

Clover Courier

June 2005

4-H

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sent to each 4-H family

June 4-H Events...Mark Your Calendars!

June 8...Leaders' Council Meeting, 5:30 p.m. at the extension office. Be an active participant in Stevens County 4-H Programming. Open to all enrolled teen and adult leaders.

June 11...4-H Fishing Derby, 9 a.m. – 2 p.m. at Camp Princess Pine on Lake Thomas. Prizes, snacks, and fun for the whole family. Sign-up at the extension office or in the Sporting Goods Department at Wal Mart. Co-sponsored by Wal Mart.

June 11... Horse Judging Competition and Horse Leaders Fund Raiser, 10 a.m. at 694 Winslow Road (Arden). Cost \$2 per participant. For information and details contact Paula Gormon at 685-1354. Directions: turn east at the Cross Roads Bar and Grill in Arden. You will be on Hall Road. Go to the four way stop sign and continue straight through it on Hall Road. Drive until reach the 10 mph corner that turns to the right. Continue until the road forks and take the first right, which is Winslow Road. Take the second driveway that is Wayne and Jody Marti's home.

June 16...4-H County Activity Day, 9 a.m. – 1 p.m. at the Colville City Park. 4-H'ers, friends, and families are invited. Activities for all ages of youth include state-qualifying judging contests for foods, clothing, rabbits, and gardening; natural resource fun with bugs, trees, and water; an educational poster contest; public presentation contest; muzzle loading; a make and take craft; and games with the Colville Parks and Rec Department. Lunch is on your own. Call or visit our website for more details.

June 25...Small Animal Fun Show at the Colville City Park. Obedience, type, and showmanship classes for dogs, cats, and other companion animals. Information flyers available at the extension office.

June 26...Dog Agility Fun Show at the Colville Junior High School. Contact Jody Hoffman at 684-5977 for information.

June 28...Horse Program Meeting, 6 p.m. at the extension office.

“Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all.”

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

Graduation Advice

Whenever I'm asked to give a commencement speech, I'm intimidated by the challenge of finding something to say that is profound and practical without being trite. I haven't succeeded yet, but that hasn't stopped me from trying. So here are some thoughts for graduates:

By all means, set goals and go after your dreams, but know that your ultimate happiness will depend not on your plans but your ability to cope with unexpected turns and unavoidable ups and downs. You may not get what you thought you wanted, but if you're willing to adapt, you can get something even better.

Don't ever underestimate the power of character. If you want to win, don't whine. Success is made from hard work, perseverance and integrity, not luck.

Listen to both your heart and your head. Pursue your passions but don't confuse feelings with facts. Almost nothing is as good or as bad as it first appears and all things change.

Remember, pain and disappointment are inevitable, but tough times are temporary. The enduring impact of experiences and the true nature of relationships are only revealed by time. Persist with confidence that no negative emotion can withstand your will to be happy.

Fill your life with laughter but don't confuse fun or pleasure with happiness. Don't sacrifice a thousand tomorrows for a few todays.

Live within your means and don't overestimate your ability to resist temptations that threaten your relationships or reputation.

How you make a living is important, but how you make a life is vital. If you don't pay attention to your personal relationships, no amount of career success will be enough.

—Michael Josephson for the Character Counts! Coalition

Upcoming Events and Opportunities

Teen Programming...The State 4-H Program is actively recruiting teens and leaders to become involved in statewide teen leadership programs. If you're interested in participating in this opportunity contact the extension office at 684-2588.

Mark your calendars now for the second annual **All Leaders Meeting** on **October 6**. Dinner and a great door prize will again be a part of the agenda for this program held at the Ag Trade Center in Colville.

NE WA Fair Royalty...The NE WA Fair is looking for 2005-06 Fair Royalty. Young women at least 15 years old and who exhibited at the fair prior to August 1, 2005 are eligible.

It is a great opportunity for travel, scholarship, meeting new people, and supporting the fair. All interested candidates please call 684-2585 for full details and application.

4-H News

Value of Volunteerism Rises Again... So what's the value, in dollar terms, of a volunteer in America? Independent Sector announces that the 2004 estimate for the value of a volunteer hour has reached \$17.55 per hour. This is a tool that can be used to help 4-H quantify the enormous value volunteers provide. This year's estimate increased from \$17.19 per hour in 2003. Obviously no number can adequately capture the true value that volunteers bring to the 4-H program nor can it measure the enrichment of their services in young lives. However, as we continue to strive to measure the impacts of the work we are committed to a quantified measure of the input of volunteers can be very helpful. The hourly value of volunteer time is based on the average hourly wage for all non-management, non-agricultural workers as determined by the Bureau of Labor Statistics, with a 12 percent increase to estimate for fringe benefits. Independent Sector is a non-profit, non-partisan coalition of approximately 500 national organizations, foundations, and corporate philanthropy programs, collectively representing tens of thousands of charitable groups in every state across the nation. Its mission is to advance the common good by leading, strengthening, and mobilizing the independent sector.

