

# 4-H Clover

Skagit County



ISSUE # 1 • APRIL 2009

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Look for us on the web:

**Skagit 4-H website:**

<http://www.skagit.wsu.edu/4-HSC/>

**WA State 4-H website:**

<http://4h.wsu.edu>

## Letter from William Freitas, 4-H Educator

Dear 4-H Leaders, Members, Parents and Friends,

It goes without saying that these are difficult times. For most of us, we are seeing the greatest worldwide economic challenge of our lifetimes. Many of us have been worried about the future of the 4-H program in the state. There were strong rumors that 4-H would be eliminated. Although nothing was official, 4-H volunteers raised their voices and they were heard. At the All-Extension Conference on March 11 Dr. Elson Floyd, WSU President, made very clear that **4-H is going to stay**.

On March 23, WSU administrators announced plans to preserve 4-H programming statewide by undertaking an administrative reorganization that will make WSU Extension part of the College of Agricultural, Human and Natural Resource Sciences.

Dr. Warwick M. Bayly, provost and executive vice president, stated that "Throughout our considerations of budget cut scenarios, it has always been our intention to make certain that all children and young adults who currently benefit from 4-H programs will continue to do so. We will take larger cuts administratively to minimize any impact on 4-H programs."

Although 4-H seems to be safe, higher education is in peril in our state. Unfortunately Washington's college students are among the hardest-hit in the nation. Higher education permanent funding would be slashed by \$683 million in a budget proposal released on March 31 by the state House of Representatives. The House budget would force WSU to cut \$151.4 million, or 29 percent, from its budget for the 2009-11 biennium. The university would have to reduce enrollment by 1,500 students and lay off 400 to 500 employees.

In a written statement on April 2<sup>nd</sup>, President Floyd said: "Our first strategy must be to convince the Legislature, as it debates these bills over the next three weeks, that hobbling higher education is the wrong route to an economic turnaround. Successfully attaining recovery will depend upon a well-educated population and the groundbreaking scholarship, research, and technologies emanating from major research universities. Governor Christine Gregoire relied on these principles in preparing the budget she presented to the Legislature for consideration. However, the House and the Senate have taken a different approach, to the state's peril."

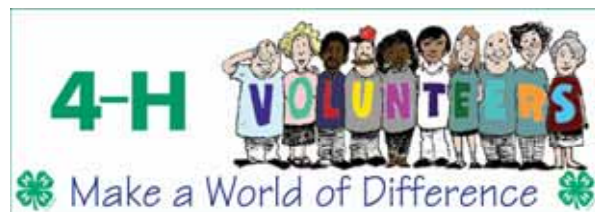
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# local news

## WELCOME to New Leaders

Our program has been enriched with the addition of several new leaders for the 2008-2009 4-H year. Amongst the new volunteers we have former 4'ers and former leaders. We also have leaders who are brand new to 4-H. Our new volunteers bring a vast array of expertise and experience contributing to make the Best Better:

- Kathy J. McCloud
- Tabitha Whitford
- Randy Castello
- Rebecca Swanson
- Joni McSpadden
- Brenda Miller
- George Yost
- Pat Yost
- Karen Besherse
- Tom Besherse
- Tamara Rogers
- Pamela Julian
- Barbara Harrison
- Jacque McNeil
- Peter Janicki
- Marty Adams
- Tina Barritt
- Beverly Conn
- Charlie Hampton
- Alice Hansen
- Darlene Hurn
- Angela Massingale
- Kim Mower
- Cassandra Rauch
- Marylon Rodman
- Gail Culver



## About our 4-H Clover Newsletter

This newsletter is not only a source of information on what is going on with 4-H in Skagit County, but also a pragmatic way to proclaim our achievements, and inform the public in general about what 4-H is. Thus, after you have printed off and read it, pass it on. If you cannot print it off, stop by the 4-H office that we gladly will provide a copy for you.

What makes this newsletter interesting is the news from your club. Share with us what you

club has done, new ideas, special occasions, upcoming events, new cooking recipes or a project tip. Even better, motivate a kid to be a club reporter, to start developing the skill of giving life to facts, to report the ordinary as extraordinary.



