

Woohoo!

Appreciation and congratulations to our 4-H Volunteers of the Year, Billi Startzman and Laura Vallieres! Come cheer them and all the other awardees at the annual 4-H Awards Ceremony on the first night of Fair, Aug. 22nd (Thursday), 7 p.m., at the courtyard stage!

New Stuff:

Explore Your Small Farm Dreams

WSU Extension offers a series of courses called [Cultivating Success](#). The first workshop, Explore Your Farm Dreams, will be August 19th, 6-9:00 p.m. statewide, online, and with Spanish interpretation. Click the link for more information or to register, or contact Kate Smith (360) 395-2363, kate.smith@wsu.edu.

Adverse Childhood Experiences (ACEs)

Learn about the 10 ACEs and their potential long-term effects, both physical and mental. Preventative measures, resiliency, and how to address the needs of children with high ACE scores will be addressed by Nathan Lachine on Wednesday, July 24th, 3:00 – 4:30 p.m. [Link to join the meeting](#) in Microsoft Teams. Sponsored by the Snohomish County Health Department.

Reminders:

4-H Outreach Opportunities

Do you love talking about 4-H? Join our team of tablers! (official title) We are looking for helpers at the Extension booth during Fair, August 22-27, three-hour shifts in the air-conditioned Event Center. Volunteers will be paired with an Extension staff person. Contact 425-320-9971 or beth.wangen@wsu.edu. Thanks!

Outstanding Exhibitor Award! <https://extension.wsu.edu/snohomish/awards/>

All senior-level 4-Hers with at least two years of exhibiting at Fair are invited to apply for this very prestigious award! Submit your application by August 1st! Finalists will be interviewed on Monday, August 19th.

Club Seal of Achievement

Evaluate your club's progress from October 1, 2023 through July 31, 2024. Submit the form to the Extension office by August 5th if you qualify for a Club Seal, and it will be presented to your whole club at the Awards Ceremony at Fair! <https://extension.wsu.edu/snohomish/awards/>

Community Narcan Training Event

Community Health Services, across from Costco at Silver Lake, is holding its first [Community Narcan Training Event](#) on July 20th, 10 a.m. – Noon. Participate in a 15-minute training session, and get a Narcan kit. Other addiction, recovery, and treatment resources will be available. You could save a life!



Get excited for Fair!