



MidPacific 4-H
Clover Column

October 2009



Do Over & Over Again

Last weekend in the Raymond Theater with scrumptious popcorn, I enjoyed *Julie and Julia*. One of the movie scenes flashed me to my childhood. I remembered when paper towels were still novel and Mother showing me how to use them. She took time to show me how to dry meat before cooking it. Dried meat browns better than damp meat. It has been ages since I took the time to dry meat before cooking it. That was my moment of relearning! It made me wonder what else I have disregarded.

In our nervous systems, there are numerous nerve cells and numerous possible pathways through which information can be transmitted. Most of these pathways develop in childhood. As we learn, neural connections are developed. We only use a fraction of our potential. Until recently, many scientists believed that it was not possible to create new neural pathways beyond childhood. Neuroscientists are now realizing we can make new neural connections and stimulate the use of old ones. Relearning is a good way of remembering what we knew, stimulating the old neural pathways. The speed with which we relearn things tells us that we have the information already stored and the brain needs only to revive these memories and refresh them for use. The hard work of new learning is completed.

How is your 4-H knowledge? Is it time to relearn your leaders' training? Would your club meeting be more fun if you remember more? As an enrolled leader, you are always welcome to any new leaders' trainings or new club orientation. Remember you can go on line and do the 4-H volunteer training at your convenience. Stimulate your 4-H pathways and make the best better.

Happy New Clover Year!

Toni Gwin
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4-H Youth Development

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PACIFIC COUNTY 4-H 2009 CALENDAR OF EVENTS

October

- 1 Garden Judges Training—Westport
- 1 Beginning of the New 4-H Year
- 5 Horse Leaders Meeting 7:00 PM Courthouse Annex
- 12 Fair Board Meeting at the Fire Hall in Menlo
- 15 Market Livestock—After the Auction Meeting 7:00 PM Courthouse Annex
- 16-18 Leaders Forum at GREAT WOLF in Grand Mound Washington
- 20 Project Record books Due to earn project pin.
- 24 New Club Orientation 10 AM in the meeting room.
- 26 Leader's Council 7:00 pm (**Note change from September 21**)

November

- 2 Horse volunteers meeting Courthouse Annex Meeting Room 7:00 PM
- 7 Master Quilters in Tokeland
- 9 Fair Board Meeting at the Fire Hall in Menlo
- 11 Veteran's Day—Extension Office Closed
- 14 Judging Class for Leaders 10:00 am-12:00 pm (email or call to reserve space)
- 14 Peer Review Party—1:00 PM Courthouse Annex
- 21 Bunny Clinic Am / Public Presentation Clinic PM
- 26-27 Thanksgiving Holiday—Extension Office Closed

ATTENTION LEADERS

Yes, you have one more thing to do! Track your volunteer hours EVERY month! Soon you will be receiving your own personal pass code and user name to enter the volunteer hours system. Details will follow—watch your mail.

2010 4-H Beekeeping Essay Contest

Carol Beckman

The topic for the 2010 4-H Beekeeping Essay Contest is; "Is My Community Honey Bee Friendly?" Cash prizes are awarded to the 3 top winners – 1st Place will receive \$750.00, 2nd Place will receive \$500.00, 3rd Place will receive \$250.00. In addition to the cash prizes, each state winner, including the national winner, receives an appropriate book about honey bees, beekeeping, or honey.

Contact me at beckmanc@wsu.edu, if you would like a copy of the 2010 Announcement & Rules.



The following is a list of the blue ribbons awarded to Pacific County Youth at the State Fair

EXPRESSIVE ARTS

Woodworking

Tishina Gray

Jams & Jellies

Skylah Keeler

Lacie Cutting

Marsha Poulsen

Destine Poulsen

Sydney Cutting

Sharelle Poulsen

Tristan Graves

Rosie Lee

Hailey Buchanan

Denise McDonald

Bailee Betrozoff

ANIMAL SCIENCE

Beef

Richard Ashley

Madison Huber

Dairy

Andrea Smaciarz

Alicia Smaciarz

Allison Smaciarz

Dog

Jake Funkhouser

Goat

Seth Flemetis

New Bunny Club forming. Have any potential new rabbit 4-H members? Contact the Extension Office.

FREE: 4 bunnies to give away.
Interested members call Moe Webster at 942-2363 for more information.

New 4-H Clubs Orientation

There is a meeting scheduled for adult volunteers interested in forming a new 4-H club. The meeting will be held Saturday, October 24 at 10:00 a.m. in the meeting room at the Courthouse Annex.

Membership is open to anyone age 5 and in kindergarten through 12th grade for most programs.

We are always in need and welcome adult volunteers. Join us October 24 and see how you can take part in 4-H "Making the Best Better".

Peer Review Class Scheduled

Club Financial Reports Due

Club financial reports are due at the Extension office by December 1, 2009. The Annual financial Summary Report can be found on page 24 of the Leader's Guide to the Treasurer's Book. Remember to complete the peer review on your annual financial report. If you don't have enough members or need help with the review, we will be holding a Peer Review Party on Saturday, November 14, 1:00 PM at the Courthouse Annex. Bring your clubs bank statements and receipts for the year.

