

Walla Walla County Extension**4-H NEWSLETTER****Cool Tips
For The
Cool
Weather**

With the cold weather showing that it's here to stay, there are a few key things that can help your animals keep the frosty air at bay!

**Time is Money and
so are Scholarships**

Are you or someone you know preparing for the next educational step? We are here with some advice on how to earn funds for the start of your journey.

**March Save
the Dates**

- 1:** BMCF 4-H scholarship due
- 1:** Burgess 4-H Scholarship due
- 2:** Swine, Sheep, and Goat Weigh-In for MF Jr. Show
- 15:** WA 4-H Scholarship due
- 15:** 4-H Enrollment Deadline
- 18:** MF Jr. Show Entry Forms due
- 23:** Super Saturday
- 30:** Steer Weigh-In for WW Fair
- 31:** Public Presentation entry due
- 31:** Cattlemen's Scholarship due

**Industry
Professional**

This month we are introducing a local business owner who is ensuring everyone has savory and sweet treats to eat no matter their dietary restrictions!

Upcoming Events**Top Chef**

Top Chef is coming up! Make sure to register and learn more about all the different activities offered. We can't wait to see everyone's cooking, baking, and table setting skills!

**4-H Presents:****Top Chef****When:** February 22 - 27, 2024**Where:** WSU Extension Office
328 W Poplar St.
Walla Walla, WA 99362**Entries due by
February 2nd, 2024****KYG Conference**

This year's Know Your Government Conference will be held in Olympia, WA on February 17th-19th. Find out more about this educational program and what it takes to become a part of it next year!

**February Community
Service Project**

With Valentine's Day approaching, clubs have an opportunity to create a service project based on the holiday! Read more about some ideas that are not only fun, but also give back to the community.

»»» INDUSTRY PROFESSIONAL «««

NANCY MONACELLI

Offering a Taste of Yesteryear

Adapted from Isabel Walker



After operating out of a commercial kitchen in Dayton for years, Nancy Monacelli finally opened the doors to her new Walla Walla location of Mama Monacelli's in October 2022. Mama Monacelli's is providing handmade artisan treats to the area that are delicious and fully gluten-free. On top of that, many are free of dairy, soy, nuts, or are vegan! With a small but dedicated team, Mama Monacelli's has made a name for itself in the valley.

WHEN AND HOW DID THIS INTEREST START?

»»» Nancy found candy making to be the outlet she was looking for. The mix of creativity and science that her recipes require helped her relax and take her mind off of things. After one stressful day she ended up with over 80 pounds of candy and knew she had to get rid of it somehow! That's how Mama Monacelli's got its start.

In the early days, support mainly came from Nancy's family, especially her husband. After moving her store to Walla Walla, she has also received community support. Other cafés have sent business her way when they couldn't provide dietary safe food to customers. Even local hotels have recommended her place to guests who are looking for a good cup of coffee.



IS THERE A CLUB, COMMUNITY, OR PEOPLE THAT HELPED YOU TO GROW THIS INTEREST AND SKILL?

WHAT ADVICE WOULD YOU GIVE 4-H MEMBERS WHO ARE INTERESTED IN THIS FIELD?

»»» "Don't be afraid to make mistakes," Nancy says. "Many of the items we sell have come from accidents." Some of the stores best sellers were born from flavors tasting differently than expected or ingredients accidentally falling into the wrong batch. When cooking or baking, things may not always go as expected but it is important to learn and grow from these situations.

UPCOMING EVENTS

»»» TOP CHEF

Adapted from Walla Walla County Extension Top Chef

Top Chef is an annual event that gives youth enrolled in 4-H Food and Nutrition or Food Preservation Projects the opportunity to show off their cooking, baking and table setting skills. Not in a food related Project? You can still come to the Top Chef Clinic and have fun exploring the world of food projects through hands-on food activities! At this year's Clinic we had over 15 amazing kids come and learn more about Top Chef with some fun hands on activities. The Top Chef Contest will be the 22nd - 27th of Feb. Pre-registration has been extended and is accepting late applications as well. Use the Google form listed below to sign up! If you have any questions, contact the Extension Office at 509-524-2685 or the 4-H Coordinator by email at sandra.farley@wsu.edu

Top Chef Contest:

<https://forms.gle/rKR9tHvL48poAYwJ6>

»»» KYG CONFERENCE

Adapted from WSU 4-H Youth Development Program

Know Your Government (KYG) is a civic education program with a four-year rotating topic: The Legislative System, The Judicial System, Elections and Party Platforms, and Politics and the Media. The purpose of this program is to bring high school students from across the state to share ideas, concerns, and potential solutions to problems.

Annually, interest meetings start around November and are where participants will learn how to work as part of a team to hone their skills. At the conference, participants will share ideas with teens from around the state as well as practice and apply learned skills. Pre-conference meetings are a way to help delegates feel comfortable and safe about the conference and the new experience as a whole. If you have questions about how you can participate in next years KYG, reach out to the Walla Walla County Extension Office at 509-524-2685 or email the 4-H Coordinator at sandra.farley@wsu.edu



»»» SERVICE PROJECT «««

VALENTINES DAY ACTIVITIES



As we get into the 4-H year, it can be easy to get distracted and forget about your service projects. As the community gives to 4-H, it is important to give back! To help clubs get some ideas rolling, we have found a few fun and seasonal activities to talk about. Please remember to submit a Pre-Event Form with details about any project you plan to do. Not sure if something will work for your service project? Contact the Extension Office at 509-524-2685 for further questions, ideas, or other additional help.



