With the beautiful weather on Saturday, I am reminded that spring is here and it’s time to gear up for the last half of the 4-H program year. As we begin to prepare for our spring and summer activities, remember to take time to help our youth reflect on their goals for the year. Spend some time with each member and review goals, program plans and progress.

It’s not too late to change courses midstream to ensure goals are met, or exceeded. Often, time spent review and reflecting is all our youth need to help them refocus their efforts. And, sometimes, what looked like a good plan in October is now in need of revision. Our job is to help our young people develop, not do it for them, though. Guide your members through this process. Ask open-ended questions, like “What steps have you taken to meet your goals this year? What can you change to make sure you will reach your goal? What assistance do you need from your leaders to help you reach your goal?”
Apr 4  7-9:30 pm  Growing Groceries: Weeding & Watering at WSU Ed Center
Apr 6  7 p.m.   4-H Dog Program Meeting at WSU Ed Center
Apr 6  6 p.m.   4-H Creative Arts Workshop at Alfy’s in Monroe
Apr 8  1 - 4 p.m.  4-H Sewing Program Workshop at WSU Ed Center
Apr 11  1 - 3:30 p.m.  Drip Irrigation at WSU Ed Center
Apr 14  4-H Horse Program Clinic and Judging at Snohomish, WA
Apr 15  10 a.m.   4-H Creative Arts Workshop at Extension Ed Center
Apr 16  6:30- 9:30 p.m.  Agricultural Water Management II at Sno-Valley Senior Center
Apr 17  6:30 p.m.   4-H Equine Communications Workshop at Marysville Alfy’s
Apr 18  7 - 9:30 p.m.  Growing Groceries: Veg. A to Z at WSU Ed Center
Apr 18  6:30 p.m.   4-H Incredible Wearables Workshop at WSU Ed Center
Apr 19  7 p.m.  4-H Horse Program Meeting at WSU Ed Center
Apr 19  7 p.m.  4-H Cavy Program Meeting at WSU Ed Center
Apr 19  6 p.m.   4-H Creative Arts Workshop at The Schack in Everett
Apr 20  1 - 4 p.m.  4-H Fabric Program at WSU Ed Center
Apr 25  6 - 8 p.m.  4-H Rabbit Program Workshop at WSU Ed Center
Apr 27  7 p.m.   4-H Dog Program Meeting at WSU Ed Center
Apr 28  10 a.m.   4-H Western Dressage Practice at Kathryn Taylor Park
Apr 28  4-H Western Games Show, Hollywood Hills Saddle Club
Apr 28  1 - 4 p.m.   4-H Creative Arts Workshop at Extension Ed Center
Apr 29  1 - 4 p.m.   4-H Sewing Program Workshop at WSU Ed Center
Apr 29  4-H Horse Spring Driving Show at Paragon Farm
Apr 29  4-H Spring Dressage Show at Eagle Mountain Ranch

May 3  6:30 p.m.   4-H Equine Communications Workshop at Marysville Alfy’s
May 5  10 a.m.  4-H Western Dressage Practice at Fall City Arena
May 5  9 a.m.   Master Gardener Plant Sale at WSU Ed Center
May 9  8 a.m. - 5 p.m.  Tractor & Farm Machinery Safety Workshop at Carnation Farms
May 9  7 p.m.  4-H Council Meeting at WSU Ed Center

Carpe Diem
The important thing is to not stop questioning. Curiosity has its own reason for existing. ~Albert Einstein
We can help our 4-H youth build their abilities by the way we praise them. Most of us learned how to walk by falling down repeatedly. When we were very little, our parents encouraged us and believed in our ability to learn and grow and change. As 4-H leaders you can continue to encourage and support your members in a similar way. Instead of saying, “you are so smart!”, you can praise the way your 4-H members keep practicing and trying different ways of working on a problem. A researcher from Stanford University, Carol Dweck, has done research that shows that what we believe about our abilities will influence how much we grow and develop. If we have a fixed mindset we believe that we are born with certain talents and abilities that do not grow and change. We might think that some people are just born with the ability to do math and feel that we may not have been born so lucky. We are then less likely to try new things because we are afraid that we will make mistakes. People with fixed mindsets generally need to hear from others that they are doing a good job because they don’t believe that they can learn new things. And their enjoyment when their tasks get harder tends to get less and less.

