

Clover Courier

March 2006

4-H

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sent to each 4-H family

Public Presentations

The 2006 4-H Area Public Presentation Contest schedule:

- March 12 at 1 p.m. at Onion Creek School
- March 19 at 1 p.m. at Evergreen School
- April 12 from 4-6 p.m. at Gess Elementary
- April 19 at 3:30 p.m. at the extension office

All blue ribbon winners at area contests are invited to the **County Finals Contest on April 26 from 4-6 p.m.** at Gess Elementary. Junior, intermediate, and senior blue ribbon winners at the County Finals are eligible to attend the State 4-H Fair held in Puyallup during September.



The top scoring presentation at County Finals will win a hooded sweatshirt. Leaders' Council is making this award possible to encourage participation and emphasize the positive life skills youth acquire through giving public presentations.

A 4-H Public Presentation can be a demonstration or an illustrated talk. It should teach a skill, concept, or principle. At area and county contests your public presentation must be related to a project you are enrolled in. Public presentations should be from two to ten minutes in length. Maximum length including set-up, questions, and clean-up is twenty minutes.

You may use live animals if appropriate. You are encouraged to use life-like models, miniature models, and/or illustrative materials where practical to visualize your presentation. Visuals should enhance the understanding of your presentation, be legible, and easily seen.

You can contact Public Presentation Program Leader McCanna at 935-8942 for more information. She can also visit your club and teach you how to prepare and deliver a blue ribbon presentation.

*“Other people’s opinion of you does not have to become your reality.”
Les Brown*



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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

Curing Victimitis

Watch your thoughts; they lead to attitudes. Watch your attitudes; they lead to words. Watch your words; they lead to actions. Watch your actions; they lead to habits. Watch your habits; they form your character. Watch your character; it determines your destiny.

These words of unknown origin tell us that our silent and often subconscious choices shape our future. Every aspect of our lives, at home and at work, can be improved if we use our power to think, reflect and make conscious choices about our thoughts, attitudes, words, actions and habits.

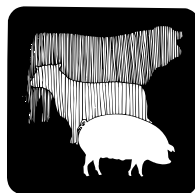
Instead, many of us have a tendency to think of ourselves as victims. We complain and protest about our circumstances and what others did to us. Whatever psychological comfort there is in feeling powerless and blameless when things aren't going right, in the end, victims lead unsatisfied lives.

We're most vulnerable to victimitis when we're under the influence of powerful emotions like fear, insecurity, anger, frustration, grief, and depression. These feelings are so powerful that we truly believe that our state of mind is inevitable and that our only hope is that they will go away on their own. Yet it's during times of emotional tumult that using our power to choose our thoughts and attitudes is most important. We can't make pain go away, but we can refuse to suffer.

Even when we don't like any of our choices, we have choices and once we realize that, we can take control. It isn't easy, but what we do and how we choose to feel about ourselves has a profound impact on the quality of our lives. Victims may get sympathy for awhile, but that isn't nearly enough. Taking active personal responsibility for our happiness and success can be scary, but the payoff is enormous. Even if we can't make our lives perfect, we can make them better—usually, a lot better.

—Commentary by Michael Josephson, *Character Counts!*

Upcoming Events and Opportunities



Meat 'n Good Times... This annual Livestock Judging Contest and Clinic is set for **March 25** at the Arden Hall and Arena. This is a state-qualifying event for livestock judging.

The day includes a skil-a-thon, judging contest, potluck lunch, and a special presentation by Half Moon Feeds.

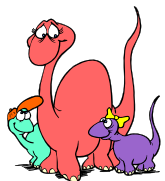
See enclosed flyer for details or contact Livestock Program Leaders Marv Burgess at 684-1523 or Dean Hellie at 935-0756 for information.

Beef Judging Contest... The first annual Cowman's Classic 4-H and FFA Beef Judging Contest is scheduled for **February 27** at the Interstate Fairgrounds in Spokane. Registration begins at 9 am and continues until the contest starts at 11 a.m. Four classes of bulls will be judged during the contest. For more information contact Fran Maki at 208-883-5722 or Sarah Smith at 509-754-2011 x 363.

Horse Certificates... Horse Certificates and Commitment to Excellence Forms are due **April 30**. Watch for them to come out mid-March.

2006 4-H Camp In...Experience Pacific Science Center Overnight!

As the sun sets outside, the fun gets started in the Pacific Science Center! Embark on a journey through hands-on exhibits, warm up in our Tropical Butterfly House and explore the night sky in the Planetarium. In the workshop, "Get Over It: Bridges," you will explore the forces that keep bridges up. Then before the lights go out, dance with the dinosaurs!



4-H youth and their friends in grades 3-8 are invited to the annual camp in at the Pacific Science Center in Seattle on **Saturday, April 1**. Visit <http://4-h.wsu.edu/conferences/CampIn/index.htm> for more information and to register. Registration is \$40 and must be postmarked by March 10.

Eastside Livestock Quality Assurance, Animal Selection, and National Animal Identification Workshop...Join Sarah Smith, WSU Extension Area Animal Scientist and Livestock Judge; and Jerry Newman, WSU Extension 4-H Youth Specialist, at the WSU Spokane Extension office at 222 N. Havana on **March 12** from 1:30 – 5 p.m. They will share information on quality assurance; what the ideal animal is and how to produce it; what you need to know about the national animal identification program; and CAFO/AFO. Please RSVP to 4-H@spokanecounty.org with the number coming.

Community Service Opportunity...

