



# 4-H Horizons

Volume 11, Issue 1

February 2011

## Chelan and Douglas Counties 4-H

400 Washington Street  
Wenatchee, WA 98801

### Special points of interest:

- Support the Achievements of our members by attending the Award Program
- Show the world what you have done—report your volunteer hours.
- Bring your ideas to Leaders' Council Meetings

### Inside this issue:

Beef & Sheep/Goat Field Days	2
Scholarship Info.	3
Science & Engineering Fair	3
Fair Superintendent Training	4
Community Pride Award	4
Project Youth Extension Service	4
Revolution of Responsibility	5
Science Video Challenge	5
Youth Horse Council	7
Let's Move	7
Leadership Summit	8
Eastside Dog Show	8
Super Saturday	8
4-H Calendar	9
4-H Tidbits	9

## NJ 'Horselady' to Ride in World's Toughest Race: The Mongol Derby

by: Brian Thompson

Chances are you have never heard of the Mongol Derby.

Until late September, neither had [Sophia Mangalee](#), 27, a life-long, self-described 'horselady' (her nickname in school).

It is, as best we can tell, the longest, most grueling horse race on the planet -- roughly 630 miles over ten days on perhaps three dozen or so different mounts.

"It gives new meaning to the word 'saddlesore,' that's for sure," said Mangalee as she rode on the

Monmouth Park race-track in [Oceanport](#), N.J. with NBCNewYork.



### WATCH

The "Derby" is only two years old and it is very selective.

(Apparently with a \$10,000 entry fee and a requirement that you

raise money for charity, it can afford to be.)

Just 25 riders from around the world get to race the course that traces the postal route system of Genghis Khan nearly a thousand years ago (sort of a precursor to our old Pony Express).

Mangalee, who is Marketing Director for the But she lives in New Jersey now and has a bubbly enthusiasm for the horse industry here. And this is where she will train for the Mongol Derby before flying to [Mongolia](#) next August for the ride of her life. (continued on page 2)

## National 4-H History Preservation

The National 4-H History Preservation Team made a New Year's Resolution: to publish its Newsletter every six weeks. Here is the [first publication of 2011](#) (Volume II, Issue I). Not only does it showcase the Team's hard work (645 items digitized!), but it provides highlights of 4-H History from 1924 (trophy presentation) to 2010 (first 4-H clubs in Iraq). Note particularly a 1929 example of a 4-H member's role in helping improve animal husbandry in

Egypt.

Enjoy and pass it on to others who might be interested in the rich history of 4-H. Surely someone out there knows where the Moses Trophies are or where we can get a copy of the Mulligan Stew films.

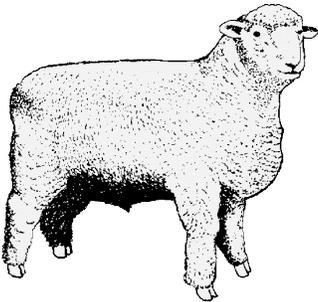
The next 4-H History Newsletter will come out February 16 - if the Team holds to their resolution.

The team continues to seek your assistance in

identifying people in your state who can serve as contacts with the national team, and those who are already working to preserve 4-H History at the local, county or state level. They would like to help you publicize these efforts across the country through the [national 4-H History Preservation website](#). Please do not hesitate to send your comments or questions to: [Info@4-HHistoryPreservation.com](mailto:Info@4-HHistoryPreservation.com).

It gives new meaning to the word 'saddlesore,' that's for sure,"

Sarah Mangalee in reference to riding in the 630 mile Mongolia Derby



## Mongolia Derby (continued)

"It's all about survival, ...a true test of horsemanship to go out there and ride 14 hours a day on 3 to 4 different horses a day," mused Mangalee about the contest won by an American and an ex-Marine this past August.

Despite her diminutive size, she is no lightweight when it comes to athleticism.

She has run two marathons, including one in [Barcelona](#) (because she "loves to travel").

She expects that training to come in handy for the

mental challenge of being alone on the steppes of Mongolia (though she will be equipped with a GPS locator in case she runs into trouble).

"I think it will be a similar mental game," Mangalee said.

She admits she's a romantic, and that Mongolia has always been a place she wanted to visit.

Even the food has her fascinated, with plans to check out Mongolian restaurants in New York City.

Asked about what she

may eat over there, she replied, "Apparently flame broiled marmot is a delicacy."

There was a smile on her face as though she is looking forward to it.

