



4-H Horizons

Volume 13, Issue 4

May 2013

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**

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Why Record Books?

Youth can gain a lot of valuable knowledge and skills in 4-H, especially through 4-H clubs and long-term projects. But kids are usually so busy having fun, they don't always recognize the life skills or other competencies they learn while participating. Record-keeping can help 4-H'ers, as well as their parents and adult leaders, realize more of the value of their involvement in clubs, camps, projects, and other educational activities.

But, unfortunately, completing a 4-H record book often has become a mundane, outdated chore or something youth do at the last minute as a requirement to take part in competitive events. Despite this, there are many positive reasons for integrating record-keeping into 4-H projects throughout the year. Keeping a 4-H record book aims to help youth:

- Learn how to organize themselves;
- Learn how to set reasonable goals for themselves;
- Appreciate what they've learned each year from the goals they reached;
- Recognize what they learned in their 4-H projects;
- Explain what they've learned;
- Keep track of costs of their projects;
- Gather information needed to apply for awards and scholarships;
- Complete applications and resumes for jobs and college;
- And yes, also meet requirements to participate in some county, state, or national 4-H events.

Teen Conference Update

The list of great things happening at Teen Conference just keeps growing.

Check out another Teen Conference Speaker at <http://4h.wsu.edu/conferences/teenconf/speakers.html>.

There were some glitches in the instructions for the Teen Conference contest on Facebook. Please note the [updated instructions](#)



4-H License Plates Available

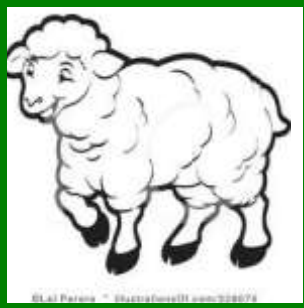


The new 4-H license plate is now available throughout Washington State.

Legislation championed by Representative and former 4-H'er Judy Warnick (R-Moses Lake) paved the way for the 4-H clover license plate which was signed into law in 2012. Plates can be purchased for \$40 and \$30 for renewal, in addition to the cost of standard license plates. "The specialized 4-H license plates

are a great way for current 4-H families as well as alumni and supporters to increase awareness about the 4-H program as they drive across town or across the state," said Pat BoyEs, Director, 4-H Youth Development, Washington State University Extension. Money raised will go toward activities to support the 90,000 youth served in the state. To get your 4-H license plate visit: <http://www.dol.wa.gov/vehicleregistration/sp4h.html>.

Northwest Junior Sheep Exposition



The 2013 Northwest Junior Sheep Exposition (NWJSE) will be held **July 19-20** at the Grant County Fairgrounds in Moses Lake. The 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. 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 20** at the same location. This year will again feature a spe-

cial class, Washington State Sheep Producers Show Ewe Lamb Futurity Class, for youth to purchase high quality ewe lambs to bring back and show at the 2014 show. Exhibitors desiring to enter market lambs in the 2013 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**. For more information, see the event [Premium book](#) and entry forms are also available on [WSU Grant-Adams Area Extension web page](#) under "Upcoming Events." Additional copies are also available by contacting Sarah Smith at 509-754-2011, Ext. 413 or email, smithsm@wsu.edu.

4-H Dog Camp



The Mason County 4-H dog project is proud to present "You and Your Dog as a TEAM in 2013", a weekend packed full of fun and learning for 4-H members and their canine companions. The event takes place **May 17, 18 & 19** at beautiful Panhandle Lake 4-H Camp in Mason County. Classes include Showmanship, Obedience, Grooming, Nutrition, Rally

and more! Cost is \$70 for overnight campers and \$50 for day campers and includes meals and a camp tee shirt. Registration is due by May 1 to the Mason County Extension Office. Contact Camp Director Karen Cannard at k9kapers@aol.com or 360-432-1478 for more information or [click here](#) for registration packets.

WRLF 2014 Workshop Proposals Invited

Just a quick reminder that the Western Regional Leader Forum workshop proposals are due **June 1**. Please see the [WRLF Call for Proposals](#) to submit your workshops for this regional 4-H event, to be

held in Billings, MT, **March 27-30, 2014**. More details are available on the WRLF 2014 website: <http://wrlf2014.com/>



Put the Child First

To register for "Put the Child First" go to: <http://breeze.wsu.edu/cf/event/registration.html>. Fill in the information requested and press "submit". You will soon

receive an automatic email from Bob Hoffmann with login information to view the presentation (called a training event).

