



4-H Friday Update

April 17, 2015

WSU Grant-Adams Area Extension

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Hi Everyone,

4-H is AMAZING! There are so many activities, events and projects! And, you have an opportunity to choose what you want to do! How great is that?! Our Friday Update is full of activities for youth and volunteers, so please read on.

I would like to highlight a couple events coming up: Del's Paper Clover Campaign and Teen Conference. We don't have a lot of fundraisers for our leaders' council fund, which makes this partnership between TSC/Del's and 4-H so important. Please contact your local Del's Feed & Farm Supply Store (Othello and Ephrata) or myself to see how your club can participate. The funds that are collected go to our local 4-H Leader's County Council which helps to sponsor scholarships for college, conferences, camps, fair projects and more. Show your 4-H pride by getting involved with your local store between April 22 and May 3.

"Ignite Your Future" is the theme of the 2015 Washington 4-H Teen Conference which will be held on the WSU campus in Pullman, June 28-30. This is another wonderful opportunity for youth, grades 8 - 12. For more information, the website is listed below or call me at the Grant-Adams Extension office.

Our region, consisting of Grant, Adams & Lincoln Counties, is planning a joint BBQ for 4-H volunteers and families on May 31st, 2:00 pm. There will be a joint Leaders' Council meeting and some educational programs as well. Adams County Extension in Ritzville is our host. Please join us!

Our county hippology team left for their state competition today and I would like to wish them good luck!

Hope to see you at these events!

Jeannie

Klickitat County Invites all 4-Her's to their Upcoming Events

- 4-H Invitational Rabbit & Cavy Show
- Klickitat County 4-H Classic Buckle Series
- 4-H Horse-O-Polis Summer Horse Event, July 13-15

Information and registration for these events available online at <http://ext100.wsu.edu/klickitat> under "Upcoming Events."

Lincoln/Adams 4-H Horse Clinic & Show

Lincoln/Adams 4-H is inviting Grant County 4-H to participate in their Annual Summer Sizzler Horse Show & Clinic on Saturday June 22nd in Davenport Wa. Event Details, Flyer and Registration Forms at <http://bit.ly/1ESFeYX> . *RSVP BY May 1st. 10 RSVPS needed by May 1st or event will have to be cancelled.*

If you would like more information, please contact Clair Pimley, 509-209-4391 or Karen Robertson, 509-659-3209 robertk@wsu.edu

Direct Link to flyer:

<http://ext100.wsu.edu/lincoln-adams/wp-content/uploads/sites/57/2015/03/Sizzler-Flyer-2015-Revised.pdf>



RECIPE CONTEST: Let's Move Kid's Cooking Competition

The 4th Annual [Healthy Lunchtime Challenge](#) is currently underway! Kids 8-12 are invited to join a parent or guardian in creating an original [MyPlate](#)-inspired recipe that is healthy, tasty, and affordable. One winner from each U.S. state, territory and the District of Columbia will be selected and have the opportunity to attend a [Kids' "State Dinner"](#) at the White House this summer where a selection of the winning recipes will be served. Visit pbs.org/lunchtimechallenge to learn more about the Healthy Lunchtime Challenge. And get cooking - recipes must be submitted by April 30, 2015!

Check out recipes from past winners for inspiration:



2012 Cookbook



2013 Cookbook



2014 Cookbook

Join the 4-H Mentoring Program

Please sign up online at <http://goo.gl/forms/ZnkUUtyzmN> to receive more information about the WSU 4-H Mentoring Program being offered in Moses Lake, WA.

[Download a brochure](#) to find out more about the 4-H mentoring program.

Youth Mental Health First Aid Class

Scholarships are available for any volunteer who wishes to attend this training and report back to the county leader's council.



Join CWU Continuing Education for its first course in this field and become a positive impact on the young people in your life.

What is it?

Youth Mental Health First Aid is for anyone who knows or works with an adolescent (age 12-18) who is experiencing a mental health problem, addiction challenge or crisis. It is designed for adults who interact with young people, including parents, family members, caregivers, school staff, teachers, and counselors.

