

Clover Courier

February 2009

4-H

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Sent to each 4-H family

A Message from Debra Kollock

Dear 4-H members, volunteers, and friends,

I want to sincerely thank all of you who wrote, called, emailed and attended the budget hearings on behalf of WSU Stevens County Extension. Your overwhelming passion and positive messages made a difference in the final outcome.

The County Commissioners made some very difficult decisions regarding the 2009 budget and have funded Extension at a 26% decrease from last year for a total of \$105,000.

We addressed this deficit in two ways – one, our Small Farm/ Agriculture Educator retired on December 31st and we are unable to replace that position. Secondly, we reduced our 4-H/Food \$ense Coordinator position to half time.

We will continue to organize our current Master Gardener Volunteers to deliver needed educational programs and look to find answers to agriculture questions through the WSU Extension system of educators and web resources.

On a very positive note, I am happy and proud to announce that Shannon Gordon has accepted the 4-H Youth Development and Food \$ense Educator position. This position has been vacant since July and was approved to be filled prior to the hiring freezes at WSU and Stevens County.

Shannon has been an Extension employee for 15 years and has been involved in all levels of the program. She is dedicated, creative, and productive and the 4-H and Food \$ense programs will thrive under her direction.

Thank you very much for your support of our programs.

Debra Kollock, Director



985 S. Elm, Suite A
Colville, WA 99114
509-684-2588
fax 509-684-9790
stevens.wsu.edu



Cooperating Agencies: Washington State University, USDA, and Stevens County.
Extension programs and policies are available to all without discrimination.
Evidence of noncompliance may be reported through your local Extension office.

Character Education

Needs vs. Wants

What does it take to make you happy? How much must you have to be grateful?

To the barefoot man, happiness is a pair of old shoes. To the man with old shoes, it's a pair of new shoes. To the man with new shoes, it's more stylish shoes. And, of course, the fellow with no feet would be happy being barefoot.

This leads to the ancient insight: If you want to be happy, count your blessings, not your burdens. Measure your life by what you have, not by what you don't.

Yet in our modern world where we're continually exposed to endless increments of more and better – others with more money, better TVs, and bigger houses – this is very difficult.

For some people, the pleasure of having something good is drained as soon as they see someone else with something better. Our sense of contentment is created or destroyed by comparisons.

A life consumed with unfulfilled wants is an affliction. The antidote is understanding the concept of "enough."

Start by thinking more clearly about the difference between your needs and your wants, between sufficiency and abundance. There is nothing wrong with wanting more and striving to fill our lives with things and experiences that give us pleasure, so long as we don't believe we *need* whatever we want.

When we think we need what we really only want, we make our desires preconditions to happiness, thereby diminishing our ability to appreciate and enjoy what we do have.

It's easy to think that happiness is achieved by getting what we want when it's really a matter of wanting what we get. In the end, enough is enough.

~Michael Josephson

Upcoming Events and Opportunities

4-H Science Camp-In...*Experience Pacific Science Center Overnight!*

4-H youth and their friends in grades 3-8 are invited to the Pacific Science Center **March 28-29** for an overnight science experience. Get lost in the maze and learn how to find your way using GPS! Simulate a **GPS Adventure** using a unique stamp card that leads each visitor to their own Treasure City. Participate in an exclusive Camp-In Workshop **Candy Chemistry: Savor the Science!** Start with a favorite treat, add mind-boggling chemical and physical reactions, and watch what happens! Embark on an educational journey through hands-

on exhibits, take a trip to the tropics in the Tropical Butterfly House and spend the night sleeping among the exhibits! Wake up to a live science demonstration and an IMAX film.

Registration is \$36 per person and is due by March 12. Contact the Extension office at 684-2588 for a registration form or visit <http://4h.wsu.edu/conferences/campin/>



2009 Area Public Presentations

Contests... 4-H Public Presentations teach valuable life skills as 4-H members learn to express themselves clearly and convincingly, organize and present thoughts logically, research subjects, and gain confidence and public speaking skills. All 4-H members are encouraged to present their public presentation at one of the following area contests. All blue ribbon winners at area contests are invited to the County Final contest, where blue ribbon winners there will become eligible to attend the State 4-H Fair with their public presentation.

Contest Schedule:

- March 15 at 1 pm at Evergreen School in Gifford
- March 21 at 1 pm at Onion Creek School
- April 8 at 4 pm at Gess Elementary in Chewelah
- April 15 at 3:30 pm at the Extension office in Colville
- **County Finals Contest**—April 21, 4 pm at Gess Elementary in Chewelah

Enclosed is a "Blueprint for Success" prepared by Public Presentation Program Leader Linda McCanna. This is valuable information to help you present in the proper format. Check out other resources at stevens.wsu.edu/FourH/publicpres.htm.

