



# 4-H Horizons

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June 2015

## 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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## The HEART of 4-H

As we begin a new year in 4-H, I hope we can all reflect on the past year and the great accomplishments that you have all done. Whether you be a 4-H member, parent, or leader, you have done great things this year in 4-H to "make the best better". I would like to focus our new year on the four essential elements to 4-H. They hold true, no matter what your age is.



The first element is *belonging*.

-Belonging to something that is important to you, is important for people; whether that be 4-H, a favorite hobby, holiday gatherings with those you love, a sport you wait all year to play, etc.

-Relationships with positive people are a key element to belonging. We need to strive to make sure we have and are strong, positive, caring people, not only for our own belonging, but for others and their need to belong as well.

-Safe, inclusive environments (both physically and emotionally) are important for all people within a group to feel like they belong. Everyone within your club should feel as though they can express their ideas or feelings without worry of being picked on or made fun of. We all have positive attributes that can help our clubs become better and we need to share our talents within our club to help make them more successful.

The second element is *Independence*.

-Using skills learned in 4-H can relate to your future. The ability to harness hope and optimism to shape positive life choices is a powerful skill, especially starting as young people and moving into adulthood, but for adults as well. The skills learned in 4-H can help you be more confident in your club and in your life.

-Believing that you have an impact over life's events rather than passively submitting to the will and whims of others is self-determination. The more confidence you build in yourself with successes and failures, the better control you can have over your life as you learn to stand up for yourself when appropriate and to do it efficiently and effectively.

(continued on page 2)

## The Heart of 4-H (continued)

The third element is **Mastery**.

-An engaged youth or adult who is mindful of a subject area, building relationships and connections in order to develop understanding, is learning mastery. Through self-reflection, you have the ability to self-correct and learn from any experience whether positive or negative. The engaged learner has a high degree of self-motivation and a large capacity to be creative, I challenge you to look for these skills as you work through your project areas this year.



-Mastery is the building on knowledge, skills, and attitudes and then demonstrating the competent use of this knowledge and skill in the manner of a proficient practitioner. The level of mastery is dependent on the developmental ability of the individual. The development of mastery is a process over time. Mastery does not happen overnight, it must happen over time.

The fourth element is **Generosity**.

The opportunity to practice service for others. Finding one's self begins with losing

yourself in the service of others. Service is one way to gain exposure to the larger community in which they call home. As we grow with generosity, you will find that generosity starts small (within the family), and grows to add club level generosity, community, county, country, and world. Within 4-H, you'll find all of these opportunities placed before you in different ways. Your **club** may do a Christmas basket for a family in need. You may teach a class at Super Saturday to share your knowledge and skills with others in Chelan and Douglas **Counties**. You may be a part of a **community**-wide event to help fire victims in need. You might become an Advisory Board Youth member and help to shape 4-H for the **state** of Washington. You could host a club from another state this summer as part of an exchange program throughout the **country**. You could help pave the way for new gardens to be planted in Burundi, Africa as part of a program to help one of the poorest countries in the **world** become more self-sufficient. **YOU** can be the change and **YOU** can make the difference!

## Pat BoyEs is Retiring!



Pat BoyEs will be retiring at the end of the year.

For 35 years, Pat has dedicated her professional career to providing the highest caliber educational programs and services to the residents of WA State. Her passion and leadership have

made WA State 4-H one of the most highly regarded programs in the west.

While the 4-H program will miss Pat's leadership, a transition plan is in process. For a transition time, Doreen Hauser-Lindstrom will cover the State Leader responsibilities.

## 4-H Know Your Government 2016

Know Your Government (KYG) is a 4-H event, for youth in grades 9-12, to learn about and participate in the three branches of government with their peers from across the state. This year's theme, **Decision 2016**, invites students to explore political parties, the



nomination process and what it takes to develop a platform. During the event the delegation will elect a 4-H Governor! There are currently 4 Chelan/Douglas youth that are going to this conference. If you are interested in joining them, please contact Michelle Lain. For more information: <http://4h.wsu.edu/conferences/kyg/index.htm>.

