



HEAD



HEART



HANDS



HEALTH

Pacific County 4-H

E-News

May 14, 2020



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DATES TO REMEMBER

MAY 2020

- | | | |
|----|--|--------------------------|
| 13 | Parenting Webinar: Finding Fun in Family Time | 6:30PM - 7:30PM |
| 14 | Parenting Webinar: Encontrar Diversión en el Tiempo Familiar | 6:30PM - 7:30PM |
| 18 | Parenting Webinar: Moving Ahead: Life After Social Distancing | 4:30PM - 5:30PM |
| 18 | Market Livestock Committee Meeting | 6:00PM via Zoom or Phone |
| 21 | Parenting Webinar: Avanzando: La Vida Después del Distanciamiento Social | 4:30 - 5:30PM |

Follow us on
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[Pacific County 4-H](#)

A MESSAGE FROM TONI TO PACIFIC COUNTY 4-H

We are in unprecedented times. There is no policy booklet to follow. There is just our knowledge and determination that we will come through this.

If you are wondering what to do, think back to the 4-H pledge. It has guided us since 1927. It still has good advice.

I pledge my Head to clearer thinking...

That is what 4-H staff and leaders are doing right now for you. Using planning, organization and problem solving, we are coming up with new ways to do what is important. Clear thinking helps us to adapt to new challenges.

...my Heart to greater loyalty...

It is times like this we need to step up and be there for each other. I am hearing stories of your compassion with mask making or cookie sharing in your communities. Continue being a good neighbor, friend or family member.

...my Hands to larger service...

As we spend time in our homes think about your community. What would make it better? Know the future will find us together when we can complete service projects. Is there someone that needs thanking? Is there a bench that needs painting? Look for them now while you have time.

...and my Health to better living, for my club, my community, my county, and my world.

We must take care of ourselves. Eat well, exercise and take time to laugh. Connect with people as best you can. Use technology to stay connected. Get ready to come back into the community with a mask and six feet of space.

This is not the time to stop working on projects. Fair will be different but we will celebrate your accomplishments.

Remember if you need 4-H staff - we are an email away. Until then stay home and stay safe.

MARKET LIVESTOCK COMMITTEE MEETING 5/18/2020

The Market Livestock Committee will meet via zoom or phone on Monday, 5/18 at 6:00 pm. Details for joining the meeting were sent by email to all committee members.

Pacific County 4-H/FFA Market Livestock Sale



UPCOMING PARENTING WEBINARS IN ENGLISH AND SPANISH

Brought to you by the WSU Parenting Team, these free family webinars are for you! Note that there are both English and Spanish sessions available. Please share with anyone you think may be interested.

If you have any questions, please contact AnaMaria Diaz-Martinez at a.martinez@wsu.edu



Day
Time
Audience
Event Title
Registration Link

Wednesday, May 13, 2020
6:30 - 7:30 p
P/C - English

Finding Fun in Family Time

https://wsu.co1.qualtrics.com/jfe/form/SV_6zIYSRxxkmfRaIrb

Thursday, May 14, 2020
6:30 - 7:30 p
P/C - Spanish

Encontrar Diversión en el Tiempo Familiar

https://wsu.co1.qualtrics.com/jfe/form/SV_2uf7fWQdFK3U6qh

Monday, May 18, 2020
4:30 - 5:30 p
P/C - English

Moving Ahead: Life After Social Distancing

https://wsu.co1.qualtrics.com/jfe/form/SV_3C1LRfXGoL7PG9n

Thursday, May 21, 2020
4:30 - 5:30 p
P/C - Ppanish

Avanzando: La Vida Después del Distanciamiento Social

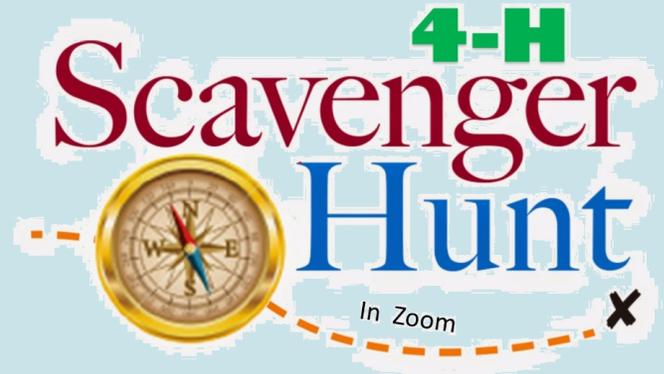
https://wsu.co1.qualtrics.com/jfe/form/SV_7ZMXPZpjLg00IGB

SCAVENGER HUNT - FUN HAD BY ALL!

Bragging rights go to Blue Ribbon Bandits members Alec, Brook, Jake, and Sophie for being the winners of this week's Pacific County 4-H Scavenger Hunt! This was a super fun virtual event where each team was tasked with finding a variety of items around home.

Thank you, Tania, for creating this activity for us.

Winners, prizes will be headed your way soon!



PACIFIC COUNTY FAIR AND 4-H FAMILY CAMP UPDATE

- Submitted by Toni Gwin

My two favorite events of summer are now cancelled. Family Camp and the Pacific County Fair as we know them will not be happening.

We are resilient and that may be the end of plan A but now get ready for plan B or C or D. We are in the process of developing what these events will look like and problem-solving challenges while keeping us safe. Know this 4-H year is not going to be the typical 4-H year, but our goal is to still provide members with meaningful learning experiences and an opportunity to qualify for state fair.

