

# Tuesday News



Tuesday News – June 16, 2020

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## FEATURES

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### **WA 4-H Teen Equity and Inclusion Task Force, Led by Mayyadah Zagelow, King County 4-H, Featured on NBC News Learn!**

Mayyadah Zagelow of Seattle, Washington leads the Washington State 4-H Teen Equity and Inclusion Task Force. Its purpose is to educate youth and adult leaders in 4-H on how to be supportive and inclusive of their LGBTQ+ peers.

“4-H Inspires Kids to Do” is produced by NBC News Learn in partnership with the 4-H Organization, and NBC came to Washington to film the Task Force’s retreat. Here is the link to the video that NBC produced and placed on their NBC Learn website:

<https://www.nbclearn.com/4-H/cuecard/120870>



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### **4-H Program Preserves Latin American Culture**



4-H Para Familias Latinas participants learn about Latin culture and customs.

By Lauren Paterson, College of Agricultural, Human, and Natural Resource Sciences  
WSU Insider, June 12, 2020

Hispanic youth in Whatcom County are learning about traditional Latin American dances, folklore, and crafts in a new Washington State University Extension-led 4-H program, Para Familias Latinas.

“Para Familias is similar to a traditional 4-H club, but with a focus on the culture of Latin America,” said Alex Martinez, WSU Whatcom Extension Latinx Outreach Coordinator.

Participants learn to make piñatas, traditional crafts, and learn cultural dances, such as *El Colás*, a folkloric dance from the Mexican state of Veracruz.

“Many times, families lose traditions from their countries of origin,” Martinez said, using the example of Dia de Los Muertes, or the Day of the Dead. “It’s not just a fiesta – it goes beyond that. Our program helps young people learn and engage with their cultural roots.”

4-H is a national organization with programs throughout the country. WSU Extension supports 4-H programming in Washington, creating opportunities for youth development through volunteering, community projects, leadership activities, and experiential learning.

4-H participants work on posters to let their community know about Para Familias Latinas.

“Having grown up in New Mexico, I have always been aware of what a vibrant and wonderful contribution the Latin cultures make to our community,” said WSU Extension Regional Specialist Michael Wallace, who coordinated the funding for the program.

Wallace said he was excited when Martinez mentioned his passion for arts and culture.

“This program helps bridge the gap in our wider experience of Latinx culture,” he said. “There are a great deal of common values between our Latinx families and people in the wider Northwest, that can be discovered by sharing cultures at fairs and events.”

Martinez reaches out to groups and families, telling them about the program and encouraging them to get involved. The program’s [Facebook page](#) has been instrumental in spreading awareness and showcasing videos of traditional costumes, dances, and photographs of Para Familias Latinas projects.

Initially, Martinez worked with three families. That has grown to eight families now involved. Youth participants are between 7 and 12 years old. As more families join the program, Martinez is proud to see Latino students taking ownership of their culture.

“A lot of the kids I work with didn’t know their traditional folk dances,” said Martinez, who has been teaching youth using YouTube videos. “Now, they are learning well.”



Amid COVID-19 closures, Martinez has been adapting his projects. Instead of meeting as a group to make posters, Martinez put together kits with supplies, and dropped them off at his students’ doors so they could work on outreach posters at home.

Although the Latino community in Bellingham is small, Martinez said he hopes his work inspires other counties to provide culturally centered 4-H programs.

“I hope our Washington youth continue to embrace their Latin American roots, that they continue to work with their children, the younger generation, and that they never forget who they are.”

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## **12-Year-Old Talon Lane Discusses Digital Inclusion With Vint Cerf, “Father of the Internet”**

Talon Lane, who lives in Ferry County, struggles to access the internet for basic tasks like doing research and completing homework. He talks with Vint Cerf about the importance of digital inclusion on Native American reservations and all across America.

Here’s the link to the YouTube video!

<https://www.youtube.com/watch?v=O8y9kAB0MGQ&feature=youtu.be>

The Marconi Society

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# Rural Quincy, Washington Teens Respond To Pandemic, Help Adults With Digital Access

By Stell Simonton  
YOUTH TODAY



*FROM QUINCY, WASH., 4-H GROUP'S FACEBOOK PAGE*

Having young people teach digital skills to adults seems like a no-brainer. After all, how many adults have gotten a teenager to help them with an app or a device?

