

**SAN JUAN COUNTY  
4-H LEADERS NEWS  
July-October 2008**



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SAN JUAN COUNTY EXTENSION

## **MAKING THE BEST BETTER**

### **You're The Heart of 4-H!**

From the Heart of dedicated community volunteers like you, our 4-H Leaders, working in service for our youth, 4-Hers are the "Heart of the Fair". There isn't any doubt about this. We'd like everyone to think that those 4-Hers are the Heart of the Fair!

We see you who form our countywide team of 4-H Leaders, as the "Heart of 4-H". Because of you, 4-Hers have the guidance and encouragement to shine as they do at the San Juan County Fair.

We really cannot thank you enough for the significant (and often immeasurable) amount of love, care, time, energy and money from your own bank account, that you dedicate to your club members at Fair each year. And, this is after a year of dedication with them during annual club meetings, club activities and events, and sometimes even special teen events on the mainland. You are an amazing team and the islands' community gives 4-H a lot of support because they see the results of what our youth receive from your efforts! Your role is prevention in action!

This year, everyone who also worked hard at the 4-H Fair Work Party, gave extra time and energy to make this year's Fair a great one for your members, and for all Fair visitors from the islands and beyond. Thank you for making this extra effort before the big event!

### **Thank You San Juan and Orcas Community Foundations**

Both Community Foundations have contributed generous grant funding to have residents from their island trained as new volunteer 4-H Challenge Facilitators. Funding will support registration fees, training manuals, and curriculum guides to allow volunteers to implement youth and family Challenge programs. These programs will develop essential life skills in decision-making, problem-solving, communication, trust and cooperation. In developing these skills, Challenge helps to reduce risky behavior and increase protective factors, thus acts as a youth prevention program.

We look forward to and plan to hold our Challenge facilitator training next spring. Thank you to both Foundations for this much needed support!

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.

## HOME ON THE ISLANDS

### Annual Reports Required for Re-enrollment

Thank you again for all the clubs and committees that completed their Annual Reports and Peer Reviews. This allows your club to re-enroll for the 2008-2009 4-H year.

We have a few clubs who have not met this requirement and are now ineligible for re-enrollment this year. If your club is named below and you would like to re-enroll, you can do so once your Annual Report and Peer Review is completed and handed in to the Extension office. Even if your club had no funds at all, we need you to report that fact to us. Please check this list if you are unsure about your club's status:

Black Sheep  
Bits N' Spurs  
Shaw Llama  
Let It Grow  
Small Farmers

If your club is listed here by error, please let us know. Sometimes clubs integrate their funds in with their island's umbrella account and we are unaware. Thank you for getting us up to date if needed.

### Leaders' Council Meeting Scheduling and Location

Those of us who regularly attend LC meeting are brainstorming on how to increase our leader numbers at meetings. On Shaw in October, we discussed whether the idea of changing the meeting time on Saturdays from a morning schedule to a afternoon schedule would be more convenient for You. It is hard to know unless we have feedback from the majority. Please send us a note to let us know.

On a different note, if we were able to use advanced conference calling so that the entire meeting group would meet together on the phone simultaneously, would you prefer this method of meeting? We wouldn't be face to face, of course. And, the cost of the call would be on your personal phone bill and it is likely to be a long distance number. Let us know what you feel about this idea, too.

In terms of meeting location, at the October Shaw meeting, a new suggestion was voted in concerning meeting location. Approximately ten days prior to the meeting

date, the LC President and 4-H staff will check to see that the leaders hosting a meeting will be available to attend the meeting. If the hosting island leaders cannot come, the meeting will be moved to another island to improve attendance.

Please note the importance of the RSVP for meeting attendance. The RSVP will help make the location decision. It also helps to ensure that a minimum of five leaders will be attending to have a voting quorum. If we don't have a quorum, this is a reason to cancel and reschedule or to relocate the meeting. Please always RSVP to help out the LC officers and 4-H staff. The next LC meeting is scheduled to be held on Orcas Island, January 10<sup>th</sup>. Here is your first chance to look at your schedule and RSVP either Jan or the Extension Office.