Dog Club Accepting New Members

Sharon Flemetis will be volunteering as leader for a new dog club this coming year. Sharon is currently enrolled in the Willapa Harbor Angels 4-H club. If you know of youth looking to join a dog club, please contact either Sharon or the Pacific County Extension 4-H office.

Member Achievements

The 2008-09 member achievement forms are ready at the Extension office. Leaders can pick up the forms for their club members to fill out and return to shop at our rewards store and receive their year pins.

10 for \$10 Challenge

Watch for details for the 2010 sewing challenge for junior, intermediate and senior 4-H members of Pacific County who are enrolled in clothing and textiles. Youth who are willing to step up to the challenge will create a design from recycled clothing within a budget of \$10. Judging and premium points awarded will take place at the 2010 Pacific County Fair 4-H Fashion Review.



Quality Assurance Module

Submitted by Pat BoyEs and Jerry Newman

Quality Assurance Module is now online! "Providing safe wholesome products for consumers through 4-H projects."

This is the second of two online training modules being offered through Veterinary Medicine Extension for 4-H Volunteer Leaders who work with youth livestock projects.

The Quality Assurance Module is intended specifically for volunteer leaders and provides training, resources, and ideas to help prepare volunteer leaders to teach youth about quality assurance. This course was created in response to the need expressed by volunteer



leaders throughout the state for an interactive online resource about quality assurance in 4-H livestock projects. We hope you find the content to be useful and that you will bring these concepts to youth in your county so that we produce safe wholesome products for consumers through 4-H livestock projects in Washington State!

If you are interested in participating in the training follow links at <http://vetextension.wsu.edu/index.htm>.

4-H District Rallies

--Jan Klein

District Rallies bring together young people to share 4-H Club and county experiences, develop leadership skills, build new relationships, expand individual resources, and to make the 4-H program better. District youth representatives for State Ambassadors, and the State 4-H Advisory Board are elected at the rallies. This year's rallies are slated to be the BEST ever. Your county teens won't want to miss this great district opportunity. Watch for more information, brochures and registration to be up on the 4-H website at: <http://4h.wsu.edu/members/rallydates.htm>.

2010 4-H Know Your Government

"Lobbying for Change: The Legislative Process" is the topic for the 2010 4-H Know Your Government Conference scheduled February 15-16, 2010. At the 2010 4-H KYG Conference, teens from each county will have the opportunity to be a lobbyist attempting to move forward a bill on a current issue, applicable to their community. KYG is open to all teens. Moe Webster will be the Pacific County KYG Coordinator for 2010. Watch for notices for upcoming meeting dates and times or contact Moe if you know a teen who is interested in attending the upcoming conference.



Flower Judging Training Held

Toni Gwin, Pacific County Extension Educator, hosted a county fair garden judges training workshop on October 1 at the Westport Winery. Also contributing to this event were educators from Grays Harbor and Lewis counties. Several garden and flower enthusiasts from the surrounding area took advantage of this opportunity to update their knowledge. Upon completion of this workshop individuals are qualified and trained to judge floral entries at the county fairs.



Equine News

Ashley Hoffman and **Nicole Manlow** members of The Patriots 4-H Club, qualified to compete at state fair this year. This was the first time either of them have competed at that level.



Val Rowe, Horse Superintendent (far left) recently completed Horse Judges Training in Redmond, Oregon. Successful completion qualifies individuals to judge other county fairs throughout the northwest.

**HALLOWEEN
SCHOOLING SHOW and
PLAY DAY**

AT

Flying M Stables
in Olympia

Sunday, October 25, 2009

8:30 a.m.

Contact Val Rowe or the Extension Office for more information

Are you Horse Crazy? Have Horse Fever?....

The Patriots 4-H Horse Club is an Open Club accepting new members. The Patriots 4H Horse Club are Movers and Shakers... If you're a Couch Potato this may not be the club for you. We are a VERY busy club. We meet monthly all year long. Spring & summer we meet 2&3 times a month for riding meetings. Horses are a HUGE responsibility, be prepared for a commitment.

The Patriots have the following club requirements: You must attend/participate in 12 club meetings, Equine judging contest, record book, educational poster, public presentations, attend pre-fair, community service, & club fundraising. We have A LOT of Fun! If you are excited about learning about Horse & Horsemanship, and want to get the most out of your project "learning by doing", then this club is for you. For more information contact Val Rowe- Main Club Leader



Confronting bad behavior: Is there a social payoff?

Suppose you are at a busy playground and you hear an 11-year-old using language he didn't learn on Sesame Street. There are plenty of other adults around, but, apparently, not this child's parents. Do you intervene? Does anyone?

WSU sociologist **Christine Horne** is pretty sure the answer is, "It depends." Many factors might go into your decision, but the key variable isn't how offensive the language is, it's who else is around.

"We don't just punish in response to a bad behavior," Horne says. "We punish because we care what people think of us."

