



San Juan County 4-H Leaders News May/June 2008

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MAKING THE BEST BETTER

Over a Decade of Service to SJC Fair Thank You Christine Miller!

Managing the largest county event of the islands is no small task. Over the past decade, the Fair has grown tremendously. Christine Miller, now "retired" Fair Manager, has lead the way while encouraging a dedicated Fair Board with her own perseverance.

Thank you Christine for putting your Heart and Hands to such important county service for so long. The number, variety and quality of exhibits and special events at Fair has expanded greatly under your guidance. You have kept your eye on growing the Fair. This has not always been easy with limited resources and land restrictions. The improvements that have been made to the actual Fairgrounds under your direction are numerous and benefit us all that come to enjoy this community property. The purchase of adjacent land to the Fairgrounds was an invaluable addition to the future potential of the Fair. These accomplishments are a result of vision, using the team of Fair Board members wisely and having determination to push on creatively when budget or relational issues became challenging.

4-H needs and values the Fairgrounds in many ways and we appreciate all you have done to make the Fair and the Fairgrounds operate at its best, for everyone. We have moved through some "sharp curves in the river" together and we appreciate the patience and tolerance you have shown us. Thank you for all the support you have given the 4-H program and the island youth who enjoy being a part of the "Heart of the Islands".

Teen Conference News

June 29-July 1

The 2008 4-H Teen Conference was held at Washington State University in Pullman. Over 300 4-H youth from grades 8-12, which is three times the normal participation, stayed in dorms on the WSU campus for three days worth of fun. The teens enjoyed good food at the on campus restaurant, The Hillside Café. We attended multiple workshops put on by the university's staff and the conference planning committee, swimming in the recreation building, and meeting many new friends.

Some of the workshops many teens enjoyed included: watching the periodic table's reactions, enjoying fun science experiments like laying on nails and freezing multiple objects in liquid nitrogen, and stepping up to leadership skills needed for success in school and extra curricular activities.

The long weekend proved hot as temperatures soared in the mid 90's, but didn't stop anyone from having a great time. Apart from the workshops we also listened to motivational speakers, practiced our etiquette in preparation for a semi-formal dinner, enjoyed a dance in the lobby of our dorm building, and learned about college opportunities and what it takes to pursue them. Overall, it was a fun weekend full of activities everyone enjoyed and the bringing together of friends you would not have met otherwise. I am sure every teen that attended is looking forward to next year's conference. ~Alyssa Hallock

OMSI Helps 4-H Again With Camp Scholarships

Thanks to the Oregon Museum of Science & Industry (OMSI), this was the sixth year that 4-H could provide natural and cultural history camps for 4-Hers. We graciously thank OMIS for offering eight weeklong camp scholarships to 4-Hers, as well as providing a discounted, weekend camp for twenty 4-Hers. Thanks to the National Park Service (NPS), all camps were held at English Camp and were enriched by NPS staff presentations on the culture and history of our islands. In addition, four 4-H teen volunteers, Angela Gossum, Bonnie Schmidt, Miles Cobos and Megan Brown helped to make the weekend camp possible. Thanks to the Dollars for Scholars

program, teens received credit for their 4-H community service.

Overall, we have had highly positive feedback about the experience of these experiential camps for our youth. We feel very fortunate to be collaborating with OMSI to offer a local, outdoor camp experience through 4-H right here in the islands.

4-H Study of Positive Youth Development

At last! The 4-H Study of Positive Youth Development report describing the key findings from the first four years is here and the online at: <http://4h.wsu.edu/news/Tues/2008/050608.htm>. ur 4-H Programs! If you have any questions please do not hesitate to contact me. ~Pat BoyEs

HOME ON THE ISLANDS

Leaders' Council Meeting & Fairgrounds Work Party
July 26, SJC Fairgrounds



If at all possible, please attend this final pre-Fair Leaders' Council meeting at the Fairgrounds. This is your chance to collaborate as a county 4-H team in preparations for showing Fair visitors that the Fair is indeed the "Heart of the Islands". And, that 4-H is a very special, essential part of making the Fair so wonderful. New temporary Fair Manager, Rev Shannon, will join in at 9:00 am for a time to add in the Fair Board's part of the puzzle and to answer your Fair questions.

A very special addition to this already important day is that local islander and professional trainer, Lynne Hobbs, has offered to provide some free meeting facilitation training for us during the LC meeting. She will observe how we run our meeting and provide some "coaching" tips to enhance what we already do well. This is another reason to come out for this particular meeting. These skills learned will be applicable to LC Committees as well as meetings in which you attend in other areas of your work or personal life.