NE WA Fair Benefit Dinner and Auction...

The fair is looking for auction donations and volunteers to help at this annual fundraiser scheduled for **March 7**. 4-H families are asked to bring a dessert and help set up and clean up. If you or your club is interested in helping please contact Debbie Harbin at 935-0419.

Washington State 4-H Scholarships... Each year Washington State 4-H members completing high school or GED's can apply for several 4-H Scholarships. Information and applications are available at <http://4h.wsu.edu/members/scholar.htm>. Applications must be postmarked **March 1, 2009**.

Horse Clinics... Stevens County 4-H Horse Leaders are hosting two horse clinics this spring at the Arden Arena on **March 29** at 10 am and **April 26** at 10 am.

There is no charge to attend, but pre-registration is requested so the presenters can get a rough estimate of ages and group session set up. Please bring your own lunch, as we will break between sessions, which will tentatively be 1 ½ to 2 hours in length. You must be at least 9 years of age to participate in the riding/handling sessions at this event. This event is open to 4-H members only.

The March Clinic will consist of:

- Showmanship: How to present yourself and your horse; attire, tack, grooming, etc.
- Equitation: English or Western, focusing on etiquette, basic riding skills, and body.
- Un-mounted: Clipping and grooming techniques, trailering and trailer safety.
- Other activities may be added based on time, weather, and participation.

The April Clinic will consist of:

- Trail: overcoming obstacles and handling techniques.
- Western Riding Pattern: lead changes and handling techniques.
- Other activities may be added based on time, weather, and participation.
- We will incorporate state qualifying horse judging competition and other horseless horse activities.

Bring your 4-H project horse if you wish to participate in riding and handling sessions. All 4-H rules will be enforced and leaders will be teaching by 4-H guidelines. Jeans, long sleeved-shirt (recommended), boots, and ASTM-SEI helmet required to participate in clinic sessions.

Please find enclosed pre-registration/liability release waiver form and mail to appropriate address by registration date. For further information contact Debbie Harbin, 935-0419 or Elissa Wellhausen, 937-4165.

State 4-H Hippology Contest Information & Registration...The State 4-H Hippology Contest is on the calendar for **Saturday, May 2**, in Snohomish. The event will be held at the Graystone Stables and Equestrian Center, beginning with registration at 8:30 am. Information containing contest details, driving directions, and registration is available at: <http://4h.wsu.edu/horse/hippology09.pdf>. Please direct any questions to **Cheryl Mendenhall** at 425-760-7520 or beakymcgee@verizon.net.

Dairy Project Information...The 2009 **Cougar Youth Weekend** will be held **April 24-26** in Pullman. This event is a weekend for youth 10-18 years of age with an interest in aspects of the dairy industry and showing. Showmanship instruction will be emphasized, with workshops offered for fitting, showing, and handling of dairy heifers. Each individual will be given the opportunity to work with a heifer, have hands-on practice during the workshops, and on the last day, demonstrate what he or she has learned during the showmanship contest. Youth can also enroll in the Dairy Cattle Judging workshop, which will concentrate on visual appraisal and oral reasons. Seminars in nutrition, reproduction, breeding, udder health, and dairy products will also be offered. **Applications due March 18** – contact: Shasta at shincke@wsu.edu or stop by the WSU Stevens County Extension office for registration forms.

Larry Porter Memorial State Qualifying Dairy Judging Contest May 2, Deer Park. Contact Stevens County Dairy Program Leader Steve Minaker at 936-1480 for more information.

The state dairy project youth events calendar is now available online at: <http://4h.wsu.edu/projects/publications/dairy/2009calendar.pdf>.

4-H Shooting Sports Leader Training... April 17-19 in Republic, WA. This training will feature archery, pistol, rifle, shotgun, and hunting. The fee is \$50 per person and is due by **April 10**. Archery with NAA Level 1 certification is an additional \$20. This is the first time this year that the hunting discipline has been offered. For more information contact WSU Stevens County Extension at 684-2588 or download the registration form from our website at: <http://stevens.wsu.edu/FourH/pdfs/ShootingSportsTraining09.pdf>

Leaders' Council Meeting...4-H Leaders' Council will meet **March 10** at 5 pm at the Extension office with the Church Camp Board that leases Camp Princess Pine. The regular Leaders' Council meeting will follow. All leaders are encouraged to attend and help plan the county 4-H program.

Horse Program Meeting...4-H Horse Project Leaders will meet **March 10** at 7 pm at the Extension office. On the agenda will be upcoming events, clinics, and show. Help us plan summer events!

