

Clover Courier

March 2004

4-H

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sent to each 4-H family

4-H Changes in 2004...Treasurers Book— If your club has not begun using the revised CO231, 4-H Treasurer’s Book, they need to obtain one from the extension office or the WSU Bulletins Office. This book includes the responsibilities of the 4-H Treasurer, guidelines for your 4-H Club’s money handling and sample forms. The state 4-H program will require **ALL** 4-H clubs to submit an “Annual Financial Summary Report” to the extension office by January 31, 2005 for funds handled by your 4-H club October 1, 2003 – September 30, 2004. The extension office can help you with copies and you are encouraged to submit a report beginning October 1, 2003 to the current date and we will look it over to determine if you are following the directives of the revised state 4-H policy. Even for those clubs with no funds, we need a form submitted with that information.

State 4-H Policy—EM0758 Washington State 4-H Youth Development Policy has been revised. A copy is enclosed for your information. Throw out any versions dated before January 2004. Changes will be highlighted during Leaders’ Council on March 9th and at New Leader Training on March 18th. Remember that Stevens County 4-H has their own policy, but **must** adhere to the rules, policies, and guidelines of the state policy.

Foods Contest—If you’ve been wondering about when the state qualifying foods activity contest will be held, the 4-H foods program has decided to hold the contest during the summer months this year hoping it will better fit 4-Hers’ schedules. In the meantime, start preparing for what you will do at this event.

Market Livestock Projects—The Northeast Washington Fair will “make Market Animal Health Record mandatory for all livestock animals in the Fair” per NEW Fair Association minutes dated January 20, 2004. Health records may be obtained from the extension office or by going to <http://4h.wsu.edu/Publications/index.htm> and choosing your project on the left.

“Don’t be afraid of opposition. Remember, a kite rises against—not with—the wind.” Hamilton Mabie, American writer and editor (1846-1916)

Character Education

Good Relationships Make Good Life... If we interviewed 100 people who are unusually happy, I think the most prominent common denominator would be unusually good relationships. Despite the widespread promotion of materialism and vanity in our popular culture, wealth and beauty are simply not enough to produce happiness. In fact, they're not even necessary. What's more, bad relationships—at work, in the family or at home—are a surefire source of anguish and heartache.

For most of us, the relationships that most strongly influence our level of happiness are family relationships. And the most powerful of all are at the inner core of family, especially parent-child relationships.

No matter your age, your relationship with your parents will always have a unique capacity to generate comfort or pain. Many children have ambivalent feelings about their parents. Yet most crave their approval, respect and love. Parents have similar need.

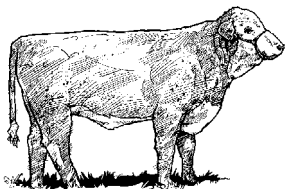
If you're a parent, resolve to make more consistent and conscientious efforts to make your children feel appreciated. If you want to make their lives and yours happier, be careful to not demean or diminish their achievements and to avoid expressions of disappointment. Tell your child that you are proud to have him or her as a son or daughter.

And if you still can, give your parents pleasure by showing them that you love them, not only for what they did for you as a child, but for who they are now. Talk to them frequently and talk of meaningful things. Ask their advice and don't roll your eyes in disdain when you disagree with it. One of the best ways to express your love is through respect.

—Michael Josephson for the Character Counts! Coalition

Upcoming Events and Opportunities

Passport to Citizenship Camp... Passport to Citizenship Camp, open to 6-8th graders, will again be held at Princess Pine on **May 14, 15 & 16**. This camp is open to youth from Washington and Idaho and it is wonderful that we can host it in Stevens County at our own camp. Contact the extension office for more information.



Meat 'n Good Times... All youth are invited to attend the annual livestock clinic, Meat 'n Good Times, to be held **March 27** at the Arden Community Hall and Arena. This is the first state-qualifying livestock judging opportunity for Stevens County 4-H'ers, and includes an EPD class, beef, sheep, swine, and feed skill-a-thons and a potluck lunch. Mark your calendars now to attend this clinic sponsored by Valley Community and Haynickers II 4-H clubs.