In spite of this talent pool, relatively few structured programs put teenage knowledge to use.

One program that has done so, however, is 4-H Tech Changemakers.

In May, three high school students sat in a car outside a public wi-fi hotspot in Quincy, Washington, with a laptop. Another student and their adult advisor joined them via Zoom. The group recorded a video letting Quincy residents know about four wi-fi hotspots set up for public use outside the library, community center and school.

“We’re making this video to let you guys know that we’re here to help you virtually with any questions you have about your phone or browsing the internet so feel free to send us a message through our Facebook page,” said Daisy Buenrostro, a Quincy High School senior, on the video.

Vivian Geesy, a Quincy High junior, then gave the same message in Spanish.

Before the pandemic, the four girls had been teaching adults at weekly sessions at the Quincy Senior Center and Quincy public library.

They had taught two retired teachers to use their cell phones. A small business owner learned to make better use of his computer. A young man got lessons in Excel so he'd be prepared for his new job. Some people working on farms in the area came in to gain new skills.

"We're a small rural community," said Jeannie Kiehn, Washington State University's Grant County 4-H program coordinator. "Broadband connection is really difficult for a lot of people." Quincy is located in an agricultural area that has a large Latino population.

Across the United States, 19 million people in rural areas lack broadband internet. The 4-H Tech Changemakers program, begun in 2017 in a partnership with Microsoft and the National 4-H Council, was intended to increase digital skills in areas where they were lacking and to help young people become problem solvers around technology. Many of the grants to local 4-H programs end this summer.

Theirs ends in July, but Kiehn is hoping the program can somehow continue. The 4-H members in Quincy chose to address the digital divide between adults and youth, Kiehn said, which also connected the youth to their community and promoted respect.

As a youth development program, it can empower the teens as they become teachers and communicators.

When the coronavirus epidemic hit, the Quincy 4-H group had to figure out how to continue its work.

"The senior center was the first place to close," Kiehn said. The group discussed what could be done. They learned that wi-fi spots were being set up to broaden internet access during the pandemic.

"People could drive in [the hotspot area], stay in their cars, do work on computers or phone," Kiehn said.

After a lot of discussion, the group decided to reach people through Facebook, inform them about the hotspots and offer instruction. They plan to make additional videos, Kiehn said.

Nora Medina, a Quincy High senior, said she enjoyed helping adults become more confident with computers and cell phones. "In the beginning, they were really shy with technology," she told a Washington State University publication.

The fourth member of the group is Esmeralda Buenrostro, a sophomore at the school.

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# 2020 4-H Youth Scholarship Award Recipients Announced!



Congratulations to the following 4-H Seniors who are scholarship recipients, as noted:

Scholarship Name	Recipient	County	College/University
CAHNRS 4-H Scholarship {Dettman Fund}	Hunter Murphy	Lewis County	WSU CAHNRS
CAHNRS 4-H Scholarship {Dettman Fund}	Samantha Sealock	Yakima County	WSU CAHNRS
CAHNRS 4-H Scholarship {Dettman Fund}	Martha Lum	San Juan County	WSU CAHNRS
CAHNRS 4-H Scholarship {Dettman Fund}	Elisha Wade	Grant County	WSU CAHNRS
Lewis County Leaders 4-H Council Scholarship	Mayyadah Zagelow	King County	CWU
Lewis County Leaders 4-H Council Scholarship	Timothy Daves	Columbia County	Walla Walla CC
Lewis County Leaders 4-H Council Scholarship	Erin Marble	Clark County	U of W
Washington State 4-H Foundation Scholarship	Nora Medina	Grant County	U of W
J. Orville/Helen Young 4-H Scholarship	Emily Sheard	Spokane County	WSU Pharmacy
Woody and Joan Bernard 4-H Higher Ed Scholarship	Alec Klaveano	Whitman County	Purdue Univ
O.M. Plummer Scholarship Fund-Oregon Community Found	Grace Renecker	Mason County	WSU Comm/Soc
Thomas R. Quann 4-H Scholarship	Cameron Mains	Klickitat County	U of W

## 2020 Virtual STAC Registration Is Closed!



Registration for the 2020 U of I/WSU State Teen Association Conference has closed!