Parliamentary Procedure Youth Day Conference

The National Association of Parliamentarians (NAP) is hosting a Youth Day in conjunction with an upcoming NAP convention in Portland, OR at the *Hilton Portland-Executive Tower* on **Saturday, Sept. 7th** from 8:30am-3:30pm. Middle, high school & college students interested in parliamentary procedure are invited to attend. The event aims to:

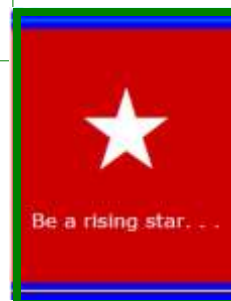
Build confidence in participating in meeting situations

Give participants meeting tools and proper knowledge in using those tools

Reveal the secrets of a well-planned meeting

Enhance parliamentary knowledge and promote leadership.

Student registration is \$36 and the deadline to register is **August 30**. See the [event flyer](#) or contact Janice Strand, janice.strand.prp@gmail.com for more details.



State 4-H Fair Patch Design Contest

The State 4-H Fair Board is still accepting designs for the 2013 State 4-H Patch. See the contest details and [State 4-H Fair Patch Contest Entry Form](#) (<http://4h.wsu.edu/documents/04-23-13StateFairPatchContest.pdf>) for more

information. Entries are due **May 15th**. Mail to: Washington State 4-H Fair

Attn: Tom Gwin, Manager
WSU Manager
2606 W Pioneer
Puyallup, WA 98371



Rabbit & Cavy Show

The Kittitas County 4-H Youth Rabbit & Cavy Pre-Show will be held Saturday, June 15, 2013 at the Kittitas County Fairgrounds Rabbit and Cavy Barn. The purpose of the show is for youth to practice for

the upcoming Kittitas County Fair. This show is also open to any 4-H members from other counties. The entry form is attached to this e-mail. Please pass on to any interested youth in your county.



WA State 4-H Hall of Fame Nominations Invited

It's time once again to start thinking about submitting Washington State 4-H Hall of Fame nominations!



The Washington State 4-H Hall of Fame was established in 2002 to recognize individuals and organizations that have had a significant impact upon the 4-H Youth Development Program and/or its members and leaders at any time since 4-H's beginning. Each year at the WA State 4-H Forum in October, we recognize and induct additional members into the Washington State 4-H Hall of Fame. Anyone who has made a significant contribution to

the development of 4-H or 4-H'ers in Washington State is eligible to be nominated for this honor. See the [application form](#) on the state 4-H Website for additional details. Hall of Fame nominations for this year are due by **June 1, 2013**. Send the completed nomination form to:

Linda Williams, Washington State 4-H Program
2606 Pioneer W., Puyallup, WA
98371-4998
Email: williamsl@wsu.edu

Fair Funding



The Fair Fund is back to the full \$2 million per year in both the House and Senate operating budgets. In addition, the fair fund will probably be \$1 million in grants for fairground im-

provements in the Capital budget. For more information: <http://apps.leg.wa.gov/documents/billdocs/2013-14/Pdf/Amendments/House/5034-S.E%20AMH%20HAIG%20BENN%20090.pdf>

Rite of Passage Training Opportunity

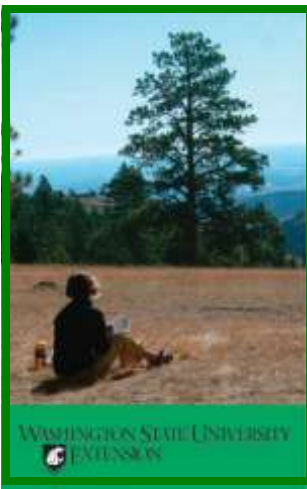
Are you open to exploring new and exciting ways to connect with youth? Have you wanted to learn more about the Rite of Passage Program and how you can incorporate it into the programming you currently provide for youth? Are you ready to embark on a journey that holds the promise of actual life changing experiences?