### **Newsletter Convenience**

Would you be more inclined to read the Leader Newsletter if you received it through snail mail? We have a very small handful of leaders who require this because of their home technology limitations. We initiated the on-line newsletter not only to reduce costs at the Extension office, but also to conserve paper and protect our precious forests. However, if you find that you are not reading the news we send on-line and you know it would make a significant difference to receive the newsletter in your mailbox, please do let us know and we will be happy to add you to the snail mail list!

### **Your Volunteer Hours**

At the end of every year Alice and Cindy report to WSU the hours that we spend working for 4-H and also the number of hours you as volunteers spend organizing and implementing your 4-H clubs, activities and events. Years ago a system was put into place to help generate the most accurate numbers we could estimate. At this point in time we do not require that 4-H volunteers officially report to us with individual volunteer hours like other Extension programs do.

We would like to ask your help though with regards to your volunteer time. If you could keep track of the amount of time you spend on 4-H duties as a volunteer and report them to us, it would be greatly appreciated. If we can get a dozen leaders to help us collect this information, it would help us to update the system in place and keep our estimations as accurate and true as possible. A simple call or email with the number of hours you spend each month on 4-H given to us would just be great! Thank you to Cathy Cole for helping us with her volunteer hours from last year.

Your work in 4-H is of the greatest value to the youth of our community and to us!

## **Leader Training Requirements**

Being a new 4-H volunteer leader is a very exciting and busy time. To make the learning process smoother and to fully understand what it means to be a youth volunteer, one must go through leader training. The State 4-H office is very clear that leader training is an essential requirement to be a volunteer. County staff people are responsible for seeing that volunteers are properly trained and we are held accountable to the State office. I will be committed to seeing that every volunteer get trained even if they have been a leader for many years. All leaders could benefit from on-line training course available as well. Every new leader starting this fall will be required to go through training within the first year of service. I am happy to adjust schedules and see that every leader has the opportunity to either join group training or if need be, a one on one training. If a leader does not make an effort to go through training, then it is to benefit of the program and youth to not allow them to be a volunteer leader. We greatly value your dedication and effort to fulfill this important requirement.

## **Additional Project Information Online**

You will find a link named "*Additional Project Information*" on the homepage of <http://4h.wsu.edu/EM2778CD/index.htm> Projects and Publications. Hopefully this will make the extra project information easier to access than it has been in the past. While you are on the Project and Publications homepage, be sure to explore the other links, also! ~Joy Faerber

## **BEYOND THE ISLANDS**

### **Know Your Government-Prepare Now!**

February 14-17, 2009

Each February in Olympia, teens 9<sup>th</sup> grade and above, gather from across the state to learn about civics. Each year this conference focuses on one of four government-related topics: the judicial system, legislative processes, politics and the media, or elections. The 2009 conference is on the judicial system. A highlight of the conference is meeting the State Legislators.

Please have any high school aged teens in your club interested in attending the conference to contact the Extension Office. In order for youth to participate at this very popular and much loved teen event, they must work together as a delegation before hand to prepare.

An adult KYG County Coordinator and Chaperone are needed for our youth delegation. If you or a parent of your club might be interested in taking on the vital role, please give us a jingle. A very well organized event binder is available to use that has all the step-by-step details necessary to prepare for this event. We need to have someone on board by Dec. 1<sup>st</sup> if possible. Ideally, curriculum meetings with the youth delegation would begin shortly after this date. There are funds available through Leaders Council to assist with expenses. The following web site is a great place to learn more <http://4h.wsu.edu/conferences/kyg/index.htm>

## **Leader's Forum Reports**

We had three volunteers and one teen youth leader attend this year's Leader Forum in Everett. The following is a report from several of the attendees. After reading these reports about their experiences, I am sure you will want to attend next year's event in Grand Mound, WA at the Great Wolf Lodge.

This was my second year attending the State Leaders' Forum and this year was even better than last. I went to the conference with Terri Brown and met Jan Sandberg there on Saturday. I also had an opportunity to "check in" with our own Clinton Gauthier who is keeping busy with his classes at WSU as well as continuing his activities in 4-H as he finished up his year on the 4-H Core Committee.

