



HEAD



HEART



HANDS



HEALTH

Pacific County 4-H

E-News

October 14, 2021



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Check out our website!

<https://extension.wsu.edu/pacific/>

Follow us on Facebook!

[Pacific County 4-H](#)



DATES TO REMEMBER

October 2021

- 1 New 4-H Year Begins - Enrollment is Open!
- 16 Fall Harvest Fest 10:00 am - 1:00 pm @ Master Gardener Demo Garden - Elma Fairgrounds
- 19 **Animal Behavior** - Animal Talk Tuesdays Quarterly Zoom @ 6:00pm
- 23 Virtual 4-H Knitting Club @ 12:00 pm

November 2021

- 11 WSU Pacific County Extension Office Closed in Observance of Veterans Day
- 25-26 WSU Pacific County Extension Office Closed in Observance of Thanksgiving

BLUE RIBBON CHOCOLATE BROWNIES by 4-H MEMBER JORDYN

Ingredients:

- 2/3 cup butter or stick margarine
- 5 ounces unsweetened baking chocolate
- 1 3/4 cups sugar
- 2 teaspoons vanilla
- 3 large eggs
- 1 cup all-purpose flour

Directions:

- Heat oven to 350. Grease bottom and sides of square pan, 9x9x2 inches, with shortening.
- Melt butter and chocolate in 1-quart saucepan over low heat, stirring constantly. Cool 15 minutes.
- Beat sugar, vanilla and eggs in medium bowl with electric mixer on high speed 5 minutes. Beat in chocolate mixture on low speed, scraping bowl occasionally. Beat in flour just until blended, scraping bowl occasionally. Spread in pan.
- Bake 40 to 45 minutes or just until brownies begin to pull away from sides of pan. Cool completely in pan on wire rack, about 2 hours.



These brownies won a Washington State Wheat Award at the Pacific County Fair!





JOIN THE CLUB



To all our valued members and volunteers, welcome to a new year in Pacific County 4-H!

The new 4-H year officially began on October 1st using a slightly updated version of 4HOnline for the enrollment process.

All new and returning 4-H youth members and adult volunteers must enroll in the 4-H Youth Development Program by logging in to their profile and entering information in the 4HOnline enrollment database system at <https://v2.4honline.com/> To log into 4HOnline to reenroll, you'll need your previous login credentials (email and password). If you don't know what email address you previously used, please contact the Extension Office for assistance. DO NOT create a new family! If you don't remember your password, you can use the "Forgot Password" option on the login screen. If you are new to 4-H and don't have a profile yet, the system will prompt you through creating one.

Remember that all enrollment fees are generously paid for by the Pacific County 4-H Leaders Council.

Enrollment Help Guides and Videos are available at <https://extension.wsu.edu/4h/member-resources/>

If you have any questions, please contact Sue at 360-875-9331 or sue.carbaugh@wsu.edu

PACIFIC COUNTY 4-H

IT'S TIME TO ENROLL

2021-2022 4-H YEAR



ENROLL ONLINE AT
<https://v2.4honline.com>



NO ENROLLMENT FEES!

Pacific County 4-H Leaders Council covers all enrollment fees



NEED HELP OR NEW TO 4-H?

Contact WSU Pacific County Extension at 360-875-9331 or tgwin@wsu.edu



WSU Extension programs and employment are available to all without discrimination. Evidence noncompliance may be reported through your local Pacific County Extension Office.

VIRTUAL 4-H KNITTING CLUB



For more information, contact Toni Gwin at tgwin@wsu.edu

Virtual 4-H Knitting Club



Beginning Knitting

October 9 and 23, 2021
@ 12:00 p.m. PDT
For anyone new to knitting
or needs a refresher.

Sit & Knit

With Your 4-H Leaders

November 9, 2021
@ 6:30 p.m. PST
Ask questions, be
encouraged, and get help
with your knitting project.

More dates to follow!

**It's not too
late to join!**

Explore 4-H!



#Opportunity4All

Have you always wanted to learn to knit or is your knitting project now in a bag because you don't understand the directions? Join the statewide Virtual 4-H Knitting Club! Whatever your skill level, we will meet you there on Zoom.

The first two meetings will be lessons on beginning knitting. An email will be sent to you with supplies you will need to complete the lessons.

When: Oct 9 and 23, 2021 12:00 PM Pacific Time (US and Canada)

Register in advance for this meeting:

https://wsu.zoom.us/j/tJIpOiorjMtGtG_Bqbe12XXFOWazPsuM9Zp

Then we will offer monthly knitting meetings. The first one will be on a Tuesday evening but at that time we will evaluate what works for the group and may change times and dates. This is your opportunity to continue knitting what we started in class or bring something you are struggling with.