## Food Preservation Projects

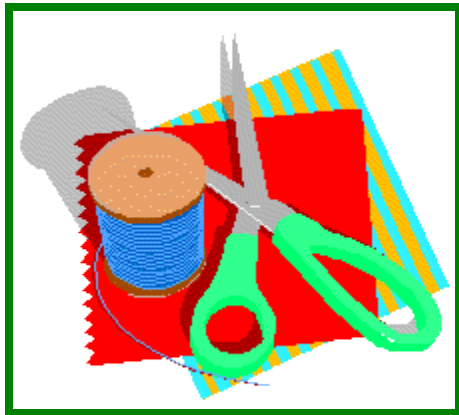


It is now a requirement that if your members are doing food preservation, there must be at least one trained leader in the club. The training can be done online at home for about \$25. Here is the link for more information:

<http://4h.wsu.edu/volntr/elearning.htm>  
Chelan/Douglas will be hosting one Saturday training event after the holiday season for anyone needing training. Date/location TBD. Please vote here if interested: <http://doodle.com/poll/bnbsuf8wmtseevsk> by December 18.

## Sewing, Knitting, and Crafting, Oh My!

Betty Keefer has been working hard getting the 4-H Sewing Project to be more interesting and more accessible to our Clubs. Her Sewing Seminar for 4-H Leaders (and those older teens who would like to learn to sew) has been a good success, needing only more people to sign up for this seminar. She has had 7 leaders/members



go through this seminar so far, and all have been very excited at the finish with the feeling that they can take the information back to their club and help 4-H members

learn how to sew. If anyone is interested in this great offering, you can contact Betty at (360) 690-6609 or [jandbkeefer@cablespeed.com](mailto:jandbkeefer@cablespeed.com).

There is no charge for this seminar, and it can be arranged for a time that will fit your schedule.

Betty is also working on a few beginning sewing projects and hopes to have hard-copy tutorials available soon. These will be valuable for the beginning sewist, no matter what age. Betty's sewing project members are the 'guinea pigs' for these sewing projects, and they are really enjoying the process, ending up with several items to give as gifts or to keep and use for themselves.

Betty is teaching crochet at the local yarn shop and also has two 4-H members who are learning this craft in their 4-H project group. Betty also is available to help members learn other crafts, such as, knitting, embroidery, applique, etc.

Betty is also very willing to work directly within any club that has an interest in any of the crafts, especially sewing. Call or send an e-mail and let Betty know what your needs are; it's pretty certain she will be able to help in some way!

## Volunteer Hours Reporting

I am sad to report that only 7 volunteers (out of 197 total) from Chelan/Douglas counties have reported their hours this past year. Those 7 volunteers gave 298 hours to the 4-H program. In Washington, the average value of a volunteer's time is well over \$25/hr. So, if all of our volunteers donated 42hrs/yr (which is the average reported by the 7 reporters), our counties should be reporting over 8,200 hours, at a value of: \$206,875. I believe that our Chelan and Douglas County Commissioners would see that as a pretty good value for the money they put into our program. As of now, they would get a report showing that 7 volunteers help make the club programs happen at a value of: \$7,450. I also know that many of you wonderful leaders out there are volunteering more than 3.5 hours a month of your time, especially during fair season. With budgets being cut from all angles, it is important to

show the huge impact we have on the community and that the services we provide to children are valuable and should be kept in the budget. All leaders (activity, project, club, resource) should be reporting hours. This is also tied to the liability insurance. Here is a link to the volunteer hours reporting site:

<http://4h.wsu.edu/volntr/reporthehours.html>. If you need a reminder of your username and password, please let me know. I believe you can input the last

11 or 12 months previous, so for those who have not reported, you can report the entire previous 4-H year in one session. You can also use these hours for your resume!



## Chelan/Douglas 4-H website

I am working on the 4-H website. I need feedback on what you like, what **you don't like, and how to make the site** be easier to navigate for leaders, parents, and members. Also, with over 230 pages, I am bound to miss some out of date things. If you see something that needs changing, please let me know. I am open to making changes and would like to know what you want to be able to

access from our website. For those of **you who haven't been to the 4-H site** in a while, please use the following link to update any bookmarks you may have:

[www.chelandouglas.wsu.edu](http://www.chelandouglas.wsu.edu).

The old website is no longer being updated and may or may not be forwarding you to the new site.



