



4-H NEWSLINE

"A Newsletter for Clark County 4-H families."

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The Essential Elements of 4-H . . . Independence

The Encouragement of Independence

by Molly S. J. Aylor - 4-H Member

Becoming your own person can be rather difficult. Besides the emotional roller coaster and physical changes, growing up is a challenge because of the environment around you. It's a good challenge though. 4-H has helped me throughout the years in many different ways. My independence has been supported by 4-H in the many opportunities that I have had. In 4-H many leaders and parents are there to help kids and I have been enormously privileged to benefit from the positive environment of 4-H. With the help of 4-H, the growing process has been easier and I find that becoming your own person is not as difficult.

4-H has taught me many things, which will prepare me for the life ahead. For example, one year I made a goat birthing kit. Preparing a birthing kit was easy and useful. During the autumn, I used it to help two Nigerian Dwarf does deliver their offspring safely [because the does were so small]. I have also done many public presentations and have learned through 4-H how to convey a method or a thought to an audience by speaking clearly and precisely, and showing visuals for the listeners. This will become very useful.

Lastly 4-H has created opportunities for me to explore and exhibit my passions. I love performing arts. Without 4-H, I don't know of many places where I could perform. In 4-H, I also know that my [applied arts] masterpieces will be appreciated because I took the time, effort, and creativity to complete them. My paintings and others, which are equally as creative, get to be displayed for admiration by many viewers.

4-H allows me to direct my focus on my abilities rather than my disabilities. To focus on sketching, singing, or presenting is so much more favorable in my eyes. When people glance at me, I want them to see who I am by what I do, not what I can't do and judge me by that. Realizing the opportunities which have been given to me makes me so happy and I hope to use them during my life as my own person.



*Molly Aylor and Heidi after receiving the award for 4-H Agility Champion at the Clark County Fair



Lessons on Independence Learned from 4-H

by Marc Boldt - Clark County Commissioner, former 4-Her

I was in 4-H for 8 years, and then a leader for 4 years. 4-H taught me that if you are to be independent, you must be dependent, and to value that. When I was growing up I wanted to make decisions on my own. I grew up on a farm and beef and dairy cattle were my projects. I thought I could show cows as good as anyone because I lived on a farm.

After I received white ribbons and not blue, I started to listen to my leader as well as the judges. I also wanted other awards, other than from the fair. But because I thought that record books were just for other people to complete, I could not show my work to others. I now know how to put down on paper what I have done and why I have done it.

I am the chair of the Board of County Commissioners.

I make decisions every day that affect your life, and the lives of your parents.

Almost every decision I make, there are people that do not agree with me.

4-H taught me that my independence as a leader only comes through my dependence on others. Being elected, I work for you; if you live in Clark County, you are my boss. So it is best if I listen to you. The 4-H motto demonstrates the need for us to be dependent and to respect others. 4-H taught me that true leadership is about serving others.

4-H taught me that to become independent from others you must first find the people you can trust and can depend on to give you honest opinions on what you need to know even if you do not really want to hear it. From that you can make a decision you feel is best.

4-H will give you the best training as a young man or woman, but the real value will come later when you're not expecting it, but need it most.

* Pictured - Commissioner Boldt with 4-Hers Alisha Pedron and Kelby Kiedrowski.



The Essentials of 4-H . . . Independence

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Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Clark County. Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. If you require special accommodation, call WSU Extension Clark County at (360) 397-6060 two weeks prior to the event.

4-H and Independence: Thinking or Acting For Oneself

by Terri Miller - 4-H parent and leader

4-H is one of the best programs that helps teach young people responsibility, which leads directly into independence. Raising an animal or plant, planning, executing, and finishing a family life project, or learning to communicate their ideas are all excellent ways

in which young people learn to think and act for themselves. As a proud parent, let me give you the following two examples.

My daughter enrolled in the photography project at the age of nine. She found that she loved to take pictures and enjoyed learning everything she could about her camera and developing her own film. (Something I knew nothing about!). She started learning and then decided that she wanted to start her own photography business. At the age of 12, using the skills she learned in 4-H to present herself in person and through printed media, she had her business up and running. She currently sells approximately \$3000 a year in photographs.

My son enrolled in the plant science project. He learned many things about growing plants and vegetables. He began growing elephant garlic about four years ago. He had to first build up his own seed and then he was able to sell his abundance. The process for growing this product requires preparing the soil, planting, weeding, hilling, tilling, fertilizing, digging, topping, etc. By accepting these responsibilities, he was able to grow high quality bulbs and then, through the self-confidence he acquired from giving demonstrations, he was able to call upon and sell this garlic to various produce stands.

These are just two examples of many that I could give on how 4-H is a valuable asset in raising young people to be self-directed, productive individuals. I would recommend that every young person have the opportunity to explore their own areas of interest in a 4-H program.

FACULTY FORUM



Welcome to the summer issue of 4-H Newslines!