There were many worthwhile workshops offered this year. I tended to keep on a teen track. I have been wanting to learn how I can better motivate the teens in our club to keep on keeping on with their projects and 4-H in general. In the workshops, I gleaned information and learned strategies in the subjects of: risk taking behavior in teens, teen developmental needs and program implications, effective communication with teens, youth and adult partnerships, today's youth culture, stereotypes of youth and adults, motivating youth, the concept of servant leadership, and much more. There is only so much to learn about rabbits/cavies and poultry. Before teen members max out on their projects, they need to know that there is more to 4-H than their projects. Teen Leadership Opportunities are there to keep teens interested in what 4-H has to offer beyond the club. I had the honor of meeting Jan Klein, our State 4-H Teen Leadership Coordinator. She has her finger on the heartbeat of teen culture and how to motivate teens in 4-H. She has a heart for teenagers and it shows in her enthusiasm and dedication to 4-H youth statewide. Information on Teen Leadership opportunities can be accessed through the extension office or on the web at:

<http://sanjuan.wsu.edu/4H/teenleadership.html>

I highly recommend to all our 4-H leaders to attend the State Leaders' Forum. It's a wonderful opportunity to see beyond our county, meet some GREAT people in the 4-H family and is a reminder of ultimately why we do what we do as volunteer leaders. ~ Cathy Cole

This was the first 4-H Leader's Forum that I attended and even though I was only able to go to the sessions on Saturday I thought it was very worthwhile. Having the event in Everett made it very easy to get to even from the islands. The forum was quite well organized and it didn't take me long to find my way around and start meeting people at the different sessions.

On Saturday there were four sessions and I signed up for Meat to Market, Respect the Presenter in You, Needle Felting, and Instilling Hope in Youth. This gave me the opportunity to do 2 sessions that were project related and two sessions that were leadership related. Having a mix really made it work out well for me and while I enjoyed all the sessions. I do have to say that the project related ones were more fun and interesting for me.

One of the sessions I attended was presented by a 4-H alumni member and she really did a nice job. It was clear that she had a very positive 4-H experience that had really helped her in her career. This was a great testimony to the benefits of the 4-H program.

Overall it was great to get together with Terri and Cathy during lunch. I also made some very good connections through the Meat to Market session presenter and others during the lunch break. It was great to see so many leaders all in one place! It was very interesting to hear of the concerns and challenges facing different counties and how the various leaders were trying to work hard and stay positive to make adjustments and corrections to their programs. Everyone seemed so optimistic about the future. ~ Jan Sanburg

### **Reporting 4-H Mileage Costs to IRS**

We learned something important for you to know from one of the leaders, Cathy Cole. 4-H leaders are eligible as volunteers to report expenses related to mileage that are incurred as a 4-H volunteer working with club youth. This is great news. This way, the expenses are tax-free. Please visit the following web sites: <http://www.irs.gov/newsroom/article/0,,id=163828,00.html> and [http://nonprofitmanagement.suite101.com/article.cfm/volunteer\\_mileage\\_tax\\_ded](http://nonprofitmanagement.suite101.com/article.cfm/volunteer_mileage_tax_ded)

[uction](#). This last site contains links to IRS approved logs. If you would like to know more about this, please give us a call.

## **Teen Rally Report**

Oct. 10-12, Island County

Six youth attended this first teen event of the new 4-H year. Alyssa Hallock, Mars LeBaron, Sierra Truesdale, Nathanael Leonard, Rhys Thompson and Clinton Gauthier represented San Juan County as our delegation. An action packed weekend filled with arts and crafts, nature walks, traditional camp activities and leadership workshops were offered. The Camp Casey Conference Center provided everything needed for a fun, safe and affordable teen event. The North West District Teen Rally is open to youth in grades 7-12.

## **New SJ County Teen Representative**

Congratulations to Alyssa Hallock for taking on a new leadership role as a County Teen Representative (CTR). She will be partnering with county 4-H staff, volunteers, and other youth to improve and facilitate communication throughout our county and district. Alyssa will be helping to organize youth and teen events as well as attend them. The CTR program is a great way to begin learning and growing new leadership skills. It would be great to have one more teen on board for this great program, so if you know of any other teens that might be interested in teen events or the CTR program, please contact the Extension Office.