### 4-H Extension Staff Contact information:

**WSU Skagit County Extension**  
11768 Westar Lane, Suite A  
Burlington, WA 98233  
(360) 428-4270

#### Office Hours:

8:30 am — 4:30 pm  
Monday thru Friday

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4-H Youth Development Educator  
Ext. 226  
Email: [williamf@co.skagit.wa.us](mailto:williamf@co.skagit.wa.us)

#### Ned Zaugg

WSU Skagit County Extension  
Director, Dairy Agent  
Ext. 224  
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#### Sue Moulton

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Ext. 0  
Email: [suem@co.skagit.wa.us](mailto:suem@co.skagit.wa.us)

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## Continued from page 1

The timeline for WSU budget is:

**March 21 – April 26:**

Conference budget cmte. negotiates

**April 26:**

Legislature adjourns

**May 1:**

Announcement of budget plans

**May 1 – June 30:**

University-wide budget forums

**July 1:**

Implement budget

Skagit County departments probably will go through another round of cuts in 2009. The county is asking department heads to prioritize their services and to think about what cuts they would make up to 20%. The timeline is as follows:

**April 8 to April 30:**

County Department prioritization in making cuts.

**May 8:**

County decision for cuts to meet budget needs.

Despite this mix of good news, 4-H being preserved, and bad news,

profound cuts in the budget, we know that this time of crises will not last forever. What might have a long lasting effect are the consequences of the crisis in our souls if we allow it. Therefore we need to face these times with a wise mind to daily make the positive choices that will impact our physical and mental health and a humble heart to learn the lessons this crises can teach us. That is why in this newsletter I am including the "life's daily menu" below with suggestions for us to think, reflect and act.

## LIFE'S DAILY MENU: Which Do You Choose Today?

### Menu: How To Have A "Terrific" Day

### Menu: How To Have A "Bad" Day

**APPETIZER**

Awaken Early  
 Inspirational Reading  
 Early Morning Walk or Run  
 Devotion and Thanksgiving  
 Brief Regular Exercise  
 Positive Cassette Tape Message  
 Shower and Readiness

**FARE**

Appreciation for Life  
 Good News Immediately  
 Smiles and Enthusiasm  
 Recognition and Expectation  
 Vibrant Health and Strong Body  
 Vision and Encouragement  
 Freshness and Anticipation

**ENTREE**

Nourishing Breakfast (25%)  
 Multi-Vitamin + E + C + A  
 Wholesome Positive Thoughts  
 Pleasant Greeting To Everyone  
 Give Sincere Appreciation  
 Listen More, Talk Less  
 Plan for the Day and Future  
 Do One Task at a Time  
 See Your Work As Pleasurable  
 Moderate Lunch (50%)  
 Work/Rest/Work/Rest

Alertness, Energy, Vitality  
 Energy, Vitality, Immunity  
 Accomplishment and Wealth  
 Many Friends and Happiness  
 Love, Honor, and Cooperation  
 Respect, Approval, Knowledge  
 Creativity and Organization  
 Accomplish Greatly  
 Outstanding Achievement  
 Alive, Alert, and Awake  
 Prosperity and Satisfaction

(Mind Controlled Relaxation)

Count Your Blessings  
 Play and Relaxation  
 Moderation and Temperance  
 Reasonable Dinner (25%)

Abundance, Love, and Serenity  
 Happiness and Enjoyment  
 Clear, Calm, and Organized  
 Comfortable and Relaxed

**DESSERT**

Review Your Accomplishments  
 Prayer  
 Relax and Sleep

Peace of Mind and Success  
 Homage and Self-Confidence  
 Sweet Dreams and Full Life

**APPETIZER**

Awaken Late (Have to Rush)  
 Go Get Newspaper (Like a Dog)  
 Digest Bad News on the Run  
 No Devotion or Inspiration  
 No Exercise  
 Radio or Television Report  
 Too Late to Get Bath

**FARE**

Anxiety and Bitterness  
 Mostly Bad News  
 Feel Bad and Get Mad  
 Low Spirit, Easily Offended  
 Sluggish, Tired, Run Down  
 Disaster, Trouble, & Despair  
 Sleepy, Stinky, and Unkempt

