

Tuesday News



Tuesday News – August 11, 2020

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FEATURES

IMPORTANT REMINDER Regarding WSU Extension Adult/Youth Interactions during COVID-19

As we are all in communication via technology with youth at this time, I would like to take this opportunity to remind everyone of WSU Extension's policy on interactions. **Under this policy, AT NO TIME should one adult be meeting or communicating with youth WITHOUT the presence of another adult.** This policy pertains to Zoom conferences, telephone conversations, text messages, social media posts, etc. To facilitate communication, make certain to cc another adult on written communications, and invite another adult to be present during virtual meetings. The second adult is recommended to be a WSU volunteer; other adults can serve in this role if you're in a pinch.

Jana S. Ferris

Associate Professor

Volunteer Specialist, WSU Extension

425-595-2950

Washington State Junior Horse Show and Yakima County 4-H Showcase Present the 2020 Virtual Horse Show and Showcase



The Washington State Jr Horse Show, in conjunction with The Yakima County 4-H Showcase, presents our 2020 Virtual Horse Show and Showcase!

We thank those from throughout Eastern Washington, who have given wholehearted interest and community support. Washington State Junior Horse Show, Inc., extends a hearty welcome to exhibitors, and friends to our 58th Annual Show. Washington State Junior Horse Show is sponsored by Washington State Junior Horse Show, Inc. and Washington State University

Registration dates are August 10, 2020 through September 14, 2020

Read the entire Washington State Junior Horse Show Statement letter by clicking [here](#). This letter includes information on classes offered, as well as contact information for questions.

Click on this link for the entry information:

<http://washingtonstatejrhorseshow.fairentry.com/>

Ferry County 4-H's Talon Callahan Participates in National 4-H Council's Opportunity4All Forum

The proven impact of Cooperative Extension's 4-H positive youth development program in addressing the nation's opportunity gap was the focus of the Opportunity4All Forum on August 5, a one-hour virtual program produced by National 4-H Council. Highlights included youth perspectives on social justice and mental health. Extension, celebrity, corporate and foundation leaders shared their views and expertise on the action needed to create more opportunities for youth and communities. In addition, a powerful new white paper, Beyond the Gap, co-authored by Oregon State University Professor and Youth Development Specialist Mary Arnold, [is available here](#). Forum interest was high, with 1,142 registrants, including 657 Extension professionals. Click [here](#) for more information about the Opportunity4All Campaign.

National 4-H Council's Opportunity4All Forum included our own Talon Callahan, from Ferry County. Watch the recording [here](#).

2020 North American 4-H Dairy Quiz Bowl Online Contest Announced!

I just received this opportunity from the National 4-H Dairy Quiz Bowl Contest committee inviting youth to participate in an on-line contest (See below and attached material). Spread the Word!

If you have interested youth that would like to join in on this program, please have them contact me by August 21, noon.

Gary Fredricks
WSU Extension\Cowlitz County
1946 Third Avenue
Longview, WA 98632
360-577-3014 Ext. 3
garyf@wsu.edu

Dear State Dairy Contacts, coaches, leaders, and potential youth participants: First, we want to thank those who completed the on-line survey regarding how we should proceed with this year's NAILE 4-H Dairy Quiz Bowl. Your insight and comments were extremely helpful as we looked at the pros and cons of each of the three possible scenarios (in-person contest, virtual contest, or educational event) to host in 2020.

We have decided to host a dairy educational experience/competition and not an official in-person or virtual 4-H Dairy Quiz Bowl Contest. 4-H youth that participate in this year's dairy educational experience will not use up their eligibility to compete at future North American 4-H Dairy Quiz Bowl contests as

long as they meet the eligibility rules (age, etc.) for the contest the year they compete.

The Dairy Quiz Bowl management team and judges are excited to offer a different learning opportunity for our 4-H youth. Our educational goals for this educational event remain identical to those of the National 4-H Dairy Quiz Bowl contest. Youth will have an opportunity to learn about the dairy industry and the science behind management practices while they develop life skills. The one difference is they will also have the opportunity to apply these concepts to a simulated farm situation as they work together as a team.

To learn more about this dairy educational opportunity, please read the [linked letter](#) with the details. We hope that your 4-H youth will take part in this new learning event as we navigate the uncertainties of 2020.

Forms will be available at the following website:

<https://afs.ca.uky.edu/dairy/north-american-dairy-quiz-bowl>.

Updated Information on Tractor Supply Company Fall Paper Clover Campaign!

