

4-H Clover

Skagit County



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Look for us on the web:

Skagit 4-H website:

<http://www.skagit.wsu.edu/4-HSC/>

WA State 4-H website:

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

4-H Study of Positive Youth Development

On May 20th in a 4-H staff meeting in Puyallup we had the privilege to be introduced to the results of the first four waves of data collection (2002-2006) of the 4-H Study of Positive Youth Development (PYD). It is the first-ever long-term study to measure the characteristics of PYD. The research was led by Richard M. Lerner, Ph.D., professor at Tufts University, which has no affiliation to 4-H.

This national study tried to answer the question of whether “involvement in specific out-of-school activities predicts positive developmental growth and decreased at-risk/problem behaviors, such as smoking, drinking, bullying and depression.

Positive youth development is a strength-based perspective of adolescence that emphasizes the potential for youth to successfully grow into mature adults. The 4-H Study of PYD measures the widely known characteristics of PYD, otherwise known as the “Five Cs” — competence, confidence, character, caring and connection — to determine individual and social factors that influence the youth development process.

In its methodology the study began with 5th graders and parents (wave 1) in the 2002-2003 school years and accompanied the group till 8th grade (wave 4). A total of 4404 adolescents and 2000 parents, involved and not involved in out-of-school programs, participated in the study. The major findings of the study revealed that:

- Children who had higher levels of PYD in 5th grade were more likely, during the next years, to contribute to their family and community, less likely to engage in problem behaviors such as smoking, drinking and bullying, and to show symptoms of depression.
- More than school or community resources, family members play the largest role in the positive development of youth. One of the strongest predictors of PYD was the child and his or her family regularly eating dinner together.

However, the most exciting part of the study, at least from my perspective, was the comparing of 4-Hers with non 4-Hers. Children who participated at least twice a month in 4-H clubs or 4-H after-school programs were compared to children who participated regularly in other out-of-school programs.

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local news

4-H Study, continued

The results are impressive, children in 4-H had consistently higher scores in PYD, contribution to family and community, selecting positive life goals and finding ways to accomplish them, ability to express themselves about community issues, helping others, and participating in civic activities. 4-Hers had lower scores in depression and risk behavior, which means they are more resilient to these problems. On education, participants in 4-H programs had higher school grades, greater emotional engagement in school, and were more likely to see themselves as going to college.

Isn't this amazing? It shows the value and impact of families and volunteers in the life of our children. It also shows that the quality of the whole 4-H methodology and structure is accomplishing its purpose of positive youth development resulting in healthy and productive youth. And as Dr. Lerner states: "the true value of 4-H programs comes not from short-term results or even the effects over a few years. It comes from the program's influence on lifelong pathways of development."

The study does not stop here. The 5th wave of youth in 10th grade is already happening. The researchers intend to continue this study through Grade 12 and beyond so the information collected can help the youth of today and tomorrow.

William Freitas
4-H Youth Development Educator



4-H at Little Mountain Elementary School



Thanks Bonita Elfstrom and Rosez for helping to promote 4-H at Little Mountain Elementary School.



Cooperating agencies: Washington State University, U.S. Department of Agriculture, and Skagit County. Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, gender, national origin, religion, age, disability, and sexual orientation. Evidence of noncompliance may be reported through your local Extension Office.

Sea-Tech Club Team in an International Competition

Congratulations to all four teams from Sea-Tech 4-H Club for participating and representing Skagit County 4-H at the regional competition of MATE (Marine Advanced Technology Education Center) on May 10th. Lee McNeil (the club leader) said he was impressed at how each 4-Her overcame many obstacles, and worked as a team to be part of the competition. The dedication of Mr. Sturm and Mr. Hamiter (project leaders) along with 4-H alumni, Jacque, Lee, AJ and Owen was critical to the success of the club.



Congratulations, also, to Team Angler Fish for winning the best team spirit award! According to Lee, the judges were amazed at their tenacity considering their age.

However, it isn't over for Team Genesis who was qualified to go to the International ROV Challenge at Scripps Institute in San Diego on June 26-28. In this high-level competition they will compete not only against teams from other countries but also against teams with a university level.



Congratulations Team Genesis and good luck! We look forward to see the ROVs at work in the Skagit County Fair. Watch a video of the project at: <http://www.youtube.com/watch?v=LBbP940VyHo>

4-H Volunteer Hours

We do need your report of volunteer hours. If you don't have it recorded please ESTIMATE as close as you can. You can report by month not necessarily by week! If you haven't sent in past months please go back a couple of months. Count all time spent doing 4-h activities, meetings, trainings, paper/phone work. Relaying info to families, preparing for fair, helping with contests, you name it. If it is related to 4-H, count it! And this is for all leaders, project, activity and general leaders. Thank you, thank you, and thank you!

To find the form, go to <http://www.skagit.wsu.edu/4-HSC/forms.htm> and click on Hours Tracking under the Reporting Forms category.



local news/upcoming events

4-H Continuing Education

The Skagit County 4-H/Youth Development Continuing Education Program is ready. This program has 4 major categories: Program Management; Personal Development; Positive Youth Development; Leadership. Classes will be offered at WSU Extension office from 5:30 – 8:30. Location and time can be rescheduled due to special requests. The same class will be offered 2 or 3 times so all can have the opportunity to attend. A minimum of 4 people is required for the classes.

After July 1, 2008 a person wanting to become a 4-H leader is required to take Introduction to 4-H I and II.

