



4-H Horizons

Volume 11, Issue 4

May 2011

Chelan and Douglas Counties 4-H

400 Washington Street
Wenatchee, WA 98801

Special points of interest:

- Show the world what you have done—report your volunteer hours.
- Bring your ideas to **Leaders' Council Meetings**

Inside this issue:

National Science Experiment	2
Natural Resource Camp	3
Skagit County Dog Camp	3
Goat Academy	3
4-H Goat Fun Day	3
NW Jr. Sheep Exposition	4
Market Livestock Educational Event	4
Rabbit Clinic	4
Beeforama/ Porkapalooza/Lamboree	5
4-H Horse Camp	5
Teen Conference	5
Tiddbits	6
4-H Calendar	6

Study Shows 4-H Youth Healthier than Peers

4-Hers less likely to smoke, drink alcohol, or use drugs

According to recent findings from Tufts University, 4-H youth are engaging in positive healthy living behaviors more often than youth that do not participate in 4-H. According to the study, 4-H'ers, regardless of their background, socioeconomic status, race, and gender, thrive through the health/safety education and experiences they receive through 4-H programming.

Youth development scholar, Dr. Richard Lerner, works with researchers at the Institute for Applied Research in Youth Development at Tufts University to conduct *The 4-H Study of Positive Youth Development*. The longitudinal study has found that, when compared to other youth, young people involved in 4-H are:

- More likely to spend more time exercising or being physically active;
- Two times less likely to engage in drug use;
- Two times less likely to use cigarettes or drink alcohol

"The results of this longitudinal study

continually reinforce the idea that when youth participate in programs such as 4-H, they thrive in numerous ways including health, positive development, and **community contribution,"** said Dr. Lerner. **"The comparisons we've made between 4-H youth and other young people highlight the considerable strengths and health of the young men and young women participating in 4-H around the country."**

"With nearly 2.7 million youth enrolled in 4-H healthy living programs in 2009, the findings from the Tufts study underline 4-H's unique ability to make a significant impact on the health and wellness of many of our nation's future leaders," said Donald T. Floyd, Jr., president and CEO of National 4-H Council. **"Working in conjunction with the White House Let's Move! campaign and the Presidential Active Lifestyle Award challenge, 4-H's extensive healthy living programs equip youth with the knowledge and skills that**

Dudes & Diggers 4-H Host Family Fun Night

On Monday March 28th, about 18 members and their parents and leaders from the Dudes & Diggers 4-H Club, got together for a family game night complete with pizza. The kids had fun visiting, laughing, playing games and making fabric dog toys to be delivered to the Hu-

mane Society as a community service project. The parents visited, enjoyed pizza and helped out with the dog toys. We even had 2 members give their demonstrations here. We hope to have another family fun night this year. See pictures, page 6

Young People
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4-H's Healthier (continued)

will prepare them physically, emotionally and socially to meet the challenges of the 21st century."

The Presidential Active Lifestyle Award recognizes those who log their recommended physical activity for six consecutive weeks, five days a week (60 minutes for kids, 30 minutes for adults). Visit <http://www.presidentschallenge.org/natl4-H> for more information. Lead by First Lady Michelle Obama, *Let's Move!* is working together with 4-H and other community organizations to combat the epidemic of childhood obesity in the United States.

Visit www.letsmove.gov for more information.

For more information on 4-H Healthy Living initiatives, visit www.4-h.org.

About the 4-H Study of Positive Youth Development

The *4-H Study of Positive Youth Development* is a longitudinal study which began in 2002, through the support of National 4-H Council. Youth development scholar, Dr. Richard Lerner, worked with researchers at the Institute for Applied Re-

search in Youth Development at Tufts University to conduct the study. Youth are measured in "waves" across time which compared those that participate in 4-H to those that do not. The study is currently in wave seven. The 6,400 adolescents surveyed are racially and geographically diverse representing 34 states in the nation.

For more information about the study visit www.4-h.org. Click on 'About 4-H' and then 'Research'.

