

4-H MONTHLY UPDATE



December 2021 newsletter brought to you by WSU Grant County 4-H

Hello and Happy December.

It is definitely hard to believe December is here. Although one of the longer months of the year, it always seems to pass by so quickly.

I hope you all had a nice thanksgiving. Historians tell us that one of the first recorded thanksgiving feasts occurred in November of 1621—that is 400 years ago! President Abraham Lincoln made Thanksgiving a national holiday in 1863 in hope to boost morale during the Civil War. Currently, our nation consumes about 46 million turkeys and a supposed 50 million pumpkin pies on this holiday each year. I truly hope that you had a nice thanksgiving holiday. There is always so much to be thankful and grateful for.

During this time of being grateful, it can also be a time of looking back at our past program year—particularly the fair. Our community really rallied around our young people which was reflected in the prices at the sale. There were over 260 4-H members who sold food animal projects through the Grant County Fair Livestock Sale. The combined carcass weights of the beef, swine, lamb and goats produced by our 4-Hers was 21 tons of meat. This number does not reflect the market rabbit or poultry animals nor does it reflect the dairy animals who are producing milk at this very moment. At this sale we saw community support like never before. A big thank you goes out to our community of buyers for their abundant generosity.

We are sixty days into our new program year. End of year club documents (financial records, club plans, ect) are still needing to come in for many clubs. Clubs that maintain charters (and handle finances) have a responsibility to submit their reports. Youth members are not able to join a club that has not fulfilled charter requirements.

We have about 35 adult volunteers in the online system but only six have completed all the steps to be fully approved. Please remember you must update your profile every year. Every general leader and at least one additional project leader will need to attend a kick off update. We have nine options scheduled for December. Please plan on joining one of these zoom events.

There are around 115 club members who have begun the enrollment process. Many have submitted payments but will not be fully enrolled until the clubs have leaders who have completed the enrollment process. This does create a bit of a bottle neck, but we are hoping that this clears up with leaders attending trainings in December. There are not any trainings scheduled for January.

There have not been any changes in the governor's vaccine mandate that effects our volunteers. Past 4-H volunteers have some options. A) Those who have been vaccinated can updated their online profile and come to the extension office to show their card for a visual check. Our office is open Monday through Friday 8-5 with someone available during the lunch break. B) Past leaders may have their enrollment profiles marked as 'inactive. They will still need to update their online profile but it will 'freeze' their credentials until December 2022. At the start of the next program year (22-23), the leader can decide to proceed without having to do all the requirements for new leaders. Leaders listed as inactive are not official 4-H leaders. C) Leaders may submit a request for an exemption (either religious or medical). These forms are on our website and are processed in Pullman. Some of our leaders have received exemptions from the vaccine requirement. I encourage anyone who may be considering this option to act on it quickly. Pullman has been processing many of these and the wait time has been about eight weeks.

Also included in this letter is more information about leader training opportunities coming in December and the link for next week's Leaders Council meeting. There are also a few fun things and some notes related to mental health.

Wishing you a happy December. If you have any questions please do not hesitate to contact us.

Carolyn

Leader Council Meeting (Zoom)

December 6, 2021 at 7:00 PM

Meeting ID: 972 5256 4505

Phone Call (long distance) +1 253 215 8782, 972 5256 4505#

New Club Welcome—Dune Lake 4-H Club

We have a brand new 4-H club in Grant County. Welcome Dune Lake 4-H Club led by Robert Stroud!! This new club is supporting projects in the areas of alpaca, beef, cooking, crafts, dairy, food preservation, goat, horse, hunting, knitting, leadership, livestock judging, needlework, nutrition, photography, poultry, quilting, rabbit, sewing, sheep and swine. There are several new Cloverbuds in this club and they are also open to new members.

If you would like to start a new 4-H club, please contact the office at grant.4h@wsu.edu

Leadership Opportunity



All General Leaders and at least one project leader per club is required to attend a kick off update. All of these trainings are via zoom and are open to all regardless of the hosting county.