The Class:

Youth Mental Health First Aid

A groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. This 8-hour course demonstrates how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer, social, and self-help care. This program also teaches about the risk factors and warning signs of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions.

Friday, May 1, 2015
\$95

8:00a.m. - 5:00 p.m. (1 hour lunch)
Clock Hours: 8 (Additional fee of \$24)

CWU – Moses Lake
Grant County Advanced Technologies Education Center
Classroom 1854
7662 Chanute Street NE
Moses Lake, WA 98837

Sign Me Up!

Visit www.cwu.edu/ce
Click on "Programs for Educators" or
Call 509-963-1712 for more information.



CONTINUING EDUCATION PROFESSIONAL AND COMMUNITY EDUCATION

Joint Grant-Adams-Lincoln Leaders' Council Meeting & BBQ

Mark your calendars: May 31, 2015, 2:00 p.m. for BBQ & joint Grant-Adams-Lincoln Leaders' Council meeting and social.

Our host will be Adams County Extension in Ritzville (exact location t.b.a.)

Hope you can join us for a potluck, networking, educational programs and break-out sessions for each council. Everyone is welcome! Watch for more details.



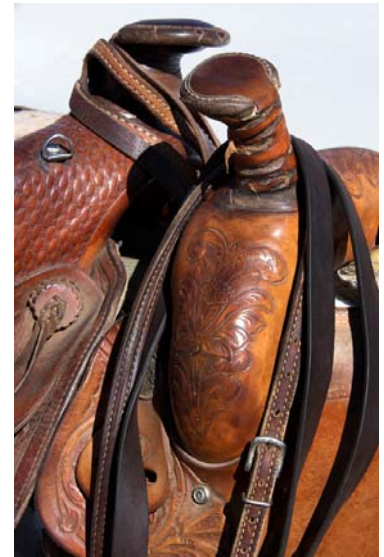
Saddle Up for St. Jude Trail Ride

The 7th Annual Saddle Up for St. Jude charity trail ride is coming on May 2, 2015. This event raises donations for St. Jude Children's Research Hospital, and will be at the Black Rock Coulee area northeast of Moses Lake.

The St. Jude ride is a great community service project for equine 4-H members and a wonderful family event. For more information call Vicky Walker at 989-9494 or Mary Ellen Warren at 361-3445.

[Download a Flyer with Information and Directions](#)

7th Annual Saddle Up For St. Jude



Teen Conference

Teen Conference

June 28 – 30, 2015 – WSU Pullman Campus

ALL teens 8th – 12th grades

Conference Scholarship Application due May 1st!

Registrations open May 1st.

[Workshop Descriptions](#)

Conference Website:

<http://4h.wsu.edu/conferences/teenconf/index.htm>



Club Fundraiser Opportunities at Del's



Tractor Supply and Del's excited and invite your club to get active with your local store if not already. Talk with your store manager about what activities and partnership opportunities exist in your area. [See how Del's can help your club today!](#)

[Learn more about holding fundraisers for your club throughout the year.](#)

The Spring 2015 Paper Clover Fundraiser is coming April 22 - May 3, 2015! Together, TSC & Del's raised over \$1.5 Million (\$1,551,052) to support 4-H youth programs during only 24 days in 2014! Let's beat those numbers in 2015!

Invite friends and family to support 4-H by donating \$1 at check out when they are done shopping. 100% of each dollar goes to the 4-H. 70% of all funds collected support local and state 4-H programs right where you live.



Like us on Facebook!

Stay up to date with 4-H happenings.
Like us on Facebook at
<http://www.facebook.com/LincolnAdams4H>



Livestock Weigh & Tag Dates for Fair

Steer Weigh & Tag Day-April 18

Steer weigh and tag day is on Saturday, April 18th from 2-6 PM at the Grant County Fairgrounds and a make-up on the following Tuesday 5-7 PM. Call ahead to make arrangements — Mike Garneau, 766-9005 or Sarah Smith, 760-6946. Also steers can be weighed at the Jr. Show.

