

Tuesday News



Tuesday News – August 25, 2020

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FEATURES

Council Recommendations Are Due By September 1!

The deadline for sending Council Recommendations is approaching quickly! Recommendation Form proposing changes to the Washington State 4-H Program **MUST BE SUBMITTED NO LATER THAN SEPTEMBER 1** (Postmarked by September 1 or emailed to adell@wsu.edu).

The recommendation form can be found at: <https://pubs.extension.wsu.edu/washington-4h-council-recommendation-form> .

Please remember, all forms MUST be signed by your County 4-H Council President and your 4-H Faculty/Staff.

Jana S. Ferris
Associate Professor
Volunteer Specialist
WSU Extension
425-595-2950

2020 Washington State 4-H Virtual Horse Judging Contest to be Held on September 12

UPDATED REGISTRATION FORMS LINK!

As many of you may know, the State 4-H Fair has announced that the State Horse Judging Contest will not be offered at the 2020 4-H State Fair.

For 2020, the “State 4-H office” will be coordinating and managing the State 4-H Horse Judging Contest. It will be a virtual contest, utilizing the Virtual Horse Judging Platform offered by Purdue University. Purdue provides the virtual classes and does all the tabulation.

The virtual contest will occur on Saturday, September 12th, 2020. The contest will start at 9 am and end at 11:30 am.

The full memo can be found [here](#). PLEASE READ IT CAREFULLY!

It contains detailed information on the following:

- Registration forms
- Payment
- Contest Logistics
- Eligibility
- Contest Format
- Practice Contest (Two Opportunities and Optional)
- Recommendations for this Official Virtual Contest with Purdue
- Awards

- Registration Details and Payment Details-**Please read carefully!!!**

Please contact Jennifer Leach with any questions at jleach@wsu.edu.

AN UPDATED FORM AND A REMINDER

The registration form is now a fillable PDF form for your convenience ([link here](#)). It needs to come from your county office and is due no later than September 1st.

PLEASE be sure that the email address associated with the 4-H member is legible.

Jennifer Leach, WSU 4-H Equine Specialist
Pat Pehling, State 4-H Horse Judging Coordinator (Volunteer)
Kim Baker, Snohomish County 4-H Program Coordinator

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

ON WITH THE SHOW – THIS IS IT! ZOOM’S GOT TALENT – WEDNESDAY, AUGUST 26!



4-H GROWS HERE

4-H
WASHINGTON STATE UNIVERSITY
EXTENSION

Zoom's Got Talent!

 **Contestants, family,
friends, and others:** 

We need a big audience to support our talent show and contestants! ZOOM "doors" open at 5:30 PM (Pacific) on Wednesday, 8/26

<https://zoom.us/join>
Enter the ID: 83786155465

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: crici.wsu.edu, email: crici@wsu.edu, phone: 509-335-8288.

Statewide 4-H Equine Meeting Scheduled for August 27!!

A Reminder – the upcoming State Equine Zoom meeting is scheduled for Thursday, August 27th from 6:30 to 8:30 pm.

Those who attended the July 23rd State Equine Meeting have received a zoom invite from Stephanie Roeter Smith, Regional 4-H Specialist (Chelan, Douglas, and Grant Counties) and member of the State Equine Committee.

Below is the link for the Thursday meeting and message from Stephanie (sent July 24). The basic agenda for the meeting will be:

1. Checking in–how are things going virtually
2. What has your county been doing for virtual education–sharing time
3. State Horse Judging Contest...and registration information and process.
4. Ideas for educational zooms and at home learning kits for horse program...and/or has anyone developed “learning kits” in their own county.

Please forward this information to your horse leaders and other interested 4-H families.

If you have questions, please feel contact me by email at jleach@wsu.edu

Jennifer Leach, Associate Professor
WSU 4-H Equine Specialist
Cowlitz County 4-H Youth Development

From: Roeter, Stephanie Marie [stephanie.roeter@wsu.edu]
Sent: Friday, July 24, 2020 4:13 PM
Subject: WSU Extension State 4-H Equine Meeting

When: Thursday, August 27, 2020 6:30 PM-8:30 PM.

Where: [https://urldefense.com/v3/_https://wsu.zoom.us/j/97600953895?pwd=M0VzY3NrY3BuNm5KV1JpSkc4QW5rdz09_!!JmPEgBY0HMszNaDT!4YbbCCMAhXt7L_jS06delJ9ypYzh52Rc-sGYvmlDP2SQi4PuHNZOmVsbTulD\\$](https://urldefense.com/v3/_https://wsu.zoom.us/j/97600953895?pwd=M0VzY3NrY3BuNm5KV1JpSkc4QW5rdz09_!!JmPEgBY0HMszNaDT!4YbbCCMAhXt7L_jS06delJ9ypYzh52Rc-sGYvmlDP2SQi4PuHNZOmVsbTulD$)

Hello all!

This is a calendar invitation for our next meeting that you can use to add to your outlook calendar or other email server calendar, and then have the link readily available when the meeting time comes. I've set it up to have a reminder 15 minutes before the meeting. Please feel free to forward this invitation to any other 4-H equine volunteers, members, and parents. We will also be sending out invitations again through our newsletters and social media pages as the date approaches to reach out to others who were not in attendance at our first meeting.

