

Tuesday News



Tuesday News – May 5, 2020

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FEATURES

Participate in a Virtual 4-H International Exchange Experience!

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.

The youth registration period for the 2020 Pen Pal Program opened on May 1 and extends through June 5, 2020. Please share this opportunity with your members, families, and communities.

The link to a promotional flyer is [here](#), A link to a document containing additional program information, responsibilities, timeline, and resources is [here](#).

Information is also available on the WA 4-H International Exchange Facebook page in the event you'd like to share to your page.

Dianna Ullery

dianna.ullery@wsu.edu

2020 University of Idaho 4-H State Teen Association Conference Update: Save the Date for Virtual STAC!



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!

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.

For more information, the current save the date flyer is available [here](#).

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

Will COVID-19 Affect Upcoming 4-H/FFA Livestock Shows and Sales in Washington State?

An Invitation to the 4-H Animal Science Committee Fair Zoom!

The WSU 4-H Animal Science Committee will present a Zoom session on Friday, May 8th, from 1:00 to 2:30 p.m. to discuss how COVID-19 could possibly affect 4-H/FFA livestock projects during the 2020 summer and fall fair season. Topics that will be discussed by the 4-H Animal Science Committee will include:

- Ownership date requirements
- Ear tagging and identification of market animals without 1st weigh-ins
- Alternatives to weighing market animals (use of weight tapes, personal scales, etc.)
- Working with local butchers if junior livestock sales are cancelled
- Virtual livestock show possibilities
- Marketing youth livestock projects directly to local consumers
- Transfer of ownership guidelines
- Questions and comments from Zoom participants (What is happening in your counties?)

Anyone who has responsibilities for youth livestock shows is encouraged to participate. This includes WSU Extension faculty, 4-H Coordinators and County Directors; local fair board members and fair managers; livestock market sale committee members; and 4-H/FFA livestock leaders and advisors. Please forward to your local fair boards and sales committees and invite them to participate. Questions? Please contact Janet Schmidt, WSU 4-H Animal Science Committee Chair, at schmidtj@wsu.edu. You are encouraged to contact Janet beforehand with additional topics and questions that you would like addressed by the 4-H Animal Science Committee during this Zoom session.

Zoom Session Invite- Friday, May 8 from 1:00 to 2:30 pm.

Join from PC, Mac, Linux, iOS, or Android:

<https://wsu.zoom.us/j/97988237320?pwd=S1JZMmZROUpWMIZ6NkpjUGROdnJuUT09>

Meeting ID: 979 8823 7320

Password: 048848

Join from WSU Conference Room System (Polycom)

1. Using the touch panel, or remote control, select 'Place a Call'
2. Enter the IP Address including periods: 162.255.37.11
3. Press the pound key twice '##'
4. Enter the Meeting ID: 979 8823 7320
5. Press 'Call'
6. Enter Password: 048848

Join from Conference Room System with SIP
97988237320@zoomcrc.com

Share Screen/Content Wirelessly

Go to <https://share.zoom.us> and enter Meeting ID: 979 8823 7320

Phone Call (long distance)

+1 253 215 8782

+12532158782, 97988237320# US (One Tap Mobile Call)

For support or feature requests, please go to <https://its.wsu.edu/wsu-video-conferencing-services/>



This story appears in 4-H Today, May 2020

Virtual communication and virtual learning have quickly become a permanent fixture in the daily lives of millions of young people in the United States.

Delivering critical learning resources, social-emotional support, and a sense of belonging to all youth who may need us has always been at the forefront of the

4-H mission. 4-H reaches and engages youth across urban, suburban, and rural communities. We go beyond four walls to do it and meet youth where they are. National 4-H Council President & CEO Jennifer Sirangelo joined Microsoft president Brad Smith and The Daily Show host Trevor Noah to discuss access to learning during COVID-19.

Sirangelo introduces two new initiatives to help ensure all kids have access to essential learning resources and opportunities, 4-H at Home and the FOURWARD Fund.

Watch the [video](#) and learn more about 4-H at Home and the FOURWARD Fund.

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, and we need to be flexible and adaptable.

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.

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 and Jennifer Leach, State 4-H Equine Specialist at jleach@wsu.edu. We would like to hear from counties by May 5th – or sooner, if possible!!!

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

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 – 28th 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 or Mary Katherine Deen at 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. 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. 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 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.!

COVID-19 RESOURCES

WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19

The Washington State Department of Children, Youth and Families has created a resource for parents during COVID-19.

The WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19 was developed to help parents and their families navigate the pandemic and the days to follow. The publication is available at https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0039.pdf.

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>

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**](#)

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). 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](#)

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.