LEADER KICK OFF UPDATES

Date/Time/County Host

Monday, December 6 at 6:30 PM by Chelan/Douglas County

Thursday, Dec 9 at 7:00 PM by Grant County

Monday, December 13 at 6:30 PM by Chelan/Douglas County

Tuesday, December 14 at 12:10 PM by Grant County

Wednesday, December 15 at 12:10 PM by Grant County

Monday, December 20 at 6:30 PM by Chelan/Douglas County

Tuesday, December 21 at 12:10 PM by Grant County

Tuesday, December 21 at 7:00 PM by Grant County

Tuesday, December 28 at 6:30 PM by Chelan/Douglas County

NEW LEADER TRAINING

Date/Time/County Host

Wednesday December 8 at 6:30 PM by Chelan/Douglas County

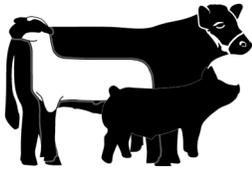
Tuesday December 14 at 7:00 PM by Grant County

Monday December 20 at 7:00 PM by Grant County

Wednesday December 29 at 6:30 PM by Chelan/Douglas County

There are no leader trainings scheduled for January. Contact Ana at ana.myers@wsu.edu or 754-2011 ext 4313 to RSVP and for zoom link information.

North Central Washington Junior Livestock Show



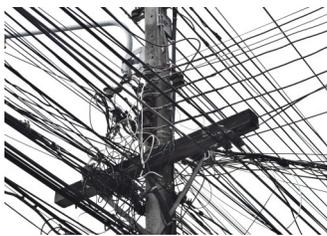
March 24th—26th

For more information email Michelle Hobbs at ncwjr.livestockshow@gmail.com

Mental Health Note

We all know the holiday months can bring lots of joy but also stress and anxiety. Remember to pace yourself, ask for help with some of the holiday responsibilities and remember each year is different. Drink plenty of water, try to eat as healthy as possible, make sure you are sleeping enough, get outside for a walk and try to stick to normal routines. Many people report feeling depressed or anxious this time of year. Be patient and gentle with yourself and remember to reach out for professional help if needed.

A Thought About Clutter



As the days grow shorter and we tend to be indoors more frequently, it is a perfect time of the year to think about decluttering areas of the house. This is something we should practice throughout our whole life. Clutter is not just about items, it is also about how we fill our calendar. Take time to consider your life, your current realities and how your energy is spent.

It is okay to let things go (whether they be physical items or places where we give our time) because realities have changed. Whether it is space on the calendar or space in your house, it is always a good time to really consider what may need to change to make room for something else.

Neuroscience Flash

Male and female brains have physical differences. In neuroimaging, scientists have seen that the male brain has stronger front to back connections, where the female brain has greater side to side connections.

Jigsaw Puzzle



www.jigsawexplorer.com

There are many places online to access games and activities. Consider a puzzle making racing challenge the next time you gather with friends or relatives.

Refreshing Action



Several years ago there were several stories about online videos made by the Peterson Brothers. Below is a link to an article from 2019 telling more of their story. This is a positive message of young people working to share truths and bring a little joy in the process. They saw a need and found a way to share their message.

www.wisfarmer.com/story/news/2019/01/20/peterson-farm-bros-advocate-ag-through-music-social-media/2624286002/

The National Suicide Prevention Lifeline



This time of year can be particularly tough with the daylight length shifting and the added stress (both positive and negative) of the holidays. Suicide rates are increasing and are now the second leading cause of death amongst young adults.

We recommend putting this contact information in your phone in case you or someone you know needs it. There is more of a chance that we will encounter someone in mental crisis than in cardiac arrest.

THE NATIONAL SUICIDE PREVENTION LIFELINE

<https://suicidepreventionlifeline.org/>

CALL 1-800-273-8255 (available 24/7, it is free and confidential), CHAT or TEXT.



4-H Grant County
grant.4h@wsu.edu
1525 E Wheeler Road
Moses Lake, WA 98837
(509) 754-2011 ext. 4301

LINKS

[Friday Update Archive](#)

[Grant County 4-H](#)

[4-H Tuesday News](#)

[WSU 4-H Youth Development Program](#)

[4HOnline Registration](#)

[Virtual 4-H Programs and Resources](#)

[Youth Livestock Producers](#)

[Report Your 4-H Volunteer Hours](#)

[Volunteer Training](#)

[Washington 4-H Volunteer Orientation Modules](#)

[WSU Put the Child First](#)

[4-H Forms & Materials](#)

[Financial Forms](#)

[4-H Club Officer Resources](#)

[4-H Policies and Procedures Handbook](#)

[Scholarship Information](#)

[Information for Members, Volunteer Leaders, and Parents](#)

[Animal Ownership Dates](#)



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