People do What They Think is Important

People always do what they think is important.

One of the keys to success in life is to think about what is important for the future. Whether you are an adult or a youth,... what do you want for your future? Many wonderful and exciting things can happen for each of us in the future if we spend a certain amount of time doing some rather unexciting preparation and practice. Preparation and practice may not be exciting, and they might be a little scary, but they are definitely important. For years we have heard the adage that we must write down our goals if we want to attain them. One reason this is true is that by writing down our goals we pinpoint an actual target. If it is just a nebulous thought in our mind, it becomes more of a moving target... something that may never be attained because it keeps changing!

Once we have a goal, then we can list “To-Do” steps to get to our goal. One of the questions in the New 4-H Leader Interview is “What do YOU want to happen in 4-H?” By itself this is a very broad question. However, it allows the prospective new 4-H volunteer to really focus their mind on this important subject, and verbalize it! The same question can be asked of each person when the 4-H Club officers and leaders meet to plan the program for the upcoming year. Remember the pluses and wishes from this last year and add to them. What kind of important preparation will need to be done to have a successful 4-H year?

Thank you so much for your responses to our leader questionnaires that have been conducted by telephone and by mail. Because of your input, we have a whole range of upcoming training opportunities planned for 4-H youth and adults that will help us make the Yavapai County 4-H Youth Development program better.

Stephanie Shank
Assistant Agent, 4-H Youth Development

Tammy Kieren
Administrative Secretary

Prescott Office
840 Rodeo Dr. Bldg C
Prescott, AZ 86305
Phone: (928) 445-6590
Fax: (928) 445-6593

Cottonwood Office
2657 Village Drive
Cottonwood, AZ 86326
Phone: (928) 646-9113
Fax: (928) 646-9108

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.
National 4-H Week
October 7-13, 2007

You are cordially invited to attend the:
Yavapai County 4-H Awards and Recognition Reception
Saturday, October 6, 2007
Mayer Recreation Center ♦ Mayer, AZ
Time and Details to be Announced
Mark your calendars to attend!

Ideas for Celebrating 4-H Week
(visit http://spectre.nmsu.edu/fourh/docs/4-H%20Week.pdf for more ideas.)
Submitted by Angela Teskey-Peterson

- Have an ice cream social with 4-H’ers, county officials, volunteers. Showcase youth projects and Exhibits.
- Have a green balloon day. Give away 4-H Balloons
- Cover the county with 4-H posters! Encourage EVERY 4-H’er to bring a 4-H poster to the club meeting. Let a committee of 4-H’ers and volunteers be responsible for distributing signs in every business and public places.
- Fly a 4-H flag on the town square.
- Use 4-H promotional/educational exhibits at businesses, fairs, schools, banks and supermarkets.
- Ask local businesses to put 4-H is Great! Get Into It! On their signs during the week.
- Have a 4-H Cookie-baking Marathon and deliver cookies to police departments, teachers, school board members, fire departments, and other community services.
- Organize a 4-H Week committee for next year’s events.
- Have a 4-H Family Open House where people visit one of several homes in which 4-H pictures and project memorabilia are displayed.
- At your club meetings, invite teen 4-H’ers and 4-H alumni to explain 4-H.
- Give door prizes (4-H pencils T-shirts, wristbands, etc.) by drawing completed enrollment forms.
- Distribute 4-H pencils to donors as a thank you.
- 4-H’ers make and deliver jars of green and white jelly beans to donors.
- 4-H’ers distribute thank you posters for donors business windows.
- As club have a reception for your parents.
- Do a service project.
- As a club make clover shaped cookies to deliver to shut-ins.
- Add a 4-H Week message to every email and written correspondence during the week.
- Take a donor to lunch each day during 4-H Week. Recruit volunteers and co-workers to do the same. If possible, let 4-H’ers take a donor or volunteer to lunch, even it’s in the school cafeteria.
- Ask volunteers to stop by the high schools where your teen 4-H’ers are. Deliver them a little care bag or a good luck with all your tests this week note and a surprise.