The latest information for the Fall TSC Paper Clover Campaign includes no major changes, but a few exciting additions:

- Plans are moving forward for a traditional Paper Clover, with 90% of funds going back to the State they are raised in (just like normal). This will take place Oct 7-18, 2020, both in store and online.
- Increased signage will be posted around the pin pad machines to help with donations, since PPE requirements and current procedures make it more difficult for cashiers to ask.
- As things change very rapidly right now, it's too early to say if it will be possible for 4-H clubs to be in store. But regardless, that will be state/community level decision. There is no pressure for kids to be in store.
- Even if 4-Hers can't physically be in store, a 4-H presence is still wanted there. Be thinking of contact-less ways you can promote in your local store, things like creating a display board. National 4-H Council will compile a list of those ideas and share them with states and local TSC stores both, so everyone is on the same page.
- National Council has a piece of great news. TSC is testing a very cool opportunity with us this fall. If folks donate using their TSC credit card, TSC will match that donation. More to come on that soon, but some Citi® card users should receive emails about it with the fine print as we get closer.
- Council will have promotional materials on the MORC but those won't be available until the middle of September.

Thank you for everything you all do to make this partnership successful!

Sara Hutches
National 4-H Council
Shutches@4-h.org
301-675-2790 (Based in Oregon)



4-H Virtual Showcase Judges Training Links to Session Recordings are Available!

Have you thought about becoming a judge for 4-H? Are you already a judge for 4-H? Have you been through the basics of judging for 4-H? Can you make a successful 4-H comment sandwich? We are looking for current 4-H judges and new volunteers who have subject matter knowledge who are willing to learn, judge, and interact with 4-H youth virtually.

We have a few class sessions (**now recorded**) that are for everyone – like “Technology Basics” and “Basics of Judging for 4-H” – then we move into subject matter sessions.

Below is the outline for dates/times (**recordings**) and short descriptions for the training sessions. We will be collecting registration/contact information from those who wish to participate and creating a list to share around the state. **Session 6 updates/times, as well as our final session, Session 7, which will be a round table discussion format – how to register for those zoom sessions is noted below.** To register/sign-up, please follow the directions below for each session you wish to participate in (**or follow the link for the recordings**). Once registered for those sessions that have breakout rooms, please e-mail Pam Watson at pwatson@wsu.edu with the subject line: Virtual Judges Training. In the body of the e-mail please list the sessions and subject matter/species/area of interest (this can be one e-mail if participating in multiple sessions). **Please register twelve (12) hours in advance of the first training you wish to participate in to receive the password for participation. Each session (or time) may have a different zoom address and password.**

The Recorded Sessions

Recorded! 1st Session for all participants – Technology Basics, Sat., July 18th, 10 AM-noon

Recording Length – about 2 hours. The Link:

https://wsu.zoom.us/rec/share/MBEIfu0250WZXk0x7ZB7IhM9vdaaa81nQb8_VZyRp0QTtT_TbKot_0i9oGq1K0?startTime=1595091927000

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual Judge” in the subject line.

Recorded! 2nd Session for all participants – Basics of Judging for 4-H, Saturday, July 18th, 1 -3 PM

Recording Length – about 2 hours. The Link:

<https://wsu.zoom.us/rec/share/69FpbJrz9VNOaInPx3j9Qu0dMdvMaaa80CIaqaEMy6Bmt7MAM9obwpl6jzxaadE?startTime=1595102805000>

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual Judge” in the subject line.

Recorded! 3rd Session – Performance Animals, Sunday, July 19th, 1-3 PM (horse, dog, llama, goat-trail) – This meeting had breakout rooms!

Recording Length – about 1 hour, 20 minutes. Includes general session and llama/goat breakout discussion (about the last 30 minutes)

<https://wsu.zoom.us/rec/share/3u1QMKH0tSRib8-K7hHQWrcwP4rDX6a8h3IWqPYFyhLMDqJib6ioL7hMmFoe0mj?startTime=1595189439000>

Horse breakout discussion – This session was not recorded; the link to discussion document is [here](#).