So keep working on your projects. Make up to five educational posters. Work on your public presentation. Keep your record book up to date. There will not be premiums but there will be other surprises for your good work. You may not be showing on the fairgrounds or enjoying a ride after barn duty but you will be showing off your projects.

As for camp, there are so many cancellations we may be holding a one day fun day at Panhandle this fall.

This is the year you will tell your great-grandchildren about.

WASHINGTON MASK CHALLENGE

The Lt. Governor's office has partnered with the [United Ways of the Pacific Northwest](#) and [Serve Washington](#) to organize a statewide homemade mask-making initiative to encourage the general public to make, wear, and donate cloth masks.

There are many organizations in our state that need cloth masks right now. These include nursing homes, homelessness service organizations, food banks, grocery stores, restaurants, and more.

Members of the general public should also be wearing some kind of cloth covering over the nose and mouth whenever going out to perform essential activities, per [Center for Disease Control](#) and [State Department of Health](#) guidelines. As a reminder, cloth masks are NOT a replacement for social distancing and proper hand-washing.

Visit www.WAmaskchallenge.org for information.

WSU LANGUAGE FOR DONATING HANDMADE MASKS

Is your club making and donating masks? WSU requires the following on all donations:

"Cloth masks are intended to assist with respiratory etiquette only and should not be considered personal protective equipment for medical purposes".

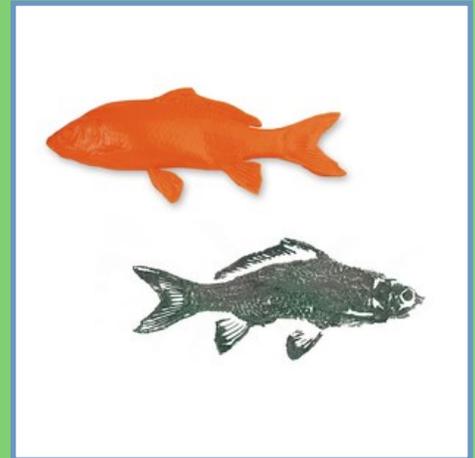


GYOTAKU

-Submitted by Toni Gwin

Have you ever Gyotaku?

Now thanks to the generous donation from South Bend Kiwanis you too may gyotaku! We have a box of fish printing (Gyotaku) supplies in the 4-H office that we are happy to loan out. With 95% of our members enrolled in the sports fishing project we think these will be handy. Print a fish, label the parts. Print two fish, make a kite! The opportunities are endless. Splurge on fabric dye and print your club shirts. Use our fish models to learn the technique before you try printing your prize catch.

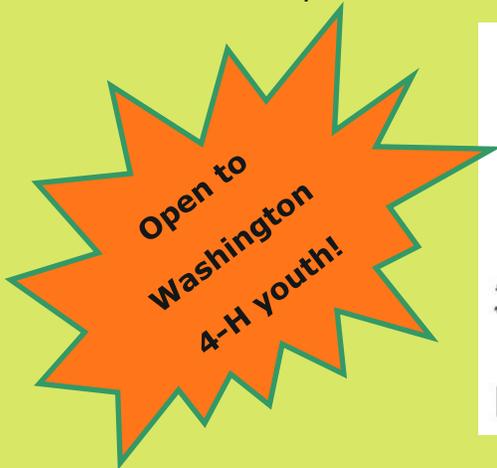


2020 University of Idaho 4-H State Teen Association Conference Update:

Save the Date for Virtual STAC!

Due to the COVID-19 pandemic, 2020 STAC is moving to an online virtual format. The goal is to continue to provide a high quality, interactive opportunity to preserve the integrity and mission of STAC.

An Information Packet including registration details, timeline, workshop options, and a daily schedule will be available on May 15.



SAVE THE DATES
JUNE 22-25, 2020
Registration opens May 15
Early Bird Registration (May 15 - June 8)
First 300 who early register get a free T-shirt
Regular Registration (June 8 - June 15)
NO COST TO ATTEND!

A video can be found on Idaho 4-H State Teen Association's Facebook page at: <https://www.facebook.com/idaho4hSTA/videos/545864086054966/>

SUMMER PEN PAL PROGRAM

- Submitted By Dianna Ullery



Although 4-H International Exchange programming is taking a pause this summer, States 4-H International Exchange would like to encourage 4-H members and families to participate in a Summer Pen Pal Program. This free virtual learning opportunity for youth aged 12-18 will allow participants to connect and make friends with international youth this summer in place of our regular hosting and travel abroad opportunities. Registration is open now through 6/5/2020. See flyer on next page for more details.

States' 4-H

2020 Summer Pen Pal Program



CONNECT WITH STATES' 4-H YOUTH FROM
AROUND THE GLOBE THIS SUMMER!

**OUR PEN PAL PROGRAM RUNS
FROM JUNE - AUGUST 2020!**

Steps to Participate

Sign up!

- 1) Visit <https://www.surveymonkey.com/r/7Q3DJVJ> and fill in your information.

Match!

- 2) We will pair you with a same gender, similar aged youth from a country of your preference (if possible).

Connect!

- 3) Write at least once per month with your match (you should each receive and send at least one message per month).

Make Friends!

- 4) Pair up with your pen pal and share fun facts about your daily life and culture. Be sure to check out our recommended topic of the month as a starting point for your letters.

Share!

- 5) Tell us what you've learned about your pen pal at the end of the summer. Send us a short summary introducing your new friend, including photos you may have received!



**LET'S MAKE INTERNATIONAL FRIENDS
THIS SUMMER!**