

# Tuesday News



Tuesday News – April 28, 2020

## CONTENTS

### FEATURES

- 4-H Tech Changemaker Teens Working to Bridge the Digital Divide in Rural Washington **>NEW!<**
- Washington State 2020 4-H Horse Bowl Contest Update **>UPDATE<**
- 4-H State Ambassador Opportunity! **>NEW!<**
- Standlee Premium Western Forage Offers Free Introduction to Horse Digestion Webinar **>NEW!<**
- Washington State Dog Leaders Meeting Zoom on Sunday, May 3 **>NEW!<**
- Burundi 4-H Staff Gain New Skills and Knowledge
- Daisy Scholarship Open to Graduating 4-H Seniors with Three Years of Participation in the 4-H Shooting Sports Project
- Calling County KYG Coordinators! – Connect with Dorothy!
- Youth in Action Awards Application Deadline extended to May 18th!
- Spokane Junior Livestock Show Goes Virtual
- Home Vegetable Gardens Become CoVictory Gardens !
- All Four Horse Judging from Home Webcasts Available on YouTube! **>UPDATE<**

### COVID-19 RESOURCES

- Building Networks for Resilience During COVID-19 Virtual Learning Experience is Available from eXtension! **>NEW!<**
- Risk Management for Cattle Producers in Uncertain Times Webinar April 28, 2020, 7:00-8:00 PM **>NEW!<**
- Past Social Cafe Recordings Available from eXtension! **>NEW!<**
- NEWS FLASH! Additional Updates for COVID-19 Navigation and Washington’s “Stay Home and Stay Healthy” Order
- WSDA Recommendations from Groups of People Handling Groups of Animals
- eXtension.org Horse Webinars Available on YouTube
- Keeping Your Distance to Stay Safe – APA Article
- A Reminder: COVID-19 Resources Available from WSU Extension
- Additional Equine Resources Added to Horse Project Page
- Everyday Actions to Help Prevent the Spread of Respiratory Viruses

## FEATURES

---

### 4-H Tech Changemaker Teens Working to Bridge the Digital Divide in Rural Washington

CAHNRS News Media Contact: [Lauren Paterson](#), Content Writer/Editor, [509-335-2960](#)

4-H Contact: [Jeannie Kiehn](#), Grant County 4-H Program Coordinator, [\(509\) 754-2011 ext: 4309](#)

*This article originally appeared in WSU Insider Monday, April 27, 2020*

4-H teens in Quincy, Wash., are working to bridge the online divide in their community by leading digital skills trainings for adults.

The teens have been eager and excited to help their community, said Jeannie Kiehn, Grant County 4-H Program Coordinator.

“What they’ve received from it, and what the adults have experienced from it, is a connection and a respect for the different age groups in our community,” said Kiehn, who is also the Coordinator and Team Leader for the Quincy 4-H Tech Changemakers.

It’s all part of a new program through WSU Extension, 4-H Tech Changemakers, sprung from a grant partnership between the National 4-H Council and Microsoft Corporation. The program empowers 4-H members in 91 communities across 15 states to lead digital skills trainings, teach the value of digital tools, and find technological solutions to real world problems.

After surveys and interviews with stakeholders, youth, and families in the area, the 4-H Tech Changemaker team in Quincy found that their most important issue was adult digital literacy.

Technology skills are essential not just for the workplace, but for many everyday tasks. Adults need digital skills to pay bills online, connect with family, or view a school’s parent portal. The 4-H Tech Changemaker program encourages teens to reach adults of all ages and stages of life.



One-on-one digital skills class at the Quincy Public Library

“In the beginning, they were really shy with technology,” said 4-H Tech Changemakers team member Nora Medina. She enjoyed watching as the confidence of the adult participants grew over time.

For the last three years, teens in Quincy have been leading classes with adults. Organizers set up tables, each with a different subject for digital learning. Participants paired up with teens to learn about computer programs, social media, or cell phone use. Amid the COVID-19 crisis, 4-H youth are holding appointments with adults who want to learn virtually.

Limited access to broadband Internet, coupled with the increased demands for digital skills, is impacting access to economic opportunities to youth across the nation, especially in rural areas, according to 4-H.