Webpage Updates... Many resources for 4-H members and leaders are available on the WSU Stevens County Extension webpage at <http://stevens.wsu.edu/>. Leaders and parents will find most commonly used 4-H forms—re-enrollment, camp permission, scholarship applications, and horse certificates, to name a few—on the website.

There are also resources for 4-H projects, links to 4-H publications, state qualifier events and dates, a complete current events list, local fair information, and much, much more. The webpage is updated regularly, so check often to see what's new.

4-H News

Financial Summary Reminder... Washington State 4-H policy requires each 4-H clubs to complete an annual financial report to be submitted to the county Extension office on January 31 for the previous 4-H year. Financial summaries were due January 31 for the 4-H year October 1, 2007-September 30, 2008. Your club will not be re-enrolled until a club financial summary is received.

Thank you to the clubs who have submitted financial summaries:

- Becks Bits of Blue Clutch
- Better Beef II
- Clayton All Arounders
- Colville Light Horse
- Country Club
- Echo Hill
- Echo Valley
- Evergreen 4-H
- Haynickers
- Haynickers II
- Horse 'N Around
- Mountain Riders
- Nine Mile
- Old Dominion 4-H
- Panorama 4-Paws
- Rocky Ridge
- Singing Spurs
- Summit Spirits
- Valley 4-H
- Valley Community 4-H
- Yuppies Puppies



If your club is not listed, please submit your financial summary soon.

What if you are not a club anymore??? If your club disbanded a report of the distribution of funds must be sent to the Extension office as part of the final financial statement. When a club disbands there are special IRS rules that must be followed. Money cannot be given to club members and you cannot have a big party. The IRS says your money must be transferred to a like organization. This would be Stevens County 4-H Leaders' Council. Funds and properties acquired in the name of 4-H must continue to be used for that purpose even if the original club disbands. Do not hesitate to call the Extension office with any questions or concerns.

Scholarships for Travel and Events... If you are requesting a scholarship from Leaders' Council to attend a 4-H event remember that all funds must be pre-approved. Requests/scholarship applications will not be accepted after attending an event.

Goat Learning Lab Kit... Leader's Council has purchased a Goat Kit. It is at the Extension office and may be checked out by 4-H leaders for club use.

State Fair... Many opportunities exist for 4-H members to take their project to State Fair from animals to still life to public presentations and judging contests. You must first qualify at the local level. For a list of state-qualifying events visit

<http://stevens.wsu.edu/FourH/statequalifier.htm>. Events are held throughout the year and some are right around the corner.

Leaders' Council is arranging several fund raising opportunities to help offset the costs of attending the State Fair, so if you are thinking about going please call the Extension to find out how you can participate and earn money to attend State Fair.



4-H'ers Have Fun at Dance...The Stevens County 4-H Know Your Government Delegates hosted a dance for 4-H'ers and guests at the Arden Community Hall on January 16. The dance was held as a fundraiser to help send ten 4-H teen delegates to the Know Your Government Conference in Olympia in February where they will learn about the judicial system and participate in mock trials. Delegates showed the 27 youth who attended how to do swing dance steps and country line dancing. They also performed the Grand March, Virginia Reel, the Hokie Pokie, the Chicken Dance, and more. There was also time for individual dancing to various types of music. 4-H leaders and parent chaperones assisted in the kitchen with



refreshments. The teen organizers plan to work on scheduling more 4-H dances.

Submitted by Heather Harbin, Summit Spirits 4-H Club Know Your Government Delegate

Welcome 4-H Clubs...Stevens County is proud to welcome the following new and returning clubs to our 4-H family!

- The Arden All Arounders and leader Donna Harris
- Becks Bits of Blue Clutch and leader Elizabeth Beck
- New Hoofbeats and leader Sheryl D'Uva

4-H Project Animals Available...Are you looking for weiner pigs or an alpaca for your 4-H project? If so, contact the Extension to get information on where you can get these animals.

Discount Programs...4-H members are eligible to participate in discount programs at Big R and Aslin-Finch Feed and Pet. Big R offers discounts on 4-H project supplies and Aslin-Finch offers you and your club cash back if you save your feed tags. For more information contact either the store or the Extension office.

Sensational Saturday...Thanks to all the volunteers who helped make Sensational Saturday a big success!! Over 200 individuals attended sessions on everything from shooting sports to decorating cupcakes. Here are a few photos from the 2009 event.