You can follow Mangalee's training over the next many months, and her race, on her blog, [mongolderbyrider.com](http://mongolderbyrider.com).

Follow [Brian Thompson](#) on Twitter [@brian4NY](#)

## 4-H Youth Beef and Sheep/Goat Field Days

Two interactive youth livestock field days are scheduled for March in Southeastern Washington. Each field day will provide the latest information on raising livestock projects for youth, parents and leaders.

The Youth Beef Field Day will be held on Saturday, March 12th, 2011 from 9:30 a.m. to approximately 2:30 p.m. at Lewiston Livestock Market in Lewiston, ID. Additional information, including registration procedures, are on-line at: <http://county.wsu.edu/asotin/calendars/Lists/>

[Events/Attachments/67/BeefYouthField-Day2011.pdf](#)

The Youth Sheep and Goat Field Day will be held on Saturday, March 26th from 9:30 a.m. to approximately 2:30 p.m. at the Asotin County Fair Grounds in Asotin, WA. Additional information, including registration procedures, are on-line at: <http://county.wsu.edu/asotin/calendars/Lists/Events/Attachments/69/Sheep-GoatYouthField-Day2011.pdf>

The cost for each field day is \$6, which includes

lunch and handouts. Topics covered during each field day will include: Health Care, Quality Assurance, Feeding and Nutrition, Selection of project animals, Fitting and Showing, and other topics. Pre-registration is recommended. Presenters include WSU and UI Extension and Animal Sciences faculty, area veterinarians, and outstanding livestock producers.. The events are co-sponsored by the WSU Asotin and Whitman County Extension Offices, and the UI Nez Perce County Extension Office.

## Opportunities for recognition

The editor of the [Lake Chelan Mirror](#) is interested in talking with, and taking pictures of, 4-H members in the Chelan/Manson/Entiat area to possibly feature their ac-

tivities in a story. They also have newspapers in Oroville, Brewster, Cashmere, and Leavenworth.

If you are interested in having your 4-H club in the newspaper, please contact Michelle Morrison. [mmmorrison@wsu.edu](mailto:mmmorrison@wsu.edu) or 667-6540

## State 4-H Scholarship Opportunities

Washington State 4-H is pleased to offer 15 different scholarships. Current and former Washington State 4-H members are eligible to apply. Applicants must have accumulated at least two years of 4-H affiliation. Previous Washington State 4-H scholarship recipients are not eligible to apply.

**Please note:**

Washington State University Scholarship Application is ON-LINE ONLY. Applicant must complete a WSU application and receive a student ID PRIOR to applying for the Scholarship.

**Washington State 4-H Scholarships:** Washington 4-H Scholarships re-

quire all six pieces of the **Washington State 4-H Scholarship Application Packet**. Each applicant will be considered for all Washington State 4-H Scholarships. These applications must be post-marked by **March 1, 2011**. These scholarships may be used at any institution offering post-secondary education (i.e. Seattle University, The Ohio State University, Technical and Community Colleges, Cosmetology school, etc.). A 4-H'er may be awarded only one of the Washington scholarships mentioned below.

**In summary,** the scholarships available are: Washington State Univer-

sity, College of Agricultural, Human, and Natural Resource Sciences State 4-H Scholarship: (Received by January 31, 2011 at WSU)

- Dean's Merit Scholarship \$3,000
- Two @ \$1,500.00 for Leadership
- Two @ \$1,500.00 for Citizenship/Community Service

The 4-H Scholarship Application form may be obtained from Washington State 4-H website:

<http://4h.wsu.edu/members/scholar.htm>

**Announcing the Buick Achievers Scholarship Program -- up to \$25,000/yr!**  
Check it out at [www.buickachievers.com](http://www.buickachievers.com)



## Local 4-H Scholarship Opportunities

Both Chelan and Douglas Counties 4-H Leaders' Councils offer two \$500 college scholarships to our local members. You must be a current 4-H

member enrolled in the County to which you are applying and having been in 4-H at least two years. The criteria and applications for each scholarship

are available at <http://www.ncw.wsu.edu/4h/awards.html> and must be completed and submitted by March 1, 2011.

**Chelan and Douglas Counties 4-H Leaders' Councils each award two \$500 college scholarships annually!**

## WA State Thoroughbred Foundation Scholarship

This scholarship is available to students from any background wishing to pursue a career in pre-veterinary medicine (equine practice only),

management, equine business management or pasture management as it pertains to horse farms, and other related fields. For more information and

application go to: <http://raceforeducation.org/scholarships>.  
Deadline to apply is February 28.