Do you have an idea?
Email pdenney@ag.arizona.edu and we will share with the rest of the County.
Steps to Becoming a Certified 4-H Volunteer

Step #1
Complete Volunteer Application Form, both sides. Please make sure you have complete mailing information for your references.

Step #2
Complete Authorization/Consent Form for Background Check and make out a check to the University of Arizona for $10.

Step #3
Included in your packet are two assignments. You will need to either view the materials online at: http://cals.arizona.edu/4-h/volunteers.html#2 or contact the office if you do not have internet access.
  - Click on Orientation and answer the questions for Arizona 4-H is People Like You.
  - Click on Child Abuse Training and answer the questions for Understanding Child Abuse and Neglect.

Step #4
Read the Behavioral Guidelines, sign where it says Volunteer’s signature and in the Youth Protection Training box.

Step #5
Return all information to:
Pamela L. Denney
Program Coordinator
4-H Youth Development Program
Yavapai County Cooperative Extension
University of Arizona
840 Rodeo Dr. Bldg C
Prescott, AZ  86305

Step #6
Upon receipt of background check and references you will be contacted by Stephanie Shank, Assistant Agent for 4-H to schedule a face to face interview with her.

Step #7
Attend New Volunteer Orientation Training.

Step #8
You will receive a letter upon completion of this process indicating your ability to go ahead and enroll as a certified volunteer.

4-H Volunteer Orientation

Announcing...... four 4-H Leader Orientation Trainings held for all new 4-H leaders, those leaders who haven’t yet attended an orientation and those seasoned leaders who wish to come. In other words it is open to all 4-H Leaders! This will be an interactive, hands-on training that will cover What is 4-H?, Managing a Club, Curriculum, Policies and Procedures, and Child Protection. The trainings will be held in Prescott and also in the Verde Valley. Rick a date that best fits your busy schedule. Registration and additional information will be posted at www.cals.arizona.edu/yavapai/4hyd

Dates
August 22, 2007 - Prescott - Shelby Hansen Room, Prescott Frontier Days Rodeo Grounds- RSVP by 08/17
August 23, 2007 - Cottonwood County Annex Bldg -Main Board Room-RSVP by 08/17
October 17, 2007 - Cottonwood County Annex Bldg -Verde Room-RSVP by 10/12
October 18, 2007 - Prescott– Shelby Hansen Room, Prescott Frontier Days Rodeo Grounds-RSVP by 10/12

Get ready for next year........!

Updated Foods and Nutrition projects & Sewing projects!

New Curriculum for Other “Indoor Projects”

WHEN: August 15, 2007 from 6:00 p.m. to 9:00 p.m.
WHERE: Shelby Hansen Room at the Prescott Extension Office

Leaders, there is some great curriculum available for these projects. Set aside the evening of August 15th to learn about the new curriculum. The first hour will be devoted to informal discussion about the different projects. We have purchased a copy of the new curriculum for you to view.

You will be able to take home project requirement sheets and information on where to order these materials. The second two-hours will be devoted to hands-on teaching of lessons from the Six Easy Bites foods and nutrition curriculum series developed by the national Cooperative Curriculum System. If you are interested in attending this evening of fun learning, please call the Extension Office to register.
Yavapai County Fair ~ September 20-23, 2007

Large Livestock Judging Contest
Saturday, September 20 @ 6:00 p.m.
Dept. LL

Demonstration Opportunities!
Please note it on your entry.
They will be by appointment only.
Dept I

http://www.yavapaidownsatpv.com/fairbook.html

4-H PROJECTS (Dept. I)
Superintendent: Elizabeth Lind (928) 583-0250
Entry Forms Due: Sept. 11, 2007 ~ Entries received: Sept. 18, 10 am-8 pm
Judging of Items: Sept 19th