Livestock Judging Contest and Workshop... 4-H and FFA teams are welcome to attend the WSU Block and Bridle Livestock Judging Contest and Workshop, **Saturday, April 3 at 8 a.m.** at the WSU Livestock Pavilion in Pullman. Contact Amy Radunz at 335-3777 or aeradunz@wsu.edu for more information.

Public Presentations...It's that time of year again to showcase your public speaking talents. Four area public presentation contests will be held throughout the county. All 4-H members are encouraged to attend one of these contests. It's also the perfect time to be in the audience as other members share their presentation.

- March 14 at 1 p.m. at Onion Creek School
- March 21 at 1 p.m. at Evergreen School
- April 14 at 4 p.m. at Gess Elementary
- April 21 at 3:30 p.m. at the extension office

All blue ribbon winners at area contests move on the County Finals Contest held April 28 at 4 p.m. at Gess Elementary. Intermediate and senior blue ribbons at the county contest then qualify to attend the State 4-H Fair in Puyallup. Horse project members can also qualify to attend equine public speaking contests and possibly move on to nationals.

Foreign Exchange Hosts

Needed...Wondering how to make a month of your summer vacation fun and exciting for you and a special guest?

How about by becoming a 4-H Homestay family? Homestay families are needed for the 2004 summer 4-H Exchange Program. Students arrive mid-July and stay approximately 4 weeks. Japanese students range in age from 12 years old through 18 years. Japanese students are placed in homes where there is at least one child close to the same age as the Japanese student. Students from other countries are approximately 18-23 years of age. You need not have a child in the home the same age as these students. For more information and homestay applications contact 4-H Exchange Coordinator Judy Cressey at 684-8300 or the extension office.

4-H Science Camp-in...This year's Science Camp-in will take place *April 24-25*. This is a great overnight event for youth in grades 3-8. Participants arrive at the Pacific Science Center at 5:45 p.m. on Saturday and don't reemerge until Sunday morning at 9:30 a.m.

Embark on an educational journey through Pacific Science Center's hands-on exhibits, where you can get up close and personal with a naked mole rat, take a trip to the tropics in the Tropical Butterfly House, and do the Jurassic Jitterbug at the Dance with the Dinosaurs. Participate in workshops about Jet Propulsion and Extreme Science: Fire and Ice! After a night spent sleeping among the exhibits, you'll awake to a spectacular science demonstration followed by an IMAX® film.

Register and pay (\$40 per person) by April 2 if you want to attend. Registration forms available at the extension office or go to:
<http://4h.wsu.edu/conferences/CampIn/index.htm>.

Broodmare Program...Would you like to care for a well-bred and in-foal young Thoroughbred broodmare, foal her out, care for her until the foal is weaned, and then continue to care for the foal until it is sold and you share in the profits?

The Washington Thoroughbred Foundation Youth Broodmare Program is supplying just such an opportunity to Washington youth. Participants must be between the ages of 13 and 17, have previous horse experience, parental support, access to acceptable facilities for caring for the mare and foal, and have a qualified veterinarian. For more information visit:
http://www.washingtonthoroughbred.com/BMLeaseProgram/BMLease_Letter.htm or call Ralph Vacca at 253-288-7891. Don't delay—applications are due *June 15*.

Horse Program Meeting...Attention horse leaders—the next Horse Program Meeting is *April 21 at 6 p.m.* at the extension office.

Leader Training Opportunities...

New Leader Training...The class will be held **March 18** from 6-9 p.m. at the extension office. This class will meet 3-hours of the required training for main club leaders. Leaders may complete a correspondence course to meet the second 3-hour session. With the newly revised Washington State 4-H Policy, the required financial summary forms for 4-H club finances, and the Washington State 4-H Camp Standards, it is an excellent opportunity for teen and adult leaders to become current with 4-H guidelines and policy. Please call 684-2588 to sign up, so we will have adequate materials on hand.

