



Snohomish County

4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION



Snohomish County

CloverGram
December 16, 2022



New Stuff:

4-H Youth Advisory Council

ALL 4-H MEMBERS are invited to explore their interest in becoming a member of the Snohomish County 4-H Youth Advisory Council. The Youth Advisory Council exists to provide meaningful leadership opportunities for all 4-H members - in all projects and of all ages. Your voice is needed! Come be a part of the discussion.

WHEN: Thursday, January 5th, 6:30 – 7:30 pm, on ZOOM

Register to receive the zoom link here https://wsu.co1.qualtrics.com/jfe/form/SV_eUJjyU6qJELYtOC

Let Your Time Count! Prize Drawing in January!

Please record your volunteer time (“impacts”) in [GivePulse](https://wsu.givepulse.com/group/425371) by the end of the month! WSU must pay for L&I for our volunteers, based on your reporting at <https://wsu.givepulse.com/group/425371> If you need guidance, try the short how-to video, “Create an Impact” at the bottom of the page here: <https://extension.wsu.edu/4h/volunteers/volunteer-hours-report/> If you have not yet claimed your account, there’s a video for that, too!

Styrofoam Collection Event 12/29 at McCollum Park!

Thursday, December 29th, 10 a.m. – 4:00 p.m., drop off your unwanted Styrofoam at McCollum Park on 128th St. in Everett. See what kinds of Styrofoam can be brought here: <https://extension.wsu.edu/snohomish/event/free-styrofoam-recycling-event/>

Adult Mental Health First Aid

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

January 28th, 2023, Saturday, 9am - 3pm.

Format: Live in-person. Location TBD, once we secure a location, we will email you the address. If we can't get a space, we will switch to live virtual.

Register for this class or check for location here: https://wsu.co1.qualtrics.com/jfe/form/SV_4HEeKLKpC4XptdA

Reminders:

New Masking Recommendation from Health Officials

Because of the surge in respiratory illnesses across our state, health officials now recommend that everyone wear a high quality, well-fitting mask when around others in indoor spaces. We strongly recommend that all our 4-H gatherings heed this advice.

Question, Persuade, Refer (QPR), Suicide Prevention

When you are concerned that someone you know might be planning to harm themselves, what should you do? This free, 2-hour training will give you the steps to take as a front-line responder. All adults are welcome.

Saturday, Jan. 14, 2022, 10:00 a.m. to noon, at Willis Tucker Park offices

<https://extension.wsu.edu/snohomish/qpr-question-persuade-refer-prevent-suicide/>

Past CloverGram newsletters can be found at <https://extension.wsu.edu/snohomish/4h/resources/>