**ENTREE**

No Breakfast or Coffee & Donut  
 Cigarette, Candy, Cola  
 Negative, Derogatory Thoughts  
 Unfriendly and Ugly to Others  
 Criticize, Condemn and Complain  
 Dictate, Direct and Demand  
 No Plans for the Day or Future  
 Tackle Everything at Once  
 See Your Job as Necessary Evil  
 Lunch — Greasy and Hurried  
 Work/Work/Work/Work

Hungry, Mean, and Nervous  
 Hacking Cough, Indigestion  
 Problems and Depression  
 Few or No Friends  
 Condemnation, No Love  
 Disrespect and Ridicule  
 Disorganized and Sour  
 Confusion and Disorder  
 Barely Get By  
 Drowsy, Gassy, and Dull  
 Little Money and Fatigue

(Stay Too Busy to Rest and Relax)

Curse Life and Gripe  
 No Play and No Relaxation  
 Indulgence and Dissipation  
 Dinner — Drink and Eat Heavy

Poverty, Hate, and Worry  
 Tension and Frustration  
 Illness, Tired, No Confidence  
 Burp, Barf, and Nightmares

**DESSERT**

Worry, Fret, and Be Tense  
 No Prayer of Thanksgiving  
 Stay Uptight and Poor Sleep

Sickness, Fear, and Failure  
 Selfish, Resentful and Jealous  
 Bad Dreams and Half-life

## Teen News: KYG (Know Your Government)

12 Skagit County 4-H youth delegates attended the "Know Your Government" conference in Olympia, WA on February 14-17, 2009."

As the conference was entitled "You Be the Judge," each delegate participated in a mock trial by serving as an attorney, a witness, a juror, or a reporter. The delegates also toured the Capital, met with judges and attorneys for training and had breakfast with Legislators.

Many thanks go to:

- Dorothy Elsner for coordinating KYG
- Mrs. Jodi Brown, Mrs. Susan Janicki for being the chaperones
- Sharrie Nelson assisting with the coordination
- All the parents, donors and speakers.

Thanks to Judge William Baker; John Meyer, Commissioner Brian Paxton from the Skagit Superior Court for speaking to our delegates. Thanks also to Michael Wallace, Whatcom County 4-H Agent, who worked on a challenge course with the kids.

Below is a letter from Commissioner Paxton to our 4-H'ers:

"Four H'ers,

I want to drop a note on behalf of John Meyer and myself to tell you how much we...like...enjoyed ourselves on February 5th.

Far too often (mostly) we deal with people who don't have their



lives together. It's often why they are in court. I do see At-Risk-Youth, Truancy, and Juvenile Delinquency Courts working with young folks who are often (mostly) unenthusiastic, entitled, and bored.

Spending the evening with interested, excited, curious, funny, and intelligent young people that you were was an incredible treat for us. Seeing your collective talents and enthusiasm renewed my faith in the future of the country and our world. You will be the leaders. I'll enjoy watching you take over as I sit on the sidelines.

Brian Paxton"



## Public Presentations a success

2009 Public Presentations were a hit! We had 183 speakers which resulted in 27 Merit awards.

A special "Thank You" to:

- Dorothy Elsner for the project coordination
- Linda Riley for the computer organization
- The Kennedy and Carlton Family for helping at the Crossroads Covenant Church
- Sharrie Nelson for her extra help at Burlington Lutheran Church.

Our distinguished judges this year heard topics from making S'mores to Puppy Mills and lots of interesting ideas in between. Public Presentations can only be a successful contest with the help of our judges. We appreciate the following ladies for giving their time to our program: Jean Swift, Nihla Bradley, Dolores Lang, Bonita Elfstrom, Minda Brand, Lola Lang, Christy Lyon, Tabi Whitford, Linda Riley, Cheryl Werda, Jody Boues, Michele Elsner, Alpha Sheahan, Joni McSpadden, Sharrie Nelson and Becki Pinguoch. Thanks also to Shonna Ausborne for being on "judge stand by"!



## Lamb Workshop in Stanwood

The **Puget Sound Purebred Sheep Breeder's Association** is hosting a **club lamb workshop** on **May 1 and 2** at the Stanwood Fairgrounds. The guest speaker will be Billy Wade of Silver Creek Farms, Silverton, Oregon. Participants should bring their own lambs. If you do not have a lamb, there will be a very limited number of lambs available to borrow for the day at the workshop. For more information contact Don and Linda Jonasson at [jonasson.farm@verizon.net](mailto:jonasson.farm@verizon.net). This is a great opportunity to learn current showing and judging skills from an experienced national showman.

