kudos

BIG THANKS for getting all your club’s end of year paperwork in before the deadline!

Bark n Time, Blue Ribbon Riders & Pet Patrol

Remarks from the Park...

Happy Holidays
DECEMBER
Calendar of Events

Dec 1  7-9:00pm  Dog Program Meeting at the WSU Ext Office
Dec 2 12-2:00pm  KYG (Know Your Government) Pre-conference orientation meeting at WSU Ed Center
Dec 3  Horse Program Fall Show (Dressage & Western Dressage) Pre-Entry Only at Stanwood Equestrian Center
Dec 4 6:30-9:00pm  Aviation Project & LEAF Challenge Meeting at Harvey Airfield
Dec 5  Pasture Calendar Training in Mt Vernon
Dec 6 6-9:00pm  Rifle Leaders Meeting at WSU Ed Center
              7:00pm  Cat Program Meeting at Denny's in Monroe
Dec 7 4-9:00pm  LEAF Aviation Competition at Museum of Flight in Seattle
              6:30-8:30pm  Dairy Goat Program Meeting at WSU Ed Center
              6:30-9:30pm  Natural Resources Program Holiday Party & Meeting at WSU Ed Center
Dec 8 5-6:00pm  Hippology at WSU Ed Center
Dec 9 7:15am  Livestock Judging - unique opportunity to evaluate swine carcasses. At Stebbins Farm
              9am-4pm  Dairy Cattle Poster Workshop at Zion Lutheran School in Lake Stevens
              1-4:00pm  Sewing Program Workshop at WSU Ed Center
Dec 11 6:30-9:00pm  Aviation Project & LEAF Challenge Meeting at Harvey Airfield
Dec 12 6-8:00pm  Horse Program Ride Nite at Evergreen Fairgrounds in Monroe
Dec 13 6:30-7:30pm  Equine Science Series at WSU Ed Center
Dec 14 7-9:00pm  Natural Resources Snow Camp Prep Workshop at WSU Ed Center
Dec 16 9am-2:00pm  KYG Pre-conference orientation meeting at WSU Ed Center
              11am-1:00pm  Vet Science Program Field Trip at Everett Animal Shelter
Dec 21 7-9:00pm  Cavy Program Meeting at WSU Ed Center
Dec 25  CHRISTMAS HOLIDAY - Extension office is closed
Dec 25  CHRISTMAS HOLIDAY - Extension office is closed
Dec 26 6-8:00pm  Horse Program Ride Nite at Evergreen Fairgrounds in Monroe
Dec 27 7:00pm  4-H Alumni Reunion at WSU Ed Center
Dec 28 6-8:30pm  Quality Assurance Class at WSU Ed Center
Dec 31  End of Year Financial Paperwork is due to the Extension Office
Jan 1     NEW YEARS HOLIDAY - Extension office is closed

Practice judging 4 market hogs before and after they are slaughtered on December 9th, 7:30am at the Stebbins. Now I know that is early in the morning, but we will be done by 10:00 which will give you a big part of the day to do other things. The advantage is being able to evaluate the carcass to determine how well we judged them.

Come prepared with warm clothes and rubber boots. It will be cold (low 30’s), but no rain. We will start judging at 7:30 sharp, therefore I would highly suggest getting there about 7:15 for a breakfast donut. Bring a notebook and pen for taking notes. We hope to work on oral reasons in a group again.

Please RSVP to marlin.newhouse6@frontier.com

Carpe Diem
There is nothing in the world so irresistibly contagious as laughter and good humor.
~Charles Dickens
This is a month when many of us make or buy gifts for friends and family. December is also a month when many people think about those that are not as fortunate as themselves and try to share some of their own good fortune. The 4-H program makes a point of highlighting community service. December is a great time of year to give back to our communities. If your club has not yet decided on how they want to give back, it is not too late to start planning a community service activity for 2018.

There are many benefits to youth when they are actively involved in choosing and planning how they want to give back to their communities. These are a few gifts received by young volunteers after participating in community service.

- They develop self-confidence.
- They learn responsibility, perseverance, and reliability.
- They learn about their community’s needs and specific topics (e.g. environment, hunger, homelessness).
- They practice critical thinking when they choose their volunteer opportunity, and discuss what steps they need to take to accomplish the task.
- They feel empowered if they are involved and leading the decisions about where and how to volunteer.
- They become aware that everyone, no matter how old, can make a difference and that they have something to contribute.
- They increase their ability to work and cooperate with others.
- They increase their compassion for others by learning about others and thinking beyond their own needs.
- They increase their citizenship skills. Children who volunteer when they’re young will continue to volunteer as adults.