As the days have grown longer and warmer, we are enjoying summer and the special events it brings. The July 4th holiday is a highlight for some, a time for families and friends to come together. For many 4-H families, the Clark County Fair is another of summer's main events. Both of these summer celebrations remind me of one of the primary reasons that 4-H exists in Clark County, in Washington, and in the nation. What's the connection?: The critical role of independence. While we celebrate July 4th to celebrate our country's independence, our county fair is one of the events at which 4-H youth can celebrate learning by demonstrating skills that they have learned to perform independently. In this summer issue of our quarterly newsletter, we continue our exploration of the four 4-H Essential Elements of youth development with a focus on independence.

What's the connection between "Essential Elements" & the 4-H program?

As 4-H leaders know, 4-H Essential Elements are the needs that must be positively met if a young person is to grow into a healthy, contributing member of the community. What's the relationship

between 4-H Essential Elements and the Clark County 4-H Youth Development Program? It is the same as it is for any 4-H program across the nation: The 4-H mission is to promote positive youth development--to help young people grow into healthy, contributing members of the community. Put another way, the 4-H mission is to create environments and opportunities through which young people can get their needs for the essential elements of development met in positive ways.

What are the four 4-H Essential Elements?

While the many needs of youth can be described in many ways, they can be considered in terms of four main categories. Those who have been reading 4-H Newslines in 2006 may recall that our winter and spring issues explored a youth's critical needs to develop a sense of both **generosity** and **mastery**. In the fall issue, we will explore the need for belonging. In this installment, our focus is on **independence**.

Why is independence necessary for positive youth development?

Young people need to learn how and believe that they are able to influence people and events. In other words, they need an appropriate sense of power to feel that they can make a difference in their own and others' lives. An appropriate sense of power is expressed as independence. Youth must develop a sense of independence if they are to become able to actively pursue goals and make responsible decisions that improve their own lives and that of the community.

Why is it important for youth to develop a positive sense of independence?

Youth who develop a positive sense of independence exhibit self-confidence, and are appropriately assertive. Seeing themselves as participants in their futures, they take responsibility for their actions. Because it helps to define a young person's sense of self, independence contributes to self-discipline and the ability to exercise self-control. When young people give up on getting their needs for a sense of independence met, they may become submissive, lack confidence, feel helpless, be easily influenced by others, and act irresponsibly. Without opportunities to get the need for independence met in positive ways, they may seek out negative ways to express personal power: They may behave in ways that

are bullying, reckless, manipulative, rebellious, and defiant of authority.

How does 4-H promote independence?

The 4-H experience encourages independence in many ways. First, 4-H projects are chosen by youth: Thus, they determine where and how they will invest their learning efforts. Second, while caring, trained adults ensure a safe environment, youth are encouraged to learn experientially: They do the work, reflect on what worked and didn't work, and then are guided to apply what they've learned to the next effort. This process of experimentation and discovery fosters independence. Third, goal-setting and planning are important steps in the 4-H approach. When young people achieve goals that they set and pursue, they can own the accomplishments. Fourth, 4-H encourages leadership: Clubs elect officers, determine their own by-laws, and set club standards. Moreover, older 4-Hers typically help younger members, giving them an opportunity to experience the sense of independence that comes with knowing something well enough to teach others. In this issue, **Molly Aylor** (4-H member), **Teri Miller** (4-H parent and leader) and **Marc Boldt** (4-H alumnus and Clark County Commissioner) share their thoughts about how 4-H fosters independence in youth.

What are some tips for fostering independence in youth?

Dr. Cathann Kress, Director of National 4-H Headquarters, offers the following practical advice to help young people develop independence in a positive way.

- Whenever possible and appropriate, invite youth to make or participate in decisions.
- Include youth in planning discussions and actively seek their input.
- Instead of telling a youth to do something, ask them to participate so their participation is the result of an active decision and personal choice.
- Use the least number of reminders possible to help youth develop responsibility.
- Praise youth who ask for help when they recognize the limits of their independence .
- Help youth compare and evaluate various courses of action.

- Never deprive youth of the thrill of overcoming an obstacle: Don't jump in too quickly to help.
- Emphasize the relationship between independence and responsibility.

If you visit the fair this year, I encourage you to approach our 4-H exhibitors and ask them to tell you, in their own words, the ways in which 4-H has helped them to become-- as **Molly Aylor** puts it--their "own person". I look forward to seeing you there.

Karen Poulin - Faculty, 4-H Youth Development

NOTES FROM THE BOARD

Information From Your Clark County
Leaders' Association Executive Board



Leaders Association Meeting Minutes

by **Kathy Giberson** - Secretary, Clark County 4-H Leaders' Association

April 18th, 2006, Board members present: **Jeff Miltenberger**, **Peggy Gresham**, **Kathy Giberson**, **Louise Owen**. 4-H office staff **Karen Poulin**, **Maureen Witters**, **Marcia Wannamaker**. Eighteen people in attendance.