Junior Large Livestock (Dept LL)
Superintendent: Barbara Killian (928) 636-0239 or (928)-713-1866
Entry Forms Due: Friday, Sept 14
Entries Accepted: Sept 19 starting at 10 a.m. and must be in place by 10 a.m. Sept. 20

Junior Small Livestock (Dept LS)
Superintendent: Peggy Madison – (928) 899-0059 after 6 p.m. & Assistant Superintendent: Jordan Winslow
Entries accepted: Thursday, Sept 20 @ 3:00-3:30 p.m.
Rabbit, Cavy, Pigeon, Poultry, Waterfowl & Turkey Junior & Senior Divisions

Horse Show (Dept HS)
Superintendent: Candace Zeier Lauterbach ~ (928) 710-5281
Entry Forms Due: Sept 1
Western/English Showmanship, English Horsemanship, Hunter Under/Saddle/English Pleasure, Western Horsemanship/Equitation, Western Pleasure, Trail, Reining, Senior, Junior, Novice and Walk/Trot Classes

Youth Loans Available For Youth Livestock Show Projects
Contact the Farm Service Agency if funds are needed to purchase a show project animal, feed, show equipment, or to finance an income-producing 4-H or FFA project.

Who’s eligible? Any youth between the ages of 10 and 20, who lives in the country or in a community of less than 10,000 people.

How are funds used? Buy animals, equipment and supplies; buy, rent or repair needed tools and equipment; pay operating expenses for the project. Other types of projects which could be funded through a Youth Loan include: livestock & crop production; lawn & garden services; repair shops & roadside stands.

Youth Loans have a maximum amount of $5,000.
For more info & to obtain an application package, contact: the Northern Arizona Farm Loan Team, located at 51 W. Vista, #2, Holbrook, Arizona 86025, or telephone: 928 - 524 - 3214, Extension 2. Ask for Connie Skinner, Farm Loan Manager or Cam Anderson, Farm Loan Officer.

“Western Warehouse” ~
Offers 15% Discount to all active 4-H/FFA Members!
Western Warehouse in Prescott Valley is offering a 15% discount on the total purchase of items when you let them know that you are currently an active member of Yavapai County 4-H or any Yavapai County FFA Chapter. This offer is good throughout the year.
August/September

My Experience at the 2007 JOLT Camp
Katie Radosevic
2008 JOLT Youth Staff

This past June, I had the opportunity to attend the 2007 JOLT: Journey of Opportunities for Leaders of Tomorrow. JOLT, a weeklong camp in Heber, Arizona, was a place where I met one hundred of Arizona’s best 4-H members and together we grew to be better.

This camp focused on many different aspects of leadership and teambuilding. It consisted of several workshops and activities, teaching us all about things like leadership styles, “hug therapy”, recognizing and acknowledging heroes, sportsmanship, and Health Rocks—a program to promote healthy living for youth. Although these activities were given the name of “workshops”, they were nothing of the sort. Every activity we did involved some sort of physical activity, and there was never a moment when I wasn’t enjoying myself. Most of the activities were hands on, helping us to apply the leadership skills that we were learning.

My personal favorite activity was the “Campus Challenges” where we were divided in to smaller groups of about 10 campers, and worked together to solve challenges that were given to us. These challenges not only involved a lot of brain power, but also an immense amount of teamwork and cooperation to get our entire team through the task. We had to support each other through everything, both mentally and physically.

One of the best things about JOLT was having the opportunity to meet 4-Hers from all over the state. You have the chance to learn about programs that are going on within all of the different counties across Arizona, and also how you can implement them in your own areas.

JOLT is an amazing statewide opportunity that I encourage everyone to take advantage of. It’s only a matter of minutes before you are mingling with others and making friends that you can laugh and work with throughout the week, and keep in touch for even longer.

