



July 2, 2020

Dear Snohomish County 4-H Community,

As we all prepare for the Fourth of July weekend, we wanted to say we are so proud of our community for sticking with the Stay Home, Stay Healthy plan. We are all doing our part to keep our community safe, so keep it up! We all hope you have a great, and safe holiday.

While there are few updates, we do have a few activities going on that we want to keep you informed about.

4-H Feed Drive: We are overwhelmed with the generosity of our community and pleased to announce more feed stores have joined the effort to help 4-H youth provide feed for their project animals as they work through the challenges of COVID. Participating stores are: Monroe Co-op, Snohomish Co-op, Dayville Hay and Grain, Bothell Feed, Everett Co-op, Marysville Co-op, Arlington Co-op, and Granite Falls Co-op. 4-H youth who have need may apply for assistance in the store, online: [Feed Assistance Sign Up](#) or by email: snoco.4H@wsu.edu. Your request will be displayed on a board for community members to consider supporting. Stores are also accepting cash donations that will be used to meet feed needs. Youth will be contacted for pick up once their need is met. Please help spread the word!

Listening and Support Circle: Recent survey data has shown that 4-H youth are facing a particularly hard time during this crisis. Youth have reported feeling more depressed and are expressing worries that current events will have a lasting impact on their mental health. And youth are not the only ones facing major challenges. Our parents, volunteers, teachers, and faculty and staff are struggling with our new normal. As such, we have partnered with community mental health and advocacy providers to host a listening and support circle for youth and adults to come together and discuss challenges they are facing in a safe and facilitated space. Youth and adults will have separate spaces (Zoom Breakout Rooms) for the discussion. Please consider joining us, you can sign up here: [Listening and Support Circle Sign Up](#)

With the resurgence of public concern regarding social justice issues in our country, some of us may feel a lack of connection to the issues, or we may be having misgivings about long-held beliefs about race, equity, and justice, our own and others'. Recognizing we may be disconnected or ill-equipped to engage with others about this topic in meaningful ways may also leave us feeling confused or defensive about an issue that deserves greater personal investment from each of us. Beginning in July, Extension will host several reading and discussion groups to help volunteers, staff and faculty come to a deeper understanding of what equity is and how racism continues to exist in our democracy. The reading groups will be hosted regionally and will include people who live and work close to you. Generally, the reading groups will last one month, and meet once a week by Zoom to review and discuss seminal readings concerned with race and equity. The exact dates and times of the reading group Zooms will be coordinated by your local host. If you are interested in being a part of a reading group, please register [here](#).

We continue to **honor our graduates on Facebook**. To participate, email a picture and short bio to snoco.4H@wsu.edu.

Summer is here!! We hope you have a safe holiday weekend!

Your Snohomish County 4-H Team,

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HEAD

HEART

HANDS

HEALTH