Meeting called to order by President **Jeff Miltenberger** at 7:09 p.m..

4-H pledge and pledge of allegiance was led by **Kathy Giberson**. Kathy announced that the previous meetings minutes were published in the 4-H Newsline.

Treasurer's report was read by **Jeff Miltenberger**.

• **Karen Poulin** announced that **Rochelle Hohlfeld** has filled the position of Food Sense / 4-H Youth Development Program Coordinator. She also introduced Jodee Nickel as the WSU Intern for 4-H Youth Development who spoke on creating new opportunities for community service and working with the community gardens and the juvenile justice service program. Jodee is also working with the Weekly Garden club at an assisted living facility and is looking for youth to help.

Program updates

• **Karen Poulin** informed the Leaders' Association about a New 4-H Wildlife Stewards program. Oregon State University has received a grant to develop this new program for students in grades K-6. The 4-H Wildlife Stewards will build wildlife habitats in schools to coordinate with math, science and language arts. Clark County 4-H is very interested in developing a Wildlife Stewards program in our schools. Karen was planning to attend a presentation on the subject.

• Clark County 4-H recently participated in the Healthy Families, Healthy Communities Fair, sponsored by the Latino Community Resource Group, at St. John's church. The event was attended by approximately 300 people. **Jolynn Klaus** and family brought two

dogs that the kids liked really well and led a dog collage activity. **Ciera Sechser** brought in her Bearded Dragon lizard and information to share. The **Giberson's** brought five chickens to introduce the youth to the 4-H poultry project. **Shelia Stuhlsatz** staffed the information table and communicated the 4-H message to youth and parents in Spanish. The 4-H project room was busy through the final minutes of the fair: A good time was had by all! Many thanks to these wonderful ambassadors for 4-H! Everyone in the Clark County 4-H program would like to participate in this type of event again.

- P.A.C.E. Conference – Pre-Employment and career tracking program discussed and registration details given. Contact **Mike Holroyd** at holroyd@vancouver.wsu.edu, or 360-546-9121.
- 4-H Teen Works summer program discussed. Tracks offered for teens for workforce preparation. Contact **Mike Holroyd** (see above).
- 4-H clubs having meetings at CASEE are not leaving the rooms as they found them and not checking to make sure all the doors are locked. All need to not be running around and being disruptive to others. A request was made for rules to be written up and passed out to all members who use the building.
- **Maureen Witters** announced that **Kathy Giberson** has volunteered to be the Educational Display Superintendent for the Clark County Fair (many thanks Kathy!) and discussed the Educational Display Workshop to be held on Tuesday, April 25th. Maureen also informed the association about several other informational workshops scheduled:
May 16th – Help your child get the most out of 4-H
May 20th – New leaders workshop
May 20th – Fair kitchen sign up workshop. Learn how to fill out forms and about new changes this year in forms.
May 23rd – Continuing Education Opportunities for participation at the Clark County Fair,
- Leaders were asked to remind their club members about 4-H in action. It is fun!
- Clark County Fair – No food should be eaten in barns. Potlucks cannot be in or around the barns. Projects are asked to sign up on the schedule for the potluck area.
- A new attraction at the Clark County Fair, Germ City, will have a test on how dirty hands are and educate the public on proper hand washing and the health benefits? This exhibit sponsored by the WSU Extension Food and Nutrition program is looking for volunteers. This would be a great opportunity for 4-H community service.
- All Clark County Fair Activity sign up sheets are due to the Extension office by June 30th. Herdsmanship for 1 hour is still required along with parent security.

- **Marcia Wannamaker** announced that the 4-H Newline is now on the Clark County Extension web site. Postcards are going to be sent out as to whether you want to receive a hard copy or on line copy.
- Fair books are on line. The office will have hard copies available. Superintendents will get full copies of 4-H book.

The Clark County Fair Theme this year is Dinosaurs.

- **Louise Owen** delivered the Fair report on **Janet Belcoff's** behalf. Superintendents meet April 30th, 2006. All need to attend. There will be a demonstration of the on-line fair book.

Clark County Fair will be hiring temporary staff. Application must be made through Worksource. Nighthawks also need to apply. Superintendents can make recommendations in writing to **Tom Musser**, General Manager of the Clark County Fair.

- Last quality assurance class June 1st, 6:30 p.m.