»»» CARDS FOR THE COMMUNITY

Time to break out the arts and crafts supplies! Creating beautiful and personalized cards for a nursing home or Veterans centers is a great way to help celebrate those who helped to build the community. Police or Fire Stations are another option! Try partnering with these places to learn more about the people who live, visit, or work in these locations.



PUPPY LOVE «««

Share the love by partnering with a local Humane Society or shelter to gather donations for the dogs, cats, and other animals they care for. Consider it like a food drive for our furry friends! Contact the Extension Office to discuss your event details and complete the proper paperwork prior to the event.



WINTER & YOUR ANIMALS

As a responsible 4-H member, it's key to keep your livestock safe this winter. While you're cozy inside, your animal is braving the cold. Don't worry, here's some tips to help your animal thrive this winter!

➤➤➤ LIVESTOCK

Water

- Provide clean and fresh water free of ice and at a comfortable drinking temperature. Animals can't meet their intake requirements from snow. Tank heaters and heated buckets are great but check them often for failure and ice over.

Feed

- Fresh feed is a must, but know that the cold can increase an animal's nutritional needs by 40%+! Increased quantity and frequency of feed may be needed. Take caution and make slow changes in feed to reduce digestive upset.

Shelter

- While, an animals' winter coats helps them endure the cold, access to shelter or windbreaks can reduce the wind chill, making them more comfortable. Bedding can keep animals dry and warm by providing insulation. Try to reduce ice and muddy environments to reduce risk of injury or disease.

These step will help your animal not only survive the cold, but also thrive!

➤➤➤ PETS

Know your Pets

- Pets tolerate cold differently based on their breed, coat, health, and body fat. Senior pets and those with diseases may not regulate their temperature well, making them vulnerable to the cold. Shortening walk times can help. Remember, paws can get frostbite, and ice balls, causing discomfort. Consider using good-fitting booties if possible.

Bring them Inside

- All animals are susceptible to frostbite and hypothermia, especially if left outside for long periods. Bring them inside or provide them with shelter and wind protection. Make sure they have unlimited, fresh, non-frozen water and dry thick bedding. Use extreme caution when using heated pet mats as they can cause irritation and burns.

Watch those Calories

- A pet's calorie intake increases to regulate body temperature, but extra unneeded pounds can stick and increase health risks. Consult your veterinarian with any diet changes and remember that gradual changes in type and quantity will reduce the risk of digestive upset.

Outdoor Dangers

- De-icing products can be harmful, and are easily picked up on your pet's feet, legs, and belly. Consider using pet-safe deicers at home. Car leaked antifreeze puddles can be harmful and fatal if ingested. So, quickly clean-up, wash or wipe down pets after walks.

Watchful Eye

- Watch for signs like shivering, hunched or tail-tucked posture, lifting paws off the ground, changes in behavior, suddenly anxious, and whining or barking. If you notice any of these signs, move your furry friend to a warm and dry location immediately.

By following these tips, you can keep your four-legged friend safe, warm, and cozy this winter.

EXPERT ADVICE ADAPTED FROM:

Animal Alert by Cold Weather
Donald A Ilwellyn, Pet Tips by
Ph. D. and WSU Livestock Sandra Farley,
Extension Specialist LVT

FUNDING YOUR EDUCATION

High school seniors, listen up! It's crunch time. You're on the brink of a new chapter in your life, and the opportunities are endless, but first, you need to secure funding for your education. The good news is that there are plenty of scholarships out there just waiting for you to apply. The key is to be strategic and organized.

»»» **10 TIPS TO HELP YOU STAND OUT AND MAXIMIZE YOUR CHANCES OF BEING AWARDED SCHOLARSHIPS**

Adapted from Sandra Farley

1. Take a breath and realize you can do this!
2. Identify your unique strengths, skills, interests and experiences through 4-H that set you apart and make you stand out.
3. Search for scholarships that match your unique qualities. Your high school counselor and scholarship search tools can help you identify matches. Check out local and state 4-H scholarships.
4. Create a timeline for application deadlines. Prioritize scholarships that are a good fit for you.
5. Take advantage of common application-based scholarships that let you to apply for multiple scholarships in one go. The local Blue Mountain Community Foundation Online application is one.
6. Set aside regular time to work on applications. The more effort you put in, the greater your chances of success.
7. Keep all information in one folder. This includes essays, letters of recommendation, transcripts, completed FASFA with EFC, etc.
8. Complete applications as directed and pay attention to phrasing. This demonstrates your attention to detail and commitment.
9. Use your essay to tell a compelling story that sets you apart.
10. Don't procrastinate and proofread your work!

Applying for scholarships can be overwhelming, but by following these tips, you'll be well on your way to securing funding for your education. Remember, this is an exciting time in your life, and with the right preparation and effort, you can make it even more rewarding. Good luck!

[A scholarship list is available on the Extension website](#)

