

# cloverleaf

Snohomish County 4-H Newsletter

March 2018



kudos

- ...to Valerie Clayton and all volunteers at the Train Show for a great weekend of raising much-needed funds for 4-H
- ...to Bonnie Davis, the committee, and all volunteers at the Horse Program Tack Sale...Great job and lots of funding!
- ...to all volunteers working to move their respective program forward.

## Remarks from the Park...

Having just learned how to do this, I am happy to announce our new email for assistance from the 4-H Office. Beginning immediately, please send all requests that you would send to the 4-H Secretary to this new email: [snoco.4h@wsu.edu](mailto:snoco.4h@wsu.edu) All 4-H staff have access to that email, so your requests will no longer have to wait while anyone is on annual leave or out sick. Please, however, expect at least a one-day response time. Our hope is to respond more

quickly. The hiring of a new 4-H Secretary is in process. We hope to have the position open for application sometime in April; you will receive an email announcement when that happens.

We are in the final month of enrollment for fair participation. Remember, all members must be enrolled by March 31 for participation in the Evergreen State Fair. If you need help accessing your club roster, please contact us at 425-357-6044 or [snoco.4h@wsu.edu](mailto:snoco.4h@wsu.edu)

*by Jana S. Ferris*

## What's Inside

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## Remembering Don Stanwyck

Our 4-H program lost an advocate, leader, and mentor on February 12. Don was our Alpaca Program Leader and built a program that was caring, compassionate, and provided an excellent environment for learning. Don has been characterized as a gentle, helpful soul who delighted in helping others gain the appreciation he had for animals. We will miss Don and send our heartfelt condolences to Jody and her family.





# MARCH

## Calendar of Events

- March 10 **Small Animal Show** at Evergreen State Fairgrounds
- 11 **Natural Resources Sailing Trip**, Kenmore Boat Launch
- 15 **Horse Program Meeting** at Extension Education Center
- 18 **Sewing Program Workshop** at Botsmiths Club house
- 18 **Public Presentation Contest** at Extension Education Center
- 19 **Agricultural Water Management I** at Sno-Valley Senior Center
- 21 **Growing Grocers A to Z** at Extension Education Center
- 22 **Quality Assurance Meeting** at Extension Education Center
- 24 **Natural Resources Day Kayaking** at Kenmore Boat Launch
- 25 **Sewing Program Workshop** at Extension Education Center
- April 4 **Growing Groceries Weeding & Watering** at Extension Education Center
- 8 **Sewing Program Workshop** at Extension Education Center
- 11 **Drip Irrigation** at Extension Education Center
- 14 **State Hippology Contest**
- 30 **4-H Council Program/Club Grant Applications Due**



The secret of getting ahead, is getting started.  
~Mark Twain



# HONORING PRIORITIES: THE KEY TO STRESS CONTROL

BY BETH WANGEN

We have been focusing on caregiver burnout this year, also known as compassion fatigue.

If you are involved with 4-H, you may consider yourself a giver. You like to be helpful, and you want to make a difference. You might even feel compelled to say, “Yes,” and guilty at the mere thought of saying, “Not right now.” How can you avoid becoming overwhelmed?

Time management is a key to mental wellness. The surest way to be at peace with your time management is by aligning your actions with your priorities. If you feel happy and fulfilled with the way you spend your time, chances are good you are already in alignment. Let me explain.

If, deep down in your heart, the most important thing in your life is your career, then you may feel guilty or unfulfilled when you say NO to overtime so you can attend your child’s rabbit show or go on a date with your spouse. Your dissatisfaction will nag at you, and you may even go BACK to work after the show or the date. By trying to do it all, you become tired, stressed, and unhealthy.

I’m guessing the most of you, in your most honest moment, would not say your career is the most important thing in your life. Maybe it’s your family, or your marriage. If you really keep that in mind, then you can decline the overtime and feel good about it.

We have lots of other demands on our time, though. Let’s look at a few.

How about aging parents or grandparents? You feel a responsibility to them, and you want to help, but your top priority is your family. Solution: Visit the relative together. Facilitate some intergenerational time that will be precious to the elders, and someday will be treasured by the younger ones. Prepare for the visits together by creating a piece of family artwork, poem, or song to present, or staging a family photo to give.

Consult your spouse about the decisions you face regarding aging parents. Consider including older children in some of these discussions as a learning opportunity. Allow your care-taking to be a family activity. When you have to miss a regular visitation time because you have a family getaway planned, you’ll feel fine knowing that your immediate family is your top priority.

Let’s look at Community. You might feel a responsibility to your community, and you might want to set a good example for your children by being involved in your community. Still, you are committed to making your marriage your top priority. Solution: Look for an opportunity for you and your spouse to be involved in the community together. You can build community and your marriage at the same time. (4-H is one obvious example, and there are plenty more.)

Remember your priorities, and you will feel fine about limiting your commitments. If Sunday afternoon family time is sacred to you, then you can feel comfortable saying NO to other opportunities that arise. If your family has enough community involvement together, and any more would be a strain, it’s okay to say, “Not right now.”



## ENROLLMENT DEADLINE APPROACHING!

Remember, all 4-H members are required to be enrolled in 4-H by March 31 to be considered eligible to participate in our county 4-H fair. Additionally, they need to be enrolled in those projects in which they intend to exhibit.

Please contact 425-357-6044 or [snoco.4h@wsu.edu](mailto:snoco.4h@wsu.edu) for any assistance or information you may need.

Next 4-H COUNCIL MEETING  
MARCH 14, 2018 ~ 7:00 P.M.  
EXTENSION EDUCATION CENTER  
ALL ARE WELCOME TO ATTEND!

## Calling all Judges for Public Presentations!

It's that time again and this year I'm going to try using the sign up genius for judges to sign up so that I can see who signed up quickly and also this way you'll get reminders that the PP is coming up. This can also be sent out to clubs so we can get more judges.



Remember we will still take judges day-of;  
this just gives me an idea of who I will have.

Also if your club wants to host a PP, let me know.

Please let me know if you can think of another way that may help recruit judges.

<http://www.signupgenius.com/go/60B0E4CA9A72BA4F58-volunteer>

For More Info or to Volunteer contact, Dena at [dehoneybug@yahoo.com](mailto:dehoneybug@yahoo.com)

## Don't Forget!

SnoCo 4-H Council  
Program/Club Grants  
Application deadline: April 30

Applications can be found at:

<http://extension.wsu.edu/snohomish/4h/resources/apply-for-a-grant-from-snohomish-county-4-h-council/>

**THIS IS YOUR CHANCE TO GET  
MUCH NEEDED PROJECT  
SUPPLIES AND EQUIPMENT**



Snohomish County

4-H 

WASHINGTON STATE UNIVERSITY  
EXTENSION



Snohomish County

Snohomish County 4-H  
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