After the meeting, we'll enjoy a hotdog lunch (at noon) provided free by the San Juan Island Kiwanis. Chips, soda and coffee will be for sale at a reasonable price. Thank you Kiwanis volunteers!

We appreciate your support as we support the Fair.

Then, our whole-family Fairgrounds work party begins! From about noon to five we'll be busy with the following projects (and more): painting the inside of the 4-H building, cleaning and repairing the horse barn, rabbit and poultry cages, weed-eating, cleaning and upgrading large livestock pens, and doing general Fairgrounds cleaning. Please bring with you: gloves, yard tools, ladders, paintbrushes and supplies, hand tools. And, bring a 100% white cotton t-shirt so you can make your own green tie-dye shirt! Wear it proudly at Fair this year!

Educating Young People about the Dangers of the "Choking Game"

With camps gearing up for summer, this is information you should be aware of. Unfortunately, there have been incidents at 4-H camps in other parts of the country related to this behavior. We have received requests from 4-H youth development professionals for information on the "Choking Game." Few adults know about this widespread activity and they need to be able to recognize signs and take action to prevent such high-risk behavior. The resources listed below explain the dangers and potential horrible outcomes associated with this activity.

The "Choking Game", also commonly known as the "Fainting Game", "Blackout", or "The Pass out Game" is the name applied to a dangerous activity among children and teens that induces a partial or complete loss of consciousness brought about by the intentional deprivation of oxygen to the brain for a period of time.

Since 1995, at least 82 youth between the ages of 6 and 19 have died in the US as results of participating in this activity. The following list of online resources will help you to educate both adults and young people as to the inherent risks of this dangerous activity.

<http://www.chokinggame.net/>. - The Dylan Blake Foundation for Adolescent Behaviors is a Non-Profit Educational Organization founded when 11-year-old Dylan A. Blake unexpectedly passed away in October 2005 from a tragic accident. Dylan's death was due to his participation in the dangerous asphyxiation activity known as the "Choking Game".

<http://www.gaspinfo.com/>. - Games Adolescents Shouldn't Play (G.A.S.P.)

An international not-for-profit association founded for the purpose of putting an end to the Choking Game—an asphyxiation activity that causes the needless death of children and suffering of communities. To achieve this goal, GASP partners with other organizations that include Choking Game education as part of their overall message.

In addition to these two websites, many additional resources are available on the web.~ Pat BoyEs

Youth and the Internet: Practical Guide

Nancy Willard, Director of the Center for Safe and Responsible Internet Use, recently addressed the topic of internet safety at a Princeton University forum geared toward parents.

Willard's message was simple - the internet is here, kids will use it, so parents need to set clear guidelines for proper use based on a child's age and maturity.

To help parents navigate cyberspace with their teens, Willard created "Social Networking Safety" a Guide for Parents, which can be found at the following web site: <http://www.futureofchildren.org/usr_doc/snssafety.pdf>. Professionals may also find this useful and may reproduce and share it. In addition, Willard plans to make a narrated presentation available next fall.

Additional resources are available at <<http://csriu.org>> including Willard's two recent books for sale: *Cyber bullying and Cyber threats: Responding to the Challenge of Online Social Cruelty, Threats, and Distress*; and *Cyber-Safe Kids, Cyber-Savvy Teens, Helping Young People Use the Internet Safety and Responsibly*.

The Princeton forum was held in conjunction with the release of the most recent *Future of Children* (Children and Electronic Media, Vol. 18, No. 1) at: http://www.futureofchildren.org/pubs-info2825/pubs-info_show.htm?doc_id=674322. The volume focuses on how common forms of electronic media influences the wellbeing of children and adolescents. Accompanying the journal is an Executive Summary http://www.futureofchildren.org/usr_doc/Media_Summary.pdf. The policy brief can be found at: http://www.futureofchildren.org/usr_doc/FOC_Brief_Spring08.pdf.

Animal Patterns Available For Free!

Great News! The National 4-H animal patterns are now available as a free download! The patterns are available on the Curriculum website at: <http://www.4-hcurriculum.org>. (click on Curriculum Updates) or go directly to the patterns, click: <http://www.4-hcurriculum.org/updates.aspx>. At a later date the patterns will also be made available on the related animal project sites. Patterns available are: Baby Pig, Calf, Horse, Rabbit, and Lamb and Kid. ~Nancy D Schaff, National 4-H Council

Bits and Spurs July Horse Show July 18-20, SJ County Fairgrounds

Over the years, Bits and Spurs Horse Shows have been a gathering time when 4-H and island riders throughout the county renew and exclaim their "horsy" enthusiasm after a long, cool, and unusually wet winter. And once again it's a time to polish up your posting, wrangling, and leads before the County Fair, so...get those moth-balls out of that pony's mane! Master those patterns and haunch turns! Summer is finally here.