About 4-H

4-H is a community of six million young people across America learning leadership, citizenship, and life skills. National 4-H Council is the private sector, non-profit partner of 4-H National Headquarters located at the National Institute of Food and Agriculture (NIFA) within USDA. 4-H programs are implemented by the 109 land-grant universities and the Cooperative Extension System through their 3,100 local Extension offices across the country. Learn more about 4-H at www.4-h.org or find us on Facebook at www.facebook.com/4-H.

Skagit County Dog Camp Out 2011

June 11th & 12th at Skagit County Fairgrounds.

Registration from April 1st to May 20th

Games, hands on learning & more.

Classes with and without your dog!

For information and registration contact Christy Lyon at k94-hchristy@live.com or 360-421-0105

Market Livestock Educational Event

Hi everyone—our tri-species youth market livestock educational event will be held May 21 in Goldendale, WA. This year we will focus on quality assurance so youth producers understand the importance of producing wholesome and delicious food products for consumers. We will fabricate an entire hog carcass

into retail cuts, have panel discussions, participate in skillathons and learn from youth and adult presenters. There will be educational materials and fun for all. For registration details and directions, contact Susan Kerr at 509-773-5817 or kerrs@wsu.edu.



Natural Resource Camp

Come and learn all about Careers in Natural Resources available to you while having fun and meeting new friends too. Spend four days and three nights in the beautiful Strawberry Mountains of Grant County, Oregon for just \$60. Eight to 10 campers are housed in a rustic A-frame cabin with a counselor and adult chaperone. The boys are in one area and the girls are in another area. Each has their own bath/restroom

facility.

For more information on this camp and how to register call: Linda Brown at 541-620-4094; or Maxine day at 541-575-1911. Or check out Grant County Extension Website at <http://extension.oregonstate.edu/grant/camps> or Malheur Forest Website at <http://www.fs.fed.us/r6/malheur>.



Goat Academy Coming to Mid-Columbia

The Columbia Basin Goat Guild will sponsor a full day workshop on May 14, 2010 in Centerville, WA. Titled "Goat Academy", this will be one of the most comprehensive educational programs for goat producers in the Northwest. Attendees will participate in hands-on lessons covering a variety of goat-related topics including hoof care, tattooing, ear tagging, banding, drawing blood, tube feeding, shearing, assessing fiber, pack goats, harness goats, dairy goat fitting and showing, meat goat fitting and showing, genetics and more.

Goat School will be a great day for young and old alike, providing a wonderful opportunity to practice skills under the mentorship of experienced teachers. Pro-

ceeds from Goat School will help support the various goat-related promotional activities conducted by the Columbia Basin Goat Guild. The schedule is available at www.columbiabasingoatguild.org/Events-and-Newsletters.html.

Registration is \$25 by April 15 or \$35 at the gate. Lunch of BBQ goat sandwiches, burritos, salads and drinks is included with registration. For more info, e-mail Gateway Farms at renee.kreinbring@gmail.com or go to the Guild web site. Carpooling is encouraged! Be prepared for any type of weather, including hot, cold, rain or sun. Please make sure clothing is clean and footwear is clean and disinfected. Please do not bring dogs.



4-H Goat Fun Day

The UROK 4-H Club is sponsoring a 4-H Goat Day - Date: April 30, 2011, 10:00 am – 2:00 pm, **Location:** Caso's Country Foods 2406 Elmway (Hwy 215) in Okanogan WA

- Goats for weed control
- Goat Races
- Meat Goat Recipes
- Milk goat demonstrations

- Hoof trimming
 - Braiding goat collars
 - Goat tail tying
- Goats provided! Come and enjoy with all the family!
Contact: Carey Hunter 509-826-9492 or the Okanogan County 4-H Office 509-422-7245 for more information.

UROK 4-H
Club
(Okanogan
County), 4-H
Goat Fun Day.
Goats
provided!