People with a growth mindset believe they can get better with practice. If they were learning math they would know that they need to practice and get some help to learn new math skills. Youth with growth mindsets are more willing to make mistakes and keep trying. These youth know the power of practice and working through challenges. They are not afraid to make mistakes because that is part of the way they learn new things. They tend to be more confident because they know that their brains can grow and change and learn new things. They understand that their brains are like muscles that get better with use. These 4-H youth tend to be excited about new challenges and are inspired by the successes of others. They are not afraid of constructive feedback from adults because this can help them look at a challenge differently. Our role as 4-H leaders and parents is to pay attention to how our youth are doing and give them just enough encouragement and help that is focused on learning. You will know when to step in and encourage your members to keep trying or provide extra support if needed because you have been working with them all year.

The growth mindset says that change and growth are possible. It is the Power of Not Yet, or I need more practice, or different information, or more time to try a different way. Let’s teach our 4-H youth about growth mindsets and that everyone has the ability to grow and increase their skills. This is a gift we can give to all of our 4-H youth. The ability to keep trying, to persevere will be one of the best skills are 4-H youth can take with them as they grow up. Please praise your members’ perseverance, their focus, their willingness to try new things and make mistakes. Teach them the Power of Not Yet!

Source: Mindset by Carol Dweck, Ph.D.
SWINE HEALTH CLINIC/ WORKSHOP
MAY 12TH 2018       10 AM TO 2 PM
STOFFEL FAMILY FARM ~ ARLINGTON

JOIN US FOR A DAY OF INFORMATION ON SWINE HEALTH:
DETECTION, CAUSE AND PREVENTION OF COMMON
SWINE ILLNESSES

* DISEASES  * QUESTION AND ANSWER SESSION
* MEDICATIONS  * INJECTION CLINIC

PLEASE COME JOIN US FOR A DAY OF INFORMATION AND KNOWLEDGE.
LET KIM MOYER KNOW IF YOU CAN MAKE IT. Please RSVP 425 737 1867
LUNCH PROVIDED

STOFFEL FAMILY FARM
20610 6TH AVE NW
ARLINGTON, WA 98223
HOPE TO SEE YOU ALL HERE

Creative Arts Workshops in April

Now for some exciting workshop announcements.... April is lining up to be a fun Month....to register for any of
the workshops, please send me an email or post on the event, on our Facebook page of your intention to attend,
and then send me a check made out to Snohomish County 4-H Creative Arts, along with a note letting me which
workshop you are signing your child up for along with your child’s name and their club name. My address is
10306 205th AVE SE, Snohomish WA 98290. If you have questions about anything feel free to call me at  206-
483-6781 or email me at kimberly_lange@gmail.com

APRIL 6TH, Rock Art, Alfy’s Pizza (Monroe location), 6pm.....Have you heard of Monroe Rocks???? This
is a project that the Monroe Art Council is promoting. The idea behind it is that you paint a rock with a positive
message on it or a heartwarming picture, hide it (respectfully) somewhere in Monroe or in the town you live
in and then you make someone’s day when they find it.... You can purchase 1/2 price pizza. Let’s paint some
rocks! The cost is $2.00. Come join me and let’s create some pieces of art to leave around town. Please don’t
bring your own rocks. I need to prep the rocks so they will be provided.

APRIL 15th, Mixed Media Experience, WSU County Extension Office, 12:30-4:30...Join me for a fun Mixed
Media Experience. Artists are meant to create! Sometimes we get stuck and get in a rut but not in this class!
Get ready to explore many different techniques to access your creative spirit. This mixed media techniques class
is structured so that many different skill levels from beginner to advanced can participate (all ages). I will be
showing you various techniques and materials that will allow you to create compelling contemporary art that
reflects your own unique voice. Maximum sign up 30 and cost is $10.00. This will be a super fun project; I can't
wait to see what the youth come up with. We will be using just about anything you can think of, so bring old
magazines, newspapers, tissue paper, beads, bobbles, scrapbook paper, and even your own family photos can be
used.

APRIL 19, TEEN ART NIGHT, 6PM FREE, AT THE SCHACK, 4 local artist set up with great projects,
wondeful atmosphere and lots of fun. Ages 13 and up. Come on out and join us.

APRIL 28TH, Wax Art, WSU County Extension Office, 1PM-4PM You will be using different techniques
to combine silhouettes and melted crayons to create colorful works of art on canvas. There is no limit, all ages
welcome and the cost is $8.00. This is going to be a lot of fun for the 4-H members. I’m looking for donations of
old crayons and glue guns – please let me know if you have any as soon as possible.
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!