Our 4-H youth have great energy and capacity to make a difference in their communities. The challenge for all of us adults is to make sure we empower our 4-H youth and encourage them to practice their natural generosity. “There is virtually no limit to what young people can do, no social need they cannot help meet, and giving young people the opportunities to serve enables them to become contributors, problem solvers, and partners with adults in improving their communities and the larger society.” (Benson & Roehlkepartain, 1993)

The 4-H office would love to hear about your community service efforts all year long - please send us stories and pictures.

Sources: What Kids Gain by Giving Back (www.parentmap.com); The Future of Volunteering: Children Under the Age 14 as Volunteers by Gabin Torres (www.serviceleaders.org)

The greatest gift you ever give is your honest self.
~Fred Rogers
You're going to need us.

You’re going to need the next generation of leaders to face the challenges the future will bring. The next generation is growing now. Our kids need access to 4-H programs that provide a haven to explore their interests, build the skills and confidence that 4-H experiences offer, and eventually pursue careers in fields like healthcare, government, agriculture, and STEM.

More than anything, they need the courage and character 4-H builds to tackle life’s challenges and become the future leaders we all need. Give to Grow the skills our kids need now to become the leaders our country needs tomorrow.

Give to Grow our future at 4-H.org/NeedUs.

Young Alumni/ae Reunion!
December 27th at 7:00pm
All graduates from Snohomish County 4-H program since 2007 are invited.
It will be festive!
There will be prizes!
4-H’ers 4-ever!
Spread the word!

contact Beth.Wangen@wsu.edu for details
4.6/13.4 When posting a picture that could be used to identify a youth member (face is showing, etc.), use only first OR last name, NOT both.

6.3 No program of work is required. We ask that you submit a budget that details activities to the 4-H Extension Office by December 31.

7.3.1 A club must have an enrolled project leader for each project offered within that club; youth may choose to enroll in a second club for participation in a project area not available in their primary club.

7.5 A volunteer who fails to enroll for three consecutive years will be required to reapply for volunteer status. Additional training may be required as well.

8.1 All youth must participate in at least one county level educational activity to be eligible to exhibit at the Evergreen State Fair. If your club would like to host an activity, contact your program leader.

8.2/13.3.2 The minimum age for chaperones is 21 for club and county level activities within the county; state and beyond activities require age 25.

13.3.1 In some circumstances, the policy regarding youth and chaperones staying in the same sleeping quarters may be waived. Any and all exceptions must be approved by Extension Youth Development faculty.

*These county-specific policies can also be found on our Resources webpage.*
In keeping with our youth development topic-of-the-year, we are addressing some of the many ways volunteers can take care of themselves, to build resilience in all of those whom they impact. Last month we looked at ways to maximize the quality of your sleep. This month our focus is on food.

I tend to think I eat a pretty healthy diet. Maybe you do, too. When I’m challenged to count my daily servings of veggies and fruits, though, I struggle to impress myself. (The Harvard School of Public Health says potatoes don’t count.)

When I recently heard Doug Baldwin on a radio ad saying, “Vary your veggies, and focus on fruits,” I thought, “Well, that’s catchy! I like alliteration, AND I’m a fan of Doug Baldwin.” Turns out he didn’t make that up, though—it’s from the USDA’s MyPlate, which is the current visual representation of official government advice on healthy eating. (Remember the old “food pyramid?” That’s out; MyPlate is in.) After Doug Baldwin said it, though, I have found myself repeating it like a mantra. Some people like counting, some like alliteration (and Doug Baldwin). Go, Hawks!

If you’re looking for a visual representation of a plate, however, rather than consulting MyPlate, you might want to look at Harvard’s Healthy Eating Plate, which is not influenced by any industry or political lobbyists. There are a few important differences, which you can learn about here: https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/

If you’re not a numbers person, and alliteration doesn’t motivate you, here’s another way to imagine more vegetables in your diet. I recently read an article that advised us to fill two-thirds of the plate with veggies, and then fill in the rest. Plan your meal around the veggies, instead of the meat. I gave it a try. Instead of thinking, “Okay, Monday night we’ll have chicken, Tuesday fish, Wednesday beef, Thursday beans,…” I made a different dinner sketch. It starts like this:

Monday: Brussels sprouts, kohlrabi
Tuesday: asparagus and carrots
Wednesday: green beans, peas and squash

Other ways to sneak in more veggies? How about adding spinach to smoothies? (Spinach is much sweeter than some other leafy greens.) A search for “green smoothies” will give you plenty of ideas. While smoothies sound like a lot of work, it seems one can make extra and FREEZE the leftovers.