Project Reports

- Home Economics – **Nancy Peck** is looking for tables, and is making out improvement lists for kitchens.
- Photos – nothing to update
- Public Presentations – County Day April 22nd,
- Sheep – Everybody is looking for lambs. 4-H in Action had a lot of members showed up.
- Cavies – nothing to update.
- Rabbits – Spring Hop was a great show.
- Poultry – **Prairie Hatchers** show in February was well attended. **Rockin' Roosters** are learning lots.
- Llamas – 4-H in action had a good turnout. On May 6th lunch with Llamas at CASEE and walk with the Llamas.
- Dogs – They have new members and have had several fun matches. They liked the old 4-H in Action format where they could hold their show for qualifying for state. They would like to address the issue of 4-H in Action as seminars and animal presentation for practice time. The Board will discuss this issue.
- Vet Science – all quiet.
- **Peggy Gresham** – The recognition evening annual event will be combined with National 4-H week. The committee is looking for nominations for leader recognition and outstanding youth. The recognition is also looking for help to develop The Green and white ball. They are also looking for space to have event and possibly sponsorships for food and project.

• **Louise Owen** gave an area 4 Battle Ground 4-H barn update. They presented the use chart to City Council. The council will decide whether we will get water and power back to building. We don't know what will be done. Please log use of building.

Meeting adjourned 8:40 p.m.

Welcome New Leaders

Zoe Anastas - Project Leader, General

Jennifer Axtell - General Leader, Family Living

Amy Blankenship - Project Leader, Swine

Judith Burley - General Leader, Family Living

Keisha Edwards - Project Leader, Intercultural Studies

Colleen Garrison - General Leader, Family Living

Monica Harmon - General Leader, Ambassadors

Lori Hull - Project Leader, Goat

Julie Koenig - Project Leader, Rabbit

Rob Marx - Project Leader - Goat

Kate McPherson - General Leader, Intercultural Studies

DeMara Sechser - General Leader, Cavy

Nita Shannon - Project Leader, Rabbit

Kassandra Tracy - Project Leader - Horse

Tracy Ward - General Leader - Horse

Debi Williams - General Leader, Rabbit

Andrea Yoho - Project Leader, Goat

Next Leaders' Meeting

Leaders, parents and youth are invited to the quarterly Clark County 4-H Leaders' Association meeting July 18th, 7:00 p.m., at CASEE (11104 NE 149th Street, Brush Prairie).

Project Key Leaders are asked to please insure that each project area has a representative present.

Fair Superintendent Meeting to follow.

RECOGNITION

A Look At Some Of Our
4-H Success Stories . .



Local 4-Her Receives State 4-H Scholarship



Congratulations to **Stacie Prentice** on being awarded the Lewis County Trust Fund Scholarship for \$500.00. The selection process was especially difficult this year because nearly 50 applicants applied for the few scholarships that were available.

Great job **Stacie!** We wish you continued success in your college endeavors.

State Hippology Contest Results

Pat BoyEs - Program Director, 4-H Youth Development

The State Hippology Contest this year was a huge success due to all the volunteers who spent many hours preparing contest materials and helping the day of the contest.

Congratulations to all participants that competed in the contest! This year we had three competing intermediate teams and six competing senior teams.

Intermediate Teams

1st Snohomish County, **2nd Clark County**, 3rd Spokane

Intermediate Individual Awards - Top Overall Individuals:

1st Allison Brown - Snohomish County

2nd Justine Dunlap-Truly - Snohomish County

3rd Tara Gerde - Snohomish County

Top Section Individuals:

Exam: Hannah Myers - Spokane County

ID: Allison Brown - Snohomish County

Judging: Allison Brown - Snohomish County

Team Problem: Ana Swanlund - Snohomish County

Senior Teams:

1st Snohomish County, 2nd Spokane County, 3rd Pierce County

4th Clark County, 5th Kitsap County, 6th Mason County

Senior Individual Awards - Top Overall Individuals

1st Lizzie Odegaard - Snohomish County

2nd Blaine Bowman - Snohomish County

3rd Brett Moriarty - Spokane County

State Hippology Contest Top Section Individuals

Exam: Blaine Bowman - Snohomish County

ID: Brett Moriarty - Spokane County

Judging: Kasey Kates - Clark County

Team Problem: Blaine Bowman - Snohomish County

Congratulations to Snohomish County who will be representing Washington State in Kentucky!

Science Award Given to Battle Ground 4-H Member

Kaitlin New was recently selected by CASEE (the Center for Agriculture, Science and Environmental Education) and the American Association of University Women to receive an award and special recognition for her achievements in science. **Kaitlin** attended CASEE as a sophomore this past year and is involved in the four-year program for high school students there. **Kaitlin** will look forward to creating some interesting displays on science and environmental information for a 4-H project at the Clark County fair this summer.



Results of Spring Hop Rabbit Show

- | | |
|---|--|
| <u>Champion Showmanship</u>
Junior - Elizabeth Koenig | <u>Reserve Showmanship</u>
Junior - |
| Intermediate - Melissa Brown | Intermediate - Julie Helmandollar |
| Senior - Alisha Pedron | Senior - none given |
| <u>Confirmation - Best of Breed</u>
Melissa Brown | <u>Reserve Best of Breed</u>
Maecy Enger |

- Knowledge Bowl
 Junior - **Elizabeth Koenig**
 Intermediate - **Julie Helmandollar**
 Senior - **Alisha Pedron**

*Pictured - **Melissa Brown, Elizabeth Koenig and Alisha Pedron**



Blue Ribbon Presentations

Congratulations to each one of the following Clark County 4-H members on their blue ribbon public presentations!

