



HEAD



HEART



HANDS



HEALTH

*The Clover Connection*

**Pacific County 4-H**

**January 20, 2022**



## Explore 4-H! Presents The Quilted Heart Project

### The Quilted Heart Project



For more information,  
contact Toni Gwin at [tgwin@wsu.edu](mailto:tgwin@wsu.edu)

**Craft a heart to spread  
joy and kindness to its  
finder!**

**Learn how to make an  
easy quilt-as-you-go  
heart. After you finish  
your heart, hide it to be  
found by a random  
stranger. They brighten  
the day of anyone who  
finds or hides one.**

**Join us  
January 23, 2022  
@11:00AM PST  
via Zoom**

**Explore 4-H!**



**#Opportunity4All  
#FindYourSpark**

Small quilted hearts are being found around the globe. They brighten the day of anyone who finds or hides one. Join us to learn how to make an easy quilt-as-you-go heart. Instructions for both machine and hand sewing will be provided. We will provide a pattern but you are the boss of your own project. Learn the basics and create a heart. Those with less sewing skills will need an adult to help. This is a good beginner sewing project.

This Zoom is appropriate for all 4-H and non-4-H families.

**When: Jan 23, 2022 11:00 AM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://wsu.zoom.us/meeting/register/tj0td-6orjooGNz9ih2ZTrN9u9GVVliccipS>

After registering, you will receive a confirmation email containing information about joining the meeting.

**Explore 4-H! Presents**  
**“Cooking Outside the Box From Camp Panhandle”**  
**Making Homemade Noodles**



Cook Outside the Box From Camp Panhandle

# NOODLES

From the kitchen at  
Panhandle Lake 4-H Camp!



Camp Cook Linda will  
teach you the basics of  
making homemade  
**NOODLES**

Learn about different types of noodles, types of  
flour used, tools needed, and how to shape, cook  
and use different types of noodles & pasta.

**January 23, 2022**  
**@1:00PM PST**  
**via Zoom**

For more information,  
contact Toni Gwin at [tgwin@wsu.edu](mailto:tgwin@wsu.edu)

Explore 4-H!  #Opportunity4All  
#FindYourSpark

Ever wondered how to make noodles at home? Do you know about the different types of flour used to make noodles and pasta? Do you have what it takes to shape the dough? Join Camp Cook Linda and learn all about these tasty treats. To cook along with her, you will need 2 cups of flour, 2 large eggs and ½ teaspoon fine salt.

This Zoom is appropriate for all 4-H and non-4-H families.

**When: Jan 23, 2022 01:00 PM Pacific Time (US and Canada)**

**Register in advance for this meeting:**

<https://wsu.zoom.us/join/register/tJMqcuGrpz8oH9y4Yh6QDLhOAQC8ugmVNi79>

After registering, you will receive a confirmation email containing information about joining the meeting.

***Let's get our hands covered in flour!!***

## 4-H Animal Project Leaders and Youth

Check out the website <https://extension.wsu.edu/4h/projects/animal-science/livestock/> for new and updated resources for all types of animal projects.

Large or small, there's a **Livestock** project for everyone! These projects focus on the care and feeding of animals intended for the production of food and fiber. Large animals include beef cattle, dairy cattle, goat, sheep and swine. Small animals include poultry and rabbit.

Livestock projects are available for Junior, Intermediate, and Senior 4-Hers with the exception of the poultry and rabbit projects, which are open to Cloverbuds.



## Food Preservation Training for 4-H Volunteers

WSU Extension has a new online food preservation program. “Washington State 4-H Food Preservation Training” is a series of five online lessons for 4-H project leaders leading Food Preservation curriculum and activities. All 4-H Project Leaders leading Food Preservation projects and activities will need to have completed this training series to enroll.

The training series emphasizes best practices for food preservation and safety. It is designed for beginning and veteran canners who want to update their knowledge and skills. The lessons provide the most current USDA-approved food preservation recommendations. Topics include food safety, the basics of canning and information on specific food preservation methods, including pressure canning and boiling water bath canning, as well as making fruit spreads and pickled foods. A certificate of completion is provided at the end of the course.

To take the online course, visit [Washington State 4-H Food Preservation Training](#) to register for the series. To participate, you will need a computer with video and audio capability and have a stable internet connection. The training is free to 4-H Volunteers.



**Please note:** Any adult volunteer enrolling or reenrolling to give leadership in the **4-H Food Preservation project** MUST have completed the Washington State 4-H Food Preservation Training. All 4-H canned goods entered at fair must be processed under the direction of an adult leader who has completed this training.

If you are interested in becoming trained in Food Preservation, please contact Toni at [tgwin@wsu.edu](mailto:tgwin@wsu.edu) or 360-875-9331.

