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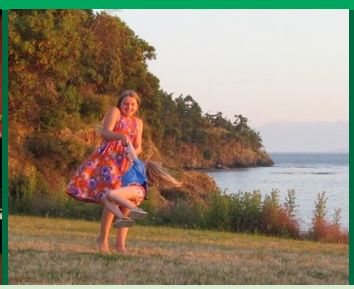
Snohomish County 4-H Newsletter November 2017



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CITIZENSHIP WASHINGTON FOCUS

If you are 14-19 years old and want to go to Washington, DC to learn about our national government, CLICK HERE!
Deadline is Nov 20th

Remarks from the Park...

by Jana Ferris

As we begin planning our new year for 4-H, let's make sure to look at how we do the things we do, rather than simply doing what we've always done. Our program is designed to assist you in developing much needed life skills and to meet their needs for Belonging, Mastery, Independence, and Mastery. I am certain many of these needs are met through simply participating in the 4-H program; but, research has demonstrated that youth who are actively involved in the planning, implementing, and reviewing 4-H activities derive the greatest benefit.

My challenge to you this year is to examine how you do things with your youth in the 4-H program. Be sure to include your youth in decision making—even if you don't agree with the decision. The only time we should step in and cancel a decision the club has made is when it violates policy. Many lessons can be learned from making decisions and evaluating the outcome later.

Throughout the year, review and ask yourselves, "are we doing this activity in such a way to help our youth develop life skills and meet their needs?" After all, don't we want the best possible outcomes for our kids?

NOVEMBER

Calendar of Events

Nov 1	6-8:00pm	**Rifle Leader's Meeting** at the WSU Ext Office
Nov 2	6:45pm	**SnoCo 4-H Fundraiser: Train Show Committee Meeting** at WSU Ed Center
	7-9:00pm	**Natural Resources Program Meeting** at WSU Ed Center
Nov 3	7-9:00pm	**Dog Program Meeting** at WSU Ed Center
Nov 4		**Natural Resources Wallace Falls Day Hike**
	12:30-3:30pm	**Sewing Program Workshop**: Tree Napkins at WSU Ed Center
Nov 5		**Horse Program - Fall County Hunter Over Fences** at Stanwood Equestrian Center
Nov 7	7-9:00pm	**Volunteer Education - Resource Development** Learn appropriate use of 4-H to raise funds for programming. Tips & tools for fund raising events, solicitations and sponsorships. Required for council officers & committee chairs. At WSU Ed Center
Nov 8	7-9:00pm	**4-H Council Meeting** at WSU Ed Center
Nov 9	6-7:30pm	**Quality Assurance Class** at WSU Ed Center
Nov 12	1-4:00pm	**Sewing Program Workshop** - Sassy Cross Stitch at WSU Ed Center
Nov 13	6:30-8:00pm	**Dairy Goat Program Meeting** at WSU Ed Center
Nov 14		**Performing Arts Meeting** at Tim Noah Thumbnail Theater in Snohomish
	6-7:00pm	**Vet Science Program** at WSU Ed Center
	6:30pm	**Horse Judging** at Evergreen Fairgrounds
	7-8:30pm	**Performing Arts Program Meeting** at WSU Ed Center
Nov 16	6:30-9:30pm	**Horse Program Meeting** at WSU Ed Center
	7-9:00pm	**Cavy Program Meeting** at WSU Ed Center
Nov 17	6-9:00pm	**Foods Program Workshop** at WSU Ed Center
	6:30-8:00pm	**How-to Hippology Class** at WSU Ed Center
Nov 18	8am-5pm	4-**H Volunteer Education** Class offerings include: Club Organization, Project Leadership, Group Basics, Working with Youth, Conflict Management & Delegation. At WSU Ed Center
	6:00pm	**Dog Program Award Night** at WSU Ed Center
Nov 19		**Natural Resources Indoor Rock Climbing**
	2-4:00pm	**Foods Program Workshop** at WSU Ed Center
Nov 23-24		**THANKSGIVING** - Extension Office is Closed
Nov 26	2-4:00pm	**Vet Science Program Meeting** at WSU Ed Center
Nov 28	5:30-6:30pm	**Horse Program Ride Night** at Evergreen Fairgrounds
	6:30pm	**Equine Sceince** at WSU Ed Center
Nov 30	6-9:00pm	**4-H Volunteer Education QPR** at WSU Ed Center

Carpe Diem

You will never get what you want until you are thankful for what you have.