## Shooting Sports Training

WSU Ferry County Extension will be hosting the 4-H Shooting Sports Leader Training April 17-19 in Republic, WA. This training will feature archery, pistol, rifle, shotgun and hunting. The fee for the training is \$50 per person and requested by April 10. Archery with NAA Level 1 certification is an additional \$20. This is the last shooting sports training scheduled for the year.

For more information on the training contact Emily Burt at: [emburt@wsu.edu](mailto:emburt@wsu.edu) or Janet Schmidt at: [schmidtj@wsu.edu](mailto:schmidtj@wsu.edu).

## The Lamboree, Porkapalooza and Beef-o-Rama

**What:** Northwest Lamboree  
**For whom:** 4-H/FFA sheep project youth; adult leaders; commercial producers; fiber artists; anyone interested in any aspect of the sheep industry  
**Where:** Klickitat County Fairgrounds, Goldendale, WA  
**When:** May 16-17  
**Registration:** Probably about \$25; includes 4 meals and educational packet

**What:** Klickitat County Beef-O-Rama  
**For whom:** Primarily 4-H/FFA beef project youth, leaders and adults, but anyone interested in the beef industry is welcome  
**Where:** Klickitat County Fairgrounds, Goldendale, WA  
**When:** May 16  
**Registration:** \$5 for youth and \$ for adults; includes lunch and educational packet

**What:** Klickitat County Porkapalooza  
**For whom:** Primarily 4-H/FFA swine project youth, leaders and adults, but anyone interested in the swine industry is welcome  
**Where:** Klickitat County Fairgrounds, Goldendale, WA  
**When:** May 16  
**Registration:** \$5 for youth and \$ for adults; includes lunch and educational packet

More information go to: <http://www.klickitat.wsu.edu/4h.html>.

## Snohomish County Spring 4-H Cavy Show

**Saturday, May 9, 2009** in the Beef Pavilion at the Evergreen State Fairgrounds in **Monroe, WA**. Entry fee is \$4 Fitting & Showing **and** per cavy. Entries must be received by May 7, 2009. There will be Fitting and Showing, Type Class, Costume, and Poster.

**SEND ENTRIES TO:**  
Tricia Thompson  
18210 Waverly Dr  
Snohomish, WA 98296  
**Or: [triciarth@aol.com](mailto:triciarth@aol.com)**

Also contact Tricia for questions:  
email above address  
or 360-668-1379

## The Whatcom County Youth Fair

**April 10-11, 2009** Northwest Washington Fairgrounds Lynden, WA

**PURPOSE:** To provide an educational experience for all youth ages 6 to 18 regardless of Race, Creed, Color, or Natural Origin.

**For more information:** Chris Paul (360) 366-3144

**E-mail:** [Lonnynchris@netzero.com](mailto:Lonnynchris@netzero.com)

[www.geocities.com/whatcomcountyouthfair](http://www.geocities.com/whatcomcountyouthfair)



## National 4-H Curriculum Pre-Press Sale

### Ordering Period:

April 1 – 25 is the time to take advantage of 35% pre-press savings on National 4-H Curriculum products.

### Ordering Procedures:

Orders will be accepted by phone, email or Fax.

### Online:

[www.4-hmall.org/curriculum](http://www.4-hmall.org/curriculum)

Phone: 301-961-2934

Fax: 301-961-2937

### Curriculum Shipment:

Orders will be shipped, as they are available, no later than July. If you have ordering questions contact National 4-H Supply Service (301-961-2934 8:30 – 5:00 Eastern Time).

## NATIONAL VOLUNTEER WEEK April 19-25, 2008

National Volunteer Week designates a special time to recognize and celebrate the tremendous efforts of volunteers. The accomplishments and achievements of our young people are due to the positive efforts of our volunteer 4-H leaders. With their help, many thousands of youth have been able to fulfill their personal goals and expand their horizons in adult life. On behalf of WSU Extension of Skagit County, we give our heartiest “thank you” to our generous 4-H volunteer leaders.