This year, Bits and Spurs 4-H Horse Club's summer horse show will start with dressage and Equitation over fences held on Friday starting at 1pm. Performance classes

on Saturday and Western Games on Sunday will start at 9am. Entry forms are available through the Extension Office. Pre-entry at reduced rates including reservations for lunch on Saturday and/or Sunday are due July 11th. Otherwise interested riders may enter on the morning of the show. Camping and stalls are available with reservation. Contact the July Horse Show manager at 378-2552 for more information.

The July Horse Show is a club and community undertaking. Everyone contributes to making it a huge success. Parents and friends assist at the gates, watering the arena, setting up the dressage arena, jumps, and gaming equipment. Contributions from generous individual and community sponsors provide for ribbons, prizes and quality judging. 4-H work projects enable us to use the Fairgrounds without cost.

Showmanship classes at the July Horse Show can be used to qualify for State 4-H Fair. Ribbons are

offered for High Point in the Junior, Intermediate and Senior Divisions. Almost everyone comes away with a raffle prize- from hoof-pick to shampoo, brush or halter! This year, San Juan Island Rambler's 4-H will be cooking up a great lunch for \$7 (\$6 with reservation) on Saturday and Sunday (Reservations are strongly recommended.)

San Juan County has some of the finest youth and adult riders in the state. Let's celebrate 4-H and 4-H Horse Project Members at the July Open 4-H Horse show! Hope to see you there as a participant, volunteer, or spectator.

BEYOND THE ISLANDS

NW Teen Rally

October, Island County

We haven't been sent any specific details yet on this year's Rally except that it will be fairly close to home, just two ferry rides away over in Island County. The last time the Rally was held in Island County was back in 2000 and we had a crew of seven Lopezian teens go over. Please start talking up this great teen leadership event to 4-H and non-4-H teens who are in at least 8th grade this fall.

Outdoor Learning Adventures- Summer Science Camp

July 21-24 (ages 10-12)

July 27-August 1 (ages 13-15)

Eastern Washington University and the WSU Spokane County 4-H won a No Child Left Inside Grant to support our 2009 Summer Science Camp. This year we will be offering two, one-week (5 day) residential science camps. They will be held at the Chewelah Peaks Learning Center. Our topics will be forestry, water quality, weed science and geology. We are emphasizing observation and process skills, inquiry, personal health and 4-H-style challenge activities (we have a full high and low challenge course available at the camp). The cost is \$50/camper and is open to all youth. Register on the EWU Summer Program Site at <http://www.ewu.edu/x57149.xml>. ~Gary Varrella

COUNTY/STATE FAIR NEWS

Welcome Rev Shannon

New Temporary Fair Manager

Thank you to Rev for stepping into the position of "temporary" Fair Manager at such a critical time. With all your past years of experience coordinating Fair events, we are confident you'll bring us through a great Fair this year. Let us know how we can do our part to keep things flowing smoothly as you take on new tasks of managing the Fair.

Trophy Turn-In Time

Due July 1



It is now time to turn in your trophies to the Extension Office. Please drop off your club's trophies from last year by the deadline to ensure our sanity for this year's Fair. We can't emphasize enough how

helpful this is to us in preparing the trophies for the Awards Ceremony. If you had a "graduating" member last year, we would really appreciate your help in making sure their trophies get back to us too. We can help coordinate "transporters" to get trophies from your island to San Juan. Your efforts on this are very much appreciated.

Something new and helpful for this year's award winners will be implemented. There will be a sticker on each award with the name and address of the sponsor. This will be true for perpetual awards as well as keeper awards. I am in hopes that this sticker will make it very easy for our award recipients to write those very important thank you notes to the sponsors. Our community is very supportive of our 4-H program and it is critical that we thank them. Any help with updating the addresses from year to year is greatly appreciated. Please contact Cindy if a thank you note is returned to you and I would be happy to help locate the correct one.

WSU Extension programs and policies are consistent with federal and state laws and regulations are nondiscrimination regarding race, color, gender, national origin, religion, age, disability and sexual orientation. Evidence of noncompliance may be reported through your local Extension Office.