~Michael P. Watson

CLUB NOTES . . .

by Phoebe Bachleda

Belonging

One of the best parts of my job is when I get the chance to attend a 4-H event. I love watching the 4-H youth having fun and learning things at the same time. The best part is when I see how happy members are to be part of a group where they feel like they belong.

Recently I have been visiting 4-H program meetings. One of the first things I notice is how I feel when I walk into the meeting. I have felt welcomed, people have smiled and said hello and have helped me find a chair. When I walked up to people I didn't know, they talked to me and made me feel glad that I had come. That kind of experience made me want to come back. I experienced belonging - a sense of feeling connected to others. I felt cared about and I felt connected. Sometimes youth may find themselves in situations where they feel like an outsider. In that case, they will be using their mental energy to guard against threats instead of fully participating. 4-H members that feel cared about will feel physically and emotionally safe to actively participate in their 4-H clubs and projects.

Research shows that one of the most important things we need to grow and thrive is a sense of belonging. What might that look like? It could be someone saying hello when I walk in and inviting me to play a game or even asking me to help with a job that needs to be done before the meeting starts.

Belonging is when your friends and leaders encourage you if you are having a hard time or cheer for you and congratulate you when you have done well. Belonging can also look like bringing up things that might not be going so well in the club because you know that you will be listened to and that others care about how you feel.

Belonging can also look like club shirts or a club banner that says to the world I am part of this group and I am proud to be a part of the group.

Belonging is planning for social times and having fun as a club. It could also look like an older youth helping out a younger youth. Or belonging could look like a small group that has intentionally included different members that may not usually work together to plan an activity.

And belonging is feeling safe to be yourself and knowing that your 4-H leaders and members are there to support you, encourage you and want the best for you.

Please think about how you include new people or even members that have been around for a long time. Maybe you can add a few more ways of making everyone feel part of your club.

USJersey

Scholarship Opportunity

The scholarship program of the American Jersey Cattle Association supports educational opportunities for Jersey youth enrolled in post-secondary institutions and also on-farm internships.

Application forms for the next round of scholarship awards must be submitted to the AJCA office by email or in an envelope bearing a clearly visible, legible postmark on or before July 1. Transcripts and recommendation letters must be received on or before July 7. Application forms will be posted not later than May 1, 2018.

For more info, visit https://www.usjersey.com/AJCA-NAJ-JMS/AJCA/YouthPrograms/YouthScholarshipsandEducationalPrograms.aspx

The Livestock Master Foundation has now made available the opportunity for enrolled 4-H/FFA youth in Snohomish/Skagit/Island counties to apply for a no interest loan (up to $500) to purchase a market animal for upcoming Junior Livestock shows.

Applications should be sent to:

Livestock Master Foundation
c/o John Nelson
2227 158th ST NW
Marysville, WA 98271

CLICK HERE for the application

Donations for Puerto Rico

WSU Extension Office is not accepting any more donations for Puerto Rico.

If your club still wants to help the hurricane victims in Puerto Rico, the greatest need at this point is for money to pay for the shipping of the many goods and supplies that have already been donated, and to support the rebuilding of Puerto Rico.

Two recommended organizations to donate to are these:
https://www.youcaring.com/hurricanevictimsinpuertorico-955585
https://www.gofundme.com/Puertoricanassociationrelieffund