Skagit County 4-H/Youth Development 2008 Continuing Education Program

| Date | Topic | Category |
|------------------|---|----------------------------|
| July | | |
| 9 – Wednesday | Introduction to 4-H I | Program Management |
| 14 – Tuesday | MS Word – How to make attractive Flyers | Personal Development |
| 16 – Wednesday | Introduction to 4-H II | Program Management |
| 22 – Tuesday | Age – appropriate youth development experiences | Positive Youth Development |
| August | | |
| 13 – Wednesday | Financial Mngt & Fundraising | Program Management |
| 18 – Monday | Introduction to 4-H I | Program Management |
| 25 – Monday | Introduction to 4-H II | Program Management |
| 28 – Thursday | Power Point I | Personal Development |
| September | | |
| 4 – Thursday | Servant Leadership I | Leadership |
| 17 – Wednesday | MS Word – How to make attractive Flyers | Personal Development |
| 22 – Monday | Financial Mngt & Fundraising | Program Management |
| 24 - Wednesday | Age – appropriate youth development experiences | Positive Youth Development |
| October | | |
| 21 – Tuesday | Power Point I | Personal Development |
| 23 – Thursday | Introduction to 4-H I | Program Management |
| 30 – Thursday | Introduction to 4-H II | Program Management |
| November | | |
| 12 – Wednesday | Servant Leadership I | Leadership |
| 13 - Thursday | Age – appropriate youth development experiences | Positive Youth Development |
| 18 – Tuesday | Financial Mngt & Fundraising | Program Management |

Teen Conference

Teen Conference is coming!
Motivate the youth of your club to participate in this state event.

Rise to the Challenge!

June 29 - July 1, 2008
WSU - Pullman Campus

Three top reasons why they should attend:

- **Meet** new teens - youth participants from across the State—from all 39 counties
- **Enjoy** nearly 50 fun, action-filled activities—educational workshops, national speakers, college/career information and recreation.
- **Experience** living, learning and playing at Washington State University.

Registration deadline June 16th. More information contact the 4-H office.

<http://4h.wsu.edu/conferences/teenconf/>

Benefit Dinner for Amanda Proudfoot

The WSU Extension office, as friends of Amanda, are joining with the 4-H Leaders Council to put on a **Spaghetti Dinner and Silent Auction** for our 4-H Program Coordinator, Amanda Proudfoot, as she continues her fight against cancer, on **June 18, 2008 from 5:00 to 8:00 p.m. in the 4-H building at the Skagit County Fairgrounds.**

There are several opportunities or ways folks can help:

- Come with your family to the dinner on June 18, 2008. A minimum \$5 donation for the dinner is suggested. (If possible give a head count to your 4-H leader to help us have an idea on numbers.)
- Donate items for the Silent Auction table. All items are appreciated. (Please drop off with Valerie at the Skagit County Extension office anytime before June 16th.)
- Clubs are needed to volunteer for 1) setting up tables and chairs at the Fairgrounds, 2) taking down tables and chairs, and 3) other clean up. Please call William Freitas to volunteer at 360-428-4270, ext.226.

Valerie in the WSU Extension Office will be taking reservation counts (from the 4-H leaders) for the dinner as well as tracking the Silent Auction donated items. Call her at 428-4270 ext. 221 or email at

vdekok@co.skagit.wa.us.

Poultry Testing 2008 Fair Season New Regulations

Salmonella Pullorum causes an important disease of poultry called Pullorum.

The Washington State Department of Agriculture (WSDA) recently adopted a regulation (WAC 16-59) that requires all poultry going to fairs and shows to be tested for Pullorum or from a flock that has tested negative for Pullorum and is a member of the National Poultry Improvement Plan (NPIP).

Skagit County Fair is one of the fairs the WSDA will be testing birds this summer. WSDA will be assisting poultry superintendents, 4-H/FFA leaders, and exhibitors in meeting the new Pullorum testing requirements. Bring your bill of sale to the fair. All eggs and poultry must be from a Pullorum free flock. Proof will be required.

For more information visit the 4-H webpage and click at Poultry Testing Regulations—2008 Fair Season or call the 4-H office.

Veterinary Regulations for other animals can be found at the 2008 Skagit County Fair Premium Book.



Skagit County Fair “Swing Open the Gates in 2008”

Dates for the 2008 Skagit County Fair:
August 6 – 9 10:00am to 10:00 pm

Premium Book Link:

<http://www.skagitcounty.net/Fairgrounds/Documents/Fair%20Premium%20Book.pdf>



u p c o m i n g e v e n t s

JUNE – 2008

| | |
|-------------------|---|
| 18 – 20 | Livestock Judges School, WSU, Pullman, WA |
| 29 – Jul 1 | State Teen Conference, WSU - Pullman Campus |

JULY – 2008

| | |
|-------------------|--|
| 4 | <i>Fourth of July (Extension Office is closed)</i> |
| 13 - 19 | 4-H Camp Cornet, 1 st week |
| 20 | 4-H Hike (weather permitting) |
| 20 - 26 | 4-H Camp Cornet, 2 nd week |
| 26 | Silvana Fair |
| 31 – Aug 3 | Stanwood Fair |

AUGUST – 2008

| | |
|--------------|---|
| 1 | Nominations for State 4-H Awards due (Volunteer Excellence, Friend of 4-H, Alumni of the Year and Volunteer's Staff Award) |
| 4 | 4-H Leaders' Council, 7:00 p.m. – WSU Extension Office (We will be asking for WA 4-H Council recommendations and nominees for Leader of the Year at this meeting) |
| 5 | Vet check |
| 6 - 9 | Skagit County Fair |