



CLOVER REPORT

Skamania County 4-H Newsletter
January 2019

FOCUS ON THE ESSENTIALS: BELONGING

Each month, we're bringing it back to the basics. With the start of the new year, it's a great time to connect with what it means to be a 4-H'er. Youth need to know they are cared about and feel a sense of connection with others. Research actually indicates that providing an environment where youth feel like they belong may be the single most powerful thing we can do for them. So this month, I encourage you to take a moment to reflect on the things your club does to make everyone feel safe, liked, appreciated, respected, and cared for!



HEART

QUICK CLICKS



National 4-H newsletter [here](#)

4-H Curriculum [here](#)

4HOnline [here](#)

Club Requirements Checklist [here](#)

Quarterly Council Meeting via Zoom [here](#)

How to Confirm Members [here](#)

Leader Resource Page [here](#)

Like us on Facebook [here](#)

Log Volunteer Hours [here](#)

View Projects & Publications Guide [here](#)

WA State 4-H Projects List [here](#)

County Extension Website [here](#)

UPCOMING EVENTS

Jan. 4 - Teen Teacher Applications Due to 4-H Office

Jan. 7 - Leader's Council, Stevenson. 6:30pm

Jan. 10-13- Nat'l Youth Agri-Science Summit, Maryland

Jan. 12 - New Leader Orientation, Stevenson, 10:00am

Jan. 19 - Teen Teacher Training, Stevenson, 10:00-2:00

Jan. 21 - Martin Luther King Jr Day, Office Closed

Jan. 21 - YA4-H! Afterschool Registration Opens

Jan. 31 - Heath & Wellness Family Event, Carson, 6:30pm

Feb. 6 - YA4-H! Afterschool Starts, Carson Elementary

For more details, see the calendar below or visit our County Extension website!

" I LONG, AS DOES EVERY HUMAN BEING, TO BE HOME WHEREVER I FIND MYSELF"



Maya Angelou

DON'T FORGET!

**LEADER'S
COUNCIL
MEETING**

-

**MONDAY
1/7/19 @ 6:30PM**

Hegewald Center in Stevenson - 710 SW Rock Creek Dr.
Dinner will be provided

NEW LEADER ORIENTATION

New club and project leaders are required to attend an in-person orientation as part of the volunteer certification process. Activity and resource leaders are welcome to attend as well!

Our next orientation will be
JANUARY 12, 2019
10am-12pm

Hegewald Center, Stevenson
(710 SW Rock Creek Drive)

RSVP Required!

NEWSLETTER

Consider having the youth in your club submit a story or report to share in the monthly Clover Report! This is especially great for Club Reporters & Secretaries!

Any photos, questions, comments, concerns, or to be featured in the newsletter, please email somer.meade@wsu.edu



HEAD



HEART



HANDS



HEALTH

FEATURED STORY



YA4-H! is back as an Afterschool Program

YA4-H! stands for Youth Advocates For Health! and is a fantastic 4-H program geared towards transforming youth in our community into powerful advocates for healthy choices. This is a program that has been offered for the last few years in our County, and most recently was offered as a camp that ran during the summer. One of the things that makes the program so impactful, is that it utilizes teens as teachers for health and wellness education that is provided to elementary-aged students.

This year, YA4-H! will be offered as an afterschool program in conjunction with the Stevenson Carson School District. Teen teachers are being recruited now and will go through a 4-hour training in the middle of January. They will lead younger students through a Fitness & Nutrition program once a week on early release Wednesdays for 6 consecutive weeks beginning in February. Along with gaining life experience and some serious leadership skills, teens will also receive a \$175 stipend at the end of the program.

The afterschool program itself will take place at Carson Elementary and priority enrollment will go to 2nd and 3rd graders, with any available spaces being opened up for 4th and 5th grade students. 2nd grade students will be offered transportation from Stevenson Elementary to Carson Elementary so that they may participate. This has the added benefit of acclimating them to the school they will attend in 3rd grade! Students will practice physical fitness, learn food safety, food preparation, how to read nutritional labels, as well as the basic principles of nutrition and good health.

The program will be open to 50 students, and the 4-H office will provide direct oversight, in addition to all of the materials needed each week. This is in part due to a grant received from the Walmart Foundation. If you would like more information about registering an eligible student from Stevenson or Carson Elementary, or if you have a teen who might be interested in teaching, please reach out to Somer or visit our website for the details: <https://extension.wsu.edu/skamaniaman/youth/ya4-h/>

OUR WISH FOR YOU?

*A Very Happy
New Year!*

Thanks for making 2018 wonderful, we can't wait to see what 2019 brings!

AROUND THE OFFICE

December was wonderful and January brings subtle change! Starting the first full week of January, our office partners- the Skamania County Community Events & Recreation department, will be relocating to the middle of the Hegewald Center. The Senior Services department will be moving in with WSU Extension. What does that mean for you? Just a different set of faces greeting you when you visit the Extension/4-H office. We're fortunate to stay in the same location, and don't anticipate and changes in the way our office operates or the services we get to offer. We're just down the hall anytime you need us!

SERVICE LEARNING

If you know of an opportunity to engage 4-H youth in serving their community, please email somer.meade@wsu.edu. If your club has done service learning, the 4-H office would love to know more!

CONTACT US!

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SPOTLIGHT ON CURRICULUM

SURVIVING A ZOMBIE APOCALYPSE
(4-H Emergency Preparedness)

This **FREE** curriculum is available for [download](#) and would be a great topic to work through during the winter months when the potential for harsh weather has all of us thinking about preparation!

Visit: <https://utah4h.org/discover/>



LEADERS CORNER

Background Rescreens in Progress

Thanks to all of you who have completed the background checks. You're in the clear until the Fall of 2020! As volunteers continue to re-enroll in 4HOnline, those with last names that start with A-K will continue to be asked to complete this process. Our deadline from the state office to have this done is Feb. 1st so don't delay, or we'll have to bug!

Financial Audits Are Coming

Every year, clubs who operate bank accounts are subject to a financial audit to ensure all program, state, and federal policies are being followed. If your club has a bank account, you can expect a letter the first week of January requesting your club's documents. Financial records will be due in February. Watch your email for more information!

Do you need a Club Volunteer Orientation?

If your club has 3 or more new volunteers that need to complete the New Leader Orientation, please contact the office to schedule an orientation at your next club meeting. Help them get through the process more quickly and ensure all of the volunteers in your club have made it through the important steps to be a certified 4-H Volunteer.

Member Fees

We appreciate all of the effort you've put in to getting your member's re-enrolled in 4HOnline. Remember, youth will remain in "pending" status until their annual fee has been received. If they are not active, they are not covered by insurance! The same is true for volunteers, who will remain "pending" until all training has been completed. Please help spread the word!



4-H GROWS HERE



JANUARY

2019

Skamania County 4-H Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day Office Closed	2	3	4 Teen Teacher Applications Due	5
6	7 Leader's Council Meeting 6:30pm Stevenson	8	9	10	11	12 New Leader Orientation 10:00a-12:00p Hegewald, STV
13	14	15	16 Skamania County Craft Camp 2:00p-5:00p	17	18	19 Teen Teacher Training 10:00-2:00 Hegewald, STV
20	21 Martin Luther King Jr. Day Office Closed	22 YA4-HI Afterschool Registration Opens	23	24	25	26
27	28	29	30	31 Health & Wellness Family Night 6:30p-8:00p Carson Elem.		