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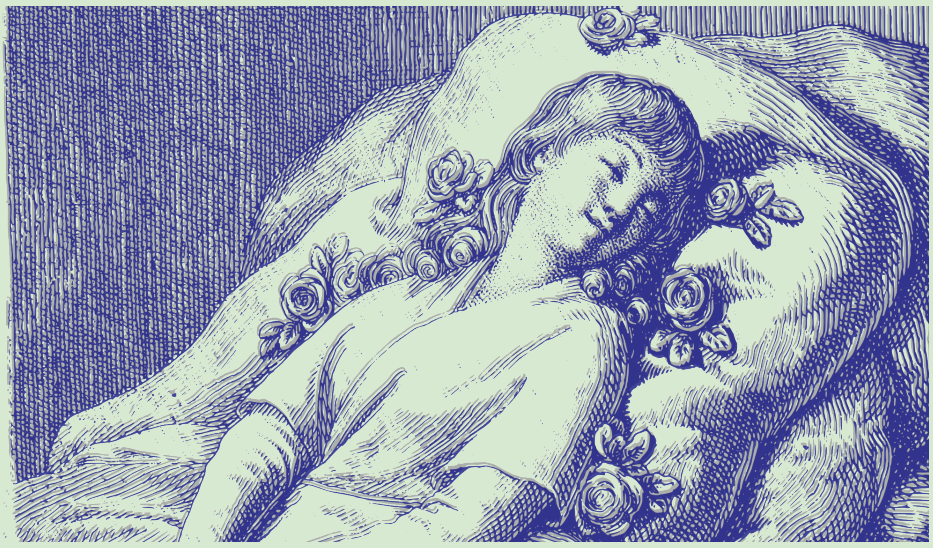


by Beth Wangen

You're Feeling Sleepy, Very Sleepy…

This year's youth development theme is Resilience, and more specifically self-care among caregivers/volunteers/leaders as a key to resilience. Only if we take care of ourselves do we then have the band-width to care for others.

"Human beings are the only species that deliberately deprive themselves of sleep for no apparent gain." Terry Gross recently interviewed Matthew Walker, the director of the Center for Human Sleep Science at UC Berkeley for her radio program *Fresh Air*. We all know by now that good sleep, both in quantity and quality, is a key to health and happiness. Sleep scientist Matthew Walker dispelled some myths and summed up with five big tips to making the most of our sleep.

1) DARKNESS -- You've likely heard that you should avoid screens of all kinds (TV, computer, phone) an hour before bedtime. Dr. Walker advises also dimming the lights in your house. Using blackout curtains or a sleep mask can also help.
2) REGULARITY – Go to bed and wake up at the same time every day, EVEN on the weekends! In fact, it is impossible to fully "make up" for lost sleep. Regularity makes our sleep better. (Exceptions for teenagers!)
3) COOL – Cool temperatures help the body prepare for sleep. Walker recommends 65-68 degrees.
4) DON'T LIE AWAKE IN BED – If you wake up in the night and can't get back to sleep, get up and go to another room. The brain makes associations very easily, and you don't want your brain to associate being awake with your bed. Go elsewhere and read in dim light (not from a screen) until you feel sleepy again.
5) NO LATE CAFFEINE – Avoid caffeine after 2 p.m. Your body starts producing adenosine as soon as you wake up. After about 16 hours, you have enough adenosine to feel sleepy. Caffeine just blocks the adenosine receptors, it doesn't decrease the adenosine. So when the caffeine wears off, you get slammed with a build-up of adenosine, the "crash" after the caffeine. Plus, caffeine in the system decreases the quality of sleep, even for those who have no trouble falling asleep.
6) NO ALCOHOL -- Alcohol consumption actually leads to multiple awakenings during the night, usually very brief. The sleeper often doesn't know that he/she has woken up many times, but sleep is compromised by this fragmentation, nonetheless.

These are just a few of the key points in the interview. If you'd like to learn more about the connection of sleep to memory, Alzheimer's, why we still need 8 hours of sleep in our later years but can't get it, and why you should let teenagers sleep late on weekends anyway, you can listen to the interview or read the highlights here: http://www.npr.org/sections/health-shots/2017/10/16/558058812/sleep-scientist-warns-against-walking-through-life-in-an-underslept-state .

4-H Alumni
SPOTLIGHT

We are focusing a "spotlight" on a 4-H alumn each month. If you know of a recent alumn with an interesting story, let us know!

Sasha Schumacher

What did you do in 4-H? Clubs/Activities involved in?

I began in crafts and cooking in 4th grade. I made a skirt that I still have, did cooking competitions at fair and participated in many craft sleepovers and activities. I also participated in activities in my brother's Natural Resources 4-H club in Snohomish County in which we identified plants and rocked the junior loggers competition at fair, went hiking, kayaking and rafting. In Snohomish county, I showed 3 different horses over the years in 4-H both Saddle Seat and Western Aged Green Horse. I started out in Broken Bits just admiring the older kids and our amazing adult leaders. I eventually took on leadership positions within the club and when I graduated, I became an adult leader for a short time to help pass the club on to new adult leaders during a major transition for the club.