## WA State Science & Engineering Fair

The Washington State Science & Engineering Fair (WSSEF) offers an opportunity to participate in a premiere educational Fair.

WSSEF is open to all public, private, online and home schooled students in grades 1-12 in the state of Washington. The 54th annual fair will take place at Bremerton High

School, April 1-2, 2011. More information and registration can be found at: <http://www.wssef.org/>.



## 4-H Fair Superintendent's Training

--submitted by Tracie Hanson, Grays Harbor County 4-H

Would you like to know more about 4-H as an effective youth prevention program, or how to be more prepared to work with the public? How about the difference between Danish and American judging or how to be prepared for the unexpected events that happen at fair? While the

training will be geared towards 4-H Fair Superintendents, other interested 4-H or fair volunteers are welcome to attend.

The event will be held at the Grays Harbor County Fairgrounds on **Saturday, February 26th from 9:30 -3:30. Only \$5** will register you for the entire day

of fun, interactive workshops, and a networking session during the lunch break! (Don't forget to bring your own lunch!) **Preregistration should be submitted by Friday, February 11th!**



## Taking Care of the Fair

--Submitted by: Linda McEdward

Our club would like to encourage 4-H parents and leaders to volunteer to help out during fair time with odd jobs needing to be done.

Sweet Briar Second Edition club will be adopting

gardens at the Expo Center for beautification. We would also like to challenge other 4-H clubs to join us in adopting flower gardens or committing time for clean-up and

preparation of the grounds

For further information contact Linda McEdward at 860-7684 or [rbtldy1@aol.com](mailto:rbtldy1@aol.com)



## Chevron/Texaco Community Pride Award

The 4-H Chevron/Texaco Community Pride Award will select one 4-H Club in each participating county unit to receive the **Best (in-county) 4-H Community Pride Award**.

The **Best Washington State 4-H Community Pride Award** will be pre-

sented to the most outstanding Community Pride Program overall. Selection criteria is available on the application form, which can be found at

[www.4h.wsu.edu/foundation/communitypride.htm](http://www.4h.wsu.edu/foundation/communitypride.htm). This award will

be presented during the Know Your Government Legislative Dinner on Monday, February 20. Please forward your "Best In-County" applications to the 4-H Office immediately!

**Sweet Briar  
Second Edition 4-H  
Club is challenging  
all clubs to adopt a  
garden at the  
fairgrounds**

## Project Youth Extension Service

We are currently accepting applications for the 2011-2012 Project Youth Extension Service (Y.E.S!) internship. Project YES is a national service program engaging college students in service to meet the needs of military families facing deployment. Project YES

expands the resources of the DoD Yellow Ribbon Program, provides opportunities for students to give back to their communities and country with a year of service, and further strengthens connections with the Extension System, all while meeting the critical needs of com-

munities with high rates of families impacted by deployment across the country. For information and app. go to: <http://militaryfamilies.extension.org/yes-intern-program/>



## Join the 4-H Revolution of Responsibility!

We are very excited to announce the launch of a new image campaign for 4-H. It's called "Join the Revolution of Responsibility."

This campaign will tell the 4-H story in far more compelling terms than ever before. It showcases the stories of real 4-H'ers making a real impact in their communities, and gives a voice to the uncommon dedication and barrier-breaking commitment of the young people who are 4-H. That's the kind of revolution the world needs now.

These firsthand accounts not only illustrate the real legacy of the 4-H movement, but leave the viewer wanting to be a part of the 4-H experience. That's why we're making sure we ask our audience to "Join" — especially the elected officials, corporate partners, and other community leaders who are our primary targets. Future training and support ef-

forts will be focused on this audience of "influentials" and how best to reach them.

The new theme and materials are the result of months of rigorous testing and development—as well as the input, counsel and insights of hundreds of 4-H educators, youth, volunteers and friends across the country. Thanks to all who have participated in the effort thus far.

I would like to ask you to do a few things to support the campaign and spread the word:

First go to the campaign site: [www.4-h.org/about/revolution](http://www.4-h.org/about/revolution) to learn more and see the video and print ads.

Download the video at [www.4-H.org/brandtoolkit](http://www.4-H.org/brandtoolkit) to share with others—especially influencers in your community like elected officials, alumni and potential donors.

Share a local story at

[www.4-H.org/share](http://www.4-H.org/share) about 4-Hers making an impact in their community to help grow the number of stories we publish on the site.