The NE WA Fair Association Dinner Auction is set for Saturday, **March 4** at 6 p.m. at the fairgrounds. Proceeds from silent and live auctions as well as dinner will benefit the fair. 4-H'ers can help support this effort by bringing a dessert for the dinner. Contact the fair office at 684-2585 for more information.

4-H Camp Princess Pine...The camp is available at no charge for 4-H clubs to use during the month of July. Call the extension office at 684-2588 to sign your club up for a time.

WSU College of Vet Medicine Teaching Hospital Open House...April 8 from 10 a.m. to 3 p.m. Festivities include guided tours of the vet hospital, a canine fun run, and informative lectures. Exhibits from students, pet food, and drug companies will be display, along with booths ranging from exotic animals to equine anatomy. For more information contact Cassandra Mundy at cmundy@vetmed.wsu.edu or 509-386-8957.

Clover Quest Contest...Congratulations to Stranger Creek 4-H for winning the 2005 Clover Quest Contest. As winners they received their name on perpetual plaque and a pizza party for their club. Your club could be the big winner next year.

Earn points by completing the quiz in each issue of Clover Courier, sending a representative to Leaders' Council, or submitting an article to Clover Courier. Bonus points are available for various activities, so watch for opportunities.

There's currently a six-way tie for the 2006 contest between Stranger Creek, Panorama 4-Paws, Horse 'n Around, Haynickers, Colville Lighthouse, and Summit Spirits.

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 2006 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 News

4-H Calendar...The Washington State 4-H Fair put together a 2006 4-H calendar and is selling copies as a fundraiser for the State 4-H Fair. Calendars are available for sale at <http://www.cafepress.com/wast4hfair> or by calling 1-877-809-1659. The November page features a photo by Stevens County 4-H member Jessica Hill.

4-H Club News...*Panorama 4-Paws*—Wow! It is hard to believe this 4-H year is already over and another one has already started. Panorama 4-Paws had elections at our November 10 meeting. New officers are President Amanda Dunn; Vice President April Hugnes; Secretary Katie Dunn; Treasurer Derek Bean; and Reporter Amy Booth. We are all looking forward to another fun filled year.

4-H Teen Club...Thanks to a grant from the Foundation Northwest Stevens County Extension is able to hire a teen program coordinator. The position is being filled by Debra Harbin who has already been busy with Know Your Government. Seven teens and three chaperones are headed to the KYG Conference in Olympia on February 25. The KYG delegates have formed a teen club and invite all 4-H teens to join them for fun and leadership opportunities. One of the summer activities is the WSU Summer Teen event set for June 23-25 at Lake Wenatchee. More details to come. For more information on joining the teen group call Debbie at 935-0419.

New Clubs...We would like to extend a warm 4-H welcome to our new clubs: The Milking Crew, Better Beef II, Res. Riders, Country Critters, and The Wild 4-H Kidz.

WSU Extension News

Direct Marketing of Livestock and Poultry Products...March 10, 2006, 1:00 to 5:00 p.m. at the extension office. Kelli Sanger, WSDA Small Farm and Direct Marketing Program, will make a presentation of regulations and strategies for the direct sale of livestock and poultry products. The mobile livestock slaughter unit will be on display at this time and will be open for inspection. This workshop is a must for those anticipating selling poultry or meat products directly to the public or restaurants.

Spring Gardening Workshops...Join WSU Master Gardeners and WSU staff for a series of gardening workshops. Topics are as follow:

- Growing Tree Fruits on March 14 at 6 p.m.
- Starting Seeds on March 21 at 6 p.m.
- Growing Small Fruits and Berries on April 4 at 6 p.m.
- Grafting Fruit Trees on April 8 at 10 a.m.
- "Oh, my aching back!"(gardening with limitations) on April 18 at 6 p.m.



Workshop fee is \$5 each and all courses are held at the extension office, except for Grafting Fruit Trees, which is \$10 and location will be announced. For more information or to sign up call the extension office at 684-2588.

2006 Stevens County 4-H Calendar of Events

February

25-28 Know Your Government Conference

March

- 7 Leaders' Council, 5:30 p.m. meeting with Church Camp Board followed by regular Leaders' Council meeting
- 12 Livestock Workshop, Spokane
- 12 Public Presentation Contest in Onion Creek at 1 p.m.
- 19 Public Presentation Contest at Evergreen at 1 p.m.
- 25 Meat 'n Good Times Livestock Clinic

April

- 1-2 4-H Camp In, Seattle
- 12 Leaders' Council Meeting 5:30 p.m. at the extension office
- 12 Public Presentation Contest in Chewelah, 4-6 p.m.
- 19 Public Presentation Contest in Colville at 3:30 p.m.
- 26 County Finals Public Presentation Contest in Chewelah, 4-6 p.m.
- 28-30 Cougar Youth Weekend (Dairy Project)
- 29 Melody Riders Play Day
- 30 4-H Horse Certificates and Commitment to Excellence due

May

- 2-7 Jr. Livestock Show, Spokane
- 10 Leaders' Council, 5:30 p.m. at the extension office
- 13 May Madness Performance State Qualifiers
- 13 Melody Riders Game Day
- 31 Last day to add 4-H projects for NE WA Fair Participation



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

AK:slg

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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.

**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)**

March 2006 Clover Quest

1. What is happening March 12?
2. How many new 4-H clubs are there?
3. What month is Camp Princess Pine available for 4-H use?
4. When is Meat 'n Good Times?
5. What is the prize for the top scoring public presentation?
6. Where can you dance with dinosaurs?
7. What is the topic of one of the upcoming gardening workshops?
8. When is the County Finals Public Presentation Contest?
9. When are Horse Certificates due?
10. When is the NE WA Fair Association Dinner Auction?

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 14, 2006