How did your involvement in 4-H help you on your path?

I was a normal kid in 4-H. I loved the people, I loved showing my horse, I didn't exactly love filling out forms and updating my record book at fair time. (I was definitely a procrastinator in this area.) I loved doing demonstrations at club meetings, and I loved leading club meetings. Something that really took ahold of me was the opportunity for leadership. I discovered my love and passion for talking in front of a group, leading meetings and activities, and teaching. This passion has been driving me ever since. While going through University, I had many peers who hadn't a clue of what they wanted to do in the future, but I was always sure of my desire to teach and lead. There's no doubt in my mind that 4-H was a guiding institution in my life.

4-H taught me to value other people's opinions, be independent but aware that there's always help when I need it, to keep records and stay organized, how to run meetings, and how to make challenging work fun or at least to press through it.

I've used these skills through stressful times in University as a music major, through music competitions, walking the streets of Panamá on a year and a half religious mission struggling through Spanish without anyone that spoke English around, working with others in performing groups, in my minimum wage jobs and now here in Ecuador as a director of volunteers. These are basic skills that make life much easier to walk through. It may sound a little silly, but I can see how 4-H influenced every part of my life. Sure I could have learned these things elsewhere, but why not learn it while doing fun things like working with livestock or learning to sew or rafting down the Yakima River? 4-H is all about learning while doing. Honestly, I wish all public schools were more like 4-H.

4-H also made me love the outdoors and appreciate the beautiful animals and life that accompany us on this earth. Nature is a beacon of light for me when life seems impossible, and it opens my eyes to my humble existence.

Had I not been in 4-H, I may not have gained the confidence I needed to take the steps to so many opportunities that I was presented.

What was the most valuable part of 4-H?

This could be answered differently by anyone. 4-H gave me a place to be vulnerable and to grow. It was outside of my school peer group, so I was slightly liberated of any middle school or high school peer-pressure. I learned by watching others, then doing it with them, then trying it out by myself, then taking

continued on next page

on additional responsibilities as I mastered old ones. 4-H can be a masterful teaching institution of morals, responsibility, and talent. I would also have to say that the examples from your leaders and peers in 4-H are such a valuable tool in life.

What are you doing now?

Well, right at this moment I am living in Cuenca, Ecuador with my husband, Keenan. I graduated in Music Education endorsed in Spanish Education. We are volunteers with the Orphanage Support Services Organization (OSSO). We are the Volunteer Directors here in-country. We live here at an orphanage in Cuenca while supporting and volunteering at four other orphanages in town. We oversee training, keeping the fridge stocked, keep a budget, and take care of the volunteers that come down. We also communicate with the office in Idaho through email, skype and shared communication documents online. Our number one priority, though, are the children we work with. Here at the OSSO orphanage we care for 22 disabled children. Their conditions span from severe autism to Cerebral Palsy, and their needs extend from changing diapers to physical therapies. We'll be here for 14 months.

What are your future goals/plans?

If there's anything that I've learned in the last 2 years, it's that some of the best things in life come without being planned. That being said, I'm a strong believer in making goals and plans. I believe in being prepared for the future and always continuing your education. I have plans to go to grad school and study Education Psychology, teach music and Spanish at the middle school level, get my principle credentials, teach abroad, have children and travel and live in other countries with them like the Wild Thornberrys. Those are my plans; there are lots of them. My goals are to be happy, continue my education, follow my passion in education and raise happy children

Is there anyone in 4-H you would like to thank publicly?

Bev Seagle who passed away quite a few years ago and left such a legacy; Jana, Keith & Heather Lyons, who are some of the most loving and accepting people I ever met; Linda Bohannon, who dedicated so much to us kids in Broken Bits; and Patti Segulja-Lau, who showed me how much a 4-H mom can really do. I hope that all leaders can be as encouraging as mine were. I hope they all encourage and empower their kids to greatness.

Do you have any advice for today's 4-Hers?