Pre-mixed, pre-chopped salads are readily available and make it easy to get more nutrition. There are many kinds available—check your produce aisle. I found a great mix of 8 veggies that amps up my lunches all week for 3 bucks. I just add lime juice.

Jana’s latest veggie discovery is that celery makes a great dipping scoop, instead of chips. If the stuff you’re dipping is also veggie-based (salsa, spinach dip, etc.), you get double points.

Even though I am not trying to lose weight and am generally healthy, I know I will be healthier long-term and have more energy if I eat more veggies. That will enable me to give more to my family, my work, and my community. PLUS, I have discovered, as you might, that my health insurance carrier (Regence) offers cash incentives for healthy behaviors, including eating veggies and fruits!

VEGGIES for RESILIENCE!

by Beth Wangen
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!

Katie Bingham

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

I showed cats as a member of Paws and Claws Too 4-H club for 11 years and was a Snohomish County 4-H Teen Ambassador for 5 years. I also participated in the 4-H Know Your Government Conference.

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

The communication and interpersonal skills I learned in 4-H have been indispensable. I’m a stronger public speaker thanks to the once dreaded yearly public presentations. I have found great mentors and mentees from my experiences in 4-H clubs. And I’m often asked to meet with visiting scientists and interested students because talking about my work and our project is just herdsmanship in the office rather than the barn.

What was the most valuable part of 4-H?

The most valuable part of 4-H was the opportunity it gave me to learn about myself. Growing up in the 4-H community showed me what I was passionate about, how to identify my goals, and gave me the skills needed to achieve those goals. I know I wouldn’t be the person I am today or have accomplished what I have if it weren’t for everything I learned in 4-H.

What are you doing now?

I am currently enjoying a gap year after completing my undergraduate degree. I work as an oceanographer for the Ocean Observatory Initiatives Cabled Array team at the University of Washington. The team operates an extensive network of scientific instruments at sites off the coast of Oregon, including an underwater volcano. I’ll be presenting research from these sites that I did for my undergraduate thesis at a national scientific conference in New Orleans this month.

What are your future goals/plans?

I’m applying for graduate programs in biological oceanography and I plan on completing a PhD focused on deep sea ecology.

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

4-H wouldn’t have been the same without an incredible group of leaders, parents, mentors, and peers that made every meeting, workshop, and day of fair fun and exciting. A special thanks to Sue Sanderlin-Berry and Joyce Akins for putting in all the work that made that happen.

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

Figure out why you’re passionate about what you’re doing now. Knowing not just what gets you excited but why it excites you goes a long way in helping you discover new and future passions.

"...for my club, my community, my country, and my world..."
NATIONAL OPPORTUNITIES FOR DAIRY GOAT YOUTH

American Dairy Goat Association
https://adga.org/adga-convention-youth-programs

ADGA Convention Youth Programs
At each annual meeting, a Youth program offers a range of activities for youth of all ages. The specific programming for each year will vary.

Annual Convention Youth Activities
Educational programming
ADGA Youth Representative Contest
Skill-A-Thon Competition
Quiz Bowl
Poster Contest
Youth Photo Contest

Youth and Alternate Youth Representative
Each year two people are selected to represent ADGA Youth. Find out what the responsibilities are and download an application here.

Youth Convention Scholarship
ADGA also offers a scholarship for youth attending the annual meeting. To learn more and fill out a scholarship application visit Youth Convention Scholarship Application

Poster Workshop
Open to all Snohomish County Dairy Cattle 4-H Members

Saturday, December 9th, 2017
9 am - 4 pm
Zion Lutheran School
3923 103rd Ave SE, Lake Stevens, WA 98258

What to Bring:
• White (or color of your choice) Poster Board
• A topic and a few facts
• $10 to cover pizza lunch and supplies used to create your poster

You will leave the workshop with a complete poster ready for the 2018 4-H showing year.