## 4-H Afterschool Teaching Opportunity



Wenatchee School District is looking for afterschool volunteers. The classes run in 6 week cycles starting January 25<sup>th</sup>-March 4<sup>th</sup>, March 7<sup>th</sup>-April 15<sup>th</sup>, and Late April-Late May. You would get to choose your topic area, what day or days of the week you would like to teach, and the number of students you would like (6-15). At the elementary

level (grades 3-5), the classes are 45 minutes from 3-3:45pm AND 4-4:45pm. You would teach the same lesson twice. At the middle school level you can have up to 90 minutes per session and they must be stand-alone lessons, not continuously building week to week. Any and all topic areas will be considered. Please contact Michelle Lain for more information or to sign up!

## Suicide Prevention Resources

In our on-going efforts to increase our collective understanding of suicide, here



are some videos from Suicide Prevention, Innovation, and Action regarding Suicide Prevention and Awareness. Interesting talking

points and involving suicide survivors in the video, 'Engaging Suicide Attempt Survivors.' Some of the videos focus on certain populations Native American Communities and LGBTQ. Specials thanks to 4-H volunteer RA Mazzola for bring these resources to our attention.

## 4-H Video Links from AGD



In case you were not able to watch the nationally televised show, American Graduate Day, on PBS a couple of weeks ago the video links are now available. The focus of the show is highlighting successful programs that contribute to helping youth graduate high school and be prepared for college and careers. This is the third consecutive year that 4-H has been high-

lighted. The full 7 hour program: <https://www.youtube.com/user/AmericanGrad> Segment with USDA Secretary Vilsack: <https://www.youtube.com/watch?v=EGRSLH56yKw&feature=youtu.be> Segment on 4-H: <https://www.youtube.com/watch?v=KiHlxuzivA0> Many thanks to Cornell and the NY 4-H program, National 4-H Council, and NI - FA Communications Office. The preparation and media work for this event is truly a collaborative effort!



## 4-H License Plates!

Click here for more information on how to get your custom 4-H license plate!  
<http://4h.wsu.edu/licenseplate.html>



## Join Us in Building School Gardens for 1000 Youth in Burundi

Dear Friends of Burundi 4-H,

**...and help us raise money to start 4-H** youth school gardening programs in Burundi, Africa. Burundi is one of the 3 poorest countries in the world and is working to heal from trauma and poverty caused by decades of civil war. More than 70% of families live on less than \$2 a day, and 46% of the population is under the age of 15. Children go to school hungry and spend the day in the classrooms with no electricity, running water, or nourishment. This project will help increase access to food, teach gardening skills and conflict resolution for youth in 9 schools in Burundi. Teachers, administrators, and community members will be trained in 4-H, Play for Peace, and using school gardens to teach students. During the month of December, *Burundi 4-H Sister Schools Program* is participating in **GlobalGiving's Open Challenge. We have** to raise \$5000 from 40 unique donors in just

31 days! If we succeed in the challenge, we will be able to continue fundraising on GlobalGiving and have the chance to win additional cash prizes if we raise the most money or have the highest volume of donors. Mark your calendars for Bonus Day on Wednesday, December 16<sup>th</sup> when online donations \$25-\$1000 will be matched at 20%. It is important that you donate early on Bonus Day, as GlobalGiving will have \$10,000 available for matching until the funds run out. Bonus Day begins at 9 a.m. EST on the 16<sup>th</sup>. This is a fantastic opportunity for YOU to JOIN US by supporting the 4-H youth school gardening programs in Burundi. During the month of December, we hope you will make a donation to support us! [JOIN US and Donate Here](#)



## Club Exchange Opportunity

A 4-H Club in Granville Summit, Pennsylvania, is seeking a club exchange experience for the 2016-2017 4-H year. Here is a description of their area and opportunities:

**'We live in the Endless Mountains area** of Pennsylvania. It is a place of beautiful rural landscapes, dotted with farming and country life. We are a small group with 11 members at this time. In our previous exchanges we have traveled to Utah, Montana, and recently Kansas. When we hosted them, we traveled to Hershey Chocolate World, Knoebel's

amusement park, traveled the Pennsylvania Grand Canyon by horse and covered wagon, drifted down the Susquehanna River, toured the Little League World Series Museum, visited dairy farms, went underground to a cave by boat at Penn's Cave, took a bus through a wildlife park, and of course had fun potlucks and family **time with the kids.'** For more information and to explore this opportunity, contact Sally Umstadter, [travsal@frontiernet.net](mailto:travsal@frontiernet.net) or call 570-673-3925.