NORTHWEST JUNIOR SHEEP EXPOSITION

The 2011 Northwest Junior Sheep Exposition (NWJSE) will be held July 15-16 at the Grant County Fairgrounds in Moses Lake, WA. The Junior Sheep Expo offers an excellent opportunity for young people from throughout the Pacific Northwest to showcase their sheep projects in a competitive, fun, and educational environment.

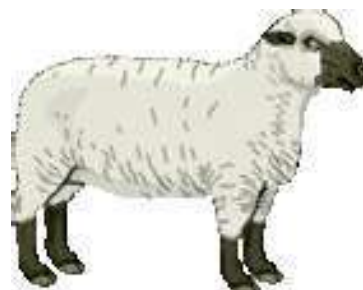
According to the show's President and lead organizer, Scott Mortimer of Wilson Creek Washington, "The Northwest Junior Sheep Exposition provides a unique and fun learning experience for all youth interested in sheep by combining the most current technology in animal science with the traditions of the past." This event will include classes for market lambs, prospect lambs, and breeding sheep. Other competitions include the Sheep Skill-A-Thon, which tests one's knowledge and skill in sheep husbandry and educational displays. The NWJSE uses ultrasound technology and an indexed appraisal system that promotes a more accurate and systematic

market lamb evaluation and enhances the educational experience of exhibitors and spectators.

Due to the excellent financial support of several organizations and donors, over

\$2,000 in cash prizes and awards will be presented. The show also precedes the Annual Ram and Ewe Sale sponsored by the Washington State Sheep Producers held on July 16 at the same location.

Exhibitors desiring to enter market lambs in the 2011 NWJSE should complete and return an entry form by May 1. The entry deadline for feeder lambs, breeding sheep, educational exhibits, and other contests is June 15. Premium booklets were sent to northwest extension offices, FFA Advisors, and previous exhibitors. Premium books and entry forms are also available on WSU Grant-Adams Area Extension web page at <http://grant-adams.wsu.edu> or <http://animalag.wsu.edu> under "Upcoming Events." Additional copies are also available by contacting Sarah Smith at 509-754-2011, Ext. 413 or by email at smithsm@wsu.edu



"The NW Jr. Sheep Expo provides a unique and fun learning experience for all youth interested in sheep"

Rabbit & Cavy Clinic in Lacey

The Thurston County Rabbit and Cavy Committee invites you to the fourth annual Last Chance Clinic! Saturday, June 18, 10am—3:30pm at the Thurston County Fairgrounds in Lacey WA.

Members enrolled in the 4-H rabbit, cavy, and pocket pet projects will enjoy a variety of classes geared to their projects and knowledge levels.

Members participating in the fitting and

showing workshops should bring an animal to use during the class.

Rabbit Tattooing & Cavy Ear Tagging will be available during registration and breaks. We will also have rabbit and cavy carrying cage kits for sale for \$15.00.

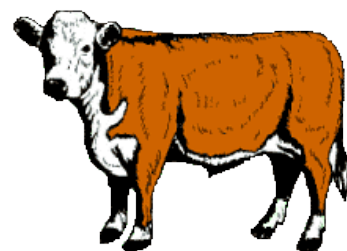
For more information, contact Jenny Taylor at (360)701-6470 or jenny4h@gmail.com



It's Beef-o-Rama/Porkapalooza/Lamboree Time Again!

If you are involved in market livestock projects as a youth, parent or leader, plan to attend the Beef-o-Rama / Porkapalooza / Lamboree at the Klickitat County Fairgrounds in Goldendale, WA on May 21. This year's event will feature successful youth presenters, a hog carcass cutting and wrapping demonstration, a panel of experienced adult and youth producers for Q&A, skillathons, cooking/food safety demonstrations and

lots of other fun and memorable educational activities. The registration fee is just \$5 per person, which includes educational handouts and light snacks. Please bring a sack lunch or plan on lunch on your own in Goldendale. The registration form is available at <http://www.klickitat.wsu.edu/4h.html>. For more info, call 509-773-5817 or e-mail kerrs@wsu.edu.