Blue Ribbon Seniors

- | | |
|-------------------------|------------------------|
| Amanda Sundahl | Jaclyn Sprenger |
| Erich Hodges | Neisha Pedersen |
| Eileen Byrne | Cassie Pedersen |
| Stephanie Lusher | Sierra Hawksley |

Blue Ribbon Intermediate

- | | |
|--------------------------|---------------------------|
| Sophia Howard | Brynn Larson |
| Jordan Raftten | Beth McCamish |
| Nicole Morasch | Melissa Brown |
| Kayla Tofte | Danielle Roach |
| Katrina Gottwald | Emily Bradseth |
| Rebecca Howe | Anna Buchholz |
| Veronica Peterson | Diane Marble |
| Tamaraiah Brown | Julie Helmandollar |
| Elaine Thatcher | Samantha Berry |
| Lanie Holbrook | Miranda Bean |

Blue Ribbon Junior

- | | |
|--------------------|-------------------------|
| Ben Lester | Megan Guiney |
| Kamryn Hull | Joseph Driver |
| Troy Haslem | Nikki Pryhorocki |

Top presenters at the Clark County Public Presentation Day, Saturday, April 22, 2006 impressed the judges. These presenters earned a \$25.00 gift certificate to Fred Meyers from the Clark County 4-H Leaders' Assiciaton.

Top Senior Winners

- | | |
|---------------------|------------------------|
| Erich Hodges | Sierra Hawksley |
|---------------------|------------------------|

Top Intermediate Winners

- Sophia Howard**
Brynn Larson/Jordan Raftten

Top Junior Winners

- | | |
|-------------------|--------------------|
| Ben Lester | Troy Haslem |
|-------------------|--------------------|

All blue ribbon presentations are qualified to represent Clark County at the 4-H State Fair in September.

Local 4-H Leader Receives Community Award

Clarence Petty, leader of the Tailored to Ride 4-H horse club, was recently awarded the Volunteer of the Year Award from the Clark County Parks Foundation. Mr. Petty received the award for his many hours of service on numerous Foundation projects over the past year. He spearheaded the redesign of a park gazebo, led fund-raising efforts for a Thanksgiving horse show to benefit the Foundation's general fund and trails maintenance program, chaired the Foundation's grants committee, and served as a member of the Board of Directors. In addition to his generous volunteer service for the WSU Extension-Clark County 4-H Youth Development Program and the Parks Foundation, Mr. Petty also serves as President of the Board of Directors for a local Feed the Hungry Program. Thanks, Clarence, for modeling the 4-H spirit of generosity and community service for the young people of Clark County!

State Award Nominations

Kevin Wright - Extension Coordinator

Nominations for Annual 4-H Awards must be postmarked by September 1st. The awards include Friend of Washington 4-H, Alumni of the Year, the Volunteer's Staff Award, and the Volunteer Excellence Awards. Winners of the Volunteer Excellence Awards (lifetime achievement and Less than 10 Years) will be sent on for National Competition.

A new award is being added this year, the Heather Rider Leadership Award will be offered to 18-21 year old youth.

Nomination forms may be downloaded from the Forum web site at: <http://4h.wsu.edu/conferences/Forum/awards.htm>.



REACHING OUT Recent Efforts and Future Opportunities



4-Hers "Had Fun" and Helped Their Community

by Ashley Snoey - 4-H member

What a success! Back in November the Tailored To Ride 4-H Club held the 1st Annual Thanksgiving Open Horse Show at the Clark County Fairgrounds. This horse show was a fund-raiser for the Parks Foundation and fifty percent of the proceeds went to the horse back riding trails fund leaving the other fifty percent to the general fund. On Saturday we held an open ride where 4-H groups could come in and ride for ten dollars; we were able to raise two hundred dollars! The Tailored to Ride Club used this opportunity to learn more about their horses when Jim Carlson gave lessons on showmanship and western riding. On Sunday John Hamer judged the show and Curt Hope was the announcer. We had a great turnout, tough competition and gave a great donation to the Parks Foundation.

All the members of the Tailored To Ride Club participated in the process of making the show run smoothly. From ring stewards to office manager we did it all and had a lot of fun along the way. And in the end the Parks Foundation awarded Tailored To Ride a certificate of appreciation and awarded our 4-H leader, Clarence Petty, volunteer of the year.

P.A.C.E. Teen Conference

Michael Holroyd, Director and Associate Professor
WSU Vancouver Center for Youth Workforce Preparation

On May 6th over 100 teens gathered on the WSU Vancouver campus for the first ever PACE (Pre-employment And Career Exploration) Teen Conference. This was the result of more than eight months of planning by the sponsoring organizations - WSU Vancouver Center for Youth Workforce Preparation; WSU Clark County 4-H; ESD112 Youth Workforce Programs.