The Virtual STAC Conference is coming June 22 through 25, 2020 with a great lineup of speakers, workshops and activities are in store for all the participants.

The original "Save-the-Date" flyer is available by clicking [here](#).

If you're looking for information about the schedule and workshops, the information packet is linked [here](#).

Questions? For more information, contact WSU Whitman County Extension, 509.397.6290, [schmidtj@wsu.edu](mailto:schmidtj@wsu.edu)

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## Washington State 4-H Fair Update from Fair Manager Tom Gwin!

Dear 4-H Family,

The Washington State 4-H Fair is still on the schedule to be held September 4-27, 2020 in Puyallup. If we hear differently, we will send notifications out when we hear.

The mailing address of the Washington State Fair has been changed to **PO Box 1225, Puyallup WA 98371**. Please update your records to reflect this change.

In light of several county fairs and qualifying shows being cancelled this year, the Washington State 4-H Fair Board has adopted the attached supplement on Virtual Exhibits for our Still Life Projects. The first attachment ([link here](#)) is the guide to virtual exhibits, while the second attachment ([link here](#)) is the entry form. Please note there are two entry forms on a page. The virtual guide is a supplement to our normal exhibitor guide. That guide is nearing completion and will be sent in the next few weeks.

There are several other changes/updates for this year's State 4-H Fair. Provided we have a fair in September, the following changes will take place at this year's fair:

### Dormitories

- Will not be available for the 2020 fair due to social distancing requirements.

### Special Needs and Accommodations

- If an accommodation is required, the County Extension Office must notify the State 4-H Fair Office in advance of the fair and the request must accompany the entry form.

## **Judging Contests**

- Juniors will be added to all judging contests. Reasons classes will not be a part of the junior contests.

## **Animal Qualifications**

- Animal qualifying requirements have been eliminated for the 2020 fair. We encourage counties to only send quality animals and exhibitors that would continue allowing us to provide a quality show.
- Each county will have an allocation for each animal species. Some allocations may be lower than in previous years to allow for proper social distancing.

## **Swine**

- Lots for swine exhibits have been revised and will be reflected in the exhibitor guide

## **Sheep/Goats**

- Horns will be allowed on sheep and non-dairy goats at the State 4-H Fair.
- Exchange of animals between exhibitors during the fit/show class will not be allowed at the state fair.

## **Equine**

- a reining class will be added to the senior performance section, with no county level qualification required for 2020.
- small equine will be combined with the harness section with no county level qualification required for 2020; the class will be in-hand trail.
- disciplined rail will be added to the intermediate performance section.
- exhibitors will be allowed to add one more riding class in all equine sections.
- premiums will be paid on fit/show, one performance class, one dressage class, one harness/small equine class, and one gaming class.
- Readers will not be allowed for dressage classes at the state fair.

Thank you for your support of the fair.

Tom Gwin

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## **4-H Volunteer Awards Event in October Going Virtual!**

While we had hoped we would be able to honor our volunteers during a face-to-face recognition event this fall, COVID-19 has forced us to make the decision to hold this event virtually. This event will occur Saturday, October 10 at 6:00 p.m. We are in the beginning stages of planning this event and will keep the 4-H community updated as plans emerge.

## July 1

Hall of Fame nominations

## August 1

Alumni Award Nomination

Salute to Excellence/Outstanding Volunteerism, Less than 10 years

Salute to Excellence/Outstanding Volunteerism, More than 10 years

Heather Rider Leadership Award for Young Adults

Volunteer's Staff Award Nomination

## September 1

Outstanding County Leader Recognition

Outstanding County Teen Leader Recognition

All award forms are located on the Washington State 4-H Youth Development website:

<https://extension.wsu.edu/4h/for-volunteers/wastate-volunteer-recognition/>

Jana Ferris

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## Upcoming BOGS® Promotion Features 4-H Branded Boots!

The logo for BOGS, featuring the word "BOGS" in a bold, black, sans-serif font. A small orange circle is positioned to the upper right of the letter "S".

