

Tuesday News



Tuesday News – June 23, 2020

CONTENTS

FEATURES

- 2020 National 4-H Shooting Sports Quiz Bowl Registration Is Open Now – ENDS VERY SOON! **>NEW!<**
- Tips For Uploading Virtual Fair Photography Hosted by Pierce County 4-H On Facebook June 25! **>NEW!<**
- Share Your STEM Project Or Activity on the 4-H STEM Showcase Instagram Page! **>NEW!<**
- Our New State Ambassador Program – Moving Forward With a Clear Vision In 2020! **>NEW!<**
- National 4-H Council Shares Survey on COVID-19 Effects on Youth Mental Health and Loneliness **>NEW!<**
- Extension Study Circles on Racism Are Starting Soon **>LATE ADDITION!<**
- WA 4-H Teen Equity and Inclusion Task Force, Led by Mayyadah Zagelow, King County 4-H, Featured on NBC News Learn!
- 4-H Program Preserves Latin American Culture
- 12-Year-Old Talon Lane Discusses Digital Inclusion With Vint Cerf, “Father of the Internet”
- 2020 4-H Youth Scholarship Award Recipients Announced!
- Washington State 4-H Fair Update from Fair Manager Tom Gwin!
- 4-H Volunteer Awards Event in October Going Virtual!
- Upcoming BOGS° Promotion Features 4-H Branded Boots!
- “Zoom-ing in on Healthy Horsekeeping” June Webinars Available from University of Maryland Equine Extension

COVID-19 RESOURCES

- Handout from WSDA Animal Services Livestock Inspection Program Addresses Brand Inspection Requirements for Cattle in Youth Market Sales
- WSDA Shares Update on Out-of-State Pigs Coming to Washington Due to COVID-19
- WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19
- WSDA Recommendations from Groups of People Handling Groups of Animals
- 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

2020 National 4-H Shooting Sports Quiz Bowl Registration Is Open Now – ENDS VERY SOON!

Attention, Washington State 4-H Shooting Sports youth!
Please note this wonderful opportunity from Oregon State University:

4-H Shooting Sports Youth,

This is an extraordinary year. There is a bright spot in all that COVID-19 did to disrupt traditions. We want to help you wrap up this Club Year with an alternative, healthy, and free competitive event!

Register now for the 2020 NATIONAL 4-H SHOOTING SPORTS QUIZ BOWL! Test your shooting sports knowledge for a chance to receive nationwide recognition! Plus, participation can count as a national event, for the purpose of your 4-H achievement portfolio!

You can play the game anytime between June 22 and June 26, but you MUST REGISTER at <https://al.4honline.com> by June 25 to receive the Quiz Bowl link.

Ribbons and Medals will be awarded to Regional and National Winners!
The Contest Flyer is available at this link:

<https://national4hshootingsports.files.wordpress.com/2020/06/quiz-bowl-flyer.pdf>

Contest Information and a free Study Guide are available at this link:

<https://4-hshootingsports.org/2020-national-4-h-shooting-sports-quiz-bowl/>



Tips For Uploading Virtual Fair Photography Hosted by Pierce County 4-H On Facebook June 25!



Pierce County 4-H is hosting a Facebook FREE live event on June 25th at 6:30 p.m., with photo tips for entering your exhibits into the Pierce County Virtual Fair (or your own local virtual fair) this year. A great example video will be shared that goes over simple techniques and lighting you can do at home, as well as tips and entry information for Pierce County Virtual Fair participants, from the Pierce County 4-H staff. You don't want to miss this event!

See you there!

<https://www.facebook.com/piercecounty4h/>

Share Your STEM Project Or Activity on the 4-H STEM Showcase Instagram Page!

An @4HSTEMShowcase Instagram page has been created, and we would love to profile 4-Her's STEM projects from around the state on it. If it's science of any kind - tech, engineering, or math - we want to see it!

It's easy to share. Just send a jpeg with the 4-Her's first name, county name and project they are sharing to Michelle Green at michelle.green@wsu.edu. If the county has an Instagram page, we will tag them if it posts. We have 4-Hers doing awesome things, and we want to see them learning by doing!