The FCC reports that approximately 19 million Americans still lack access to broadband Internet. In rural areas, nearly one-fourth of the population lacks access, and in tribal areas, the population lacking access is nearly one third. COVID-19 has cast a spotlight on much needed broadband access and digital skills training for vulnerable populations.

4-H Tech Changemakers member Daisy Buenrostro said one of her favorite parts of the program is getting to know people in her community she wouldn't have known otherwise. Buenrostro and Medina have been part of the program since its inception.



4-H Tech Changemaker Daisy Buenrostro with participant Ono, who never missed a class.

“Being able to see that we are making a difference in someone's life,” said Buenrostro. “It doesn't matter how small it is.”

Adult participants were often familiar enough with their devices to be able to use them, but with assistance from the 4-H Tech Changemakers, they learned shortcuts and tech insight to enhance their user experiences.

“The little things that just make stuff faster and a bit easier to use,” said Buenrostro. Often, it was as simple as just a few more clicks on the keyboard. “Each adult comes to this program with different needs,” said Nancy Deringer, State Program Leader for 4-H Youth Development through the Youth and Families Program Unit at WSU Extension. “This is the perfect opportunity for the teens to be the teachers.”



4-H Tech Changemakers Esmeralda and Daisy teaching participants about how to use their smartphones (November 2018).

At an event in March, one adult was receiving tutoring on Excel for his new job, and a retired teacher was learning how to use Facebook. Deringer would like to see the program expanded statewide. There are currently five Washington counties participating in the program along with Quincy (Grant County). The other counties funded in Washington include Spokane, Ferry, Whatcom, and Skagit counties.

Both Medina and Buenrostro have been invited to speak on panels at Microsoft’s headquarters in Seattle and flown to Washington D.C. to speak about their experiences in 4-H Youth Development. “For a girl from Quincy to be in Washington D.C. speaking about our experiences is so exciting,” said Medina. “It’s been an amazing opportunity to be a 4-H Tech Changemaker.”

---

## Washington State 2020 4-H Horse Bowl Contest Update

As we all know in the Washington 4-H program, these are very interesting times. In communication and partnership with our State Horse Bowl Coordinator, Pat Pehling, we have scheduled a date for the State Horse Bowl contest to be July 18th. This date is based on Pat’s availability to coordinate the contest, facility availability, and my availability for oversight for this state 4-H horse contest. The hope is to have a “face-to-face” contest, depending on directives from Governor Inslee and WSU Extension Administration. With that said, the back-up

plan is to conduct a virtual contest, which is what several other states are planning. We would hope that we have a sense of which direction we will be going by the end of May. In preparation for possible a virtual event, each team member will need to have a cell phone to buzz in on...and a computer to hear questions and directions. We haven't settled on a virtual bowl program but are looking at options.

**So - Pat and I need to know if your county is planning to have a senior team and an intermediate team. We will be sending registration information and updated State Horse Bowl rules next week, as well as posting information to our State 4-H website under "Equine Resources-Events."**

**Please send an email to both Pat Pehling at [pehling@frontier.com](mailto:pehling@frontier.com) and Jennifer Leach, State 4-H Equine Specialist at [jleach@wsu.edu](mailto:jleach@wsu.edu). We would like to hear from counties by May 5<sup>th</sup> - or sooner, if possible!!!**

As you know, we need to be flexible and adaptable in these times.

*A big thank you to Pat Pehling as a volunteer, for coordinating this contest. And both Pat and I echo...."Thank you to all of you, both staff and volunteers, for supporting our youth....they need us now more than ever!!*

Jennifer Leach, State 4-H Equine Specialist and Cowlitz County 4-H Youth Faculty

---

## **4-H State Ambassador Opportunity!**

### **Please Reply by May 5th!**

Hello, Washington State 4-H Teen!

We are looking for senior 4-Hers who are prepared for a greater leadership opportunity! The 4-H State Ambassador Program is looking to add a few more leaders to our team!

What does the State Ambassador Program do?

- Currently, the program is focusing on creating a team of youth in our state to help make more positive leadership activities happen across our state
- Being a supportive resource for your nearby counties with making fun social and service-learning activities happen
- Help nearby counties advance and grow current 4-H leadership opportunities

What is expected from a State Ambassador?

