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 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

by Jana S. Ferris

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 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

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

4-H Grows Here
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 for any assistance or information you may need.

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

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 and 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

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