Our New State Ambassador Program – Moving Forward With a Clear Vision In 2020!

The Washington 4-H State Ambassadors have a new team of youth leaders from all 4 districts!

They are:

NW District: Samantha Ollis, Danaya Snavelly, and Raya Jakobsen.

SW District: Raegan Boyse, Bethany Jacks, Camille Talbot, Mariah Moran, and Sara Baldwin.

SE District: Alana Phillips, Riley Ziegler, Chloe Clyburn, Tori Gutierrez, and Elsie Cziske.

NE District: Peyton Distad, Hayley McDonald, and Peter Minick.

The team also includes state ambassador alumni Hannah Lea and Victoria D'Arienzo as planning team members, as well as Hailey Fagerness and Grant Hollar serving as team support consultants.

Our state ambassadors have chosen to start their work by focusing their action projects in the following areas: Increasing 4-H Awareness, Increasing Teen Involvement in 4-H, and Positive Community Support. Better networking with youth leaders from all over the state is a key priority, as it will allow the team to help them further strengthen the skills and contributions they can provide in their own counties.

We will continue to work together virtually using Zoom video conference calls and our Slack discussion group and will add in-person activities when this becomes possible.

Senior 4-H members interested in becoming an active member of the SA team can email 4-H State Ambassadors at wasa.4h@wsu.edu.



National 4-H Council Shares Survey on COVID-19 Effects on Youth Mental Health and Loneliness

A new survey commissioned by National 4 H Council, and conducted by the Harris Poll, finds that 7 in 10 teens are struggling with their mental health in the wake of COVID-19. More than half of those surveyed shared that the pandemic has increased their feelings of loneliness, with 64 percent believing it will have a lasting impact on their mental health. The survey, conducted in May 2020, is among the first to examine the impact this unprecedented public health crisis has had on U.S. teens. The aims of the survey are to help practitioners gain a deeper understanding of the state of teen mental health and to gather teen perspectives on the issue as 4-H aims to empower young people with the resources and support to address their health and well-being head on.

Read the full article at

<https://4-h.org/media/new-survey-finds-7-in-10-teens-are-struggling-with-mental-health/>

Extension Study Circles on Racism Are Starting Soon

Please distribute internally and widely. Volunteers are welcome.

Michael Wallace

WSU Extension, Regional Specialist

(360) 778-5813

e-mail: mlwallace@wsu.edu

The link to the following document is [July2020RacismAndEquity-v4](#)



WASHINGTON STATE
UNIVERSITY
EXTENSION

Study Circle Groups

via Zoom Webinar
Time & Date - TBD

Beginning
JULY 2020



A Vocabulary for Racism and Equity Work

With the resurgence of public concern regarding social justice issues in our country, some of us may feel a lack of connection to the issues, or we may be having misgivings about long-held beliefs about race, equity and justice, our own and other's. Recognizing we may be disconnected or ill-equipped to engage with others about this topic in meaningful ways may also leave us feeling confused or defensive about an issue that deserves greater personal investment from each of us.

Beginning in July, Extension will host several reading and discussion groups to help volunteers, staff and faculty come to a deeper understanding of what equity is and how racism continues to exist in our democracy. The reading groups will be hosted regionally and will include people who live and work close to you. Generally, the reading groups will last one month, and meet once a week by Zoom to review and discuss seminal readings concerned with race and equity.

The exact dates and times of the reading group Zooms will be coordinated by your local host. If you are interested in being a part of a reading group, please complete the Qualtrics registration below:

https://wsu.co1.qualtrics.com/jfe/form/SV_1yHvWzGhPfZiCiF



Reasonable accommodations will be made for persons with disabilities and special needs who contact their Extension office at least 2 weeks prior to event.

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your extension office.

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>



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.”

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>

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

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

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

Upcoming BOGS^o Promotion Features 4-H Branded Boots!



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^o 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-BATTLEGROUND	815 WEST MAIN STREET	BATTLEGROUND
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

“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!

COVID-19 RESOURCES

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](#).

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](#).

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.

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

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/>

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.