- Someone who is independently driven, hard-working, and dedicated
- Someone who enjoys working on projects and overcoming challenges
- Someone who brings their original ideas and is excited to work with a range of people with different ideas
- Someone who communicates consistently

- Actively contributes for one (1) year, attending quarterly meetings, regular online communication with team members, and making independent progress on projects

**What do YOU want to see in the program? We have our ideas, but we also want to hear yours and adjust as we go. This is an exciting time to join the State Ambassador Program because we are recreating what the program looks like, working with youth from around the state to make a program that our 4-Hers want to be a part of.**

Are you ready to take on this type of leadership responsibility? If so, email us at [wa4hsa@gmail.com](mailto:wa4hsa@gmail.com) to find out more!

Sincerely,

Washington State 4-H SA Advisors:  
Jon Gabelein, Lisa Ubachs, and Scott Sagerser

4-H Staff Coordinator:  
Kim Belanger

---

## **Standlee Premium Western Forage Offers Free Introduction to Horse Digestion Webinar**

An e-mail invitation from Katy Starr at Standlee Premium Western Forage: I am with Standlee Forage and we wanted to offer a free webinar for 4-H, Pony Club and FFA members (leaders, advisors and parents are invited to join too, of course!) with the topic of "Introduction to Horse Digestion." I reached out to some of my friends and contacts involved in these programs and received a positive and exciting response about this opportunity for our youth. With a lot of meetings getting canceled or delayed right now, our equine nutritionist wanted to give back to the kids and give them a little something fun and different to do, to help take their minds off of everything.

Our presenter is Dr. Tania Cubitt, Doctor of Philosophy in Equine Nutrition and Reproduction, and she's great with speaking to the appropriate audience level in attendance. She has a worksheet for students to complete while they follow along with the presentation, as well. We'll keep it short and sweet but make plenty of time for the kids to ask any questions.

From a variety of feedback, we tried to schedule it at a time we hope will be ideal for most (it's hard across many time zones!), to get that live experience and ask questions. This webinar will take place on Wednesday, April 29th at 5:30 PM MDT/4:30 PM PDT . For those who can't make the live event, we are planning to record it and the recording will be emailed out within about 24-48 hours, to those that registered.

If you have any leaders in your 4-H programs that have clubs with a strong interest in horses, can you share this opportunity with them? Here are some

helpful links for anyone wanting to learn more about this opportunity and more about Dr. Cubitt. I also included our Facebook event in case anyone would like to share it that way as well.

A link to register is [here](#).

A link to download the worksheet is [here](#).

A link to a Shareable event for Facebook is [here](#).

A bio for Dr. Tania Cubitt is available [here](#).

Thank you so much,  
Katy Starr

---

## Washington State Dog Leaders Meeting Zoom on Sunday, May 3

The Washington State 4-H Dog Leaders will meet on Sunday, May 3, from 10:00 am to 2:30 pm, with a thirty-minute break at noon. This is a virtual meeting on Zoom. Please contact Nancy Baskett at [nbaskett@wsu.edu](mailto:nbaskett@wsu.edu) for the Zoom link and password.

---

## Burundi 4-H Staff Gain New Skills and Knowledge



**Burundi 4-H Staff: Estella, Obed and Claver**

Burundi 4-H staff attended the ECHO East Africa Symposium on Improving Nutrition in Highland Areas that was held November 26 – 28<sup>th</sup> in Kigali

Rwanda. This was the first professional development conference that any of the staff had attended focusing on agriculture and nutrition. Some of the major learnings that they brought home with them are listed below. These are written in their own words. Remember that English, for our Burundi 4-H staff, is their third or fourth language!

- New kind of plants with leaves which help in covering the soil and then become the manure. It is called “Green Manure”.
- The importance of cassava, banana and potatoes in one’s body in addition with vegetables and fruits to establish nutrition.
- That agriculture connects to nutrition and when a person is well fed, the health facilitates the good education.