Shooting Sports...4-H Shooting Sports Leader Training will be offered **March 13-14** in Coeur d' Alene, ID; **March 27-28** in Post Falls, ID; **April 16-17** in Pocatello, ID; **April 2-4** at Panhandle 4-H Camp in Mason County; and **October 15-17** at WA State 4-H Forum in Tacoma. WA and ID 4-H programs have the same volunteer certification requirements for shootings sports, so volunteers can certify in either state. You must be trained in the discipline you are leading. Contact the extension office for more information on registration costs or disciplines offered.

Clothing and Needlework...4-H Leader Training/Judges Training for Clothing and Sewn Items and Needle Art will be offered **March 4-5** in Vancouver, **March 12-13** in Moses Lake and **March 19-20** in Everett.



Washington State University Cooperative Extension helps people develop leadership skills and use research-knowledge to improve their economic status and quality of life

Al Kowitz
County Extension Chair

Helping You Put Knowledge to Work

Patch Design Contest...Help the State Fair Board, while expressing your own creativity!

Entries are being accepted through **May 1** for State Fair Patch Designs. Official rules and entry forms are available at the extension office. Winners will receive a gift basket filled with items to delight and amaze! You will also get a free patch and your picture in the State Fair Office during fair time.

Fundraising Opportunity...The N.E.W Regulators (Cowboy Action Shooting Org.) will be sponsoring a three-day shooting show on **May 21-23, 2004**, on the property of Bob and Bonnie Trudell of Colville. The organizers are looking for a group to prepare breakfast and lunch and to sell drinks and goodies throughout the three days. They also need a group to pick up brass casings from the spent rounds and to sell these casings back to the shooters (auction).

If you are interested contact Bob Garrow at 722-4110, Bonnie Trudell at 684-8114, or visit with Tim Nizich at Clarks All-Sports for more information. *Submitted by Jody Hoffman*

Feeder Pig Sale...Washington State University is sponsoring two feeder pig sales for 4-H and FFA members this year. The first is **April 17** in Ellensburg and the second is **May 15** at WSU.

The events begin with an educational program about health, management, selection, and feeding project pigs. You are encouraged to attend this program even if you are not purchasing a pig.

Pigs must be pre-ordered and paid for four days before the sale. If you would like more information contact the extension office at 684-2588.



4-H News

E-Newsletter...WSU Stevens County

Extension has launched a monthly e-newsletter that lets you know about our upcoming events and programs during the month (this includes 4-H!). Many of you have already received this newsletter. If you haven't and would like to, just send your e-mail address to sgordon@wsu.edu and we will make sure you're added.

Clover Courier on the Web...Just in case you misplace or give away your copy of Clover Courier—a new copy is just a click away by visiting: <http://stevens.wsu.edu/FourH/fourhcc.htm>

Sensational Saturday...Stevens County 4-H held Sensational Saturday on January 24, 2004. We had a great turnout and thank you to all participants. If you would like to be a part of Sensational Saturday 2005, please do not hesitate to contact Leaders' Council or the extension office. It takes the valuable input of the 4-H family and early planning to have a successful event.

For Livestock Producers...*A message from your 4-H Livestock Program Leaders*—In December of 2003 a cow had Mad Cow Disease in Washington State. Mad Cow Disease is the commonly used name for Bovine Spongiform Encephalopathy (BSE), a slowly progressive, degenerative, fatal disease affecting the central nervous system of adult cattle.

Scrapie is a sickness in sheep that comes from the same family of illnesses as mad cow disease. For farmers, scrapie has been a fact of life for over 250 years.

There is a disease similar to BSE called Creutzfeldt Jacob Disease (CJD) that is found in people. A variant form of CJD (vCJD) is believed to be caused by eating contaminated beef products from BSE-affected cattle.

