

Tuesday News



Tuesday News – May 19, 2020

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FEATURES

2020 Virtual STAC Registration is Now Open!



Idaho 4-H State Teen Association Convention

Washington State 4-H Teens who have completed 8th grade through 12th grade are invited to participate in the University of Idaho Virtual STAC Conference, coming June 22 through 25, 2020! A great line up of speakers, workshops and activities are in store for all the participants. Registration is now open! Youth who register before June 8 will receive a free event t-shirt!

Registration is open through 4-H Online at <http://wa.4honline.com/>

Registration is similar to KYG Conference and other teen events. If you are new to 4-H Online, a “how to register” link can be found at <https://extension.wsu.edu/4h/documents/2017/01/event-registration-instructions.pdf/>.

Refer to the information packet (linked [here](#)) for the schedule and workshop choices. For more information, contact WSU Whitman County Extension, 509.397.6290, schmidtj@wsu.edu

Zoom-ing in on Healthy Horsekeeping Webinars Available from University of Maryland Equine Extension

Join the UMD Equine Extension Team for a series of webinars every Tuesday during the month of May, at 3:00 pm EST. **Webinars are FREE, but registration is required.** Follow the link for each event to register for them individually. See the attached flyer ([here](#)) for details! The June flyer will be available soon. We hope to “see” you this month!

Zoom-ing in on Healthy Horsekeeping

May 19: Winning the Mud War on Your Farm

Erika Crowl, Baltimore County Extension

Register at <https://go.umd.edu/winthemudwar>

May 26: Parasite Resistance: It's a Numbers Game!

Maegan Perdue, Worcester County Extension

Register at <https://go.umd.edu/parasite>

Upcoming Webinar: A Comprehensive Approach to Preventing Suicide: The Role of Law, Policy, and Social Determinants of Health

A webinar titled **A Comprehensive Approach to Preventing Suicide: The Role of Law, Policy, and Social Determinants of Health** is scheduled for Tuesday, May 26, 2020 from 09:30 AM PDT - 11:00 AM PDT

The webinar will highlight how an evidence-based approach can be taken to reduce suicides in communities, which includes working with partners and various sectors to address the broader social determinants of health, while also leveraging legal and policy tools.

You'll hear from leading public health, suicide prevention, and policy experts, government representatives, and community partners about how they've addressed the role of social determinants in preventing suicide. Given the considerable progress that partners have made over the past decade to achieve Healthy People 2020 Suicide Prevention-related objectives, we'll also discuss how these valuable lessons learned can help drive action over the next decade with Healthy People 2030.

To learn more or register for this event, visit

<https://events-na4.adobeconnect.com/charset=utf-8>

Virtual 4-H International Exchange Experience Update!

The following is an update provided by State's 4-H International Exchange Programs:

We want to thank everyone so much for your interest and support of our new Pen Pal Program! Due to the high volume of program sign ups, we have suspended new US program registrations for the time being. Please check back for future updates at <https://www.facebook.com/states4hexchange/>

Thank you again for your excitement and enthusiasm for international exchange! The link to the original promotional flyer is [here](#),

A link to the program information, responsibilities, timeline, and resources document is [here](#).

2020 Virtual Showdown Open to Skagit Valley and Neighboring County Exhibitors!



The Skagit Valley Livestock 4-H Club would like to welcome all members of 4-H or FFA in **Whatcom, Skagit, Island, San Juan and Snohomish counties** to participate in our 2020 Virtual Showdown!

With the cancellation of shows all around us, we wanted to be able to allow our exhibitors a chance to show their animals at what we call a “small town virtual showdown,” as well as allowing our neighboring clubs and chapters to participate. **Currently, registration is open for large animal projects – Beef Cattle, Dairy Cattle, Goats, Sheep and Swine.** Registration is due by May 31st. Videos can be submitted starting June 1st at 12:00 AM to June 5th at 9:00 PM. Winners will be announced on June 20th, and we will have a pickup station on June 27th in Burlington, WA for award winners and t-shirts – location to be determined.

Registration for small animal projects will be opening within the month; more information will be available soon.

You can get all the information by visiting our website at www.skagitvalleylivestock.com and clicking on “showdown.” If you have any questions, please feel free to email us at skagitvalleylivestock@gmail.com.

LR Dairy Presents Heifer Calf Giveaway Contest!!!

The Owner-Operators of LR Dairy, located in the Chehalis area of Washington State, are giving away a Holstein heifer calf!

This contest is open to any youth who is active in 4-H or FFA. Winner gets to pick their calf! The winner will be responsible for arranging transportation of the calf; the calf must be picked up within thirty (30) days of the winner being notified. The contest rules are as follows:

1. An essay must be submitted detailing who you are and why you would like to win a calf. The essay will include

- How you plan to care for your animal
- A short description of your facilities where the calf will be living, and
- What your future plans are for the calf – Do you want to keep it and love it forever? Are you going to breed her and sell her as a springer? We want to know!

2. Along with the essay, please provide

- Your 4-H or FFA club and leader contact information.
- Include a parent or guardian signature and contact information.
- If you have references from people in the industry, please include those as well.

We would like the winner to keep us up to date on the progress they're making with their calf, so please keep us in the loop.

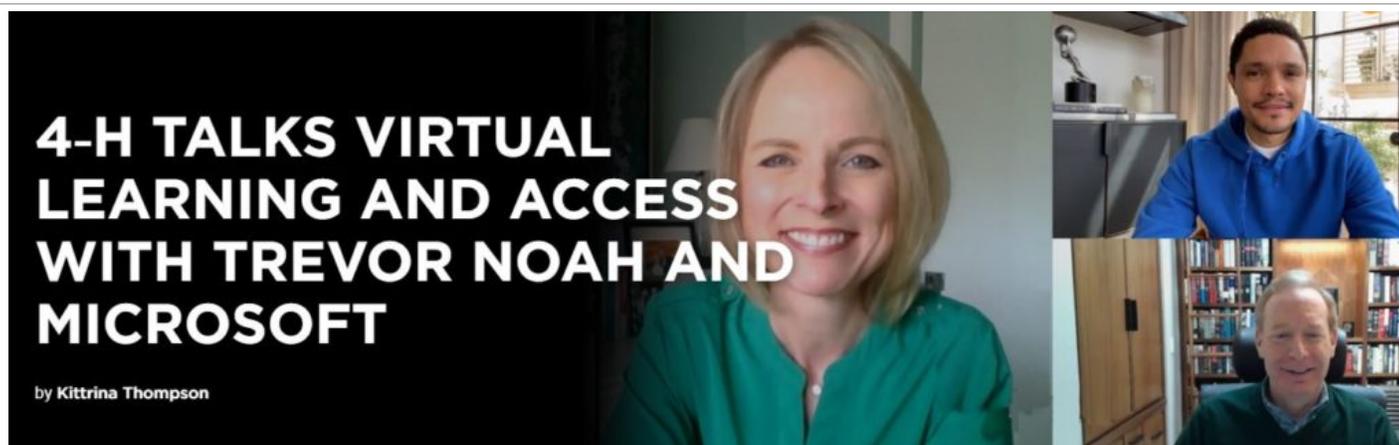
Submissions **MUST** be postmarked no later than May 30th – so get those essays in!!!

Please mail the essays to:

LR Dairy Heifer Contest

3148 Jackson Hwy

Chehalis, WA 98532-8614



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.”

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.

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**](#)

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.