Both 4-H and non-4-H teens from Clark, Cowlitz, Wahkiakum and Thurston Counties attended. More than 15 middle schools and high schools were represented. Highlights of the conference included a campus-wide scavenger hunt, wide selection of sessions and plenty of prizes and recognition items.

Learning Sessions were offered in two "tracks":
(1) Preparing for Summer Employment; (2) Exploring College &



Careers. Some of the one-hour sessions were: “Be an Inventor”, “College 101”, “Managing Your Stuff”, “Reverse Engineering”, “Working in the Great Outdoors”, “Forensic Science”, “The Art of Interviewing” and much more.

For \$15 teens went home with a conference tee-shirt, participation certificate, “goody bag” and lots of practical information to help them plan for life after high school.

For information about other WSU Vancouver Center for Youth Workforce Preparation programs, contact **Michael Holroyd** at 360-546-9121 - e-mail: holroyd@vancouver.wsu.edu or **Stephanie Klein** at 360-546-9160 - e-mail: kleinst@vancouver.wsu.edu

*Editor’s Note: Many thanks to the WSU Extension-Clark County 4-H leaders who helped to make the P.A.C.E. Conference a success. **Peggy Gresham** generously provided the P.A.C.E Professional Development Committee with the connection to our speaker in gemology. **Judy Zeider** prepared a presentation on careers in law. **Nancy Peck** connected us with her daughter, 4-H alumna **Megan Leifson**, who spoke to youth participants about the field of food science. **Maureen Witters**, WSU Extension-Clark County 4-H Clubs Program Coordinator, led us to WSU Extension Master Gardener **Mariah Travis**, who introduced conference-goers to the fascinating world of forensic psychology. **Jeff Miltenburger** offered to give a presentation on careers in environmental science. Thanks for helping us to serve the youth of Clark County, both within and outside of the 4-H family.*

Summer 2006 International Exchange

Carol Beckman - Extension Coordinator

The summer exchange experience for Washington 4-H families, Volunteer County Coordinators, and participating county 4-H programs is a unique opportunity to learn about a different culture without leaving home.

I would like to express my appreciation of all the hard work carried out by Volunteer County Coordinators and the dedicated 4-H county

office staff for securing great host families for 29 youth delegates and 3 chaperones arriving in Washington on July 24 for a 3 or 4 week homestay.

Thank you and congratulations to these participating counties: Benton, **Clark**, Cowlitz, Ferry, Island, King, Kitsap, Lewis, Mason, Pierce, Skamania, Snohomish, Thurston, and Walla Walla. Enjoy your time with your new 4-Hers! In addition, Chelan, **Clark**, and Grant counties are hosting a year long high school student--you will meet them at the State 4-H Forum this fall in Chelan!

Help Spread the Word, Not the Germs!

The Clark County Fair is asking for the help of 4-H leaders, members, and families to keep this year’s fair-goers healthy. There are three ways in which we have an opportunity to participate in this very important effort.

First, consider being a volunteer to help staff “Germ City”, a fun, WSU Extension “hands-on” learning activity designed to help educate fair-goers about the importance of handwashing. Volunteer training will be provided by Sandy Brown, WSU Extension Food Safety and Nutrition faculty. Volunteers who staff the event for 4 hours or more will receive a fair pass. Pre-teens and teens are encouraged to get involved, as well! Contact **Sandy Brown** at browns@wsu.edu, or call her 397-6060 ext. 7712 to sign up.

Second, 4-H leaders, members and families are requested to model healthy behaviors for the fair-going public. Please remember that **we may not bring food or drinks into the barns—this includes bottled beverages, even water!** Lead by example, and step outside the barns whenever eating or drinking

Third, 4-H members performing herdsmanship are asked to take every opportunity to encourage the public to use the many hand-washing and hand-sanitizing stations that will be located throughout the fairgrounds. Please remind them that it is especially important to use these after touching animals.

THANK YOU!! Together we can help keep the fair a fun and safe experience for all of us!

The 4-H Restorative Community Service Garden: Growing Food, Changing Lives

Rochelle Hohlfeld, Food Sense and 4-H Youth Development Program Coordinator

We got a bit of a late start in the garden this year, but you wouldn't know it looking at the vegetables that are beginning to fill in the beds. We have already donated over 50 pounds of over-wintered greens to the local food bank and are just beginning to harvest some of the seeds that we sowed in early April. Our dedicated adult mentors have put in over 160 volunteer hours already this season, touching the lives of the 17 youth that have chosen to serve at our site thus far.