Sheep Weigh & Tag Day, June 12, 2015, noon-7 PM

Goat Weigh and Tag Day, June 12, 2015, noon-7 PM

Mark your Calendar — 4-H Meetings

Grant-Adams Area 4-H Leaders Council meets the **first Monday** of every other month; **7:00 PM**; (alternating between Moses Lake and Othello)

Moses Lake (December, April, August) - Othello meets at Time Out Pizza.
Othello (October, February, June) - Moses Lake meets at the Grant County Fairgrounds Fuller Building.

Grant-Adams 4-H Area Meetings- Area Council meetings are determined by your area.

Area I - Ephrata & Soap Lake

Area II - Quincy/George

Area III - Moses Lake

Area IV - Warden

Area V - Royal City

Area VI - Othello

Grant County 4-H/FFA Livestock Sale Committee meets the third Tuesday of the Month, **February through November, 7:00 PM**, Moses Lake, Grant County Fairgrounds Fuller Building.

Grant-Adams 4-H Horse Leader Committee meets the first Thursday of each month at 7:00 PM, Moses Lake, Grant County Fairgrounds Huck Fuller Building.

Note: Subject to Change. Watch for any location, date, or time changes in the Friday Update. [Meeting Minutes are Online](#)

Important Dates & Information – [See More Online](#)

Report your Volunteer Hours Monthly: [WSU Volunteer Database](#)

Taxes – e-postcard is due by May 15th – Annually

[Put the Child First](#) – **Volunteers and Leaders** are required to complete an online presentation called Put the Child First. **This training is mandatory.** To register for “Put the Child First” go to: <http://universalvoltraining.wsu.edu>. Fill in the information requested and press “Submit Request”. You will receive an automatic **Email with log-in information** to view the presentation. Your registration for the training will be kept in the system as proof of your participation. Website: <http://4h.wsu.edu/volntr/elearning.htm>.

General Due Dates for Grant-Adams Area 4-H

- December 1 *Enrollments are Due for Existing Clubs
 - December 1 4-H Club Annual Financial Summary is Due
http://cru.cahe.wsu.edu/CEPublications/C1130E/C1130E_fill.pdf
 - June 1 *Enrollments are Due for New Clubs
 - July 15 Pork Quality Assurance Needs to be Completed
 - August 1 Secretary Books are Due to Extension Office
- *Enrollment Forms for Grant and Adams Area: [Enrollment Forms & Packet Information](#)

Annual Animal Ownership Dates for Grant County Fair

- January 1 Dairy - Sale Springer & Bred Heifer Certificates are Due
- April 1 Horse Ownership Certificates are Due
- April 1 Beef Ownership Date(Weigh & Tag Day to be announced)
- May 1 All other Dairy Ownership Certificates are Due
- May 8 Market Swine Ownership Date
- May 12 Llama Ownership Date
- May 15 Poultry Ownership Date
- May 15 Rabbit Ownership Date
- June 8 Market Goat Ownership Date
- June 10 Market Sheep Ownership Date

Annual Animal Ownership Dates for Adams County Fair

- February 1 Dairy - Sale Springer & Bred Heifer Certificates are Due
- April 1 Horse Ownership Certificates are Due
- April 30 Beef Ownership Date
- May 1 All other Dairy Ownership Certificates are Due
- May 15 Poultry Ownership Date
- May 15 Rabbit Ownership[Date
- June 12 Llama Ownership Date
- June 15 Market Swine Ownership Date
- June 15 Market Sheep Ownership Date
- July 8 Market Goat Ownership Date

NOTE: If you have project animal issues (sickness, won't breed, or death,) please contact the Extension Office. Hardship cases will be considered to allow you to show at fair.



4-H 

WASHINGTON STATE UNIVERSITY
EXTENSION

Grant-Adams Area 4-H