Dog breakout discussion https://emailwsu-my.sharepoint.com/personal/tracie_hanson_ws_u.edu/Documents/Attachments/zoom_0.mp4

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

Recorded! 4th Session – Large Livestock, Sunday, July 19th, 3-5 PM (beef, sheep, swine, goat, dairy cattle)-

Recording- about 1 hour and 40 minutes. All species stayed together for general discussion and more. The Link:

https://wsu.zoom.us/rec/share/4It5Pena9WNIHImX5xH5dL4GMdXXaaa80CVNr_pfmk1uMjNAuL6a04RULo-Nv4sC?startTime=1595196394000

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

Recorded! 5th Session – Small Animals, Tues., July 21st, 6-8 PM (poultry, rabbit, cavy, cat, pocket pet/world of small animals)-

Recording – about 1 hour and 55 min., all species stayed together for general discussion and more.

https://wsu.zoom.us/rec/share/w-gtK-3w2TNIU8_B9HD2SKALFbjFT6a803Ib_RYyD5mUbnP-9lsY2YJ4XITrwc?startTime=1595380031000

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

Recorded! 6th Plus Extended Sessions – Static Display items/Still life, Public Pres., Arts, Environmental, STEM, Textiles, Foods, EDU Posters, Activities, Contests and more! Saturday, July 25th, start time 10 AM-noon, and 1 PM -4 PM and order of presentations listed below

Session 6A part 1 – 10-11 AM, Foods – Preservation and single entries/ cooking contests/ activities

Session 6A part 2 11 AM- Noon, Textile Arts – needle arts, single entries, quilting and contests/activities

Recording – about 2 hours, stayed together the entire time

https://wsu.zoom.us/rec/share/5PR6NrLqy01IftKStFjmV68bG5n4T6a8hiFL_vFexU4JYyX09ovRmEEqzj-iE4F?startTime=1595696899000

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

Session 6B Part 1 – 1-2 PM, Garden Science, Natural Resources, STEM, and Shooting Sports

Recording – about 1 hour, stayed together the entire time

https://wsu.zoom.us/rec/share/78hMA6_e2D1Jb6_d-GfiWYUKXd_IT6a81iRNq_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595707745000

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

Session 6B Part 2 2-3 PM, Educational displays/posters, Public Presentations/Demonstrations/General activities/Contests

Recording – about 1 hour , stayed together the entire time

https://wsu.zoom.us/rec/share/78hMA6_e2D1Jb6_d-GfiWYUKXd_JT6a81iRNq_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595711488000

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

Session 6B Part 3 3-4 PM, Expressive Arts – Photography/videography, Fine Art, Arts and Crafts

Recording – about 1 hour and 15 min., stayed together the entire time

https://wsu.zoom.us/rec/share/78hMA6_e2D1Jb6_d-GfiWYUKXd_JT6a81iRNq_JbyErcwnWIFatleZMneQAvpdbl?startTime=1595715113000

If you would like to be added to the WA State 4-H Virtual Judges list after taking your training sessions please contact Pam Watson at pwatson@wsu.edu with “Virtual 4-H Judge” in the subject line and list the subject areas you would like to be listed under, this can be one e-mail for multiple areas.

Final Session, Session 7, (Optional) – 4-H Virtual Judges Round Table – All speakers and participants may attend.

Tuesday, Aug. 4th – 6-7:30 PM

Recording Link not yet available!

Please share this training event far and wide as we invite experienced and new volunteers to train/re-train as judges as we all navigate our new virtual world of 4-H Shows!

Pam Watson, M.Ed.

WSU Lewis County Extension, 4-H

pwatson@wsu.edu

4-H State Ambassadors to Host Zoom Talent Show!!

ZOOM'S GOT TALENT!

A collection of
your videos!

Talent show on
ZOOM!

JOIN US FOR A ZOOM TALENT SHOW HOSTED BY THE WA 4-H AMBASSADORS

To participate: send an email to
rayalightpigs_14@yahoo.com for details (DEADLINE:
8/15/20, 9pm Pacific)

Date of Event: 8/26/20

Time: ZOOM "doors" open at 5:30 PM



WSU Extension programs, employment, and volunteer service are available to all without discrimination (See WSU Executive Policy #15). Concerns regarding potential discrimination may be reported through your local Extension office or directly to the WSU Office of Civil Right Compliance & Investigation (CRCI), web: crci.wsu.edu, email: crci@wsu.edu, phone: 509-335-8288.

AQHA Young Horse Development Program Application is Now Available

The American Quarter Horse Association's Ranching Heritage Young Horse Development Program (YHD) showcases the stock being bred and raised by AQHA Ranching Heritage members by matching donated weanlings with AQHYA members. Youth in this program are engaged in the horse industry at a fundamental level that is both fun and educational.