The camp is run through a youth and adult partnership, consisting of four main Adult Staff, two Senior Youth Staff, and eight Youth Staff members. All of the staff work hard throughout the prior year to ensure that JOLT is a success. This year, Justin Walker and I from Yavapai County were nominated and elected with the honor of working as the 2008 Youth Staff. I know that I am excited for this opportunity to work with the others, and I’m also looking forward to seeing all of you at next year’s JOLT, too!

Lastly, I would like to thank Bryan Chadd from Maricopa and Jerry Olson from Mohave for all of the hard work and dedication that they have shown to the JOLT leadership camp for the past 20 years. Thank you very much for making it such a success for myself and the rest of the leaders.

Also attending from Yavapai County were Amber Krueger and Alyssa Vargha.

4-H and the 4th of July Go Hand in Hand
(or Hand in Hoof)

In this patriotic month of July, Katie Radosevic (Cornville 4-H) took advantage of the opportunity to promote 4-H at the annual 4th of July Kids Parade in Clarkdale. Katie and her Nubian doe Ellie paraded through the streets of Clarkdale together. Ellie was the fashion statement of the day dawning her red, white and blue Toto, neck scarf, bows on her front hooves and completed her ensemble with a matching feather headdress.

Katie accompanied Ellie displaying her message “In 4-H your only limit is your imagination Join today” on her back. The pair amused the flag waving crowds along the sidewalks and Ellie was the envy of every goat for miles around.

In the confrontation between the river and the rock, the river always wins-
Not through strength, but by perseverance.

2005 Successories
August/September Cooperative Extension 6

October 12 - November 4, 2007
(Closed Mondays)

State 4-H Horse Show
SHOW LOCATION: WESTWORLD OF SCOTTSDALE
16601 North Pima Road, Scottsdale, AZ 85260
Show Begins: 8:00 a.m. October 19, 2007 (Friday)
8:00 a.m. October 20, 2007 (Saturday)
8:00 a.m. October 21, 2007 (Sunday)

Yavapai County 4-H State Qualifiers:
Back In the Saddle
Grace & Sadie Somers
Lonesome Valley Wranglers
Molly Kennedy
Brea Core
Chino Valley Breakaways
Hannah Swope
Verde Valley Vaqueros
Raven Saunders
Michelle Skaggs
Gianina Sangiovanni
Jordan Woodbury

JUNIOR LIVESTOCK JUDGING CONTEST
SATURDAY, OCTOBER 20, 8:30 AM

ENTRIES DUE to the Arizona State Fair by October 1.
Mail entries to Arizona State Fair, Livestock Judging Contest, 1826 West McDowell Road, Phoenix, AZ 85007.
Entry forms are available in the Arizona State Fair Livestock Exhibitor Handbook, from your County 4-H office or at www.cals.arizona.edu/yavapai/4hyd
Use separate entry blank for each team entered.

ELIGIBILITY
4-H members in good standing are eligible for this contest.
Each 4-H Club enter one Junior and one Senior team in the Dairy Judging contest and one Junior and one Senior team in the Livestock Judging contest.
Past participants of the National 4-H or National FFA judging contest are not eligible to compete under that organization.

DIVISIONS
The oldest member of the team will determine the classification for all members of that team for team and individual awards.
The Junior Division will consist of 4-H members under 14 years old on January 1st of the current year.
The Senior Division will consist of 4-H members 14 to 18 years old on January 1 of the current year

TEAMS
Each team to consist of one to four members.
ADDITIONAL INDIVIDUALS will be allowed to judge as part of a 4-H Club. Individuals are eligible for individual awards, but will not be included in team scores.
Team scores will consist of the combined scores of team members (excludes those designated as additional individuals) having the three (3) highest scores.

