

KING COUNTY 4-H

4-H Positive Youth Development

Joann Fabric - Clover campaign

Help @4H inspire a child's creativity! Donate \$1 or \$4 at your local @JOANN store. Learn more: <http://bit.ly/2zuNwIh> #JOANNLOVES4H #PayItFourward



King Co 4-H Association 4-H College Scholarships - due soon!

Are you a graduating senior and heading to college? The King County 4-H Association is accepting applications for scholarships now - due April 15th to our office (email submission acceptable).

Click on the red button to download the 4-H application at:

<https://extension.wsu.edu/king/4-h/>

Washington State 4-H College Scholarships - due soon!

The Washington State 4-H Scholarship Applications is available now! If you are a senior 4-H'er, now is the time to apply. **The deadline for applying is March 15, 2020.**

More information and instructions for applying can be found here:

<https://extension.wsu.edu/4h/youth/scholarships-opportunities/>

Super Saturday - Recipes to help end childhood hunger

Do you like to cook and have a fantastic recipe to share? There is still time!

Submit a recipe to help end childhood hunger! Students Rebuild and the Bezos Family foundation donates \$5.00 for every recipe submitted. One recipe will be chosen by Gordon Ramsay to cook on his YouTube channel.

submit to Floy at:
kingcounty.4h@WSU.edu

- **Upcoming events:**
- **Teen Leaders meeting - March 19th at 7 pm**
- **Association meeting - April 1st @ 7 pm**
Extension office (also on video Zoom)

King County Fair Summer 2020

King County Fair 2020 will feature attractions like mutton busting, cook's racing pigs, legendary longhorns, reptile isle, barrel racing, Cecil's magic, and much more. There will be 4-H members showing animals, showcasing still life exhibits, doing cooking demonstrations and public presentations, STEM demos and more! Save the date for this year's fair: July 16-19th - at the Enumclaw EXPO Center.

More information coming soon!

Teen Conference - Save the date

University of Idaho Extension 4-H will be hosting their 2020 State Teen Association Conference (STAC) June 22-25, 2020 on the University of Idaho campus in Moscow. Washington State University 4-H has been invited to participate – more information coming soon!

Office move update & hours

We are still waiting to get a firm date for our WSU 4-H office move - it's looking like April or early May.

With our small 4-H staff, it is always a good idea to contact us before coming into the office to make sure we are there to help you with your 4-H questions and needs.

Enumclaw Day Camp - save the date!

4-H Day Camp coming back to Enumclaw **July 27-31*** from 9 am - 1 pm at the Expo Center - this year's camp will feature STEM, Art, Food and Nutrition and healthy, fun activities. More information to follow.

Questions contact nbaskett@wsu.edu or michelle.green@wsu.edu

*NOTE: this year's camp is a different week!

Next Super Saturday - Fall 2020

This year there will be TWO Super Saturdays! Our next one will be in November 2020, location to be determined. This will allow our Super Saturday of 4-H workshops to help align better with our 4-H calendar year - with new trainings for club and project leaders and our 4-H members.

Want to teach a workshop? We will start asking for workshop submissions this summer.



King
County

WASHINGTON STATE UNIVERSITY
EXTENSION

MARCH 2020

4-H IN ACTION

Super Saturday 2020



With thanks to our volunteers and participants who made this year's Super Saturday a huge success!

WSU Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office or to the WSU Center for Human Rights.