There has been no indication of a BSE related disease in swine.

According the U.S. Centers for Disease Control and Prevention, the risk of contracting the disease from eating beef and beef products, even when infected cows are in the food supply, “appears to be extremely small, perhaps about one case per 10 billion servings.”

If the consumer believes this disease is dangerous to them they will buy less beef and lamb lowering the value of our 4-H livestock projects. So as 4-H members with livestock projects and future livestock producers we need to become more informed on this topic so we can convince friends and family that our products are safe. BSE is a good topic for a public presentation or educational poster.

Goat Project News...4-H Leader Lauren Gamman has a goat dehorning tool that she is willing to share with other 4-H'ers. Call Lauren at 684-3678 if interested. She also has a holding box and is willing to help with this 4-H project.

Camp Committee...If you are interested in Camp Princess Pine, Leaders' Council has formed a special committee to draft the necessary paperwork to comply with WA State 4-H Camping Standards and to review issues pertaining to the camp lease agreement with the NE Church of Christ Camp Board. If you are interested in serving on this committee, call the extension office to join the next meeting.

Tuesday 4-H News...Washington State 4-H news and event information is available in a weekly e-mail publication from the State 4-H office in WSU Pullman. If you would like to receive Tuesday News send your e-mail address to sbutts@wsu.edu

Club News...Singing Spurs...At the January meeting we decided on making valentines at the next meeting. We wrote horse questions for the banana split party in March. At the last horse meeting we worked on parts of the horse, parts of the saddle and the items for grooming horses. The last club meeting was February 9. We discussed upcoming and past events. We talked about public presentations and worked on record books. At the end of the meeting we made valentines to hang on the doors at the long-term care in Chewelah. *Submitted by Katrina Sweat*

Valley Community 4-H...At the January meeting we played a game to learn about safety. We made sure our record book calendars were all up to date. Then we talked about upcoming events. We did puzzles, mazes, and word search with 4-H related themes. Some members went to Sensational Saturday. During our February meeting, some of members that went to Sensational Saturday brought in items that they had made there to show to all of us. We played animal parts bingo. And also a game with 2 hula hoops and all of us standing in a circle holding hands. *Submitted by Katrina Sweat*

Haynickers II...Most of the meeting was spent planning for Meat 'n Good Times on March 27. Volunteers signed up to help with various things from bringing paper plates to manning the tables. Lunch will be a potluck. We will meet on March 26 to set up. We divided up to solicit donations from the community. We decided what the prizes would be. Grand Champion gets a vest. There will also be plaques and medallions, as well as other great prizes.

Cougar Corner

WSU Veterinary Medicine Open House...The College of Veterinary Medicine at Washington State University would like to extend an invitation to 4-H clubs to attend our annual Open House on **Saturday, April 17, 2004** from 10:00 a.m. - 4:00 p.m at the Veterinary Teaching Hospital. The goal of the event is to familiarize the public with our world class facilities, efforts underway, and services available at the veterinary college. In addition, we view the Open House as an opportunity to provide education for the entire family, but especially to young people who are contemplating a career in the life sciences.

Come learn how radiographs (X-rays) are made, how normal and abnormal structures appear on them, and why it is important to position animals (and you) correctly before taking a radiograph. Veterinary students will show you various toxic plants and other substances that you might never have guessed were dangerous for your pets. Walk a little further along and have veterinary students teach you the relative position of bones and organs in the painted horse and painted cow. Take a few minutes to guess the weight of a beef cow to the nearest pound and then learn how to estimate a horse's age by its teeth. You must be tired by now and wish to take a ride in the college's horse-drawn wagon, after which students will teach you about harnessing. A few steps away, a farrier will teach you the elements of his or her craft. All of this and much, much more!