WSU Extension and Learning Center News

Join us on **March 20** at 7 pm at the CCS-Colville Center for **Washington's Not So Common Loon** featuring common loon description, behavior, ecology, and the necessary conservation required to maintain or increase its low breeding population of less than 15 territorial pairs in Washington. Special displays and activities will be offered for the kids. Program is free to attend. *Sponsored by the Friends of the Little Pend Oreille National Wildlife Refuge in partnership the WSU Learning Center.*

Sowing Seeds for Supper: Learn to Grow and Preserve Your Own Food...March 28 from 8:30 am to 1:15 pm at the Extension office (\$15 registration fee). Sowing Seeds for Supper is designed to offer something for every gardener. Participants can attend four of the sixteen classes offered. Topics Include:

Propagating and Transplanting Plants ♦ Beginning Gardening ♦ Watering and Conservation ♦ Introduction to Pressure Canning ♦ Water Bath Canning ♦ Freezing and Dehydration ♦ Drip Irrigation ♦ Organic Gardening ♦ Plant Disease in Your Garden ♦ Vermi-culture and Composting ♦ Insects in your Backyard ♦ Companion Planting ♦ Keeping Deer Out of Your Garden ♦ Planning a Family Garden ♦ Care and Transplanting Bulbs



Starting a Herb Garden for Your Kitchen...March 5 at 6 pm.

Herbs add flavor and fragrance to our kitchens and our foods.

Growing and using your own herbs is not only fun but gives you the very best in flavorful plants. Topics to be covered include best annual and perennial herbs for this region, planting and growing herbs, bringing herbs to the table, and a brief survey on how to use herbs in the kitchen. Instructor Al Kowitz is a recent graduate from the Inland Northwest Culinary Academy at SCC and a retired County Extension Director with a passion for cooking and buying local. Registration fee is \$5.

For more information and/or to register for any of the above programs call WSU Stevens County Extension at 684-2588.



2009 Stevens County 4-H Calendar of Events

February

- 25-3/1 Western Regional Forum, Denver
- 26-3/1 Sewing & Stitchery Expo, Puyallup
- 28 Hippology, Spokane County



MARCH

- 1 4-H Scholarship Applications Due
- 8 CTR Leadership Training, Spokane County Extension Office
- 10 Leaders' Council and Church Camp Board Mtg., 5:00 p.m., Extension Office
- 10 Horse Programs Leaders' Mtg., 7:00 p.m., Extension Office
- 14 Tack Swap, Spokane County
- 15 Evergreen (Gifford) Area Public Presentation, 1:00 p.m.
- 21 Onion Creek Area Public Presentation, 1:00 p.m.
- 28-4/2 National 4-H Conference, WA D.C.
- 28-29 Pacific Science Center Camp-In, Seattle
- 29 Horse Clinic, Arden



APRIL

- 8 Chewelah Area Public Presentation, 4:00 p.m.
- 8 Leaders' Council, 5:30 p.m., Extension Office
- 15 Colville Area Public Presentations, 3:30 p.m., Extension Office
- 17-19 State 4-H Shooting Sports Leader Training
- 21 Public Presentations County Finals, 4:00 p.m., Chewelah
- 26 Horse Clinic and State Qualifying Judging Contest, Arden
- 30 4-H Horse Certificates Due

MAY

- 2 Larry Porter Memorial State Qualifying Dairy Judging Contest, 10:00 a.m., Deer Park
- 5-10 Spokane Jr. Livestock Show, Spokane Fairgrounds
- 13 Leaders' Council, 5:30 p.m., Extension Office
- 30 Meat 'N Good Time & Large Animal Showmanship Clinic, Arden
- 31 Last Day to add 4-H Projects for NE WA Fair Participation



WASHINGTON STATE UNIVERSITY
STEVENS COUNTY EXTENSION

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

Shannon Gordon
4-H Program Educator
Helping You Put Knowledge to Work

4h \ clover \ February 2009

Persons with a disability requiring special accommodations while participating in this program may call WSU Stevens County Extension 509-684-2588. If accommodation is not requested in advance, we cannot guarantee the availability of accommodation on site. 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 Extension office

February 2009 Clover Quest

1. If you want to be happy, count your _____, not your burdens.
2. When is the Pacific Science Center Camp-In?
3. Evergreen Area Public Presentations will be held _____.
4. 4-H Scholarship Applications are due_____.
5. Where on the internet can you find updates on 4-H events and Extension news?
6. Where will the two Horse Clinics be held?
7. In which month will Meat 'N Good Time be held?
8. Horse Certificates are due_____.
9. When is the next Leaders' Council meeting?
10. What is the deadline for Cougar Youth Weekend?

Points are available if your club submits an article for the next issue of Clover Courier or if you send a representative to a Leaders' Council meeting. Your club president, secretary, and three other members must sign this page 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 St., Ste. A,
Colville, WA 99114 by April 15, 2009**