## 4-H Teen Conference: Breaking Barriers, Building Bridges

When: June 28 - 30, 2009

Where: Washington State University, Pullman, WA

Who: Youth entering grades 8 through 12

Cost: \$125 - Registration opens May 4th

For more info and to register, go to <http://4h.wsu.edu>

## Skagit County Fairgrounds Free Kid's Day



## Sea-Tech 4-H Club

This year Sea-Tech has formed four teams to compete in the MATE ROV Challenge. The three Ranger teams are Team Orca, Team Sailfish and Team Jireh. The fourth team, Team Genesis, is our returning Explorer class team. Genesis has been accepted in to the international competition a second time. They are bringing an improved version of their machine from last year.

This year's mission will be to aid a sunken submarine. The mission includes a survey of the mock sub for damage, provide emergency air and supplies, and connect an air line. Teams Jireh and Sailfish both selected names to fit the mission. 'Jireh' means 'provider' and 'Sailfish' was the name of the recommissioned submarine USS Squalus, which sunk during sea trials in 1940.

The club has been making and selling bird houses to raise funds to pay for this

year's projects. In February they went to an ROV workshop at the Ocean Sciences building at the University of Washington. This really helped the first year club members, and gave everyone valuable information about the upcoming regional competition.

The PNW Regional ROV Challenge will be held on May 9 at the King County Aquatic Center in Federal Way.

Submitted by:  
Fabrianne Walker,  
Seatech Reporter



## Serendipity 4-H Club

In January 27 club meeting Serendipity members made 60 dog-chew toys, 22 dog-bed pads and 12 fleece jackets to the dogs rescued from the "puppy mills." The club members also donated 40 lbs dog food, puppy pads, and many towels and blankets.

## Tails-Up 4-H Dog Club

On December 6th, the Tails-Up 4-H Dog Club wrapped presents at the Mount Vernon Country Store for donations from 10 until 4 p.m. The money earned went to buying pet food for one or two 4-H families who need help this winter.

On Saturday, December 13th, the Tails-Up 4-H Dog Club sang at the Mount Vernon Haggen grocery store. The club sang Christmas carols from 2:00 p.m. until 3:00 p.m. The \$50.00 donation that the club received from the store went to the Mount Vernon Food Bank.

Submitted by,  
Sarah Marker,  
Tails-Up Dog Club Reporter

## Valley Green Acres 4-H Club

The 30 members of Valley Green Acres Horse 4-H club donated dog items and money to the puppy Mill. The club recently elected new officers of 2009. They are Secretary Hannah Bear (from left), Reporter Tanya Granfors, President Sarah LaVoy, Vice President Meagan Maillet, and Treasurer Michelle Earnest.

Submitted by:  
Tanya Granfors, VGA Reporter



### Clubs and club reporters,

If you have club news, please submit it to the Extension office for inclusion in the next *4-H Clover* newsletter. Or if you would like to see your upcoming event listed on the 4-H web calendar, we would be happy to do that too. Please contact William or Valerie with your news or request.

# u p c o m i n g e v e n t s

(Since these dates are planned well in advance they may change. Please enroll in our 4-H Lyris List to receive e-mail updates on events throughout the year. If already enrolled, please make sure that your email is up to date)



**Leader's Council – 1<sup>st</sup> Monday of each month**  
**Dog Leaders meeting – 3<sup>rd</sup> Monday of each month**  
**Horse Leaders meeting – 4<sup>th</sup> Thursday of each month**

APRIL – 2009	
1	Enrollment Due for new members to participate at fair
10	Volunteers Hours Report Form Deadline - 2nd Quarter
19	New Leader Training - Session II, Northern Peaks Christian Church, 118 N Ball St, Sedro-Woolley, WA 98284
MAY – 2009	
1	Animal/Ownership Forms due to the 4-H office: Horse/Blue Forms and All Animal/Green Forms
4	4-H Leaders' Council, 7:00 p.m. – WSU Extension Office
25	<i>Memorial Day Observed (Extension Office Closed)</i>
30	Skagit Fairgrounds Free Kid's Day
JUNE – 2009	
1	4-H Leaders' Council Meeting, 7:00 p.m. - WSU Extension office
12	Fair Passes Order - Due at Fair Office
28 - 30	Teen Conference, WSU Pullman