Figure out what your passions are now, and then work them into your future. If you want to be happy, then do something that you love every day. Don't let what other people think define you. Seek experiences that are slightly out of your comfort zone and that help you gain respect for others. You can start all of this in 4-H. There are so many opportunities for you to grow and learn. Take things at your own pace but don't forget to take a few extra steps to stretch yourself. And believe your leaders when they tell you how talented and capable you are.

4-H GROWS HERE

18 USC 707

VOLUNTEER EDUCATION

11/7/17 — **7:00-9:00pm**

RESOURCE DEVELOPMENT
Learn appropriate use of 4-H to raise funds for programming. Tips & tools will be shared for typical fund raising events, solicitations, and sponsorships. Required for Council officers & committee chairs. (Elective for the Organizational EVOLVE pin)

11/18/17 — **9:45am-12:15pm**

CLUB ORGANIZATION
The nuts and bolts of running a 4-H club. Where to find documents and resources. The obligations and opportunities of a 4-H club. Prerequisite for club leaders. (Elective for the Group Facilitation EVOLVE pin)

PROJECT LEADERSHIP
4-H methodology of experiential learning, including life skills wheel and hands-on practice. Prerequisite for project leaders, required within 2 years of becoming a program leader. (Required for Youth Development EVOLVE pin)

12:45-2:45pm

GROUP BASICS
What to expect during a group's development. Group dynamics at different stages, and how to handle them. Prerequisite for club leaders. (Required for Group Facilitation EVOLVE pin)

WORKING WITH YOUTH
Explore the characteristics of different age groups. Improve the implementation of the Essential Elements in your group. Required within 2 years of becoming a club, project or program leader. (Required for Youth Development EVOLVE pin)

3:00-5:00pm

CONFLICT MANAGEMENT
People have varying responses to conflict. Practical tips. Required within 2 years of becoming a club, project or program leader or Council officer or committee chair. (Required for Organizational Leadership EVOLVE pin)

DELEGATION
Devise a plan to share 4-H responsibilities, so you can be more effective. Required within 2 years of becoming a club or program leader, committee chair or Council officer. (Required for Organizational Leadership EVOLVE pin)

11/30/17 — **7:00-9:00pm**

QPR FOR SUICIDE PREVENTION
What should you do if you think someone might be contemplating suicide? QPR (Question, Persuade, Refer) training will give you the tools you need to navigate these frightening situations. (Elective for Personal Development EVOLVE pin)

12/5/17 — **6:30-9:00pm**

PROJECT LEADERSHIP
4-H methodology of experiential learning, including life skills wheel and hands-on practice. Prerequisite for project leaders, required within 2 years of becoming a program leader. (Required for Youth Development EVOLVE pin)

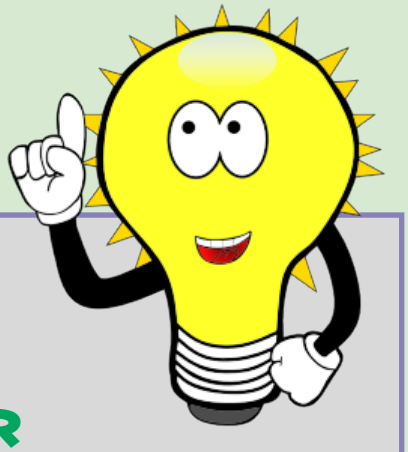
12/7/17 — **7:00-9:00pm**

YOUTH-ADULT PARTNERSHIPS
Explore stereotypes of youth and adults and how you can get more out of your intergenerational relationships. Adults & youth welcome! Required for program leaders. (Requried for Youth Development EVOLVE pin)

Classes require a minimum number of participants. Please sign up early!

To register, visit: http://www.signupgenius.com/go/10c0d4caca62fa3f85-project2

If you have questions about which trainings you may need, contact Beth at beth.wangen@wsu.edu.



GET IN THE KNOW!!!!

NEW FORMAT FOR 2017 VOLUNTEER UPDATE!

ALL enrolled certified volunteers are required to participate in the VOLUNTEER UPDATE (not just one volunteer from each club).

The new format includes 3 easy steps!