## **New WSU Forms Required**

WSU State 4-H has developed new 4-H forms that are now required to be used for 4-H events and activities. These new forms replace the previous forms for these areas. We have posted PDF versions of the forms on our website for your convenience in the Leader Resource section. If you would like to fill out the forms on your computer in Word format, you can visit the WSU 4-H website at: [http://4h.wsu.edu/staff/staff\\_resources.htm](http://4h.wsu.edu/staff/staff_resources.htm) and look under Risk Management for the forms. Below are the instructions for use of these forms. Please call us with any questions you may have.

*For One-Day 4-H Events and Regular Club Activities*

Participant Health Form (2 page form): To be filled out once for the year and kept on file with you for events. Check in with parents before each event to see if new

medical or insurance information is available. In this case, have parent add info, sign and date.

Emergency Medical Release: To be filled out once for the year and kept on file with you for events. Check in with parents before each event to see if new medical or insurance information is available. In this case, have parent add info, sign and date.

Image and Voice Recordings Consent: To be filled out once for the year and kept on file at home. This way photos, videos, etc, can be used for 4-H marketing and new releases.

#### *For Overnight 4-H Events*

Participant Health Form (3 page form): To be filled out for each overnight event and kept on file with you for the entire event.

Assumption of Risk/Release of Liability (for overnight events): To be filled out for each overnight event and kept on file with you for the entire event.

### **Do You Have Talented 4-Hers?**

The National Association of County Agricultural Agents is hosting their annual meeting in Portland Oregon in 2009. The 4-H Esprit de Corp committee is heading up their 4-H Talent Program for Monday night at their dinner. This is 4-H's opportunity to showcase their talented performers. There is money to cover travel and housing expenses.

If we could have demo tapes, VT or CD/DVD's by November 15, 2008 we could review them in December and then by January 1st have information out to the kids and their families. If you need more information please feel free to call or email, if not we appreciate your willingness to assist with this project and in getting the word out. ~ Pat BoyEs

Woody Davis

4-H Youth Development Professional

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Email: <<mailto:woody.davis@oregonstate.edu>>woody.davis@oregonstate.edu

## **Tell Your 4-H Story**

While attending the *Galaxy III* meeting, I was reminded of NAE4-HA's Public relations and Information Committee efforts to capture the rich history of the 4-H Program. Not the dry textbook facts of Manifest Destiny and the westward expansion but the real stories of real people who made a positive difference in young lives through 4-H. Please share this opportunity with your 4-H storytellers. We certainly want all of the great Washington stories to be included! Check out the online <http://4h.wsu.edu/news/Tues/2008/100608.htm> Tuesday News to learn more. ~ Pat BoyEs

## **Pew Internet Releases Survey Findings**

The first national survey of its kind finds that virtually all American teens play computer, console, or cell phone games and that the gaming experience is rich and varied, with a significant amount of social interaction and potential for civic engagement. The survey was conducted by the Pew Internet & American Life Project, an initiative of the Pew Research Center and was supported by the John D. and Catherine T. MacArthur Foundation.

The primary findings in the survey of 1,102 youth ages 12-17 include:

- Game playing is universal, with almost all teens playing games and at least half playing games on a given day.
- 97% of American teens ages 12-17 play some kind of video game. 99% of boys say they are gamers and 94% of girls report that they play games.
- Game playing experiences are diverse, with the most popular games falling into the racing, puzzle, sports, action and adventure categories.
- A typical teen plays at least five different categories of games and 40% of them play eight or more different game types. While some teens play violent video games, those who play violent games generally also play non-violent games.
- Game playing is social, with most teens playing games with others at least some of the time.
- 76% of gaming teens play games with others at least some of the time.
- 82% play games alone at least occasionally, though 71% of this group also plays games with others.
- 65% of gaming teens play with others in the same room.