4-H Horse Camp

The Latah County 4-H Horse Camp, sponsored in part by University of Idaho Extension, will be held in Deary, Idaho, June 16-19, 2011. It is an opportunity for youth, leaders, parents, friends and family to share a great learn experience in a fun and safe environment. Different classes are offered each day, along with crafts, lectures and evening entertain-

ment.

The horse camp is open to all area 4-H horse members, leaders, parents and local horse enthusiasts. The camp riding slots will be filled with preference given to Latah County 4-H horse members. For more information contact: [Debbie Lawrence](mailto:DebbieLawrence@latah4h.org), 208-301-0108; or [Donna Lewis](mailto:DonnaLewis@latah4h.org), 208-669-1164 or 208-882-9974.

State 4-H Fair Patch Contest

The Washington State 4-H Fair Board is soliciting for designs for the 2011 Official State 4-H Fair Patch. Entrants in this contest must be currently enrolled 4-H members. Primary and junior members may accept help from adults and other club members, however, the "design concept" should be that of the member.

The creator of the winning patch design will receive a gift basket filled with items

to delight and amaze. The winner will also receive a free patch and their picture will be posted in the State 4-H Fair Office for the duration of the fair.

All entries are due by May 15, 2011. Complete contest guidelines and an official entry form can be found at: <http://4h.wsu.edu/statefair/2011patchdesigncontest.pdf>

Rabbit Clinic in Chelan

Chelan Caballeros will be hosting a Rabbit Clinic on Sunday, May 15th, at 2:00pm, at the Saddle club in Chelan. They have arranged for Karen Welch to present the clinic. If you have further questions,

please contact Cari Tschetter at 784-0101 or carilynncox@yahoo.com. We would welcome anyone that is interested in joining us!

Rabbit Clinic,
May 15, 2 pm
at the Chelan
Saddle Club



4-H Teen Conference

Please note these dates for the upcoming Teen Conference:

- May 16th Early Registration opens (\$160 registration)
- May 31st Early bird registration closes
- June 1st Regular registration begins (\$175)

- June 10th Registration closes
 - June 26-28th Up2U Teen Conference
- The Up2U page on the 4-H website will be updated each week with additional information on the 4-H Teen Conference. Please go to <http://4h.wsu.edu/conferences/teenconf/index.htm>

Teen Conference Scholarships

Teen Conference Scholarship information and application is online now. This is a need-based scholarship but anyone is welcome to apply. Please note that students must submit an application by May 25th and will find out by May 30th. They need to register for the early bird registration

between May 16 and 31st, indicate they will pay their registration by check, and then they will receive their scholarship award and money prior to Teen Conference and be able to have it to write the check.

Teen
Conference Info
Night at
Wenatchee 4-H
Office, May 17,
7 pm

National Science Experiment: *Wired for Wind!*

4-H National Headquarters and National 4-H Council are pleased to reveal that the 2011 National Science Experiment is *Wired for Wind*, an in-depth look at renewable energy technologies in the form of wind-power. Developed by the University of Nebraska-Lincoln and the University of Nebraska Cooperative Extension program, this three-tiered experiment will help 4-H young people to enhance their science, engineering, technology and applied math skills by allowing them to:

- Design, build and test two different wind turbine models,
- Experiment with variables by examining three different blade pitch angles to determine the effect of pitch on rotor speed,
- Relate their scientific experiences back to their own lives by determining how their communities can harness the power of wind and create a more sustainable a clean energy system, and
- Determine the best location for a

potential wind farm in their state or local area by calculating wind power and studying wind data and maps.

This year, *4-H National Youth Science Day* will take place on October 5, 2011. On this day, hundreds of thousands of young people across the United States and the world will simultaneously become scientists for a day as they connect important scientific lessons to civic engagement.

4-H youth are a living, breathing, culture-changing movement for doing the right thing, breaking through obstacles and pushing the country forward to successfully face the challenges of the future. Participation in *4-H National Youth Science Day* is meant to help spark an early passion for science, engineering and math and to encourage young people to consider these paths of study and future careers.