If you answered "yes" to any of the above questions then you have already taken the first step towards making a decision that will pay amazing dividends on a personal level and with the teens we are all committed to helping and sup-

porting! The next step is to shift from thought into action and register for the upcoming training, **June 18-26**.

Learn how the "Experiential Learning" model is utilized in different modalities beyond traditional ropes course and portable challenge activities. Be an active participant in the change we all want to see!

Information about this training is available on the [event flyer](#) or contact [Kevin Powers](#) with your questions or for additional details. Visit the Rite of Passage website to learn more about this incredible program: <http://4h.wsu.edu/challenge/rite/index.html>.



National 4-H Congress: 'PASSPORT to Excellence'

Grab your passport and join 4-H as they take you on an adventure around the world through National 4-H Congress. Unlike any other 4-H event, National 4-H Congress allows you to experience your world, our world, through different opportunities such as workshops, culture experiences, speakers, and meet-and-greets! This experience provides a great opportunity for 4-H members from across the country to come together and learn about community involvement, culture diversity, and service to others, while meeting new friends and experiencing Atlanta, Georgia. The history of the National 4-H Congress goes back more than 80 years.

Your conference schedule will include:

- Workshops designed to develop your leadership skills

- Plenary Sessions with outstanding speakers and entertainers
- A Service Learning Experience during which you will participate in hands-on service projects
- Tours and recreational opportunities throughout the city

Dates: Nov. 29-Dec. 3rd

Approximate cost: \$1100

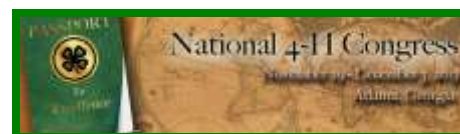
Washington State applications are **due by June 1**, to Jan Klein.

Selection criteria at:

<http://4h.wsu.edu/members/documents/delegate-criteria.pdf>

Application: http://4h.wsu.edu/members/opp_app.pdf

For more information go to http://national4hcongress.com/wordpress_813119671/



Call for 2013 WA State 4-H Forum Workshops

The Washington State 4-H Forum is slated for **October 25-27, 2013** --'Exploring New Possibilities,' in beautiful downtown Vancouver at the *Hilton*. The Washington State 4-H Advisory Board along with the local planning committee is developing an exciting and entertaining weekend for all members of the 4-H family to enjoy. One of the foundations of building a quality educational program is the classes to be offered.

And here is your opportunity to be part of that foundation to build skills and competencies across our 4-H system. Longer, track-style workshops will be offered Friday & 90-minute workshops will be offered on Saturday. Please carefully consider what you have to offer and submit a [2013 Workshop Proposal](#), due **May 24th**.



Courage to Care

Courage to Care, a new evidence-based Extension Program to combat bullying and peer victimization by teaching compassion, kindness, and empathy, is presenting a webinar on **May 22**, 11am-12:30 PT. To participate: URL: <http://nifa-connect.nifa.usda.gov/ctoc/>

Conference line: 888-858-2144

Access code: 1564913

Learn about this Extension program and how you can bring it to your 4-H, after-school, youth development and family programs. Learn about the exciting new research that indicates a new approach to changing school and community cultures and climates for young people. For more information, visit: www.courage2care.com.



Grant Opportunity for Playground Equipment

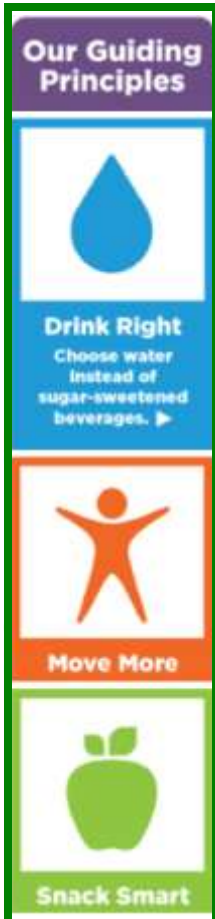


KaBOOM! a Let's Move! collaborator, has a number of community grants available – including a \$15,000 Let's Play grant that can be used towards the purchase of playground equipment. This grant opportunity is for organizations looking to build a new playground using the KaBOOM! community-build model, and who want to exercise their creative

muscles! In addition to completing a grant application, applicants will create a short video explaining why their community needs a new place to play. Five winners will be selected through online voting.