**Dear Friends of Burundi 4-H,**

**In these times of uncertainty and the unknown it is comforting to know that some things are moving along as always. So far there have not been many cases of COVID – 19 in Burundi. Let us hope that continues.**

If you would like to donate to continue this amazing work, please visit our website at: <https://extension.wsu.edu/4h/youth/global-4-h/burundi/>

For questions or comments, contact Kevin Wright at [wrightkc@wsu.edu](mailto:wrightkc@wsu.edu) or Mary Katherine Deen at [mdeen@wsu.edu](mailto:mdeen@wsu.edu)

---

Daisy Scholarship Open to Graduating 4-H Seniors with Three Years of Participation in the 4-H Shooting Sports Project.



It is Daisy Scholarship Time! If you are a graduating 4-H senior with three years of participation in the 4-H Shooting Sports project, check out this scholarship! If you plan to apply, fill out the [application form](#) and return it to Toni Gwin at [tgwin@wsu.edu](mailto:tgwin@wsu.edu). THE DEADLINE IS MAY 15, 2020. Applications will be reviewed by the Shooting Sports Committee for selection of a candidate to represent Washington State.

---

Calling County KYG Coordinators! – Connect with Dorothy!



Your KYG Planning Team is ‘staying home and staying healthy;’ 2021 KYG curriculum (Judicial) is being planned, and possibly even 2022 curriculum (Legislative) as well! We want to stay connected with the people that are part of putting together KYG at the county level. Please send a name and email to [dorothy.elsner@wsu.edu](mailto:dorothy.elsner@wsu.edu). The Planning Team will create a communication system that is accessible to all.

---

### Spokane Junior Livestock Show Goes Virtual

The Junior Livestock Show of Spokane has been forced to cancel the 85th annual Show and Sale due to the Spokane County Fair & Expo Center being used as a COVID-19 testing and quarantine site. They have cancelled all events scheduled for the month of May at their facility.

However, the Board of Directors of the Junior Livestock Show of Spokane is pleased to offer the 2020 Virtual Junior Livestock Show opportunity:

A Virtual show will be set up online for all market, prospect, and female classes previously entered. There will be no fitting and showing classes. A link will be posted on the Junior Livestock Show website, [juniorshow.org](http://juniorshow.org) and the Facebook page with instructions on how to enter. Entries will be accepted April 27 – May 5. The Virtual show will take place May 7. Results will be posted soon after. The complete Letter to Exhibitors can be read by clicking [here](#).

Please plan on attending the 85th annual Show and Sale that will be back in full swing in May 2021.

---

### Youth in Action Awards Application Deadline extended to May 18th!

In the wake of COVID-19, the deadline for the 4-H Youth in Action Awards has been extended to **May 18!** You can share your story of developing passion, finding purpose, and inspiring others by [applying here](#) for the 4-H Youth in Action Awards for a chance to earn a \$5,000 scholarship and a trip to Washington, D.C.!

---

## Home Vegetable Gardens Become CoVictory Gardens!

Have elementary age members? Join the virtual National JMG (Junior Master Gardener) Group on Facebook Live! Sessions start: April 2, 2020 and will continue through 5 May. Garden activities are led by National JMG staff. Your members can earn a JMG Certification in Plant Growth and Development, while maintaining social distance. Sessions start April 2nd and will be on Tuesdays and Thursdays at 1 PM CT (11 AM Pacific).

Are you a leader or senior member? Through April, Oregon State University is offering their Vegetable Gardening course for free! In Vegetable Gardening, you learn how to select a site, prepare soil and plant vegetables properly, as well as gain skills to successfully produce food and identify common insect and disease problems.

Need some general garden information for success? WSU Home Vegetable Gardening in Washington publication EM057E is your ticket to success. Look at Table 4 (Seeding Recommendations for Common Vegetable Crop), Table 5 (Suggested Planting Calendar), and table 6 (General Rooting Depths of Some Common Vegetable Crops).

Did you know in 1943, nearly forty percent of all fruits and vegetables grown in the United States were grown in Victory Gardens? 4-H members were bused into towns to help families with their gardens. Many of our WSU Master Gardener Volunteers across the state are encouraging backyard vegetable gardens this year. They are calling them CoVictory Gardens! Connect with your county's Master Gardeners. They are in your WSU Extension office. Zoom a club meeting with a Master Gardener as the program. Check if they have extra vegetable starts. Like the Victory Gardens of our past, this CoVictory Gardens will give us a sense of purpose and a way to contribute!