To learn more about *4-H National Youth Science Day*, how you can participate locally or to download program materials, go to www.4-H.org/NYSD



100,000 4-H'ers Expected to Complete PALA Challenge

The USDA is participating in the Presidential Active Lifestyle Award challenge, aiming to have 100,000 4-H members complete the challenge by September 2011. Agriculture Secretary Tom Vilsack spoke at the 2011 National 4-H Conference in Chevy Chase, Md. He recognized the positive influence 4-H membership and programs have in communities throughout the country and encouraged all attendees to make healthy choices.

"Healthy living has been a fundamental principle of 4-H as members 'pledge their health to better living,'" said Agriculture Secretary Tom Vilsack. "USDA has long been committed to nutrition and healthy living, and I'm looking forward to seeing many 4-H'ers helping us meet – or exceed – our goal. As tomorrow's leaders, 4-H members have an important role to play in winning the future, starting with a commitment to healthy living."

4-H strives to equip young people with the knowledge and skills for healthy living that will prepare them physically,

emotionally and socially to meet the challenges of the 21st century. 4-H initially committed to this goal during the November 29, 2010, roll-out of the [Let's Move!](#) Faith and Communities Initiative led by First Lady Michelle Obama and is making this goal a top priority.

The Presidential Active Lifestyle Award recognizes those who log their recommended physical activity for six consecutive weeks, five days a week (60 minutes for kids, 30 minutes for adults). More information about the program and how to get involved is available at <http://www.presidentschallenge.org/natl4-H>.

Let's Move! is the First Lady's initiative to solve the challenge of childhood obesity within a generation. Let's Move! Faith and Communities is designed to support local efforts and highlight accomplishments in communities across the country. The program looks to work with community leaders, learn from what they are doing in neighborhoods, and share those efforts as broadly as possible.

National 4-H Congress

National 4-H Congress is a pinnacle of the 4-H experience for many 4-H members. For eighty-four years, youth from the United States and its territories have participated in this youth leadership development conference. The Congress provides youth, a once-in-a-lifetime educational, and cross-cultural experience that exceeds what any state independently

can provide. This opportunity encourages 4-H youth to celebrate their 4-H experience and catch an even larger picture of 4-H.

Applications to represent Washington 4-H are available at http://4h.wsu.edu/members/opp_app.pdf and due to Jan Klein by June 1, 2011. For selection criteria go to <http://4h.wsu.edu/members/delegate-criteria.pdf>.

4-H Shooting Sports Training-Shotgun Discipline

On Saturday, May 14, a 4-H Shooting Sports Training will be held for the Shotgun Discipline, at the Upper Nisqually Sportsmen's Club, 39919 129th Ave, E., Eatonville, WA. The registration flyer for the training is available online. The registration fee of \$20 per person is requested by May 11. 4-H leaders are ex-

pected to complete the online shooting sports training plus the e-learning for 4-H volunteers. Participants will need to print out their certificates, prepare their risk management plan and bring to the training. For more information, contact [Janet Schmidt](#).



As tomorrow's leaders, 4-H members have an important role to play in winning the future, starting with a commitment to healthy living.



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

4-H Calendar

April

28—New Leader Training, 6pm, Wen. Ext. Office

May

2—Chelan County Leaders Council Meeting, 6pm, Wen. Ext. Office

15—Rabbit Clinic, 2pm, Chelan Saddle Club

17—Teen Conference Info Night, 7pm

18—New Leader Training, Wen. Ext. Office, 6pm

21—Energize the Planet, See website for more info!

21-Horse Show, Appleatchee

22-Trail Challenge, Appleatchee

June

11-Horse Show, Appleatchee

16-New Leader Training, Wen. Ext. Office, 6pm

17-19 -Yakima Horse Training Clinic

4-H Tidbits...



← Dudes & Diggers Family Fun Night! →



← Dudes & Diggers Members after Fair!



← Wesley Schneider took Fitting & Showing Grand Champion at the Jr. Livestock Show in Moses Lake



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