Visit the 4-H Facebook page at [www.facebook.com/4h](http://www.facebook.com/4h) this week to become a fan and engage in that 4-H community. You can also join on Twitter at [www.twitter.com/4h](http://www.twitter.com/4h).

Sign up here [www.4-H.org/signup](http://www.4-H.org/signup) to be part of the Revolution—we'll send you updates as we build out the site and develop the campaign further.

Over time, we'll be adding more elements to the campaign, sharing tools to help you in your work and even setting up a community where you can share ideas and hear from other 4-H professionals about what they are doing. This is just the beginning.



The "Revolution of Responsibility" is your chance to feature youth who have turned their 4-H life skills into positive, productive experiences and results!

## 4-H Science Video Challenge

National 4-H Council, National 4-H Headquarters, and University of Arizona 4-H Youth Development, invite all 4-H professionals, staff and volunteers to produce their own digital video for front-line educators and volunteers to better implement 4-H science programs. The purpose of this contest is to build a vault of films to show great 4-H facilitation and learning in practice.

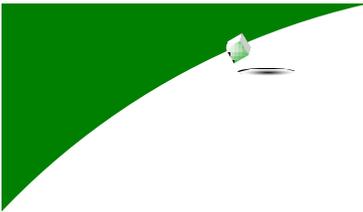
We seek films that will help others know what inquiry-based learning looks like in real life. As the saying goes--***A picture is worth a thousand words.***

We are looking for bold, creative, and exciting videos to help educate facilitators about how to implement 4-H science and illustrate inquiry-based

learning approaches to helping youth learn and master science content.

Details can be found at: <http://www.4-h.org/resource-library/professional-development-learning/science-training-guides-resources/video-challenge/>





## American Youth Horse Council - Annual Symposium

This Symposium is a production of the American Youth Horse Council (AYHC), the umbrella organization for the youth horse industry. The 2011 event, taking place in Lansing, Michigan, March 11-13, will boast more than two-dozen internationally and nationally respected teachers and clinicians assembled to share their keys to successful youth horse pro-

gramming. Presentations will be tailored for Adult Leaders of Youth Horse Programs, Industry Professionals and Student Leaders. Roundtable discussions, classroom presentations, interactive sessions, exhibit booths, silent auction, awards banquet and keynote speeches will be highlights of the Symposium. Separate Student Leader activities will bring youth

representing all disciplines and horse breed activities together to learn team building, ethics and network. A pre-conference tour of the area will include the McPhail Equine Performance Center and MSU College of Veterinary Science and the MI Horse Expo. Information and registration is available at: <http://www.ayhc.com/symposium.htm>



## 4-H Program Policy on In-Tact Llama and Alpacas

--submitted by Pat BoyEs



I have been asked to clarify our State 4-H Policy regarding the exhibition of in-tact male llamas and alpacas. I have done some research and trekking down information.

I asked our Extension veterinarian, Dale Moore the castrations versus exhibitor safety question and she contacted Dr. Ahmed Tibary who is the premiere veterinarian in the field of camelids. His statement is :

'As far as castration is concerned, early (prepuberal) castration is not recommended on pet or fiber llamas and alpacas because this may lead to poor long bone development. These animals are predisposed to osteoarticular problems later in life. Both llamas and alpacas can be castrated around 18 months of age without effects on health.'

Based upon Dr. Tibary's

recommendation and in consideration of the safety of youth exhibitors versus proper animal management practices, male in-tact llamas and alpacas can be shown in 4-H until they reach 24 months of age. Those intact males who reach or exceed 24 months of age, cannot be shown in 4-H. This policy clarification will appear in the 2011 edition of EM0758e.

**Working together to create sustainable communities that give every American places to walk, bike, paddle, run, explore, and connect with nature.**

## National Park Service Announces Community-Based Projects for Assistance in 2011

We are pleased to announce that National Park Service staff will be helping on over [240 great projects](#) with community-based partners across the country in 2011.

In each of these efforts, neighbors are working together to create sustainable communities that give every American places to walk, bike, pad-

dle, run, explore, and connect with nature. The National Park Service is privileged to help them envision and create those places.

The new parks being built by our partners help bring the National Park Service to communities that may not otherwise be connected with the national park system.

Come see what's taking shape [in your state](#), and contact your [nearest RTCA staff member](#) if you would like to discuss how the National Park Service could help you get your community better connected to nature.