When: Nov 9, 2021 06:30 PM Pacific Time (US and Canada)

Register in advance for this meeting:

<https://wsu.zoom.us/j/tJYvcu-qgT4rHt251IG89rtnktnD2IGMG4IB>

Knit for Fun, Knit for Pleasure, Knit for LIFE!



States' 4-H International Exchange Programs

2022 OUTBOUND PROGRAMS

Costa Rica · Japan · Korea · Norway · Romania · Taiwan · Argentina



Costa Rica



Japan



Norway



South Korea



Romania



Taiwan



Argentina

Are you curious about daily life, culture, and youth programs in other countries?
Travel abroad with States' 4-H and enter a world that most tourists rarely get to see.

Program Details:

States' 4-H Summer Outbound programs provide American 4-H youth with the opportunity to travel to foreign countries for a month-long cultural immersion experience. Delegates live with volunteer host families* and engage in experiential learning about a new way of life. Delegates experience aspects of daily life that allow them to more deeply understand both their host culture and their own culture. Our network of like-minded international partners recruit host families and plan enrichment activities.

**Exception: Argentina uses group accommodations on program*

2022 Travel Dates*

Japan 8-week: June 15—August 11, 2022
Costa Rica: June 16—July 15, 2022
Norway: June 22—July 22, 2022
Romania: June 22—July 21, 2022
Argentina: June 29—July 17, 2022
Japan 4-week: July 13—August 11, 2022
South Korea: July 20—August 18, 2022
Taiwan: July 20—August 18, 2022

**Program dates subject to slight change or modification*

Eligibility:

4-H youth ages **12 - 18** for Japan, Korea & Taiwan and **15 - 18** for Costa Rica, Norway, Romania & Argentina

Program Information:

- Adult chaperones accompany the group during international travel and remain in-country to provide support.
- States' 4-H provides Program Handbooks that cover everything from packing lists to financial matters to cultural information.
- States' 4-H conducts group conference calls and a National Departure Orientation prior to international travel.
- No prior language study is required, but it certainly is helpful! Our international partners have English-speaking staff on hand to assist you in communication.

Application Deadline & Program Fees:

Contact your 4-H State Coordinator for deadlines and to apply.
Please note that program details are subject to change.

For more information:

www.states4hexchange.org

OB@states4h.org

(206) 462-2200

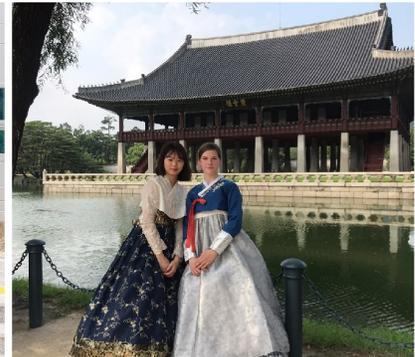
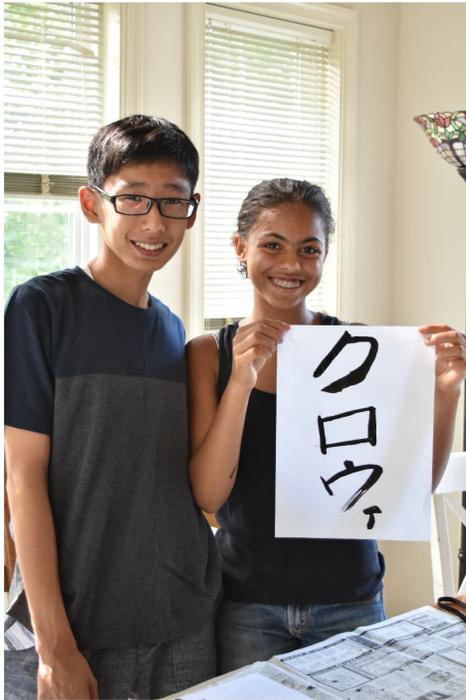
 <https://www.facebook.com/states4hexchange/>

 [@states4hinternational](https://www.instagram.com/states4hinternational)



2022 OUTBOUND PROGRAMS

States' 4-H International's mission is to enhance world understanding and global citizenship, which we believe can be achieved through living with a local host family and immersing oneself in another culture.