For the full report please visit:

[http://www.pewinternet.org/PPF/r/263/report\\_display.asp](http://www.pewinternet.org/PPF/r/263/report_display.asp)

#### About the Pew Internet Project

The Project is an initiative of the Pew Research Center, a nonprofit "fact tank" that provides information on the issues, attitudes and trends shaping America and the world. Pew Internet explores the impact of the internet on children, families, communities, the work place, schools, health care and civic/political life. The Project is nonpartisan and takes no position on policy issues. Support for the project is provided by The Pew Charitable Trusts. The Project's Website is <http://www.pewinternet.org/>

#### About the MacArthur Foundation

The MacArthur Foundation supports creative people and effective institutions committed to building a more just, verdant, and peaceful world. In addition to selecting the MacArthur Fellows, the Foundation works to defend human rights, advance global conservation and security, make cities better places, and understand how technology is affecting children and society. MacArthur's \$50 million digital media and learning initiative seeks to help determine how digital media are changing how young people learn, play, socialize, and participate in civic life. More information is available at <http://www.macfound.org/>

#### About Civic Engagement Research Group

CERG is a research organization based at Mills College in Oakland, California that conducts quantitative and qualitative research focused on youth civic engagement. The group looks at the impact of school based civic learning opportunities and digital media participation on young people's civic capacities, commitments, and activities. The goal is to develop an evidence base regarding effective civic education practices and policies. The research group's website is <http://www.civicsurvey.org/> ~ Pat BoyEs

#### **4-H Million Trees Project Networking**

Since its inception in March 2008, over 6,600 4-Hers in 26 states have become participants in the 4-H Million Trees Project (4HMT), registering over 20,000 trees to date. Please check the project map on the Participants page at: <http://www.4hmilliontrees.org>, and also view the video from a recent TV show on 4HMT. We currently only have one tree planting project in Washington. They've planted 400 trees. I know that we can do better as an entire statewide effort!

You will recall our initial networking effort this spring, and we thank you for your help to publicize this project to all 4-H Youth with the request for them to extend our invitation to all 4-H clubs and units in their counties.

Repetition is sometimes necessary to get the word out, and the 4-H Million Trees Project wants to renew the invitation to all 7 million 4-H youth so they can benefit from the leadership, citizenship, community service, and life skills opportunities associated with this project. Time is of the essence because we hope that 4-H clubs and units will adopt this project as one of their monthly community service projects this fall, 2008. Please help us to spark greater interest in this large-scale service-learning project by forwarding this message to all the 4-H Clubs/ units in your area.

The online Tuesday News includes:

An invitation to all 4-H clubs and units to become participants in this project.  
An article on the project suitable for publication in county 4-H newsletters. This is an excellent way to get the word out. A sample of an article suitable for clubs to print in the local newspaper.~ Pat BoyEs

### **Government Report on Status of Youth in 2008**

I wanted to share a resource with you on the well being of youth today. Historically, there is a tendency to characterize youth as being worse off now than some time in the past. Statistics don't support that according to this report. Secondly, recent research done by western states (Montana, Colorado, New Mexico, Idaho) as well as the Tuft's Study of Positive Youth Development comparing behaviors of youth in relation to their peers indicates that youth involved in 4-H are even better off than youth involved in other youth programs. That is GREAT NEWS and continues to provide support and relevance to the importance of the 4-H program. I'd like to share the good news, so please see the following site:  
<http://www.childstats.gov/americaschildren/index.asp> ~Pat BoyEs

### **COUNTY/STATE FAIR NEWS**

#### **4-H Fair Award Checks**

Please ask your club members to cash out their Fair award checks if they have not yet done so. Our LC Treasurer is working hard to track all Fair details and would like to see that these award checks have been deposited or cashed. On that note,

you might also mention the Fair premium checks, too. Encourage your members to use their award money wisely, maybe even as an investment back into their project!

### **Skagit Farmers Supply Youth Programs**

4-H youth have an opportunity to receive some great benefits when they apply to join the SFS Youth Awards Program. This award program recognizes 4-H members accomplishments in many ways. Youth who participate will earn a 10% rebate on all eligible project purchases by using their SFS Youth Awards Program account. There are also great prizes and cash awards to Grand and Reserve winners at Fair in some project areas.