## Energize The Planet!

4-H has been invited to enter two teams in the **Imagine Tomorrow** competition.

May 20-22, 2011  
Washington State University, Pullman  
\$100,000+ in cash prizes, thanks to our sponsors

*Imagine Tomorrow* challenges high school students to seek new ways to support the transition to alternate energy sources. Students research complex topics, then innovate technologies, designs, or plans to mobilize behavior. They forge connections in their communities and create positive

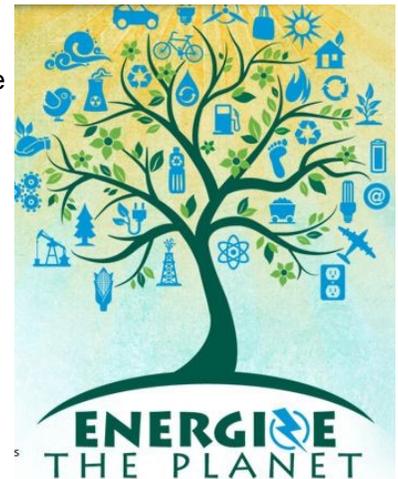
change. In this competition, as in life, solutions are limited only by imagination.

Register or preregister now at <http://imagnetomorrow.wsu.edu/>. Only the first 200 teams who complete their registration are guaranteed the chance to participate. You may reserve space by registering in full or by preregistering—providing basic information to reserve your spot in the competition. If you preregister, you must complete your registration by February 15 to hold your space.

Because space is limited, we urge you to register or preregister well before the deadline. Registration will close March 1 or as soon as 200 teams have registered—whichever comes first.

Once you arrive on campus all expenses will be paid for the team and advisor. You need only to provide costs you may incur in putting your project together.

If you have a team that would like to enter please contact Linda Bailey at [imbailey@wsu.edu](mailto:imbailey@wsu.edu) or (509) 335-7772.



## “LET’S MOVE” 4-H ANNOUNCEMENT

Monday, Nov. 29, 4-H participated with First Lady Michelle Obama in the launch of a new phase of the Let’s Move initiative to solve childhood obesity. Doug Swanson of 4-H National Headquarters joined the First Lady and other organization’s representatives at the White House on a conference call to announce the initiative.

4-H is making some commitments to be involved in the “Let’s Move!” campaign. You will see these in the bullets below. These commitments were made based on data from what we already have done in 2009 and 2010. The only real new commitment is encouraging our young people to achieve the President’s Active Lifestyle Award. This is achieved by completing physical activ-

ity five days a week for six weeks. We believe that this can be a group project for many of our delivery systems. It is my understanding the young people report the activity directly to a website and are rewarded. We are not responsible for counting as a full system.

These commitments are in line with what we already have done with the Let’s Move initiative in the summer of 2010. Physical activity and community gardens are two major components of the initiative.

Please encourage your 4-H programs to become active in these initiatives. It is a great fit with many healthy living programs.

Cooperative Extension  
Master Gardeners,

with the involvement of many 4-Hers, will develop **2,600 school gardens in 2011.**

Through the Master Gardener program, we anticipate that well over 650,000 pounds of fresh produce will be provided to local families who have that need. Over **1 million young people** will be involved in community gardening in some way.

Also this coming year, 4-H is committed to having 250,000 4-H youth incorporate regular physical activity into their 4-H club experiences on a yearlong basis. We anticipate that **100,000** of those youth will achieve the President’s Active Lifestyle Award.

...with the  
involvement of  
many 4-Hers, will  
develop 2,600  
school gardens in  
2011!





The Leadership Summit will help establish a mentoring relationship between the County Teen Representatives (CTR) and the State Ambassadors

## WA State Military Kids and Families Partnership

On **March 4, 2011**, we are hosting an event that will reach out to not only our military families but to educators, community leaders and anyone who wants to learn more about understanding and supporting military kids. Washington State Military Kids and Families Summit will focus on deployment, transition, and other related issues. There will be resources, networking, dynamic speakers, and

outreach opportunities.

[militarykids](#)

### PLEASE REGISTER TODAY

Friday, March 4  
7:30 am - 3:30 pm

Tacoma Elks Lodge #174  
2114 Tacoma Ave South,  
Tacoma, WA

### REGISTER AT:

<http://conferences.wsu.edu/>

Registration is \$10 per military family member, and \$20 per professional. Vendor fees are \$50 for a Non-Profit table and \$75 for Profit vendors. Registration on-site will increase by \$5.

