



July 10, 2020

Hello 4-H Community,

I want to first say, we, like most of you, have heard that the State Fair has been cancelled. You can read more and watch a video from the Fair's CEU Kent Hojem on the [Washington State Fair Website](#). While this was likely expected, it is still another blow to youth who have worked hard all year toward showcasing their projects. I am sorry for all you have had to sacrifice these past few months.

On a related note, I am worried about our youth, about our parents, and about our community. A new [survey](#) has pointed to the challenges that our youth are facing during this time, and I want to highlight some results from that survey

- 65% of youth surveyed in this international tool expressed that uncertainty about the future makes them feel anxious or depressed.
- 82% of teens are calling on America to talk more openly and honestly about mental health issues.
- 79% wish there was an inclusive environment for people in school to talk about mental health.

While I can't currently provide a safe physical space for youth and families to talk about current events and their impacts on our mental health, I can, at least, provide a virtual space to discuss these issues. Please consider joining, and having your youth join our [Listening And Support Circle](#) on July 23rd at 4:30. This event will be facilitated by skilled professionals from Child Strive who have volunteered their time with us. Youth and adults will be separated into separate Zoom Breakout Rooms. I encourage all of you to attend, as current events have had an impact, large and small, on everyone in our community.

To shift gears, I wanted to write to you today to tell you about a few things that have inspired me. It is almost exactly one year ago that I accepted the position of 4-H faculty member. I have never once regretted that decision, and this week, you have all shown me why working with this community is a great privilege and honor. In the past two weeks, 8 feed stores in Snohomish County have put up posters and donation jars to solicit help for our 4-H youth with their project animals. You can read more and learn how to participate in [last week's update letter](#). This outpouring of community support for our 4-H youth during a time of economic hardship is heartwarming, it's inspiring, and it is a constant reminder of the strength of this community. In addition, the 4-H Council stepped forward to support 4-H in Snohomish County and 4-H in our entire state by pledging to help with the purchase of supplies to ensure clubs can safely meet in person once we reach Phase 4. Their quick and decisive support is a testament to their commitment to our 4-H community, and to the ideals of generosity and service to the 4-Hers all over Washington. I can't tell you how proud I am to be a part of such a wonderful organization.

A few more updates:

- We try to focus on COVID-19 updates in this weekly letter, for other news and updates, please request to be added to the CloverGram mailing list by emailing Beth (beth.wangen@wsu.edu).
- We continue to offer our [Afternoon Tea Time](#) every Monday, Wednesday and Friday afternoon. Fridays we try to do something fun – next week (7/17) bring show-and-tell items! Adults welcome!

Thank you, Snohomish County 4-H, for being an amazing community!

Your Snohomish County 4-H Team,

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HEAD

HEART

HANDS

HEALTH