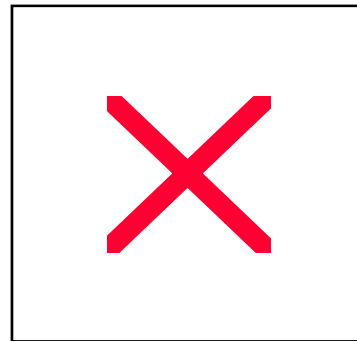
Remember we would like Stevens County Leaders to keep track of their volunteer hours from January 1 – September 30, 2005, so we can place a dollar value on our volunteers!

Welcome New Leaders... Congratulations and welcome to the following leaders who completed New Leader Training in March: Barb Cartwright, Donna Danner, Darla Nez, Shelly Short, Gary Axtell, Jerry Cline, and Kim Hartill.

4-H Natural Resource Program... 4-H leaders Dean Hellie and Jeff Pitts have accepted co-leadership of the County 4-H Natural Resource Program. A trunk full of forestry equipment and materials, a water quality testing kit, a water flow model, and lots of videos and reference books are available for enrolled 4-H leaders to check out at the extension office. Dean and Jeff can meet with your club to help you use these resources.

Visit the Stevens County 4-H website for 4-H forms, event and project information and more!

<http://stevens.wsu.edu/FourH/fourhfirst.htm>



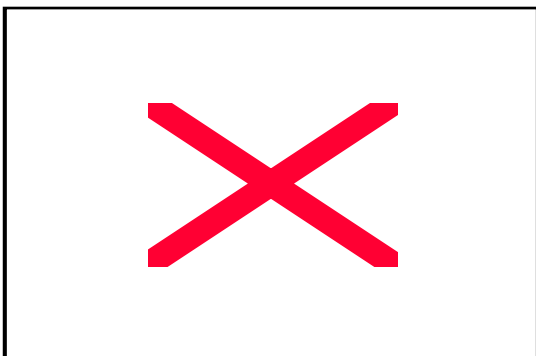
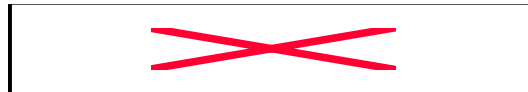
Where Would You Like the Annual Awards Banquet to be Held???...For the last several years the 4-H Awards Banquet has rotated between Colville, Chewelah, Kettle Falls, and Hunters. Leaders' Council is considering a change of this rotation. Some options include rotating only between Colville and Chewelah or rotating between Colville and Hunters. Do you have a preference or another idea? The goal is to increase attendance. Please contact a Leaders' Council officer or the extension office at 684-2588 with your opinion. If we don't hear from you Leaders' Council will make a decision at the July 13 meeting.

Public Presentations...On May 3, twelve Stevens County 4-H'ers participated in the Stevens County Final Public Presentation Contest. Each participant earned a blue award and the honor to represent Stevens County 4-H at the State 4-H Fair.

Cody Sweat of the Valley Community and Singing Spurs 4-H Clubs presented "Who are you?" relating to his beef project. Summit Spirits 4-H junior, Sonya Parker's equine presentation was titled, "Grooming and Hoof cleaning." "How to Clean Your Calf!" was the topic of Gunnar Cartwright's market beef project presentation. Gunnar is a member of the Hunters Community 4-H Club. Valley 4-H member, Denise Martin, presented "You're Sick!" relating to her 4-H foods project.

The intermediate division was led by Katrina Sweat, a member of both Singing Spurs and Valley Community 4-H Clubs. She captured the audience's attention with the market beef presentation, "I forgot my what?" Singing Spurs 4-H member, Eileaha Collen presented, "Fitting & Showing-Not-Frumpy & Snoring" with valuable information about horse fitting and showing. Pleasing the sweet tooth desires of judges and audience was Carlane Collen of Singing Spurs 4-H with a cooking demonstration titled, "Special Sweets for Special Couples." Kasey Fisher of the Summit Spirits 4-H informed attendee's horse related information, "First Aid on the Trail." Hallie Logue, also a Summit Spirits 4-H member, presented an equine project message, "Get over it!" "Basic Hoof Care" was Heather Harbin's presentation relating to horses. "The Arabian Horse" was the title of Summit Spirits' 4-Her, Amanda Thompson's presentation.

The lone entry in the senior division was Kristina Harbin of the Summit Spirits 4-H Club. Kristina delivered a presentation titled, "What's it all about? – Horse Nutrition." Kristina's blue award merits her the opportunity to advance to the state level equine public presentation contest and further advancement from Washington State to Kentucky for national competition.