Small Animal Winter Show
Rabbits, Cavies & Cats
January 6, 2018
Evergreen State Fairgrounds - Commercial Building

Vet Science members will be doing Health Checks for Rabbits & Cavies. Vet Science members meet at 7:00am

Click HERE for registration forms
Enjoy Conservation and Environmental Sciences?
Want to boost your resume and have fun?

Now Recruiting Teams to Compete in the
2018 Envirothon

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Compete against other students at North America’s largest high school Environmental Science Competition!
Gather your team of 5 to learn about natural resources and compete on the skills and knowledge you’ve acquired.

Winners will represent their county at the Washington State Envirothon in Okanogan County!
The top team will then compete for scholarships at the National Competition:
2018 North American Envirothon
Idaho State University
Pocatello, Idaho
July 22- July 26, 2018

Contact Stevie Knapp at 425-282-1930 or educationIP@kingcd.org
for more information or to start a team!
EXPLORE what this quote means to us and our animals at our next Quality Assurance meeting on December 28th at 7 p.m. at the Extension Office.

Come for a night of learning about animal handling, the animal vs human brain and how the animals see the world. Bring your calendars - meetings for the year will be planned out.

Please RSVP to beth.morrison@wsu.edu if you plan to attend.

Upcoming learning opportunities in our area:

December 5th in Mount Vernon

PASTURE CALENDAR TRAINING is a train-the-trainer opportunity for anyone who either grows pastures directly or advises those who do. It will teach participants how to use a new PNW publication called the Western WA/OR Pasture Calendar. The calendar guides pasture managers through timely management practices that will increase health and productivity of soils, pastures, and livestock.

This workshop is free and lunch is provided, but registration is required.
To register, go to https://www.eventbrite.com/e/pasture-calendar-training-tickets-38046264401.
For more information, contact Susan Kerr at kerrs@wsu.edu or 360-848-6151.

January 27, 2018 at Stanwood High School

Registration is open for the COUNTRY LIVING EXPO. Youth scholarships available. Classes are one hour and very diverse. This year Trent Loos, a radio show host and sixth generation farmer, is our keynote speaker and we have 61 new classes to offer! http://extension.wsu.edu/skagit/countrylivingexpo/

CONGRATULATIONS TO ALL PARTICIPANTS AT NATIONALS!!!! and a huge THANK YOU to the coaches, chaperones and parents who have supported them along the way!

Hippology
Team of Shelby Nelson, Tanner Kooistra, Nicole Gallagher, and Anna Muszynski
High individual written - Nicole Gallagher 3rd
High team written - Washington 3rd
High individual judging - Nicole Gallagher 10th
High team judging - Washington 9th
High individual station - Nicole Gallagher 3rd
High team station - Washington 2nd
High team problem - Washington 2nd
High individual overall - Nicole Gallagher 2nd
High team overall - Washington 2nd - RESERVE NATIONAL CHAMPIONS!!!!!

Horse Bowl - 6th Place Team Forest Cook, Alyssa Hecht, Taylor Coleman, Allison Bircher, and Ava Kimmel
Forrest Cook - 7th individual

Horse Judging Team did not place in the top ten.
Haley Fryrear and Ansley LaLone from Snohomish County

Presentation Team placed 7th overall
**Purpose:**
What is it all about?

Know Your Government is a 4-H sponsored program that allows students to learn about and participate in our country’s three branches of government. During pre-conference meetings, participants will learn about the Washington State Legislature and how it works interactively with the executive and judicial branches. During pre-conference meetings delegates will have the opportunity to learn all or some of the following:

- Familiarity with the Legislative Process
- Realization that democracy requires responsible citizenship/participation and teamwork
- Experience with parliamentary procedure
- Knowledge of his or her state legislative district, and an awareness of issues that affect his or her district leading to responsible citizenship

**Eligibility:**
Who can come?

Students who are in high school (9th-12th grades) are invited to participate in the hands-on civic education event.

**Cost:**
What all is included?

Know Your Government Conference cost is $295 before January 5th and $350 through January 15th. Included in the registration is all conference materials, hotel weekend, meals, and conference T-Shirt.

**Location:**
Where is the event?

2018 KYG Conference will be hosted at the DoubleTree by Hilton and we will be partnering with the Olympia Center to host all our meals and daily activities.