Each service day it is apparent what a wonderful opportunity the 4-H Restorative Community Service Garden is for the youth who participate. I have seen young girls walk into the garden with high walls erected around them only to end the day laughing with other volunteers. I have heard the shame and embarrassment that boys have felt about having to do community service turn into pride and confidence as they work in the garden.

Over half of the youth have returned to the garden after their first service day and a few have expressed interest in volunteering after their mandatory service is complete. I believe they keep coming back because the garden provides more than just a site to complete service hours. The garden allows kids to develop life skills such as communication and leadership, to acknowledge their strengths,



and to become a positive force in their community. I feel fortunate to be involved with the 4-H RCS Garden and to have the opportunity to provide these youth with a sense of empowerment and pride.

Help Protect Streams in Your Neighborhood

School's out, summer's here and you want to do something useful outdoors. You can help protect your local streams, lakes and wetlands by stenciling a few storm drains in your neighborhood with a sign, such as: "Dump No Waste, Drains to Stream". Many people simply don't know that whatever goes down the storm drains in your streets does not go to water treatment facilities. Jointly sponsored by WSU Extension Clark County and the Clean Water Program of Clark County, the Storm Drain Stenciling Project is coordinated by WSU Extension Watershed Stewards with community involvement. Does storm drain stenciling sound like a nice service project for you? Then, take advantage of dry periods in the weather and contact the Storm Drain Stenciling Project Coordinator, **Luisa Eding** at 360-397-6060 x7705 luisa.eding@clark.wa.gov to pick your own schedule. Stenciling kit and instructions are provided. You can also visit us online: <http://clark.wsu.edu/volunteer/ws/whatCanDo.html>.



FOR YOUR INFORMATION



Clark County Fair - Herdsmanship for Projects in Exhibit Hall and Parent Security Patrol

All 4-H members (Junior, Intermediate and Senior) participating in Kitchen activities, Table Setting, Public Presentations, Performing Arts, 4-H In Action, Sewing, Consumer Selection, Fashion Revue, Expressive Arts, Mechanical Arts, Social Sciences (Health and International Cross Cultural), Environmental Sciences, Photography, Judging Contests, Talk and Skill Contest, Fleece and Fiber, Spinning, Family Living, or Plant Science are required to do one hour of herdsmanship duty in the 4-H section of the Exhibit Hall. Failure to perform this requirement can lead to premiums being withheld. Sign-up on activity forms or on Wednesday, August 2nd, 2006 (10 a.m. to 8 p.m.) when bringing in entries. Members will sign-in and out with the 4-H building superintendent on duty. Duties while on herdsmanship will consist of (but not limited to) dusting display

areas, greeting the public, staffing “Passport to Fun” activity area, giving tours of the 4-H area for the public, and answering questions about 4-H and the projects on display.

To protect our members exhibits against damage and theft, parents of youth exhibiting in the general 4-H Area (Exhibit Hall) are asked to volunteer for one shift of security duty. Shifts during each day of the fair are 10 a.m. to noon, noon to 2 p.m., 2 p.m. to 4 p.m., 4 p.m. to 6 p.m. and 6 p.m. to 8 p.m. Thank you for giving of your time in support of 4-H.

Financial Reports 2005/2006

This is just a reminder to keep careful track of your club income and expenses. The program year ends September 30, 2006. All Clubs, Projects, Area Councils, and 4-H Activities are required by Washington State 4-H to turn in the Financial Report found in the Treasurer Book or pick up a copy of the required form at the WSU Extension/Clark County office. This is just a simple statement that shows the total income, sources of the income, savings and total expenses.

Call the WSU Extension/Clark County 4-H Program if you have any further questions – 360-397-6060 ext 7701.

State Fair Board Report

submitted by Erick Hodges, State 4-H Advisory Board Member

On the weekend of April 8th and 9th I was in Puyallup at the State Fair Board of Trustees meeting, as I am a teen representative for Washington. I promised to report to you on horse items. Here are the latest:

Dress code for State: This year, the same rules will apply as last year, with one exception: Shirts are still to be long-sleeved, cotton oxford-type shirts with a collar, but they may now have prints, plaid, or other designs on them.

If our county would like to sponsor class medals, they are to donate to the Equine Council. If our county would like to donate towards a belt buckle, which will be awarded to the champion in each class division, the cost is \$25.00, and the donation is to be made to the State 4-H Fair itself. Individual classes may be sponsored for \$10. (It would be wonderful if Clark County would donate this year, because last year, only small counties offered their support.)

Dressage will be limited to 38 competitors. A training level class will be offered, along with Level 1 and Level 2. Riders will have one go, but if time permits, they can ride in another class. They must designate their choice of level for the premium class before they go to state, however. Oregon 4-H dressage rules will be followed. Dressage and harness showmanship will be done together.

No rider may enter a class at State in which he or she was awarded a white ribbon in their home county.

There will be no live animal Public Presentations at State this year.