4-H IN ACTION

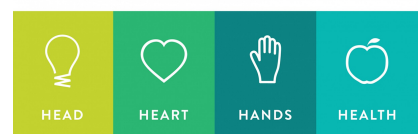
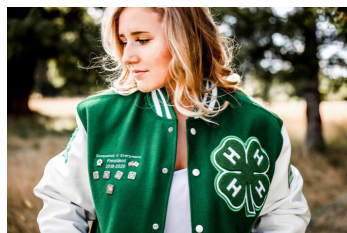
Kayla Richardson - National Livestock Judge

Competing at the Western National Roundup for Livestock Judging was the dream. Starting my Agriculture experience at an older age was very difficult. In 8th grade I got a pet rabbit and wanted to do something fun with it. So, my mom and I ventured out to find a local 4H club. I saw many of my friends succeed in something I wanted to with rabbits. Breeding them, showing them, and caring for them was something I was very passionate about. As the years went by, my rabbitry got bigger as did my knowledge. I started to get very competitive and wanted to move on to something bigger. In my Freshman year I got into raising pigs. I was very on top of keeping them in the correct weight and recording everything in my record book. With completing two pig projects, I decided to look for a new challenges and decided upon raising a Steer would be fun. These experiences and opportunities are something I will never regret.

When the Livestock show came to the King County Fair, I was thrilled to do Livestock Judging. After the competition, on the last day, I was given the Reserve Champion ribbon for my placing in the whole fair. Moving on to the State level was terrifying. I was going against people who have been doing this since they were really young, pay coaches to help grow their knowledge, but I knew I could do that myself. So after school or work, for months I would study. When the competition came, I was still unprepared. Even with being nervous, I had fun seeing the different animals that were displayed for us to judge.

After a month went by, I got a phone call saying I made the State Team and could compete at Nationals. To be completely honest, I cried, I was so proud of myself. I accepted the offer and started my new journey. After the acceptance to this position, there were many weekends of field trips and coaching through the phone. Over these days I started to make friends and really grow in my knowledge of judging livestock. The competition was approaching very fast and started to cram some last-minute studying and packed my bags. Going to a different state - Denver Colorado - and seeing the roots and history was amazing. After 2 days of studying and settling in, we set our alarms to wake up at 4:30 AM and went to bed late that night. When leaving to go to the competition at about 6:30 AM, we couldn't talk, have our phones, or any studying material. My jaw must have dropped when I saw the animals we were to be judging. They were very finished and fresh with good potential in the stock show industry. After judging all morning, we leave the stock show for lunch around 11:00 AM and head to the hotel to do oral reasoning on our placings. These orals took about 4 hours in between waiting, leaving 4 very exhausted Washington girls at the end of the day.

At the end of this trip I can look back and smile. I have no regrets on the journey I took to get there. I made connections with people who I would have never met if it wasn't for 4H. I met people from other states and learned how they are structured differently. I got to see a whole new world of a field that I want to continue my life in. I am truly blessed to have had this amazing opportunity and wouldn't change any part of it. As my senior year comes to a close, I know that if I put my mind to it, I can achieve it.



MARCH 2020

4-H IN ACTION

4-H Positive Youth Development

Know Your Government 2020



WSU Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office or to the WSU Center for Human Rights.

4-H IN ACTION

Mayyadah Zagelow - Youth in Action Finalist: Civic Action

At a young age, Mayyadah Zagelow struggled with anxiety and selective mutism, unable to express her thoughts at school and in other environments – sometimes, it was even too stressful to speak with her own grandparents. Combined with bullying at school by those she had once considered friends, Mayyadah felt isolated and betrayed. That's when she joined 4-H, and her journey to overcoming anxiety began. Through 4-H, Mayyadah learned to turn difficult experiences into empowering opportunities as she learned to speak up and speak out for herself and for others who feel voiceless. Passionate about LGBTQ+ rights and addressing social inequities, Mayyadah is a founding member of a grassroots youth movement in Washington state called the Equity and Inclusion Teen Taskforce. Through this taskforce, Mayyadah is working with fellow 4-H'ers to educate adults and teens alike through workshops and grassroots efforts about gender identities, expression, orientation and biological sex, as well as the challenges facing the LGBTQ+ community in hopes of creating a world of inclusion for all 4-H youth. Mayyadah is a senior in high school and hopes to attend Central Washington University to pursue a career in the health care field.