Eligible 4-H projects include: gardening, natural resource's, dogs, cats, small pets, rabbits, poultry, large farm breeding animals, equine, market sale animals. If a youth is enrolled in a 4-H project and they use goods from SFS, they are more than likely eligible to benefit from this program no matter what the project is. To find out more about how to apply and further details about this program, please contact Extension and we will send you an application form. It can also be found on our web site.

### **4-H CALENDAR 2008-2009**

**Nov. 28-Dec. 2:** National Congress, Atlanta, GA

**Jan. 10:** Leaders Council Meeting, Orcas Is.

**Jan. 19:** County Teen Representative Training

**Feb. 14-17:** Know Your Government Conference, Olympia WA

**Mar. 28-April 2:** National 4-H Conference

**June 28-30:** Summer Teen Conference, Pullman WA

**Aug 12-15:** San Juan County Fair

**Sept. 11-27:** State 4-H Fair, Puyallup WA

**Oct. 16-18:** WA State 4-H Leaders Forum, Grand Mound, WA

**Nov. 27-Dec. 1:** National 4-H Conference, Rochester, NY

## **DEADLINES & GUIDELINES 2009**

Animal Ownership Deadlines to show at the County Fair or Junior Livestock Shows  
(State Deadlines)

**April 14** (120 days\*): Market Beef

**May 14** (90 days\*): Horses, Breeding Beef,  
Llama/Alpaca, Dairy (except replacement heifers)

**June 13** (60 days\*): Goats, Sheep, Swine, Cats, Dogs and Dairy Replacement  
Heifers

**June 28** (45 days\*): Rabbits, Cavies and Poultry

\*Number of days prior to County Fair or Junior Livestock Show.

**Jan 31:** KYG Registration & Payment Deadline: To Extension

**Jan 31:** Financial Summary Report and Peer Review: To Extension

**Jan 31:** WSU College Scholarship Applications: To WSU

**Mar 1:** Animal Member/Project Enrollment For Fair 2009 Exhibition: To Extension  
or postmarked

**Mar 1:** Insurance Payments and Enrollment Fees due: To Extension

**Mar. 1:** 4-H College Scholarship Applications due: To WSU

**May 15:** Horse Certificates and Leases: To Extension or postmarked.

**June 1:** Still Life Member/Project Enrollment for Fair 2009 4-H Exhibition: To  
Extension or postmarked

**June 25:** Perpetual Trophies to be turned in: To Extension

**July 15:** Local 4-H College Scholarship Applications: To Extension or postmarked

**July 20:** Outer Island Fair Camping Applications: To Fair Office

**July 23:** Animal & Still Life Entry Form: To Extension or Postmark by July 20

**July 23:** Horse Entry Forms: To Fair Manager (PO Box 1094, FH 98250) Postmark  
by July 20

**July 30:** Permanent Record Book Leader Check to Exhibit at Fair

**Aug. 1:** Final Fair Camping Applications: To Fair Office

**Aug. 1:** Fair Entry Gate Passes Form: To Fair Office

**Aug. 3:** Barn/Club Herdsmanship Notification: To Extension

**Aug 27:** Complete Record Books (entered for judging): To Leaders

**Sept 3:** Judging results of Compete Record Books: To Extension

**Sept 24:** Year Completion List of Club Members: To Extension

**Please Note:** If a deadline for submitting something to the Extension office falls on a Friday, Saturday, Sunday or holiday when the office is closed, please submit on the last working day before the deadline date. (Motion passed Mar/06)

**OUR WEBSITE**

<http://sanjuan.wsu.edu>

Links include:

National 4-H web: //www.4-h.org/  
National 4-H Council: //www.fourhcouncil.edu  
Washington State 4-H: <http://4h.wsu.edu/>  
Whatcom: //whatcom.wsu.edu/  
Snohomish: //www.snohomish.wsu.edu/

**Helping You Put  
Knowledge To Work**

WSU Extension  
221 Weber Way, Suite LL  
Friday Harbor, WA 98250  
(360) 378-4414  
<http://sanjuan.wsu.edu>

**4-H Program Sponsors**

San Juan Island Prevention Coalition  
San Juan Health & Community Services



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