1. **Watch the VOLUNTEER UPDATE video at your leisure by December 31, 2017**
   Access the video at www.snohomish.wsu.edu/4h/volunteers/2017update/
   If you do not have access to a computer, you may reserve a computer in the learning lab by contacting sylvia.hales@wsu.edu or 425-357-6044.

2. **Sign the Attest Form to verify you completed the video**

3. **If you have questions, feel free to participate in a live Q&A Session with 4-H Staff** (optional)

Q&A Sessions:

Mon, Nov. 6th	3:30-5:00 pm
Tues, Nov. 14th	7:00-8:30 pm
Weds, Nov. 29th	7:00-8:30 pm
Sat, Dec. 9th	9:00-10:30 am
Thurs, Dec. 28th	7:00-8:30 pm

Sewing Program Workshop
November 4 12:30pm - 3:30pm at the WSU Ed Center
Hosted by Friends 4-Ever

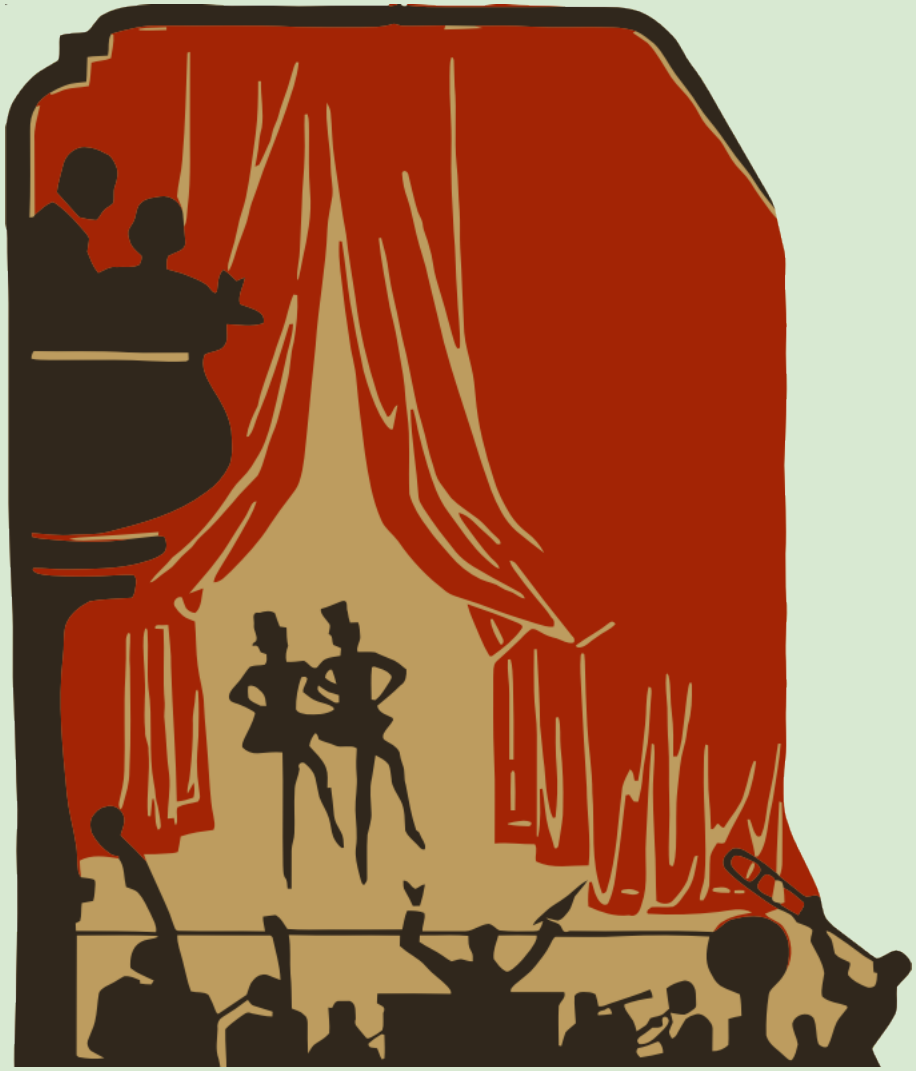
All skill levels welcome!

These napkins are so cute and will include machine stitching and minimal hand sewing (slip stitch opening).

