & Nutrition Survey is designed to guide the development of programs that will support

families trying to balance busy lives and good nutrition. The survey is intended to explore how media contribute to family decisions about nutrition. The survey has been co-sponsored by the Murrow Center for Media & Health Promotion in the Edward R. Murrow College of Communication and by the Chronic Illness Re-

search Center in the College of Pharmacy, both at Washington State University. To participate, please go to: <http://www.surveymonkey.com/s/9RDGHJV>. If you have questions, you can contact Dr. Erica Austin at eaustin@wsu.edu



New Leader Training

There will be new leader training on December 9, 6pm at the Extension office (400 Washington Street, Wenatchee). Remember that all new leaders and those who have not yet completed new

leader training, need to attend. We want to help you get off to a good start and make sure that you have (or know where to find) the information to run (or help out with) a top-notch 4-H club.

Leader trainings are open to all leaders, so come and get a refresher!

There have been some changes in the last few years.

We will send a reminder as it gets closer.



Reporting Volunteer Hours

Leaders: Just a friendly reminder to report your volunteer hours. It is crucial that hours are reported accurately into the system. It is easy and only takes a couple minutes. There is a link on the 4-H website under "club management" ([http://](http://www.ncw.wsu.edu/4h/4-HClubManagement.htm)

www.ncw.wsu.edu/4h/4-HClubManagement.htm)

Statewide, 4-H is showing 115,798 hours volunteered this year, Chelan Co., 1,323 hours and Douglas Co., 364 hours. Are we really only volunteering 1.46% of WA 4-H? I don't think so!

Please take a moment and update your hours in the system. The reporting of hours is mandatory, from the State RCW and if hours are not reported for the year, you cannot be re-enrolled. If you need help, please call Mary Ellen at the 4-H office 667-6540.

Robotics Club

Calling all robotics fans! We are in need of volunteers. We have a group of enthusiastic youth to get our new Robotics 4-H Club going, but we need more leaders. I am looking for someone with experience in any of the following areas: robotics,

mechanical engineering, machining, electrical engineering, electronics/circuitry, computer programming, construction, leadership, education, teaching, computer aided design / manufacturing, etc. Your experience does not have to be pro-

fessional, hobbyists and retired people are encouraged to join in the fun too! You can read more about the program in this issue of the "4-H Tuesday News" <http://4h.wsu.edu/news/Tues/2010/083110.htm#robotics>

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USDA APHIS Biosecurity for Birds - New Website!

The new USDA APHIS Biosecurity for Birds web site is up and rocking. Please click below and explore all the exciting elements on the site. Meet our cameo star "Henrietta the Hen". Enjoy the new

"Name the Healthy Bird" contest video (click to find out "What's Going On with this Rooster") and spread the word to encourage contest entries. Also, click on the Campaign Materials link to see a vast library of printed

and AV support materials available in multiple languages. http://www.aphis.usda.gov/animal_health/birdbiosecurity/



The Word on Healthy Birds

Bird Health Awareness Week Webinar featuring radio personality Andy Schneider, *The Chicken Whisperer* and Dr. Martin Smeltzer, *USDA poultry veterinarian*.

Friday, November 5, at noon – 1:00 p.m. (EST)
What you need to know about raising healthy

backyard poultry.

Learn:

- What the biggest threats are to keeping your birds healthy.
- How to keep your flock safe from predators and disease.
- What the signs are of infectious diseases.
- What resources are available to help you?

Space is limited. Reserve your Webinar space now at:

[https://](https://www3.gotomeeting.com/register/706836102)

www3.gotomeeting.com/register/706836102

For additional information, visit our site at

[http://](http://www.aphis.usda.gov/animal_health/birdbiosecurity/)

www.aphis.usda.gov/animal_health/birdbiosecurity/



Cyberbullying: What Parents and Educators Can Do

June Mead—CYFERnet Parent/Family Editor

Recently the tragic story of Rutgers University freshman, Tyler Clementi, captured the national spotlight and galvanized attention on the relationship between suicide and cyberbullying, especially among gay, lesbian, bisexual, transgender and questioning (GBLTQ) teens.

Parents and those who work with young people are concerned about these issues with good

reason. Research shows that suicide attempts among GBLTQ teens are four times that of heterosexual youth. While many GBLTQ students are well adjusted and fully accepted by their families and in their schools, too many are harassed, mistreated and victimized.

Today the instantaneous "viral" nature of YouTube videos and other social networking technologies exacerbate the dangers of cyberbullying. In response to the national

focus on these issues, CYFERnet's Hot Topic examines cyberbullying and sexting, what parents and educators need to know and what they can do to help young people in their families, schools and communities.

See: <http://www1.cyfernet.org/hotnew/11-10-bully.html> for some of resources available through CYFERnet aimed at helping parents and educators prevent cyberbullying.

**To be eligible for all
shows your Horse
Certificate must be
in by March 2, 2011**

Bi-County Horse Shows 2011

Mark your calendars! The 2011 Bi-County Horse Show schedule has been set. All shows will be held at the Appleatchee Riding Arena. The dates are:

- * April 2
- * May 21
- * June 11
- * July 10
- * August 6

Since Horse certificates must be in at least 30 days prior to the show, these dates also determine the deadline for them to be turned in to the 4-H office. To be eligible for all shows your Horse Certificate(s) must be in by March 2, 2011.

The Horse Certificate originals were mailed

back to the Club Leader after being signed for the 2010 season. So if you are going to be riding the same horse this year, make sure that that original gets turned in on time for you or a new one filled out for a different horse.



Chelan & Douglas Counties 4-H

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To Make The Best, Better



Don't forget to check the web page for forms,
information and dates:

www.ncw.wsu.edu/4h

November

- 4 Horse Leaders Mtg. 6pm,
4-H Office
- 5 Bird Health Awareness We-
binar, noon
- 6 Spurs & Spokes, "Harvest of
Love Concert", PAC, 7:30pm
- 7 Chelan-Douglas Achievement
Program, 2pm, Foothills M.S.
- 9 Robotics Club Mtg. 7pm, 4-H
Office

December

- 8 Douglas Co. Leaders Council
Mtg., 6pm, 4-H Office
- 9 New Leader Training, 6pm,
4-H Office
- 15 Enrollment Deadline



4-H Tidbits....

- ◆ Make sure that you are at the 4-H Awards and Recognition Program this Sunday, 2pm at Foothills MS, to support all of the hard work of our members and leaders. This year there will be recognition of some of the Bi-County Horse awards, election of Leaders' Council Officers and of course
- ◆ lots of great food for the potluck. Check the online calendar for details.
- ◆ Spurs & Spokes 4-H Therapeutic Riding Program is having their 9th annual fundraising "Harvest of Love" Concert at the Wenatchee Performing Arts Center, Nov. 6, 7:30pm, \$12 at the door.
- ◆ What does your club have planned for their Community Service Project for the Holidays? Take lots of pictures and write down the details. We would love to be able to share the good things that are happening, both on our web page and in the 4-H Focus! Let us know!



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