Program Fees Include:

Welcome packet; overnight national departure orientation; arrival orientation in host country; portion of chaperone fee; Accident & Sickness Medical Insurance; in-country transportation, lodging, and meals while on-program; country-specific activities as determined by international partner organizations

Program Policies:

- Program Cancellations:
 - * Prior to March 31, 2022: \$100 cancellation fee. The remaining amount of program deposits will be refunded.
 - * After April 1, 2022: No refund of paid deposits, unless full program cancelled by States' 4-H
- Airfare is non-refundable once issued
- In-State Fees may apply
- Unaccompanied Minor fees may apply (up to \$150 each way)
- No donor checks are accepted by the States' 4-H Office, donors must send checks directly to the delegate
- Program details subject to change

FAQs:

Q: Will a chaperone accompany the group?

A: Yes! Adult chaperones accompany the group during international travel and remain in-country to provide support during the exchange.

Q: Do I need to speak another language?

A: No prior language study is required, but it is certainly helpful! Our international partners have English-speaking staff on hand to assist you in communication.

Q: How will States' 4-H prepare me for my homestay?

A: States' 4-H provides travel handbooks that cover everything from packing lists to financial matters to cultural information. In addition, each state may conduct a spring orientation covering these topics. Delegates also receive details during the States' 4-H group conference call in late spring and a National Departure Orientation the day before the international flight.

WSU MASTER GARDENERS OF GRAYS HARBOR AND PACIFIC COUNTIES
FALL HARVEST FEST



Master Gardener
Program

WASHINGTON STATE UNIVERSITY
EXTENSION

**A FREE
EVENT**

Fall Harvest Fest

Master Gardener Demo Garden

GH County Fairgrounds

SATURDAY, October 16th

10 a.m. to 1 p.m. (come any time)

WITH INFORMATION ON:

- Flower Seed Saving Tips & Seed Sharing
- Plant Propagation How-To's & Plant Starts to Share
- Year-Around Healthy Soil Tips
- 2022 Master Gardener Training
- And so much more...



Come Celebrate With Us

***MASKS ARE REQUIRED AND
OTHER COVID RESTRICTIONS MAY APPLY.
Go to pnwmg.org for the latest information.***

Extension programs are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office. Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Toni Gwin at PO Box 88, South Bend, WA 98586, (360) 875-9331.



PIERCE COUNTY 4-H & WSU ANIMAL SCIENCES PRESENT ANIMAL TALK TUESDAYS



PIERCE COUNTY 4-H & WSU ANIMAL SCIENCES
PRESENTS

ANIMAL TALK TUESDAYS

**A QUARTERLY ZOOM EVENT FOR 4-H
YOUTH TO LEARN ABOUT THE WSU
ANIMAL SCIENCES PROGRAM**

**TALK WITH WSU ANIMAL SCIENCE STAFF, PROFESSORS
AND GRAD STUDENTS ABOUT YOUR ANIMALS
AND THE RESEARCH TAKING PLACE AT WSU**



PIERCE COUNTY 4-H & WSU ANIMAL SCIENCES
PRESENT

ANIMAL TALK TUESDAYS



October 19th 6:00 PM

Register at <https://tinyurl.com/szbur4ws>



Amber Adams-Progar

WSU Associate Professor & Dairy Management Specialist

Amber's lab at WSU studies animal behaviors.

She has worked with all kinds of animals, from Lizards to Cows.

Do you have questions about why your Dog, Rabbit, Cat, or Goat is doing what it is doing? Come join us and ask an expert!



Pierce County 4-H and the WSU Animal Sciences Program are collaborating on a new series called **Animal Talk Tuesdays!**

These talks are a new quarterly series for 4-H youth to learn about WSU Animal Sciences. This series will feature Staff, Professors and Grad Students from WSU Animal Sciences showing where they work and what they are researching. We will also have questions and answer time so 4-H youth can ask the experts about their animals or what it is like to study Animal Sciences at WSU. Hope you can join us! Stay tuned for future dates.

The first session is scheduled for **October 19th from 6:00 to 7:00 PM**, featuring Amber Adams-Progar, WSU Associate Professor, who will discuss her work on Animal Behavior.

Register now to get your Zoom link and to get access to the recorded program if you can't attend the live sessions.

Registration link – <https://tinyurl.com/szbur4ws>

The Upcoming Animal Talk Tuesdays Schedule:

January 18th with Michael Phelps, WSU Assistant Professor and his work with Aquaculture (the breeding, rearing, and harvesting of fish).

April – Date and speaker confirmation to be announced soon!

July 19th will feature a WSU Animal Sciences Graduate Student Roundtable – Learn about how WSU students chose their area of study and what they love about their work.



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