If you or your club is planning to attend this event contact me (Debra Kollock) at 684-2588 and I will help you make arrangements. I can help facilitate a campus visit anytime, if you are going to the Pullman area to check out WSU! —*Debra Kollock, NE WA Learning Center Coordinator*

AK:slg

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Persons with a disability requiring special accommodations while participating in this program may call WSU Cooperative Extension, Stevens County, 509-684-2588. If accommodation is not requested in advance, we cannot guarantee the availability of accommodation on site. Cooperative Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, color, gender, national origin, religion, age, disability, and sexual orientation. Evidence of noncompliance may be reported through your local Cooperative Extension office.

2004 Stevens County 4-H Calendar of Events

March

- 5-7 Canine Camp, Deer Park Fairgrounds
- 9 Leaders' Council and Church Camp Board Meeting, 5 p.m. at the extension office
- 9 Leaders' Council, 6 p.m. at the extension office
- 12-13 Clothing and Needlework Training in Moses Lake
- 13 Spokane Tack Swap, 8 a.m. – 2:30 p.m. at the Spokane Fair and Expo Center
- 13-14 Shooting Sports Training in Coeur d'Alene
- 14 Public Presentations, 1 p.m. at Onion Creek
- 21 Public Presentations, 1 p.m. at Evergreen
- 27 Meat 'n Good Times, 8 a.m. at Arden Community Hall
- 27-28 Shooting Sports Training in Post Falls

April

- 2-4 Shooting Sports Training at Panhandle Camp
- 3 Livestock Judging Contest and Workshop, WSU Pullman
- 14 Public Presentations, 4 p.m. at Gess Elementary in Chewelah
- 14 Leaders' Council, 5:30 p.m. at the extension office
- 16-17 Shooting Sports Training in Pocatello
- 17 WSU Feeder Pig Sale, Ellensburg
- 17 Veterinary Medicine Open House
- 21 Public Presentations, 3:30 p.m. at the extension office in Colville
- 21 Horse Program Meeting, 6 p.m. at the extension office
- 24-25 4-H Science Camp-In, Seattle
- 28 Public Presentation County Finals, 4 p.m. at Gess Elementary
- 30 4-H Horse Certificates and Commitment to Excellence Due

May

- 1 Deadline for State Fair Patch Contest
- 4-9 Jr. Livestock Show, Spokane
- 8 May Madness Performance State Qualifier
- 12 Leaders' Council, 5:30 p.m. at the extension office
- 14-16 Passport to Citizenship Camp
- 15 WSU Feeder Pig Sale, Pullman
- 27 Canine Good Citizenship Testing, 6 p.m. at the fairgrounds
- 31 Last Day to Add 4-H Projects for NE WA Fair Participation

June

- 5 4-H Sponsored Fishing Derby, 9-3 at Camp Princess Pine
- 9 Leaders' Council, 5:30 p.m. at the extension office
- 14-16 Livestock Judges and Show Management School, Pullman/Moscow
- 15 Deadline for Broodmare Program
- 24 4-H County Activity Day
- 27 Small Animal Show, 10 a.m. at the fairgrounds
- 27-30 4-H State Teen Conference



For more information on any of these activities contact the extension office at 684-2588.

March 2004 Clover Quest

1. When is New Leader Training?
2. Where can you find Clover Courier on the web?
3. What form is due to the extension office on or before January 31, 2005?
4. Who sponsors Meat 'n Good Times?
5. How many area Public Presentation Contests are there?
6. What is publications EM0758 titled?
7. Where can you do the Jurassic Jitterbug?
8. Who can help you with more information and applications to become a 4-H homestay family?
9. Name one place Shooting Sports Leader Training will be held:
10. Name one thing you can do at the Veterinary Medicine Open House:

Points are available if your club submits an article for the next issue of Clover Courier or if you send a representative to a Leader's Council meeting.

Your club president, secretary, and 3 other members must sign the back of this form to be an eligible entry! If you have less than five members—everyone must sign! Make sure your club name is on the back.

Return to WSU Stevens County Extension
985 S. Elm Ste. A, Colville, WA 99114 by April 15, 2004