## International Exchange Opportunity!

American 4-H aged youth are eligible to apply for cultural immersion experiences in Japan, Costa Rica, South Korea and Norway during the 2016 summer months through the 4-H International Exchange Program.



All programs include pre-departure orientation, adult chaperone, homestay with a local family, and cultural learning opportunities. All of the programs emphasize cultural immersion in a family setting (not tourism). Delegates may do some site seeing, but primarily will be experiencing life with a family which something tourists are not able to do. Through participating in **States' 4-H International** programs, youth can develop essential life

skills including critical thinking, resiliency, empathy, and self-responsibility. Please see below for brief outlines of each country experience.

JAPAN: must be age 12-18

8-week Dates: June 15 - August 11

4-week Dates: July 13 - August 11

8 week Nihongo Program (17 delegates maximum)

Cost \$3,190 plus airfare. (current airfare estimate is \$1,600-2,500)

For the first four weeks, stay with a host family in the Tokyo area, while attending an intensive Japanese language program.

After four weeks of the language program, you will move to a second host family for the regular four-week homestay program (see below).

4 Week Homestay Program (no maximum group size)

Cost \$1,990 plus airfare (current estimate \$1,600-2500)

Live with a Japanese host family for the month and experience daily life. You will be placed with a host sibling of the same gender with similar age. A group camp is offered through Labo and Utrek (both are Japanese youth organizations)

SOUTH KOREA: age 12-18

Dates: July 15 - August 10 (+/- one day)

The summer program begins with a national departure orientation on July

15<sup>th</sup>. The following day, the delegates and their chaperone travel to Seoul, South Korea. After a two night arrival orientation led by Korea 4-H, they will meet their Korean host family. They will also attend a 2-3 day 4-H International Camp.

NORWAY: age 15-18

Dates: June 29 - July 31

Age and Capacity: 15 delegates maximum, 5 delegates minimum

Cost: \$2,185 plus airfare (current airfare estimate at \$1,500-\$1,900)

Delegates arrive in Oslo on July 1st for a two night arrival orientation, which includes an introduction to Norwegian culture and basic language phrases. Afterwards, delegates meet their Norwegian 4-H host family and begin the homestay (A host sibling of similar age is not guaranteed. Delegates may have more than one host family.). After the homestay, delegates will attend the **Norway 4-H National Camp for seven days where they'll meet** hundreds of other 4-Hers.

COSTA RICA: age 15-18

Dates: June 23 - July 22, 2016

Capacity: 10 delegates maximum, 5 delegates minimum

Cost: \$1,350 plus airfare. Current airfare estimate: \$850-\$1,400.

Delegates arrive in Costa Rica for a two night arrival orientation which includes sightseeing and cultural activities. Afterwards, delegates meet their 4-S (4-H) host families and begin their homestay. They will also participate in a variety of 4-S club related activities.

To learn more or to receive an application, please contact the state coordinator. All applications must be completed, reviewed, interviews conducted and state aspirants selected prior to the national application deadline of December 15, 2015.

Carolyn Russo

4-H International Exchange

Washington State Program Coordinator

9207 Stonecrest Rd

Moses Lake, WA 98837

[carolyn.russo@wsu.edu](mailto:carolyn.russo@wsu.edu)

509-431-0719



## Nebraska 4-H Group Seeking Washington Exchange

The following request was received from a 4-H group in Nebraska: I am Jodi Sellman, the sponsor for Dawes County Jr. Leaders in Nebraska. I am looking for another 4-H group to do an exchange program. We traveled this year so we would like to host the group in 2016 and then we would travel in 2017. My group mentioned Washington

as a state they would like to exchange with. Do you have any suggestions or another contact that can help me out? If your 4-H group is interested in visiting Nebraska next summer and hosting this group the following year, please contact: [ajsellman@bbc.net](mailto:ajsellman@bbc.net).



## Western Regional Leaders' Forum Info

### **Western Region Leaders' Forum (WRLF)**

- Northern Delights

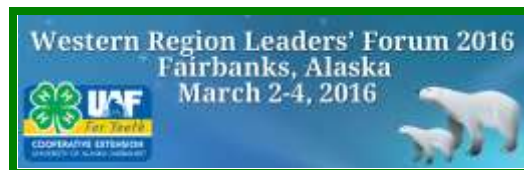
Fairbanks, AK, March 2-4, 2016!