[[https://urldefense.com/v3/_https://zoom.us/account/branding/p/693a1336-4cc4-4650-907a-61bc5f522bf4.png_!!JmPEgBY0HMszNaDT!4YbbCCMAhXt7L_jS06delJ9ypYzh52Rc-sGYvmlDP2SQi4PuHNZOmVsbTulD\\$](https://urldefense.com/v3/_https://zoom.us/account/branding/p/693a1336-4cc4-4650-907a-61bc5f522bf4.png_!!JmPEgBY0HMszNaDT!4YbbCCMAhXt7L_jS06delJ9ypYzh52Rc-sGYvmlDP2SQi4PuHNZOmVsbTulD$)]
<[https://urldefense.com/v3/_https://wsu.zoom.us/_!!JmPEgBY0HMszNaDT!4YbbCCMAhXt7L_jS06delJ9ypYzh52Rc-sGYvmlDP2SQi4PuHNZOmVsbTulD\\$](https://urldefense.com/v3/_https://wsu.zoom.us/_!!JmPEgBY0HMszNaDT!4YbbCCMAhXt7L_jS06delJ9ypYzh52Rc-sGYvmlDP2SQi4PuHNZOmVsbTulD$)>

You're Invited! The LAST Fireside Chat Hosted by Southeast Washington 4-H Advisory Board Members is Coming Up!



The poster features a green four-leaf clover logo at the top and bottom. The main title is "2020 FIRESIDE CHAT SERIES" in bold blue letters. Below it, it says "HOSTED BY SOUTHEAST WA ADVISORY BOARD MEMBERS". A dark blue banner contains the text: "1ST WEDNESDAY OF EACH MONTH AT 7PM", "PRE-REGISTER FOR ZOOM INFO", and "HTTPS://REBRAND.LY/FIRESIDECHAT2020". The topic "Conflict Management" is written in bold black text, with a circular badge next to it that says "Sept 2nd". A green banner asks: "What topic would you like covered? Let us know in the post comments!". A second dark blue banner repeats the schedule and registration information: "1ST WEDNESDAY OF EACH MONTH AT 7PM", "PRE-REGISTER FOR ZOOM INFO", and "HTTPS://REBRAND.LY/FIRESIDECHAT2020".

Join us for the last of a series of Fireside Chats this summer! Parents, leaders, and Extension personnel are welcome to join the host Southeast Washington 4-H Advisory Board members. Please pre-register to receive the Zoom link information at <https://rebrand.ly/firesidechat2020>.

2020 Washington State 4-H Fair Board Positions Open! Apply Now!!

Tom Gwin, State 4-H Fair Manager, has shared a list of the open positions on the State 4-H Fair Board. A link to that list is [here](#).

Trustee Guidelines and Applications can be found on the State 4-H Fair website: <https://extension.wsu.edu/4h/fairs/state-4-h-fair/>



Submit Your Community Video!

Submission deadline: September 11, 2020

Send us a video telling us or showing us how you envision the possibilities for prevention in your community!

The first-ever virtual Prevention Summit will be held November 3-4, 2020. This year our theme is 2020: Envision the Possibilities. We are eager to reflect on the progress within our field and how we can access these important milestones to envision the possibilities for youth, families and communities through the lens of prevention.

Be sure to include the following elements in your video:

- Your name
- Coalition name or agency name
- Community/location
- The following prompt: *"When I/we envision the possibilities for prevention in our community, I/we imagine..."*
- Don't forget to invite other community partners to join you!

Video files should be saved as .mov or mp4 and should be submitted to fallon.baraga@hca.wa.gov with "Prevention Summit Video Clip" in the subject line.

Note: Please be sure that there is a local media release on file for all participants (youth and adult).

About the Summit

The goal of the Prevention Summit is to provide an enriching and culturally competent training and networking opportunity for youth, volunteers and professionals working toward the prevention of substance abuse, violence and

other destructive behaviors as well as integrating such prevention efforts with primary health care.

For more information, visit our website at www.preventionsummit.org



The 2021 Sewing & Stitchery Expo Is Going Virtual!



Join us from the comfort of your own home February 24-28!

The 2021 Sewing & Stitchery Expo is coming to you live – virtually, in your home or studio! In the interest of the health and safety of our attendees, vendors, teachers, and staff, we’re going virtual so you can shop, learn, and experience right from your sewing room!

We’ll miss seeing everyone in person, browsing our incredible vendor floor, snacking on scones, and all the amazing things that make Expo such a special event. This year, we’ll see your smiling faces online in our virtual classes, on the virtual vendor floor, and of course on the Free Stage!

We’ll have more information and details on classes, tickets, and our online platform soon, so mark your calendars now for the 2021 Virtual Sewing & Stitchery Expo. Bookmark us at sewexpo.com for easy access and follow us on your favorite social platform for updates.

We’re here to help! If you have questions, please let us know.

Email us at sewexpo@wsu.edu.

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://washingtonstatejrhorshow.fairentry.com/>

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>.

ALL Links to 4-H Virtual Showcase Judges Training Session Recordings are Now 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/MBE1bfu0250WZXk0x7ZB7IhM9vdaaa81nQb8_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/69FpbJrz9VNOaInPx3j9Qu0dMdvMaaa80ClagaEMy6Bmt7MAM9obwpl6jzxaadE?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/3u1QMKH0tSR1b8-K7hHQWrcwP4rDX6a8h3IWqPYFyhLMDqJ1b6ioL7hMmFoe0mj?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_pfmk1uMjNAuL6aO4RULo-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_vFexU4JYyX09ovRmEEqnzj-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_JT6a81iRNq_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 my attend. Tuesday, Aug. 4th, 6-7:30 PM

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

<https://wsu.zoom.us/rec/share/wY9QCe3g8TtletbH0USCWp9-BdTYX6a82nId-PpYnhrbSoeAj4NDxqVGP-vz6Z0f?startTime=1596589810000>

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

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](#).

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>**.



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.