**Pre-Conference Meetings:**
All meetings are at the WSU Extension Ed Center

- Dec 2nd 12:00pm
- Jan 20th 9:00am
- Feb 10th 9:00am
- Dec 16th 9:00am
- Jan 21st 9:00am
- Jan 6th 9:00am
- Jan 28th 9:00am

**KYG 2018 Mission Statement**

The 4-H Know Your Government Conference serves to strengthen the connection between youth and our political and social networks through education, experience, application and inspiration.

We look forward to hosting YOU as we discover together the power and influence of media in today’s society!

For more information, please contact:
Alex Laughery, 4-H State Teen Extension Coordinator
509-901-9047 – alex.laughery@wsu.edu

**Need Financial Assistance to attend?**
Click HERE for the scholarship application form.
The Eclipse Trip

By Isaak Jacoby

The eclipse trip was a smash hit! We had a wonderful time in every aspect of the trip, from sleeping in the shelters to watching the eclipse.

The Shelters

Sleeping in the shelters for me was like if hard wood was comfortable meaning I barely got sleep but as they say some is better than none. It was open faced so when you woke up you got the fresh river air in your face as well as the fog, mourning’s were very cold. Sharing the shelter was okay for my family, it was like waking up and getting to see your neighbors every morning.

The Food and Meals

Food was grate (hah hah) we had some of 4-H’s best cooks in the kitchen, They made some amazing food for us, thank you cooks :- ), if you liked hamburgers then you better ask Jonathan because they were delicious. We had so many people that came to watch the eclipse that the hall where we ate was completely full. Each morning we would congregate around the hall and eat as a group it was fun.

Watching the Eclipse

Watching the eclipse from start to finish was awesome for me and I hope was awesome for the others too. It took 2 hours from start to finish and complete darkness was not even the best part while we were waiting we were entertained with learning about the shadow bands, and about the different stages of the eclipse (thank you carol) then when full darkness came the kids went wild screaming their heads off because they were happy darkness came. Full eclipse lasted two minutes but it was awesome.

So that was the jist of the eclipse trip i thought it was amazing so I hope to live to see the next one in 70 years Bye and hope you enjoyed!
Cultivating Success Is Growing Profitable Farms

‘Buying local’ seems to be on everyone’s list of resolutions. The popularity of keeping dollars in local circulation is gaining momentum. For farmers, capturing a larger share of this trend is crucial to growth and longevity. New farmers must look at their farm like any new business venture, while existing operations must carefully evaluate how any changes can affect land, labor, capital, resources, and profitability. WSU Snohomish and King County Extension in partnership with King & Snohomish Conservation Districts will offer Cultivating Success: Agricultural Entrepreneurship and Farm Business Planning to help new and current farmers gain skills in business planning and direct marketing.

The course runs Monday evenings January 8, 2018 through March 12, 2018, 5:30 p.m. to 8:30 p.m. We’ll be using web technology to simulcast the course between two Puget Sound locations so more students can participate closer to home. The two locations are Stanwood and Renton, WA.

The course features a full line-up of local guest speakers including bankers, business professionals, and successful farm owners with a special emphasis on the financial and legal issues unique to farm-based businesses. During the course, participants are guided in developing a business plan they can use to help finance and guide a new enterprise or expand an existing farm-based business.

Comments from recent graduates include, “The unique opportunity to meet fellow successful farmers and business mentors is one of a kind.” “By the end of the course I had a farm business plan that I could take to the bank.” and “The opportunity to evaluate my enterprise and make informed decisions is invaluable, after all the best place to make mistakes is on paper.”

Our course facilitator is Holly Small, a local agriculture teacher and small farmer. Small has been leading, developing, and expanding the Cultivating Success series since 2009 to excellent reviews. During that time, she’s become a go-to authority for local farms and farmers looking to expand opportunities and production while developing a long-term sustainable operation. Small is a WSU graduate in animal science and agriculture economics with an MS in agriculture education. In addition, she spent several years working for Northwest Farm Credit Services as a loan officer and the Nestle Regional Training Center at Carnation Farm as their public relations and conference center manager.

Class size is limited and usually fills quickly. Pre-paid registration is required. Cost for the twelve-week course is $300 for either location. To register, visit CSagEnt.eventbrite.com or download the form at snohomish.wsu.edu/ag-ent and mail with your check. For more information on the course, contact Kate Ryan, (425) 357-6024, kate.ryan@wsu.edu.