Early Bird Registration starts November 1, \$250; [http://](http://www.alaska2016.com/registration.html)

[www.alaska2016.com/registration.html](http://www.alaska2016.com/registration.html)

The Alaska 4-H Volunteer Leaders Organization is hosting the Western Region **Leaders' Forum (WRLF) March 2<sup>nd</sup>-4<sup>th</sup>**, 2016. WRLF is an educational event

reaching over 400 teens and adult volunteers from 13 western states, Canada, and American Samoa. Choose from over 100 workshops given by presenters from across the U.S., Alberta, Canada, and American Samoa. See <http://www.alaska2016.com/> for more information and to register.



## Dating Matters Free Online Training

Announcing the CDC's newest VetoViolence training: the updated DATING MATTERS®: Understanding Teen Dating Violence Prevention! A free, online course, DATING MATTERS® is availa-

ble to educators, school personnel, youth mentors (4-H Leaders), and others dedicated to improving teen health

<http://vetoviolence.cdc.gov/apps/datingmatters/>

## Sweet bunny looking for a new home!

This sweet bunny is a 6 month old male Holland Lop. I bought him from Barb Cheek a local breeder. He has large back legs and feet that have very thick pure white fur and when he hops about he looks like a snow rabbit. Unfortunately my bunny does not want to share. He is

very territorial. I was told by my vet that it may work out but not so. He likes to be held and melts in your arms. I hope someone in the 4-H program will adopt him. You can call me at (509)668-1195. Thanks Klara Higgins [prevnar123@gmail.com](mailto:prevnar123@gmail.com)



# Chelan & Douglas Counties 4-H

WSU Chelan County Extension  
400 Washington Street  
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FAX 509-667-6561  
Michelle.lain@wus.edu  
viebrock@wsu.edu  
gormley@wsu.edu

To Make The Best, Better



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

[http://ext100.wsu.edu/chelan-douglas/  
youth/youthdevelopment/](http://ext100.wsu.edu/chelan-douglas/youth/youthdevelopment/)

## 4-H Calendar

### December

**9-Leader Training, 6pm, Chelan Co. Extension**  
**16-Leader Training, 6pm, Chelan Co. Extension**  
**30-Leader Training, 6pm, Chelan Co. Extension**

### January

**11-Chelan County Leaders' Council Meeting, 6:30pm, Chelan County Extension office**  
**13-Douglas County Leaders' Council Meeting, 6:30pm, Chelan County Extension office**

### February

**13-17-Know Your Government, Olympia LOOK-ING FOR MORE TEENS! More info:**  
<http://4h.wsu.edu/conferences/kyg/index.htm>

### March

**1-4-Western Region Leaders' Conference, Alaska!**  
Info here: <http://www.alaska2016.com/>

**6-Bi-County Horse Clinic 8am-12pm, Appleatchee**

**19-20-Teen Summit, Ellensburg (grades 7-10)**  
<http://4h.wsu.edu/members/summit.html>

### May

**21-Bi-County Horse Schooling Show, Appleatchee**

### June

**25-Bi-County Horse Show-Appleatchee**

### July

**9 & 10-Bi-County Horse Show-Appleatchee**  
**10-12-Teen Conference-WSU Pullman**



## IMPORTANT 4-H Tidbits....

- ♦ **Don't forget: Financial "End of Year" reports are due December 15<sup>th</sup>**, they need signatures from more than one person, so don't delay! It is also easier if you do the IRS 990-N at the same time, here is the link: <https://epostcard.form990.org/frmNPRequestLogin.asp>. The 990-N is very simple and takes just a couple minutes!
- ♦ Breeding Poultry for sale! A friend has 3mo old Barred Rock mating pair she needs to find a home for. She lives in town and can't have a rooster. Thought there might be a 4-H family interested. Thank you, Katrina Bell-Lynch [bkclynch@hotmail.com](mailto:bkclynch@hotmail.com)
- ♦ **Don't forget, re-enrollments are due December 15<sup>th</sup>! That's less than a week away.**
- ♦ **Mandatory "Put the Child First"** training link for all leaders here: <http://4h.wsu.edu/volntr/elearning.htm>.

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.