4-H Exhibits
Entry Postmark Deadline: September 19, 2007
* Arrival of Entries: Home Ec Bldg Oct. 6, 9:00 am to 4:00 pm. Oct. 7, 12:00 pm to 4:00 pm. Oct. 8 (Baked goods, fresh plants), 9:00 am to 7:00 pm
Judging: Tues. Oct. 9 and Wed. Oct. 10 and Releasing Nov. 6, 9:00 am to 5:00 pm
Entry Fee: The 4-H Department does not require an entry fee.
Premiums are as follows, unless otherwise designated: 1st Blue Ribbon $3.00, 2nd Red Ribbon $2.00, 3rd White Ribbon $1.00. Premiums are not paid on participation ribbons or rosettes.
County Outreach Drivers will transport 4-H (except food, live plants, and animals) entries. For questions on transportation on your entries, please contact your County Ambassador, Rosann Scott at 928-636-3290 by Sep. 23.

For more information visit http://www.azstatefair.com/exhibitors/exhibitorhandbook.aspx
Horse Judging Contest and Clinic  
Arizona State Fair

We had such a great turn out and so much fun last year, we are going to offer Horse Judging at the State 4-H Horse Show on Saturday Oct 20, 2007 (after the Western Show) again this year. Sign-in at 3:30 p.m. Judging will start at 4:30 p.m. There is no fee for this clinic.

This will be open to all Junior and Senior 4-H members. You do not have to be showing in the Horse Show in order to participate. If you are showing in the State Horse Show send in your registration for the judging with your State 4-H Horse Show entry forms. If you are not showing in the State 4-H Horse Show, send your registration in along with a signed Code of Conduct Form, Parent/Guardian Consent & Release of Medical Information Form, and Photo Release Form to the address on the registration form. Forms can be found at www.cals.arizona.edu/yavapai/4hyd

For those seniors that are interested, this contest will be used to qualify a Judging Team of 4-H Seniors to attend and compete in the Denver Horse Classic (Nationals) in January 2008!!

After the contest you will have a chance to sit down with the judges and ask questions and talk about judging.

Ohio 4-H Alum Creates New Restaurant Item

When Sarah Herringshaw of Wood County, Ohio, signed up for her first 4-H nutrition project as a member of the Colorful Clovers 4-H Club, little did she know it would change her life forever.

"I took nutrition projects every year of my 4-H career," said Sarah. "It definitely helped me decide what path I wanted to take in life."

Sarah is graduating from The Ohio State University this year with a degree in Food Science. Last summer, she began an internship at Total Ultimate Foods, Inc. and continued to work there part-time throughout her senior year.

Total Ultimate Foods is one of the nation's leading manufacturers of dry food products. The internship was an exciting experience for Sarah as she followed through the development on a product that is now part of a menu item at Bob Evans Restaurants.

"It was one of the first items I worked on. It started out as a glaze for another dish, but when we presented it to Bob Evans they thought it would be a great sauce for their Roasted Caramel Apple Cream Stacked and Stuffed Hotcakes."

Sarah has learned that developing a new food product takes a lot of practice and taste testing, and it reminds her of all the experiences she had preparing dishes in her 4-H projects. "I was always working at making the best better in my 4-H projects, now I have carried that motto into my everyday life."

Currently The Roasted Caramel Apple Cream Stacked and Stuffed Hotcakes is the number one selling variety item on the new menu. Bob Evans Restaurants can be found in 18 states.

The Wood County, Ohio, 4-H program is proud to have one of its own alumni accelerating in a project area she enjoyed so much in her 4-H career. "It is a true testament to 4-H in general. Sarah is an excellent example of how 4-H can help provide a positive learning experience to youth and make a difference in their lives forever. We are proud of her and are visiting Bob Evans often to enjoy the new Hotcakes." says Jennifer Morlock, OSU Extension Program Assistant, 4-H, Wood County, Ohio.
## 2007 Yavapai County 4-H/FFA Expo
### Swine Show Results

<table>
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<th>Champion</th>
<th>Reserve Champion</th>
<th>Breeder/Club</th>
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<td>Chino Valley Breakaways</td>
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<td>Camp Verde Cowboys</td>
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**ATTENTION! ALL 4-H Community Club & Project Club Leaders!**