Find more information and details on this and KaBOOM's other grants online at: http://kaboom.org/about_kaboom/programs/grants.

ChildObesity180 Launches “Healthy Kids Hub”



ChildObesity180 has launched a new website, www.healthykidshub.org, to provide out-of-school-time organizations with hundreds of resources, toolkits, and products to help them promote healthy habits. The Healthy Kids Hub contains products collected from universities, non-profits, and other organizations to help OST providers adopt healthy principles in three main areas: Drink Right, Move More, and Snack Smart. These principles encourage children to drink water instead of sugary beverages, snack on healthy items such as fruits and vegetables, and boost their movement and physical activity.

Tens of millions of kids regularly take part in out-of-school-time programs, which include activities such as scouting program, sports leagues, and other activities. These programs have been identified as a promising area for childhood obesity intervention efforts — but because there are so many different programs, it's tough to cre-

ate uniformity across the board. In 2011, *ChildObesity180* worked alongside an eclectic mix of organizations to create the three-pronged approach, including the Boy Scouts of America, Girl Scouts of the USA, the National 4-H Council, National Council of La Raza, the National Council of Youth Sports, the National Urban League, Pop Warner, US Youth Soccer, and YMCA of the USA.

The hub is the next part of that effort. Along with including a wide range of searchable educational resources for out-of-school organizations, it also includes rotating coupons and special offers to help programs implement the principles without breaking the bank.

In the coming months, organizers also hope to add a social networking platform to facilitate idea-sharing between organizations and a grants management platform to help organizations secure funding to support implementation of the principles.

National 4-H Curriculum Pre-Press Ordering Sale

The National 4-H Curriculum pre-press period is **April 8 - May 10th**. If you use curriculum from National 4-H, this is the best time of the year to order to save on mem-

ber or leader project books; most books ordered during this period will receive a 25% discount; [more information](#).

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:

[http://county.wsu.edu/chelan-douglas/
youth/youth/Pages/default.aspx](http://county.wsu.edu/chelan-douglas/youth/youth/Pages/default.aspx)

Syngenta 2013 Sugar Beet Scholarship



Syngenta is once again offering scholarships to college-bound students with

affiliation with the sugar beet industry. For more information see the [application](#) or visit their website at: www.SyngentaSugarbeetScholarship.com. The applications are due **June 14th**.

Fair Superintendent Openings

We still have the following Superintendent position openings to fill:

Chelan County Fair
Barn Herdsmanship
Dog
Floral/Garden

NCW Fair
Photography
Educational Posters
Story Show

Please give Michelle a call if you can help.

Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, sex, religion, age, color, creed, national or ethnic origin; physical, mental or sensory disability; marital status, sexual orientation, or status as a Vietnam-era or disabled veteran. Evidence of noncompliance may be reported through your local Extension office.

4-H Calendar

May

4 State Horse Bowl
7 Quality Assurance Training 6-8pm,
Chelan County Extension Office
14-16 Navigating Cultural Differences, Federal Way
17-19 4-H Dog Camp, Mason County
18 4-H Bi-County Performance Horse Show, Appleatchee
25 4-H Bi-County Gaming Horse Show, Chelan County Fairgrounds

June

1 Chelan County Fair Weigh-in, Chelan Rodeo Grounds
1 ARBA Rabbit Show Sponsored by Gone County 4-H Club, NCW Fairgrounds
8 Chelan County Weigh-in, Chelan County Fairgrounds
8 4-H Bi-County Performance Horse Show, Appleatchee
9 4-H Bi-County Gaming Horse Show, Appleatchee
11 Douglas County Leaders' Council Meeting, Potluck, Waterville Park, 6pm
15 Goat Show Sponsored by Gone Country 4-H Club, NCW Fairgrounds
23-25 State Teen Conference

4-H Pledge

pledge ...
My head to clearer thinking, my heart to greater
loyalty, my hands to larger service, and my
health to better living, for my club, my community
my country and my world.