Youth in Action nominations - now open

A new application season for the 4-H Youth in Action program was initiated in January by National 4-H Council; after hearing from Extension professionals and students that spring is a better time for youth to apply for scholarships, the application season has been shifted to better support 4-Hers and professionals alike. From now until April 27, 2020, youth can share their stories of developing passion, finding purpose, and inspiring others by applying for the 2021 4-H Youth in Action Awards for a chance to earn a \$5,000 scholarship and a trip to Washington, D.C.!

For more information:

<https://4-h.org/parents/4-h-youth-in-action-awards/>



**King
County**

WASHINGTON STATE UNIVERSITY
EXTENSION

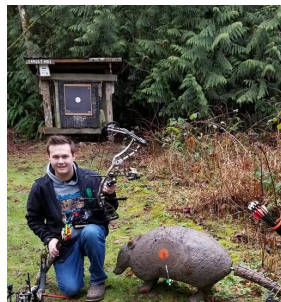
4-H IN ACTION

Maple Valley Marksmen - Mixed 3-D & Safari Tournament

On February 8th and 9th members for the Maple Valley Marksmen 4-H Archery Club participated in a mixed 3-D and Safari Tournament. For most of the members it was their very first competition. 1 member received 1st place in his division and 2 other members received 2nd. It was a great weekend and the Archers were all able to take away from the shoot. On March 29th Maple Valley Marksmen 4-H will be holding the Archery County Qualifier for the WA State Shooting Sports Competition in May. For the qualifier 4-H members will be competing in both a field course as well as a FITA shoot.

Maple Valley Marksmen - County Rifle Qualifier

On February 24th Maple Valley Marksmen 4-H held the County Rifle Qualifier for State at Black Diamond Gun Club. The youth participants participated in Silhouettes and NRA 3 Position Events. There were 2 Youth Members who qualified to attend the WA State Shooting Sports National Qualifier in May.



Maple Valley Marksmen held the Shotgun County Qualifier on February 23rd at SST. The Youth Participants shot 2 rounds of Trap and 2 rounds of Skeet. There were 7 4-H Members who competed and 5 of them qualified to attend the WA State National Qualifier in May.



CLUB LEADERS & VOLUNTEER INFO

4-H Positive Youth Development

Online volunteer training - new location

Put the Child First, WA State 4-H Volunteer Modules and WA State Financial Management Training all have a new home at the eXtension Campus website.

You can find more information about how to log in at our WSU King County Extension 4-H website on the Volunteer page:

<https://extension.wsu.edu/king/4-h/volunteers/>

4-H Registrations

Club leaders - make sure you check 4-H Online to see who in your club still needs to complete registration and/or make payment so they are fully registered.

New adult volunteers also need to complete the volunteer application packet, view the Put the Child First video and complete a background check. We will send out background check link once the other parts of the application are complete.

If you show "pending" for members or volunteers, contact Nancy at nbaskett@wsu.edu to resolve that registration issue. Thanks for your help!

Volunteer background checks

4-H needs to conduct background checks on all of our volunteers as a safety measure for our 4-H members. This year, we are continuing the process of updating our volunteer background checks. You should have received a link from 4-H online if you are a new or continuing volunteer and were not given a background check last 4-H year.

Kelsey Creek Farm - volunteer opportunities for youth

Kelsey Creek Summer VolunteersVolunteers will help with the animal chores, learn responsible animal care and assist in summer programs in this week-long program at Kelsey Creek Farm. Qualifications include: understanding and following directions, ability to be on your feet for a physically active day, responsible around children, tolerance for being outside and working in a farm environment near animals, hay, vegetation and dust. Volunteers are required to start on Monday, complete a Criminal Background check and provide their Social Security number. Limit 1 (ONE) volunteer session per participant per summer.Ages: 12-18

To apply for this or other volunteer positions go tp:

<https://register.bellevuewa.gov/php/onlinereg/#/bvuewa/login>



King
County

WASHINGTON STATE UNIVERSITY
EXTENSION