Please remember to **protect yourself and your members** by notifying the Yavapai County 4-H Office of ALL meetings, practices, field trips and other club events beforehand. Those clubs with monthly activity calendars, please send us a copy by mail, email or fax to:

Pamela L. Denney, Program Coordinator  
4-H Youth Development Program  
UA Yavapai County Cooperative Extension  
840 Rodeo Dr. Bldg C  
Prescott, AZ 86305  
Phone: (928) 445-6590  
Fax: (928)445-6593  
pdenney@ag.arizona.edu

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**Volunteer’s 4-H Pledge**

I pledge my Head to give children the information I can, to help them see things clearly & to make wise decisions.

I pledge my Heart to encourage and support children no matter whether they have success or disappointments.

I pledge my Hands to help children’s groups; if I cannot be a leader, I can help in many equally important ways.

I pledge my Health to keep children strong and well for a better world through 4-H, for children’s groups, our community, our country, and our world.
New Project Records! New Involvement Record!

Thank you! Thank you! Thank you! To those of you who turned in your record books. Your actions have allowed us to review the 4-H Records and how they “work”. Since that deadline date we have read through each and every record, 4-H Story and Cumulative Record. We sensed that there was much confusion and frustration when completing records. We researched other states and have had input from two county focus group sessions. The results are a new set of 4-H Records that you will find simpler and much easier to fill out.

Involvement Record – We are replacing the old cumulative record with a new 4-H Involvement Record. This is a “permanent record” of your involvement in the 4-H program. You can add to it each year. Each member will have one Involvement Record. The Involvement Record will be downloadable from our county 4-H website by September 1, 2007. We are working on making it saveable to your computer so that it is, indeed, a permanent running record of your Involvement in the 4-H program.

Project Records – Instead of having a list of project records to select from there will be two choices. A 4-H Animal Project Record OR a 4-H ______ Project Record (You will fill in the blank). If you are doing a Horse, Pet or Breeding animal project (in which the project animal does not go to market), there will be special pages to add to the basic animal record. See the table below.

A 4-H member will use one project record for each project. If a member is taking Market Swine and Sheep, then the member will need to have one 4-H Animal Project Record for his/her Swine project and one 4-H Animal Project Record for his/her Sheep Project. If a 4-H member is taking Photography and Cooking, then the member will need to have one 4-H (Photography) Project Record for his/her Photography project and one 4-H (Cooking) Record for his/her Cooking project. These records will be downloadable from our county 4-H website by September 1, 2007. We are working to make them saveable to your computer so that members can work on them throughout the year.

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<th>RECORD</th>
<th>Horse</th>
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Watch for Training dates on how to complete new 4-H Project Records!!!!!
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- **August 2007**
  - Labor Day OFFICE CLOSED
  - Expo Mtg
  - Indoor Projects Training Prescott
  - New Leader Orientation Prescott
  - New Leader Orientation Verde Valley
  - RSVP for New Leader Orientations Next Week
  - EXPO Planning

- **September 2007**
  - Yavapai County Fair
  - V Bar V Ranch Explorer’s Day
  - YCF
### October 2007

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#### Notes:
- Expo Mtg: Expo Meeting
- Office Closed: The Office is closed on these dates.
- National 4-H Week: A week-long celebration of 4-H youth development programs.
- Columbus Day: A federal holiday celebrating the discovery of the Americas.
- Veteran’s Day: A day to honor military veterans.
- Thanksgiving: A federal holiday celebrating gratitude and family gatherings.
We would love to hear from you! Email your club’s activities to pdenney@ag.arizona.edu or submit by mail to:

Pam Denney, Cooperative Extension, Yavapai County
840 Rodeo Dr., Bldg. C, Prescott, AZ 86305

Deadline for submitting articles for the October/November is Tues, September 20th.