1. **What did you do in 4-H? Clubs/Activities?**
   In my 7 years of 4-H, I was involved in Little Rascals. In this club I was a part of the Foods, Photography, Creative arts, and Dog projects. Along with these, I was very active in Public Presentations. I also was a part of the Teen Rally planning team and attended Know Your Government.

2. **How did your involvement in 4-H help you on your path?**
   Before joining 4-H, I was the type of person who had no experience with leadership or public speaking. I was very shy and was afraid to step up. From 4-H I learned important leadership skills including getting a large group’s attention in a variety of ways, leading different activities, and mentoring younger members on stepping up. 4-H also helped me gain public speaking skills, which have helped me find jobs, shadowing opportunities, and even helped with school projects.

3. **What was the most valuable part of 4-H?**
   The most valuable part of 4-H for me would be Evergreen State Fair; but for me it wasn’t the competing aspect (although that was fun, too). My favorite part about ESF was watching my fellow members and friends compete and enjoy doing every little thing. I absolutely loved being ring-side to give a hug and give encouraging words, whether someone did worse than they had hoped or exceeded their own expectations. I loved and still love watching the youth go into the ring and come out of at least one event feeling good about themselves and their project, and all the hard work that was put into that exact moment.

4. **What are you doing now?**
   Now, I am still an active member in 4-H. I volunteer with Bark N Time 4-H club here in Snohomish County, training the kids in obedience (as well as Judging, Public Presentations, Rally, and Some Agility), and I am also their Photography Project Leader. I am also a Senior at Western Washington University. I study kinesiology and graduate in August, right after the start of fair.

5. **Future goals/plans?**
   My Future goals include working clinical hours through phlebotomy and becoming an EMT. After working these hours, I plan to go to Physician's Assistant(PA) schooling, then to work as a PA in a local clinic or hospital. I also plan to continue my involvement in 4-H.

6. **Is there anyone in 4-H you would like to thank publicly?**
   Throughout my 4-H career, so many people have been helpful. I would like to thank Lisa and Alyssa Worl for their support in Little Rascals and helping me become the leader I am today. I would like to thank Holly Ramsey and Ruth Avila for being an additional continuous support for me. Sabrina Wood for pushing me to become involved in Teen Rally Training, Molly Brusewitz for help towards KYG, Dena Edgecombe for all of her help everywhere but especially with Public Presentations, my 4-H family for being a big support whether you were in my club or just a friend, and The C5 Fieldson family for being a great additional support to my 4-H world. In my volunteer experience I would like to thank Beth Wangen for all her help with volunteering and opportunities, and Tami Sauter for giving me the opportunity to step outside my comfort zone and take on helping to train her amazing club.

7. **Advice to today’s 4-Hers?**
   My only advice to today's 4-thers is to always believe in yourself. Never believe you can't do something. If it is hard, then find a different way, but you can always get to where you want to go, even if the road there isn't a straight path.

Aurora Mac Avoy
Farming Under Water?

Increased flooding, climate change, development, and exploding beaver populations all have a direct impact on farmers’ ability to farm in Western Washington. As with so many things, the less you know now, the more it may cost you later.

To help address these challenges and more, WSU King County Extension, Snoqualmie Valley Watershed Improvement District, King Conservation District, and King County are sponsoring a workshop focused on different strategies to help manage excess water on area farms.

Join us Monday, April 16, 2018 from 6:30-9:30pm at the Sno-Valley Senior Center, 4610 Stephens Ave, Carnation, WA for Agricultural Water Management II – When You Have Too Much!

Speakers include the Snoqualmie Valley Watershed Improvement District with an overview of the excess water challenges faced in our region and currently available solutions. Staff from King County’s Water and Land Resources Division will explain the county’s Agricultural Drainage Assistance Program (ADAP), which provides technical and financial assistance to help improve agricultural land drainage. King Conservation District will be on hand to discuss the support they can provide to farmers as they make plans to improve drainage through ADAP.

In addition, Washington Department of Wildlife will discuss when a Hydraulic Permit might be necessary for a drainage project and how to apply for one. Other speakers from King County and the National Resource Conservation Service round out the evening with discussions of stream- and ditch-side invasive weed management as well as the importance of maintaining conservation program provisions when improving ag land drainage.

The workshop is free; however, we ask that you pre-register to ensure we have enough materials available for everyone. Free online registration at AgWater.EventBrite.com. For more information, contact Kate Ryan kate.ryan@wsu.edu, (425) 357-6024.