



Clallam County

4-H 

WASHINGTON STATE UNIVERSITY  
EXTENSION

October 2020

4-H Empowers Kids with the  
Skills to Lead for a Lifetime

# Clallam County 4-H Newsletter



HEAD



HEART



HANDS



HEALTH

## Welcome to the 2020-2021 4-H Year!

We are excited to get a fresh start and are celebrating with a 4-H Kick-Off Kit to all those who enroll or re-enroll by November 15th!

Each kit will include a 4-H Notebook, mood pencil, sharpie, and a 4-H logo mask! Enrollment began October 1st, so we're ready to roll! If you need help with enrollment, please reach out to your club leader or county coordinator! Distribution of kits to all qualifying youth may vary county-by-county. We will be working with your club leaders to decide the best strategy!



Enroll today! Go to our **NEW** online enrollment site: <https://v2.4honline.com>

## Food Matters Action Kit

WSU Clallam and Jefferson Counties are partners with Commission for Environmental Cooperation to help bring you and your family the Food Matters Action Kit. This is an international challenge to reduce food waste across North America.

One activity from the kit is Corn Husk Creation. This is an all ages activity where you create something from corn husks. You can even share a photo of your creation on social media with the hashtag #ShrinkFoodWaste!

Check out the Food Matters Action Kit to see all the ways you and your family can work together to audit your home's food waste, work toward shrinking it, and how to help other families do the same. And it can all be done from your home. To learn more watch this video or go to the [website](#).

### Clallam County Extension Office

#### Address

223 E 4th St, Suite 15  
Port Angeles, WA 98362

#### Phone

360-417-2398/360-912-2062

#### Email

clallam4H@co.clallam.wa.us

#### Website

<https://extension.wsu.edu/clallam/4h/>

#### Social Media

Facebook: [Clallam County 4H](#)

Instagram: [clallam4h](#)

Twitter: [@4Clallam](#)

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## Resiliency Month



October is resilience month, and we are partnering with the Clallam Resilience Project to bring a series of free, online workshops to help adults learn about trauma and resilience.

Wednesday, September 23rd 9am-11: A.C.E.S

Wednesday, October 7th 9am-11: Trauma 101

Wednesday, October 21st 9am-11: Resiliency

Wednesday, November 4th 9am-11: Secondary Trauma & Self Care

For more information please see [Clallam Resilience Project](#).

Clallam Resilience Project has also been creating and releasing a series of tiny videos on resilience skills. Check them out to learn how to build more resilience into your life. You may even recognize some of the people who made videos. Videos are available on their [website](#) and [YouTube channel](#).

## Youth Art Experience

Kitsap County 4-H is offering 8, one hour art classes over zoom.

**When:** Thursdays from Oct 22nd—Dec 17th (excluding Thanksgiving) from 4-5pm

**Where:** Zoom

**Who:** Open to youth 5-18 years old, no 4-H enrollment required

**Cost:** \$10 per class

**How to sign up:** <http://bit.ly/Kitsap4HArt>

## Cultivating Success Whole Farm Planning

WSU Food Systems is offering this nine week step-by-step course, to help you prepare a well thought out plan for your land, life, and farm business.

**When:** Tuesdays from Oct 20th— Dec 15th from 6-8:30.

**Where:** Zoom

**Who:** Anyone who wants to learn more about running a successful, sustainable small farm. Classes available in English and Spanish.

**Cost:** \$125. Scholarships available for military veterans.

**Learn more and sign up** on the [WSU Food Systems Webpage](#).

## On Target Tuesdays

A series of free shooting sports workshops featuring Olympic Athletes and USA Top Shooters.

**When:** Tuesdays, Oct 6,13,20, & 27. Nov 3,10, & 17. Dec 1 & 8. 6:30-7:30pm.

**Where:** Zoom

**Cost:** Free

**Learn more and sign up** on the [WSU Pierce Co 4-H page](#).

## Kitsap 4-H Youth Art Experience



Halloween Lanterns



Doodle Meditation



Make a Treasure Map



Paint Pouring



Stained Glass Art



Salt Dough



Sunset Silhouette Painting



Snow Globe

## Newsletter Photos?

Do you have any pictures of you or your club having fun in 4-H that you would like shared in the newsletter? If so email them to [Melanie Greer](#).

## 4-H Council Corner

Council meetings will be held over Zoom until in person events can resume. Email [Melanie](#) for an invitation.

You are invited to participate in your Clallam County 4-H Council. The Council meets on the second Tuesday of each month at 7:00 pm at the Commissioners' Meeting Room in the Clallam County Courthouse. Teen members are encouraged to attend and have a voice in their county program.

# Resources

## WSU Local Food Directory

The WSU regional Small Farms program has created a list of Farms, Farmers Markets, and Emergency Food resources available to people in the tri-county region. Resources on this page includes information on support for farmers and food safety. To access these resources, or for information on how to add your farm please see this [website](#).

## Virtual Resources

Resources for how to hold virtual meetings and virtual meeting etiquette. This site also has tips on how to observe the 4-H essential elements virtually. These resources are available [here](#).

## King County Learning Links

King County 4-H has created, and is constantly adding to, an extensive list of educational things to do with youth. This list can be found [here](#).



### Report Your 4-H Volunteer Hours

Your volunteer hours are critical for demonstrating the value of our program. It is also how volunteers are covered under WSU's L&I and liability insurance. Visit the database [here](#) and report your hours. Contact us if you are missing your user name or password.

### Other Notices

#### More Upcoming Events

Upcoming events are available on our website here. <https://extension.wsu.edu/clallam/events/list/>

### Animal Project Resource Leaders

Project	Lead	Contact info
Dog	Robin Kelley	otterecho@gmail.com
Equine	Manon Heistand/ LaDonna Wilson	manonheistand@hotmail.com silverspurs4hofclallamco@hotmail.com
Llama	Mikie Morris	spinweave134@gmail.com
Rabbits	Crystal Berry	Giddyupandgrow14@gmail.com
Sheep	Cyndie Stumbaugh	360-683-6495
Swine	Nicole Murray	Dominique1953@yahoo.com

Melanie Greer

Clallam County 4-H Program Coordinator  
WSU Clallam County Extension

*Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Reasonable accommodations will be made for persons with disabilities and special needs who participate in 4-H events and programs. Contact Melanie Greer at the Clallam County 4-H Extension Office at 223 E. 4<sup>th</sup> St, Suite 15, Port Angeles, WA 98362 (360-417-2398/ [Melanie.greer@wsu.edu](mailto:Melanie.greer@wsu.edu)) at least two weeks prior to the event.*

### 4-H MISSION:

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

### 4-H VISION:

A world in which youth and adults learn, grow and work together as catalysts for positive change.

### 4-H PLEDGE:

I pledge my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger Service, and my Health to better living, for my club, my community, my country, and my world.