From National 4-H Council:

As we unofficially begin summer, we are excited to finalize the details around the launch of the special 4-H branded BOGS® boots. This has been a very long process that will culminate with the release of the boots the second week in July. BOGS® will donate \$5 for each pair of BOGS® 4-H boots sold to the National 4-H Council. The new 4-H boots will be available for men, women, and children.

**Men's Classic Tall 4-H**



**Women's Classic Tall 4-H Boot**



**Kids' Classic 4-H**



The boots will be sold online as well as in brick and mortar stores, so they will be available nationwide. Following is a list of Washington state stores where the boots should be available. A national list can be found [here](#). The list is in development and subject to change.

CASCADE FARM AND OUTDOOR	598 N WILBUR AVE	WALLA WALLA
COASTAL FARM AND HOME	260 HIGHLINE DRIVE	WENATCHEE
COASTAL FARM AND HOME	2021 MARKET STREET	MOUNT VERNON
COASTAL FARM AND HOME	2112 SOUTH FIRST STREET	YAKIMA
COASTAL FARM AND HOME	1425 OUTLET COLLECTION WA	AUBURN
COASTAL FARM AND HOME	990 E WASHINGTON BLDG A	SEQUIM
COASTAL FARM AND HOME	9623 STATE AVE	MARYSVILLE
COASTAL FARM AND HOME	MONROE PLAZA 19881 SR2	MONROE
RANCH AND HOME	845 N. COLUMBIA CNTR BLVD	KENNEWICK
STAN'S MERRY MART	733 S WENATCHEE AVENUE	WENATCHEE
WILCO FARMERS-BATTLEGROUN	815 WEST MAIN STREET	BATTLEGROUN
WILCO FARMERS-BREMERTON	4330 WHEATON WAY	BREMERTON
WILCO FARMERS-GIG HARBOR	3408 HUNT STREET NW	GIG HARBOR
WILCO FARMERS-KELSO	200 KELSO DRIVE	KELSO
WILCO FARMERS-PUYALLUP	10409 E CANYON ROAD	PUYALLUP
WILCO FARMERS-VANCOUVER	1901 NE 162ND STREET	VANCOUVER

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## Resources for Video Editing Available on eXtension!



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If you use your phone a lot to shoot and edit short videos and you're looking for resources to make your work better and more efficient, here's one worth checking out.

This recorded workshop from a few years ago has terrific information about simple video production using laptop, iPhone or iPad. It includes tips to capture good video, create a compelling story line, and basic editing. (It's demonstrated

in the video). You'll learn about iMovie, Windows Moviemaker, and even the basics of Adobe Premiere Pro.

This webinar was presented by the ACE Electronic Media & Photography Learning group. Find it here at

<https://www.youtube.com/watch?v=3N5v5Je5avk>

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## **“Zoom-ing in on Healthy Horsekeeping” June Webinars Available from University of Maryland Equine Extension**

Enjoying the UMD Equine Extension Team's weekly online learning sessions? Just wait, there's more! Check out the June schedule and keep **Zoom-ing in on Healthy Horsekeeping** on your Tuesday afternoon calendar 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 on the June webinars and how to register!

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## **COVID-19 RESOURCES**

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### **Handout from WSDA Animal Services Livestock Inspection Program Addresses Brand Inspection Requirements for Cattle in Youth Market Sales**

The WSDA Animal Services Livestock Inspection Program has created a handout with regard to brand inspections required for cattle that change ownership as it pertains to 4-H kids/fairs.

The document can be found by [clicking here](#).

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### **WSDA Shares Update on Out-of-State Pigs Coming to Washington Due to COVID-19**

The Washington State Department of Agriculture, Animal Services Division has recently released a document regarding the increased importing of pigs to Washington due to COVID-19 related closures and production slowdowns. The document, titled **“What you should know about out-of-state pigs in Washington State”** is available by clicking [here](#).

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# **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](https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0039.pdf).

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## **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>

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## **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](#)

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### **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>

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

The WSU Extension COVID-19 Updates and Resources page is updated as new information becomes available. The Link to the page is

<https://extension.wsu.edu/covid-19/>

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### **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.

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### **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.**