Editor's note: For more information on live animal Public Presentations, Equine Dress Code, or to view the State 4-H Fair Premium Book go to <http://4h.wsu.edu/statefair/index.htm> or call the State 4-H Fair office at (253) 445-4630.

State Board Positions Looking for Nominees

Kevin Wright - Extension Coordinator

There are positions for teens and volunteers from every district on the State Advisory Board and State 4-H Fair Board. The Council meeting is an opportunity to elect representatives to these boards and, through the recommendation process, have input on changes and improvements to the Washington 4-H program.

The applications, guidelines, and background information about the Council meeting are available on the 4-H web site at: <http://4h.wsu.edu/council/index.htm>. Please review the information carefully and be sure to have applications and recommendations postmarked by September 1, 2006.

Learn more about the State 4-H Fair Board and download applications at: <http://4-h.wsu.edu/volntr/sfb/sfblist.html>.

**EDUCATIONAL
OPPORTUNITIES**



**Local, State, Regional,
National, International**

Prizes Awarded for Educational Display Posters in 4-H Building

To promote public education in our 4-H general area at the 2006 Clark County Fair, we are having a contest added to our exhibits this year. There will be donated prize awards for the top Educational Display Posters exhibited in the project areas including Sewing, Baking, Photography, Expressive Arts, Family Living and Needle Arts, Food Preservation, Gardening

and Mechanical Science, Social Sciences and Canary. The over all best of show will receive a \$50.00 Savings Bond.

We continually receive low points from the State Fair Judges because we don't have enough education for the public to enjoy in our 4-H area. All the animal projects have great education posters. Let's do our part and let others enjoy our efforts. Turn it in on Wednesday, August 2nd, as an Educational Display and receive a ribbon and premium. It will be judged independently for the Special Awards or Savings Bond.

We look forward to seeing your knowledge displayed! "Make the Best Better". See you at the Fair. If you have questions call **Vione Graham** 360-887-3776.

Washington State 4-H Forum

You are invited to the 2006 State 4-H Forum to be held October 20th - 22nd, at Campbell's Resort, Chelan, Washington.

The forum is the annual gathering of 4-H volunteers, teens and faculty/staff. You will have the opportunity to network, give input to the Washington State 4-H Program, and hone your skills at a variety of workshops. The Forum features the 4-H Summit, Council Meeting, Election of State Advisory Board and State Fair Board members, the 4-H Auction, speakers, lots of workshop sessions, Volunteer Recognition Banquet and Washington 4-H Hall of Fame induction.

Please mark your calendar and plan to attend this fantastic opportunity for learning and growing.

For more information go to 4h.wsu.edu and click on News and Recognition.

Forum Auction

Kevin Wright - Extension Coordinator

Once again this year the State 4-H Forum will feature both live and silent auctions. The live auction will take place on Saturday evening, October 21st.

Be sure to fill out the form completely and mail or e-mail it to the Chelan County Extension Office. DO NOT mail the auction item to Chelan County, bring it with you to the Forum. The

Auction Form can be found on the State Forum web site: <http://4h.wsu.edu/conferences/Forum/index.htm>.

The auction is a great way to make money for your county 4-H program. The profits from the auction are divided between the 4-H entity that donated it and the State Advisory Board. More details about this division are on the donation form. Be sure to mail in your donation forms by September 30th, 2006, so that your items may be included in the auction catalog.

2006 Commodity Public Presentations

Tom Guin, State 4-H Fair Manager

The following commodity public presentation topics will be used at the 2006 Washington State 4-H Fair:

"Delicious Dairy Foods"

"Priceless Potatoes"

"Charming Chicken"

"Amazing Apples"

"Blushing Blueberries"

The commodity public presentations are similar to the regular public presentations at the fair, however, the presenter is required to do additional research and include that information in their presentation. Each county will be allowed one intermediate and one senior entry for each subject. All presentations at the state level will be on September 23rd and 24th in Puyallup. The complete contest rules are available on the State 4-H Fair web site <http://4h.wsu.edu/statefair/index.htm>. The commodity presentation evaluation form is available on the State 4-H Fair web site under the "forms" section.

For more information Clark County 4-Hers may contact **Stephanie Hope** at 687-6933.

Washington State Youth Cocoa Classic

This contest featuring Cookies/Brownies/Bars is Sponsored by HERSHEY'S and Hosted by the Washington State 4-H Fair.

Prizes will be awarded as follows: First Place - \$200 plus HERSHEY'S gift basket Second Place - \$100 Third Place - \$50 All entries will receive WA State 4-H Fair ribbons.

All entries are due to the Western Washington Fairgrounds Pavilion on Monday, September 4th, between 12 p.m. and 6 p.m. or on Tuesday, September 5th, between 10 a.m. and 6 p.m. Judging will begin on Wednesday, September 6th. This contest is open to any individual, ages 8 through 18 years, who is a Washington state resident. For more information go to <http://4h.wsu.edu/statefair>.