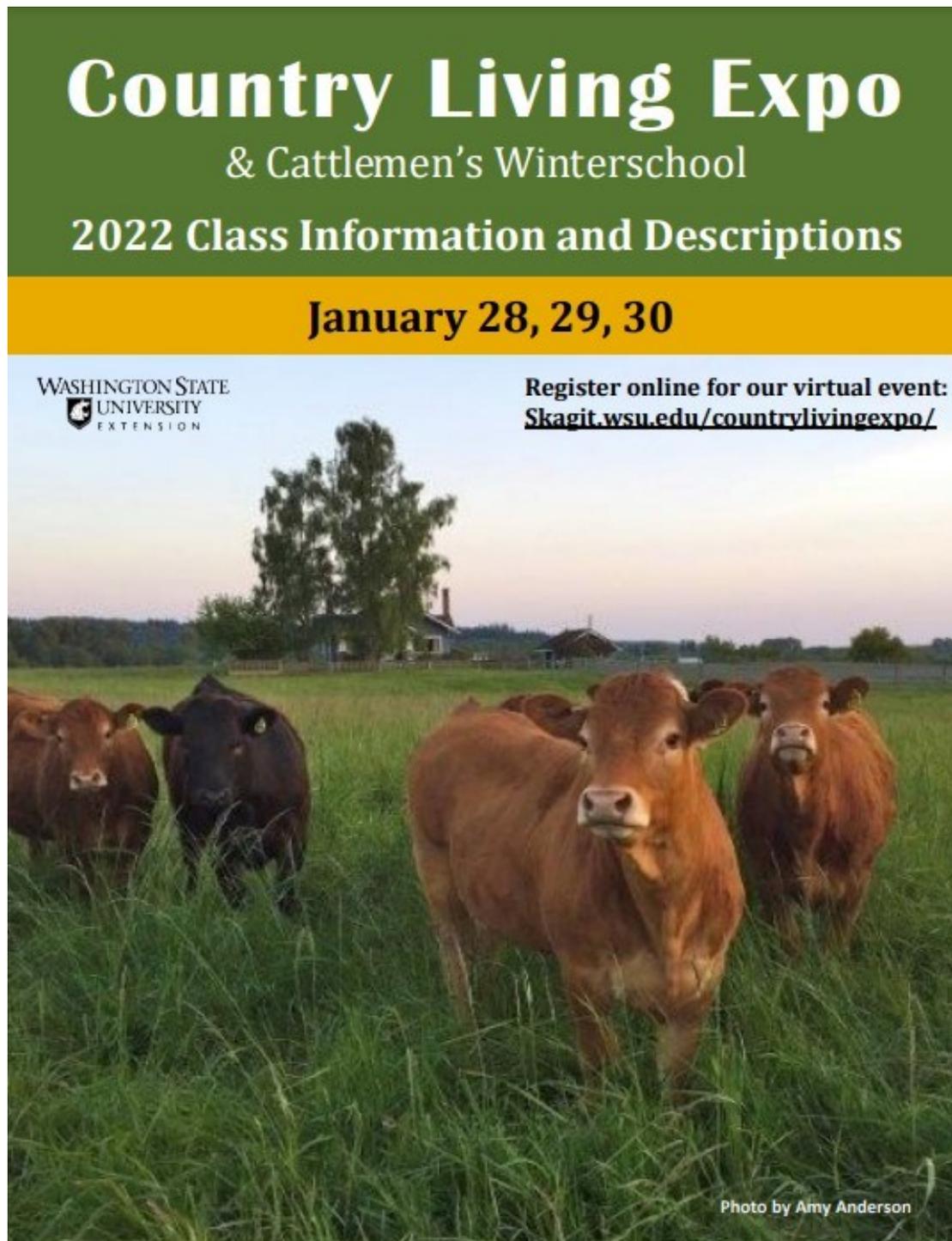
# Country Living Expo and Cattlemen's Winterschool

Presented by the Livestock Master Foundation, WSU Skagit & Snohomish County Extension Livestock Advisor Program and the Cattlemen's Association

**~The 2022 Expo will be Online~**

87 Zoom classes to choose from! Friday, Saturday, & Sunday, January 28, 29 & 30, 2022

For more information and to register, [Skagit.wsu.edu/countrylivingexpo/](https://Skagit.wsu.edu/countrylivingexpo/)



**Country Living Expo**  
& Cattlemen's Winterschool  
**2022 Class Information and Descriptions**

**January 28, 29, 30**

WASHINGTON STATE UNIVERSITY EXTENSION

Register online for our virtual event:  
[Skagit.wsu.edu/countrylivingexpo/](https://Skagit.wsu.edu/countrylivingexpo/)

Photo by Amy Anderson

The poster features a green header with white text, a yellow bar with black text, and a photograph of several brown cows in a field. The Washington State University Extension logo is in the top left, and the registration information is in the top right. A photo credit is in the bottom right.

# Animal Talk Tuesdays Continue With 2nd Session On January 25th!



PIERCE COUNTY 4-H & WSU ANIMAL SCIENCES  
PRESENT

## **ANIMAL TALK TUESDAYS**



January 25th 6:00 PM  
<https://tinyurl.com/AnimalTalkTuesday2>

**Michael Phelps**  
WSU Associate Professor - Animal Sciences Program

Would you like a career working with Animals?  
There are more options than Veterinarian School.  
Did you know that WSU has an Animal Sciences program?  
Join us and discover what an Animal Scientist does.



**Animal Talk Tuesdays** is a collaboration between Pierce County 4-H and the WSU Animal Sciences Program. This series features quarterly sessions with 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.

**Our second session will be on January 25th from 6:00 to 7:00 pm with Michael Phelps, WSU Associate Professor. He will discuss what it is like to be an Animal Scientist. Please note that this session has been rescheduled from the original JANUARY 18th date.**

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/AnimalTalkTuesday2>

Hope you can join us!



### **Keep In Touch!**

Facebook: [Pacific County 4-H](#)

[Explore 4-H With WSU Extension](#)

Washington State 4-H News: [Tuesday News](#)

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

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Toni: [tgwin@wsu.edu](mailto:tgwin@wsu.edu)

Sue: [sue.carbaugh@wsu.edu](mailto:sue.carbaugh@wsu.edu)

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Evidence of noncompliance may be reported through your local Pacific County Extension Office.