Participating Ranching Heritage breeders donate young horses for Young Horse Development participants to raise and train. Young horsemen and women learn responsibility and goal setting, important components of horse ownership – and life skills that can follow them for years to come. Encouraged by good fun, as well as key education in the horse industry, youth learn to raise and train their weanlings. Youth must be 13 years old.

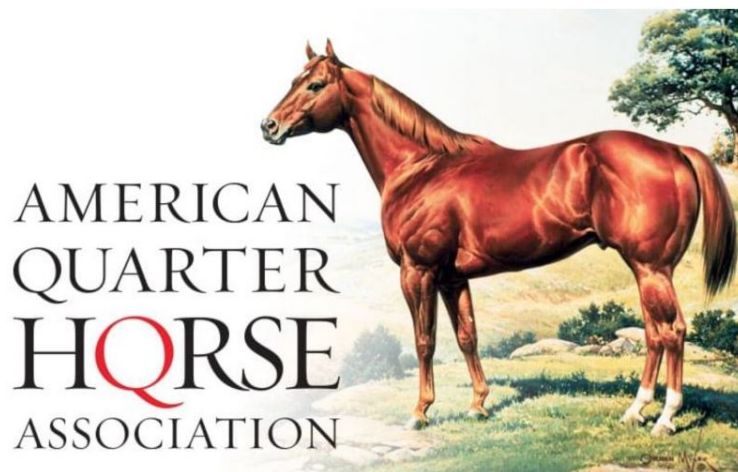
The priority application deadline for the 2021 program will be August 15, 2020, and the late application deadline is October 1, 2020. Apply by the priority deadline for the best chance of admission into the program and the most likely match with a horse closest to your home. Participants may be selected and matched with horses any time after August 15, with the majority being selected and matched with horses October through December 2020.

Youth can participate in the Young Horse Development Program with a donated foal or purchasing a Ranching Heritage Challenge-enrolled foal from a Ranching Heritage Breeder.

The **[2021 Ranching Heritage Young Horse Development Program Application Form](#)** is now available.

To learn more about program requirements and guidelines, please view the **[2020 YHD Record Book](#)**.

Learn more about AQHA at **<https://www.aqha.com/youth/programs/young-horse-development>**.



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

To Our 4-H Family,

You have all been made aware of the cancellation of the 2020 WA State 4-H Fair and the Washington State Fair due to COVID-19.

The Washington State 4-H Fair Board has been in serious discussions as to what fair exhibits and activities we will be able to conduct in a virtual format this year. We have already announced our plans for Virtual Still Life Exhibits. The Virtual Exhibit Guide and Entry Form is available by clicking [here \(Guide\)](#) and [here \(Entry Form\)](#). They are also available on the State 4-H Fair website.

For fair activities, we will only be able to offer Public Presentations in a virtual format. This will include public presentations, public speaking, and the national equine presentations. One change for this year is that live animals may be used in virtual public presentations. Details on the virtual public presentations and how to register will be released in the next few weeks.

All other activities (judging contests, groom squad, 4-H in action, performing arts, kitchen activities, and fashion revue) will not be offered in a virtual format. For those judging contests that have been used as national contest qualifiers (equine and livestock), WSU staff will take responsibility for developing a qualifying contest outside of the confines of the State 4-H Fair.

For the animal projects, we will not be able to offer virtual animal shows this year. The WA State 4-H Fair simply does not have the staff or volunteers to put together a positive learning experience for our youth exhibitors. We encourage counties and 4-H clubs to provide opportunities for your members to showcase their animal projects this year.

While we will miss face to face contact with our fair exhibitors in 2020, we hope you will join us for the 2021 WA State 4-H Fair.

Best Regards,

Tom Gwin, State 4-H Fair Manager
and the WA State 4-H Fair Board

PO Box 1225
Puyallup, WA 98371

tagwin@wsu.edu

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!



COVID-19 RESOURCES

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/>

WSU Extension 4-H Steps Up to State Of Washington Lieutenant Governor's Office's Mask Making Challenge!



WASHINGTON MASK CHALLENGE

The State of Washington Lieutenant Governor's Office recently issued a Mask Making Challenge , and information went out about the challenge last week - but not in Tuesday News, unfortunately! WSU Extension Offices have been designated to act as distribution points for the Mask Kits (Which include enough fabric for 10 masks) and for them to advertise and recruit for this challenge.

A link to the information flyer distributed for the Mask Making Challenge is [here](#),

A link to the suggested instructions for making masks is [here](#).

Thank you for your support and efforts toward this project!

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.