Club News...*Haynickers II...* 4-H club meeting was held on March 20 at Debz Diner and was called to order at 12:30 p.m. Kacey Walsh volunteered to lead the Pledge of Allegiance and Logan Gotham volunteered to lead the 4-H Pledge. There were 16 members, 6 leaders, and 8 parents (roughly) at the 4-H meeting. Our Community Service is going well. Right now we currently have 15 pounds of tabs. And a large amount was brought in during the meeting! Our club also discussed the annual Meat 'n Good Times, which will be held on April 16 at the Arden Community Hall approximately 8 a.m. Shanlee Johnson volunteered to make "thank you's." Volunteering in the kitchen will be Rose Gotham, and who will run the sign up table is currently Heidi Keenan. In May we decided we will start to do our weigh-ins with our steers. Then we adjourned the meeting at 1:15 p.m. Submitted by Kinsey Larsen.

Cougar Corner

Looking for something new to try this summer? Washington State University is offering a new summer camp called Cougar Quest. If you are entering grades seven through 12 in the fall of 2005, this could be an exciting activity for you to choose. It is an exciting week long camp where you choose your route to discovery. Your days will be filled with hands-on activities led by world class Washington State University faculty.

Cougar Quest 2005 Dates—Grades 7-9: July 17-22 and Grades 9-12: July 24-29

Why try this? Here are some of the advantages of participating:

- Interact with world-class research faculty.
- Explore without the pressure of homework and tests.
- Participate in social activities.
- Make new friends.
- Live in a university residence hall and eat in a dining center.
- Learn and play in a safe, fun, college environment.
- Experience the Student Recreation Center

There are many workshops scheduled, visit the site for more information:
<http://www.cougarquest.wsu.edu>

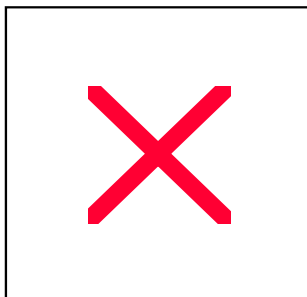
Whatever you choose to do this summer, enjoy yourself, learn something new, and have fun!

—Debra Kollock, NE WA Learning Center Coordinator

WSU Extension News

Smart Skills for New Supervisors... Washington State University is offering a course for new supervisors that will give them ten essential skills to make sense of their new supervisory role and get positive results from their people. You will learn skills to build quality relationships with your employees and manage others effectively, responsibly, and honorably, while discovering your leadership potential. The training is a must for all new supervisors and beneficial to even the most experienced managers who want new solutions for working smarter and excelling in today's changing workplace.

This course will be held **June 16** from 8:30 a.m. to 4:30 p.m. at 985 S. Elm in Colville. The course costs \$50 and includes a manual, course materials, and lunch. Contact the extension office at 684-2588 for information or to register.



Master Gardener Plant Clinic... WSU Master Gardeners are available to answer your yard and garden questions, id plants and bugs, and more. They will be at the Farmers Market on the corner of Astor and Main in Colville on Saturdays from 9 – 11 a.m.

2005 Stevens County 4-H Calendar of Events

June

- 8 Leaders' Council Meeting, 5:30 p.m. at the extension office
- 11 4-H Fishing Derby at Camp Princess Pine
- 11 4-H Horse Judging Contest
- 16 County Activity Day
- 25 Small Animal Fun Show, 10 a.m.
- 26 Dog Agility Fun Show, 10 a.m. at the Colville Junior High

July

- 2-30 Camp Princess Pine available for club use. Call the extension office to schedule.
- 9-10 Colville Lighthorse Show—Performance and Western Games State Qualifier
- 11-14 4-H Horse Camp
- 12 Horse Judging and Horse Program Meeting at Horse Camp
- 13 Leaders' Council Meeting, 5:30 p.m. at the extension office
- 16 Small Animal State Qualifying Show
- 21 Small Animal Judging State Qualifier
- 24 Dog Agility Qualifying Show
- 27 Fashion Revue State Qualifier

August

- 5 Outstanding Leader Nominations Due
- 10 Leaders' Council, 5:30 p.m. at the extension office
- 13 Valley Fair
- 20 Hunters Fair
- 25 Foods Contest at the NE WA Fair
- 25-28 NE WA Fair

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

**Visit this site for a yearlong
calendar**

**[http://stevens.wsu.edu/FourH/
upcomingevents.htm](http://stevens.wsu.edu/FourH/upcomingevents.htm)**

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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.

WASHINGTON STATE UNIVERSITY
 STEVENS COUNTY EXTENSION

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 Director

Helping You Put Knowledge to Work

June 2005 Clover Quest

1. Where does your club want the Awards Banquet?
2. Who was the only senior to participate in the County Finals Public Presentation Contest?
3. What grades do you have to be in to participate in Cougar Quest?
4. Who are the 4-H Natural Resource Program Leaders?
5. Name one activity at County Activity Day:
6. If you want to _____, don't _____.
7. Where is the Master Gardener Plant Clinic held?
8. When are Outstanding Leader Nominations due?
9. What is the dollar value of a volunteer hour?
10. When and where is the 4-H Fishing Derby?

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 July 8, 2005