Lunch and breaks are included. Clock Hours and STARS Credits are available.

## Leadership Summit: Extreme Edition #2

—submitted by Jan Klein

Save the date, March 19-20, 2011, for Leadership Summit: Extreme Edition #2 - a leadership training adventure for middle school youth and 4-H

County Teen Representatives. It will be at Camp Koinonia, Ellensburg, WA. Watch for more information coming soon! For grades 6-9.



## Eastside Hushpuppies 4-H Club Dog Show



The Olympic Kennel Club and The Eastside Hushpuppies 4-H Club together are sponsoring the "Sanctioned B Match" with OC Obedience, Rally & CGC Tests. It will be held Sunday February 27 at the Enumclaw Expo

Center. Registration at 8:00 am and Obedience at 9:00am. Pre-registration fees are: First Class Per Dog \$8.00 Additional Classes Per Dog \$3.00, Junior Showmanship \$4.00. Day of Match costs, slightly higher.

Download registration form and flyer at <http://www.eshp.org> or for further questions [Cheryl@cherylijamesphotography.com](mailto:Cheryl@cherylijamesphotography.com) or [fairhavenness@comcast.net](mailto:fairhavenness@comcast.net)

## Chelan-Douglas 4-H SUPER SATURDAY!



4-H Super Saturday will be Saturday, March 5 at the NCW Fairgrounds in Waterville! It is open to 4-H members, parents, leaders, their families and friends. The entire day, including lunch is free due to the generosity of the Chelan and Douglas Cou

nties 4-H Leaders Councils! Watch the website ([www.ncw.wsu.edu/4h/](http://www.ncw.wsu.edu/4h/)) for a schedule of the many exciting workshops designed to engage your Head, Heart, Hands and Health! Please RSVP as soon as possible so we can get a head count. Although we

would like to have you stay for the entire day, if you cannot, please come and attend the workshops you have time for. If you would like to RSVP, or have any questions about Super Saturday, please call or email Michelle Morrison at 667-6540 [mmmorrison@wsu.edu](mailto:mmmorrison@wsu.edu)

## Chelan & Douglas Counties 4-H

WSU Chelan County Extension  
400 Washington Street  
Wenatchee, WA 98801

Phone 509-667-6540  
FAX 509-667-6561  
mmmorrison@wsu.edu  
faini@wsu.edu  
gormley@wsu.edu  
faini

## To Make The Best, Better



Don't forget to check the web page for  
forms, information and dates:

[www.ncw.wsu.edu/4h](http://www.ncw.wsu.edu/4h)

### February

- 25-26 Family Expo-Town Toyota Center—Wenatchee
- 26 Fair Superintendent Training—Grays Harbor Co Fairgrounds
- 27 "Sanctioned B Match" Dog Show—Enumclaw, WA
- 28 WA State Thoroughbred Found. Scholarship due

### March

- 1 Chelan & Douglas Co Scholarship Applications due
- 1 WA State 4-H Scholarship due
- 4 Military Kids & Families Partnerships—Tacoma
- 5 Super Saturday—NCW Fairgrounds
- 12 Beef Field Day—Lewiston ID
- 19-20 Teen Leadership Summit—Ellensburg, WA
- 26 Sheep & Goat Field Day—Asotin, WA Fair Grounds

## 4-H Tidbits...



- ◆ Horse certificates must be turned in at least 30 days prior to participating in a show.
- ◆ Has your club turned in their Financial Statement for the 2009-2010 4-H Year yet? We need it ASAP for State reporting.
- ◆ What has your club volunteered to help with for the Douglas County Pork & Tur-

key Roast or Auction? Have you purchased your tickets yet (or sold any?) Save April 9 for this big event so you can PIG OUT! Tickets available at the Extension Offices, Eastmont Pharmacy, Les Schwab, Neils Boots & Shoes and Waterville City Hall

- ◆ In this digital age, it should be easier than ever to send in

(Gormley@wsu.edu) pictures and news of your club activities to be included in this newsletter, but still I wait.....

- ◆ Fair Animal Ownership dates:
  - NCW
  - Beef—Feb. 15
  - Others—May 15
  - Chelan County
  - Beef—March 1
  - Others—June 1

Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, sex, religion, age, color, creed, national or ethnic origin; physical, mental or sensory disability; marital status, sexual orientation, or status as a Vietnam-era or disabled veteran. Evidence of noncompliance may be reported through your local Extension office.