Entry Forms For Fair

Due July 24, Postmarked by July 21

What are your club members going to enter in this year's Fair? The 4-H entry forms for all 4-H exhibits will be available in the back of the Premium Book very soon. Please go to the San Juan County Fair website at: <http://www.sanjuancountyfair.org/> to download your copy. A very limited supply of hard copies of the Premium Book will be available from the Extension Office, local library or Fair Office for those who don't have access to computers. Don't forget that 4-H horse entry forms go to the Fair Office. All other exhibit entry forms go to the Extension Office. Each entry form has the mailing address and fax number on them. If you have any questions or need some help, please give us a jingle.

Nominations for Fair Awards

Due August 1

Join in on Saturday morning at 9:00 a.m. of Fair week for the Fair Leaders' Council meeting where we all meet near the 4-H Building to nominate and vote for countywide awards. After the meeting, leaders will divide into groups to determine special awards in each department. In July, please take time to nominate 4-Hers for the Harold Kjargaard Memorial Award and the SJC Pomona Grange 4-H Leadership Award by filling out the nomination forms and sending them into Extension. Nomination forms will be up on our website as soon as they are updated.

Camping for 4-Hers

Due July 20, Outer Islanders

Due August 1, Final for All

There are several changes for camping at Fair this year, including load in times, prices, weekly vs daily priority, extra fees, parking, county tax requirements and Fair policy. Please go to our website for the new 2008 Camping Registration Form. Complete this form and send it in to the SJC Fair at your earliest convenience, at P.O. Box 1094, Friday Harbor, WA 98250. Please note that if your camping form is in not completely filled out, it will be returned to you from the Fair without a reservation. If you have any questions concerning 2008 camping, please contact the Fair office at 378.4310.

Fair Passes for 4-Hers, Leaders, & Club Parent Helpers

Due August 1

In order to receive discounted entry passes for your club this year, you'll need to fill out an order form and send it to the Fair office with your payment. Passes will be in the form of wristbands for everyone. 4-H members, club leaders, and parents who are actively helping with Fair club activities are eligible for discounted passes.

As the leader for your club, you must fill out one form for all club passes. Individual forms may not be accepted by the Fair office and may result in a need to pay full price for Fair entry. Go to our 4-H website to get the Fair Passes Order Form.

Please pick up your wristbands at the 4-H Building by Tuesday evening before 6 p.m. If you arrive on Wednesday, please go to the Fair Office to pick up your wristbands.

Fair Contests & Self-Determined Projects

Please remember to sign up for a time slot for each of the contests you enter for Fair. The best situation for us is if you call in a week before Fair, or on Tuesday of Fair week at the latest. We have a sign-up clipboard for each contest. Fair contests for which you need to set up a time schedule include: Demonstrations, Interactive Displays (Club or Individual, or Self Determined Project Presentations), Animal Costumes, Booths and Performing Arts. For the Booth Contest, you sign up by choosing a place on our "layout map" of the 4-H building on Monday of Fair week.

Also, remember to let your Herdsmanship Superintendent know as soon as possible if you will be showing as a single club or as a group of clubs. Ideally, the Superintendent knows the week before Fair so that a final list can be produced for the judges. You also need to let her know what name you will be posting in your barn so the Herdsmanship judges can find you easily.

For Self-Determined Projects, please see page 32 in the Premium Book to review the guidelines to be eligible for the Paul Pavel Pal Award. If you did not write "Paul Pavel Pal" on your Still Life Entry Form, please let the Extension staff know on Tuesday of Fair week that your project is indeed self-determined and you would like to be eligible

for the Paul Pavel Pal Award for self-determined projects.

4-H Sound System Use At Fair

To help make sure the 4-H sound system is always where it is needed most, we are going to use a sign-in/sign out sheet again. Extension staff will schedule the use of the sound system using a clipboard list, which will be located at the main desk in the 4-H Building. Sign up on Tuesday for the times you will need the sound system during the week. The system will be stored in the ribbon corner of the 4-H building when not in use.

4-H Building Help Needed

Tuesday and Wednesday of Fair week is always busy for everyone, and we surely appreciate all you do to get things done. Alice and Cindy are looking for a few good hands! We need help setting up, assisting with the judging process and displaying the exhibits in the 4-H building. A still life superintendent would be an answer to prayer, but we will take whatever assistance anyone can offer. If we sound a bit desperate, we ARE!

Thank you to Andrea Schmidt who has already offered her help this year. If you can also spare some time, we will have a job for you. The following is a list of our needs and we would be grateful if you would share it with your club parents.