Research indicators

In her new book "The Rewards of Punishment: A Relational Theory of Norm Enforcement," Horne develops her theory that people sanction because they want to look good to others. Further, her research indicates that the more cohesive or interdependent the group, the more likely people are to sanction bad behavior.

So, in the playground scenario, Horne's theory suggests that if you are at the park by yourself or with a rough group of characters with similar vocabularies, you might not get involved. But, if you are at the park with a group of like-minded friends, you are much more likely to take a stand. It's not just that your friends will back you up, but also that they will think well of you and the social ties between you will be strengthened.

Inconsistency not new

Horne says she was curious about why people engage in seemingly inconsistent or self-defeating behavior – behavior that existing theories seemed unable to explain. Why did the Chinese enforce the cultural norm of foot binding for centuries, even though it produced no tangible benefits and much pain and anguish? Why did Chilean dictator Augusto Pinochet sign the 1988 International Convention Against Torture, the very agreement that allowed him to be arrested and prosecuted a decade later? Even more dramatic, why would the Norse in Greenland in the 1400s perish as a civilization rather than break a cultural norm against eating certain kinds of seafood?

According to her theory, people will act in ways that damage their personal interests if it means their ties to a particular social group will be strengthened. And, she suggests, one of the best ways to strengthen your ties to a particular group is to help enforce the norms of that group by punishing outliers.

Review Time

Washington State 4-H will be conducting a review December 7-11, 2009. The purpose of the review is to validate and strengthen the Washington 4-H Program by recognizing strengths as well as identifying opportunities for improvements. This review will focus on state level systems that are intended to support county programming. The process will facilitate long range planning and program development to position the Washington State 4-H Program for the future. Specifically the review will: A. Focus on strengths, concerns and recommendations for future improvements. B. Facilitate free flowing dialogue and interaction between 4-H staff, volunteers, youth, other Extension partners and collaborators. C. Involve broad representation in the review process to ensure that all voices are heard. D. focus on recommendations that will help the Washington State 4-H Program become "state of the art" in positive youth development programming. An opportunity to participate in this review will take place one evening in Chehalis. Watch for more information.



Society for Range Management's High School Youth Forum

for students Interested in rangeland management or natural resources

The 63rd Annual Meeting of the Society for Range Management (SRM) will be in Denver, Colorado February 7-11, 2010. Since the creation of the High School Youth Forum (HSYF) in 1966, SRM has actively involved youth in range-related activities at the annual meeting. The goal for the Forum has been to recognize outstanding youth that have an interest in range and natural resource management and give them an opportunity for additional learning experiences at the state and national levels. Students may have demonstrated this interest through work in 4-H, FFA, or life experience. (<http://www.rangelands.org/HSYForum/>) This annual international conference brings together researchers and professionals in the field of rangeland ecology from around the world for a world-class learning experience (<http://www.rangelands.org/denver2010/>).

The Pacific Northwest Section of SRM will sponsor three high school students, one each from Oregon, Washington, and British Columbia. Students will interact with other high school youth representing the 21 SRM sections of the United States, Canada, and Mexico. Be aware that an HSYF delegate will miss 3-5 days of school and, depending upon sport schedules, could miss a game or two.

Activities include a kick-off social and orientation, an all-day ecological field trip, professional dinner to learn about career possibilities, leadership and business meeting, conflict resolution workshop, student luncheon with college students, and the very popular, and required, Forum Paper Presentation. Numerous employers will be on hand for the annual job fair and career development workshops to conduct on-the-spot hiring. Available positions are posted approximately 2 months prior to the meeting.

During the latter, each HSYF member will give a 6-8 minute presentation on some aspect of rangeland management/ecology. These judged presentations have consistently proven to be a highlight of the conference for the students and the general membership of SRM! The presentations are always of such high quality that judging is difficult. The top 3 papers will be published. The top individual is invited to the next year's meeting to present their winning paper and serve as a junior mentor. Students elect a president who represents them on the SRM Student Affairs Committee and who returns the following year to conduct all HSYF meetings.

Students must be enrolled in high school while attending the HSYF. Youth attend only one year.

Interested?? **By October 30 (postmark date), interested students will submit the following:**

1. 1-2 page introduction of self, including past, present and future participation or interest in rangeland management and natural resources. Include address and phone number.
2. 1-2 page paper on an aspect of range management or related natural resource topic which could be expanded to a 6-8 minute presentation at the High School Youth Forum.
3. 1 letter of recommendation, including phone number, from an FFA advisor, WSU Extension educator,

Please send all application materials to **Tip Hudson, 507 Nanum St., Rm. 2, Ellensburg, WA 98926.**

All materials must be postmarked by October 30.

The Washington student selected to participate in the HSYF will be notified by mid-November. At that time, the Pacific Northwest Section and Washington chapters of SRM will arrange and pay for travel, lodging and registration for the winning representative. Following notification of selection, the student will prepare the paper for formal presentation. Local SRM members may be available to "critique" in that process.

Questions: Tip Hudson, 509-962-7507 or HUDSONT@WSU.EDU