It is great for beginner sewists and a fun project for more advanced sewists. These easy but uniquely styled napkins can be for any occasion. Your fabric selection will be part of the fun. There are so many fabric design choices. Will you choose material with fall leaves, pumpkins, snowmen, ornaments, candy canes, hearts, flowers, stars, clovers? You can try out some decorative stitches too and go home with 4 decorative 16" napkins.

4-H Club & Program Highlights

The next Performing Arts meeting is on Tuesday, November 14. Instead of our usual meeting at the WSU Extension Office, this meeting will be at the **Tim Noah Thumbnail Theater in Snohomish!** And it will not be our normal meeting. **This meeting will be an Open Mic/Masterclass on improving your performances. Our hosts, Tim Noah and Cyndi Soup will be on hand to watch any and all of you perform (singing, dancing, poetry reading, comedy, magic show, etc. - you name it!) They will then give you professional tips on how to improve your performance.**



Tim Noah is an American songwriter, singer, and children's entertainer from Seattle. In the mid-late 1990s, Tim received several Northwest Regional Emmy awards for his role in KOMO-TV's children's show, How 'Bout That! At one time, he belonged to the group Tickle Tune Typhoon, and wrote the lyrics for some of their songs, including their theme. He later left the group to become a solo artist. In 1985, he released a movie entitled In Search of the Wow Wow Wibble Woggle Wazzie Woodle Woo, which was released throughout the U.S. The soundtrack to the video was a previous album by the same name. In 1990, Tim wrote and performed in the independent film Daredreamer. He has produced several albums, one of which is a Christmas album of five original holiday songs, including "Wackbangklinkn'klang Town". Tim attributes his early musical interest to such rock-and-roll artists as Elvis and The Beatles. Tim went on to host the children's show How 'bout That with producer Ken Morrison, which won four Emmys in 1998 in its first season.

In order to defer costs, the Thumbnail Theater is asking only $5 per performer/group. Parents, friends, family are all invited!

The Thumbnail Theater is a wonderful venue with a stage and complete sound system.

RESERVATIONS PLEASE! If you're interested in this unique and one-of-a-kind workshop, please email me back as soon as possible. Please send payments to me. Checks can be made out to The Tim Noah Thumbnail Theater.

This is a wonderful offer from Tim, Cyndi and the Thumbnail Theater. I hope you all will take advantage of this opportunity.

Bryan Stratton
Performing Arts Program Leader

p.s. This will count as your required county workshop for the 2017-2018 year and will help you to be eligible to perform/compete at the fair next year.

EXTENSION NEWS

WSU Snohomish County Master Gardener Foundation presents the Fifteenth Annual Sustainable Gardening

2018 Winter Speaker Series

All are invited to attend!

$85 for the series or
$20 per single session
Fridays, 9:30 am - 11:30 am

NEW LOCATION
Trinity Lutheran Church
6215 196th Street SW
Lynnwood, WA

For more information, registration and payment options, visit www.gardenlectures.com
Questions? Call Snohomish County WSU Extension Office Monday - Friday, 11 am - 3 pm at 425-357-6010

All proceeds go to the Master Gardener Foundation of Snohomish County, which provides major funding support to the Snohomish County Master Gardener Program.

January 5 | Trevor Cameron
"Go Bold with Bulbs"

January 19 | Holly Zipp
"Indispensable Groundcovers for Northwest Gardens"

February 2 | John M Marzluff
"Welcome to Subirdia"

February 16 | Linda Chalker-Scott
"Arboriculture Myths: What Works, What Doesn't, and Why"

March 2 | Walt Bubelis
"Trees-Some to Love, Some to Beware of..."

March 16 | Nita-Jo Rountree
"Welcoming Gorgeous Roses into Your Garden"

March 23 | Scott Conner
"Nativars - The Best of Both Worlds"

April 6 | David George Gordon
"Life in the Very Slow Lane: The Secret World of NW Slugs and Snails"

Snohomish County
Washington State University Extension

Washington State University Master Gardeners Extension

Snohomish County 4-H
Washington State University Extension

Snohomish County

Snohomish County 4-H
WSU Extension Office at McCollum Park
600 128th St SE - Everett, WA 98208
425-357-6044

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