---

### Horse Judging from Home Webcasts Available on YouTube!

Recordings of all four sessions in the Horse Judging From Home series of seminars offered via Zoom are available for viewing on YouTube.

The March 31st presentation, *Ranch Riding*, can be found by clicking [here](#).

The April 7th presentation, *Conformation*, can be found by clicking [here](#).

The April 14 presentation, *Gaited Horses*, can be found by clicking [here](#).

The April 21 presentation, *Equitation/Horsemanship*, can be found by clicking [here](#).

---

## COVID-19 RESOURCES

---

### **Building Networks for Resilience During COVID-19 Virtual Learning Experience is Available from eXtension!**

The Building Networks for Resilience During COVID-19 Virtual Learning Experience Is available from eXtension!

When you subscribe to the “Building Networks for Resilience” Learning Experience, you’ll receive eight weekly emails, each containing a resource and one thing to do to practice building relationships. The resources include five podcast episodes, from April 27, 2020 to July 1, 2020 from 11:00 AM to 12:00 PM (Pacific Daylight Time), exploring each of the five elements of Working Out Loud: purposeful discovery, relationships, generosity, visible work, and a growth mindset.

The learning experience was designed so you could do it on your own, but you can make the experience even more meaningful by sharing it with colleagues or friends. Schedule video chats and subscribe to the learning experience together, then get together (virtually, of course) to discuss how your personal practice is changing.

More information is available at

<https://connect.extension.org/event/building-networks-for-resilience-during-covid-19>

---

### **Risk Management for Cattle Producers in Uncertain Times Webinar April 28, 2020, 7:00-8:00 PM**

WSU Extension, in conjunction with Northwest Farm Credit Services, will be hosting a webinar Tuesday, April 28th, from 7:00 PM to 8:30 PM for PNW Cattle Producers. This seminar will cover recent market impacts, economic evaluation tools, and ways to manage economic risk.

WSU Extension will be using the Zoom platform to host the Webinar. Individuals need to have a Zoom account (free to register for at <https://zoom.us/signup>). You will want to register for a zoom account prior to the webinar. To join the webinar, go to <https://zoom.us/join>, type 939 2734 0253 in Meeting ID, then click “join”.

#### **Topics:**

***Risk Management When Facing Pandemic Impacts and Cattle Market Uncertainties***

*Dr. Shannon Neibergs, WSU Extension Livestock Economist.*

***Risk Management Tools for Livestock Producers***

*Bryce Henderson, Northwest Farm Credit Services Insurance Services*

*Beau Reynolds, Northwest Farm Credit Services Insurance Services*

Webinar connection on Zoom:

Join from PC, Mac, Linux, iOS, or Android: <https://wsu.zoom.us/j/93927340253>  
or

<https://zoom.us/join>, Meeting ID: 939 2734 0253

Phone Call (long distance)

+1 669 900 9128

+16699009128,,93927340253# US (One Tap Mobile Call)

**FOR ADDITIONAL SIGN-IN INFORMATION CONTACT:**

*Sarah M. Smith, WSU Extension Regional Specialist,*

at [smithsm@wsu.edu](mailto:smithsm@wsu.edu) <https://extension.wsu.edu/animalag/event/risk-management-for-cattle-producers-in-uncertain-times-webinar/>

---

## Past Social Cafe Recordings Available from eXtension!

Past Social Café Recordings Are available – Extension Response & Resources for Extension Professionals Working Online! The recordings can be found on the Connect Extension Calendar.

To access them:

- Go to the Calendar section of the Navigation Bar.
- Click on Calendar; you'll see the month display (currently April).
- Click on the event date you want, and a post will pop up.
- The post contains a description of the Social Cafe and either a link to a YouTube or an embedded video.

They're also available here:

April 2nd: [Oregon State University Case Study: Online Programming for Master Gardener Program](#)

April 9th: [Using Instagram for #scicomm](#)

April 16th: [Drop In Social Cafe](#)

April 23rd: [Podcasting](#)

---

## NEWS FLASH! Additional Updates for COVID-19 Navigation and

## Washington's "Stay Home and Stay Healthy" Order



*Washington YQCA Instructors,*

The YQCA flash sale has been popular in the first few weeks of initiation. Thank you for sharing this opportunity with your youth!