- Clean and set up tables and food display cases on Monday
- Help youth with entry tags and exhibits on Tuesday until 6:00 pm
- Create interesting ways to display exhibits and organize the departments
- Assist the still life judges from 6:00-10:00 Tuesday evening including scribing and filling out Judging Worksheets to record results
- Attach ribbons to exhibits after judging is complete either Tuesday or Wednesday
- Set up RADA knife display and help decorate with educational materials

Please encourage youth enrolled in still life projects to spend a few hours during the week doing "barn duty" in the 4-H building. Youth can show fairgoers their exhibits, answer questions and keep things tidy. A sign up sheet will be available to select a time that works for you.

State Fair News and Needs

The 2008 WA State 4-H Fair Premium Book is online at: <http://4h.wsu.edu/statefair/index.htm>. Exhibitor forms and letters will be posted in the next few weeks. Our Extension Office also receives one hard copy of the book for making copies. Please remind your club members that many of their exhibits winning blue awards at our local Fair, are eligible for exhibiting at the State 4-H Fair. Rules and entry details can be found in the Premium Book and do vary from department to department.

Thank you to Terri Brown and Lorena Stankevich for supervising the horse entry process for participation at State Fair. We are looking for a volunteer to help supervise the process for still life and animal entries. Two people would be ideal. If you are interested in learning more, please contact Cindy.

Helping You Put Knowledge To Work

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

OUR WEBSITE

<http://sanjuan.wsu.edu>

Links include:

National 4-H web: www.4-h.org/

National Council: www.fourhcouncil.edu

Washington State: <http://4h.wsu.edu/>

Whatcom: whatcom.wsu.edu/

Snohomish: snohomish.wsu.edu/

4-H Requirements for Year Completion, Fair & State Fair

To complete the year and receive a certificate and pin:

Mandatory:

1. Participate in 2/3 of local club meetings, or meetings with leader or special interest group.
2. Submit a 4-H Permanent Record Book for evaluation by your leader by the published deadline.
3. Exhibit something at the SJC Fair (poster, project or booth).
See 6/16/01 Leader's Council Minutes.
4. Present a demonstration within the club/group or at an Island Contest with judges.
5. Participate in a Community Service project(s).

Suggested:

1. Hold office in local club.
2. Serve on club or county committee.
3. Attend 4-H educational activity (i.e. Camps, State Conference, NW Teen Rally, State Forum, KYG)

To participate at S.J.C. Fair (with premium points):

1. Permanent Record Book completed by deadline to leader.
2. Meet Enrollment deadlines for the current year.
3. Animal Ownership by deadlines.
4. Fair Entry Forms submitted by deadline.
5. All other deadlines for project area are met (i.e. Horse Certificates, Horse Leasing Certificates).

To participate at State Fair:

1. Member must complete the SJC Fair's 5 mandatory requirements to complete the 4-H year. (see above)
2. Member must meet all State Fair requirements and guidelines.

4-H CALENDAR 2008

July 13-26: 4-H Camp, Whidbey Is. Camp Cornet
Aug. 13-16: SJC Fair
Sept. 5-28: State 4-H Fair
Oct. TBA: NW Teen Rally, Island County
Oct. 17-19: State 4-H Leaders' Forum, Everett
Oct. 18-28: Rite Of Passage, Spring St. School
Nov. 28-Dec. 28: National Congress, Atlanta, GA

DEADLINES & GUIDELINES 2008

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

April 15 (120 days*): Market Beef

May 15 (90 days*): Horses, Breeding Beef, Llama/Alpaca, Dairy (except replacement heifers)

June 14 (60 days*): Goats, Sheep, Swine, Cats, Cavies, Dogs and Dairy Replacement Heifers

June 29 (45 days*): Rabbits and Poultry

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

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

June 1: Still Life Member/Project Enrollment for Fair 2008 4-H Exhibition: To Extension or postmarked

June 26: Perpetual Trophies to be turned into Extension Office

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

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

July 24: Animal & Still Life Entry Form: To Extension. Postmark by July 21

July 24: Horse Entry Forms: To Fair Manager (PO Box 1094, FH 98250) Postmark by July 21

July 28: Permanent Record Book Leader Check to Exhibit at Fair

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

Aug. 1: Fair Passes Form: To Fair Office

Aug. 4: Barn/Club Herdsmanship Notification: To Extension

Aug 28: Complete Record Books (entered for judging): To Leaders

Sept 4: Judging results of Compete Record Books: To Extension

Sept 25: 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)

4-H Program Sponsors

San Juan Island Prevention Coalition

San Juan Health & Community Services



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