*Due to the popularity of the flash sale, YQCA has found a way for coupons to be purchased via credit card instead of check/purchase order. A help document outlining how to utilize this type of payment option (page 2 of the document) can be found [here](#). The updated order form with the new information can be found [here](#).*

*Using this approach DOES result in a processing fee of \$.57 per coupon, which has been added to the flash sale price. This processing fee results in a total cost of \$9.57 per coupon, rather than a flat rate of \$9.00. This is a convenience fee that replaces the USPS cost (\$0.55, plus envelope) and reduces the time in receiving coupons. Further coupons purchased by April 30, 2020 will be good through May 31, 2020.*

Coupons purchased online will be fulfilled in the same manner, being sent to the purchaser via email from Jennifer Hawkins ([jhawkins@vivayic.com](mailto:jhawkins@vivayic.com)). Coupons will still be sent within 3-5 days of the order.

*A link to the letter that was sent in late MARCH ([click here](#)) includes all the original information with the exception of the added payment option.*

Also included with the update was an attachment titled, "Getting Your YQCA Online Certification." It can be found [here](#).

---

## WSDA Shares Recommendations for Reducing COVID-19 Risk in Groups of People Caring for Groups of Animals

The Washington State Department of Agriculture has recently made some recommendations regarding reducing COVID-19 risk in animal care. The documents are available by clicking on the title below:

[Cleaning and Disinfection Protocol](#)

[Caretaker Contact List](#)

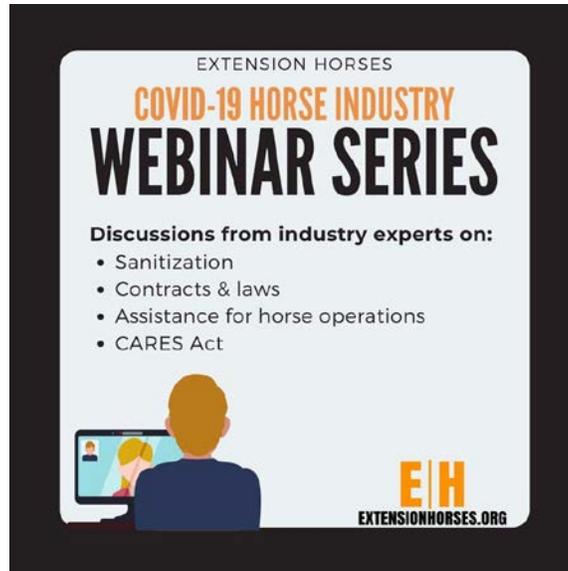
[Group Livestock Care Instructions](#)

[Group Livestock Care Schedule](#)

[WSDA Group Care of Livestock](#)

---

## eXtension.org Horse Webinars Available on YouTube



A video recording of last week's webinar, "Horse Biosecurity and Facility Sanitation" is now available on YouTube. Click [here](#) to view it.

A video recording of April 7th's webinar, "COVID-19 Financial Assistance Options for Horse Owners and Horse Businesses," is also available on YouTube. Click [here](#) to view it.

Information is available regarding other resources at <https://horses.extension.org/>

---

### Keeping Your Distance to Stay Safe

With the number of COVID-19 cases increasing every day, psychologists offer insights on how to separate yourself from others, while still getting the social support you need.

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

---

### A Reminder: COVID-19 Resources Available from WSU Extension

Link to WSU Extension COVID-19 updates and Resources at <https://extension.wsu.edu/covid-19/>

---

### Additional Equine Resources Added to Horse Project Page

Extension Horses COVID-19 Infographics for Equine Owners and Facilities have been added to the Horse Project page. They are located under the "Other Resources and Websites" link and are intended to provide general information.

---

## Everyday Actions to Help Prevent the Spread of Respiratory Viruses

Here are everyday actions to help prevent the spread of respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

A WSU hand-washing video can be accessed [here](#).

There's also this [link](#) to the Washington State Department of Health's "WashYourHandsingTon" web page.

WSU has established an informational website that is being frequently updated – it can be found [here](#). It has general information from the Center for Disease Control and the Washington State Department of Health.

**Because of differing levels of outbreaks and risk of exposure to covid-19 and the coronavirus in different communities, please refer to your local health department and your local County Extension Office for information applicable to your community.**