

Tuesday News



Tuesday News – September 15, 2020

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FEATURES

UPDATE!

Free Hand Sanitizer/Facemask Distribution Event in Lacey Today!!

This event is in Lacey TODAY, from 10:00 AM to 2:00 PM, at the Washington Farm Bureau, 975 Carpenter Road NE, Lacey, WA 98516

More information at this link:

<https://foodsystems.wsu.edu/event/wed-9-16-free-hand-sanitizer-cloth-face-masks-and-kn95-masks-in-lacey-wa/>

UPDATE!

Oregon State University Extension Shares Information Regarding Animal Exposure to Wildfire Smoke

Oregon State University Extension has created an information resource regarding exposure of animals to wildfire smoke. Access it at this link:

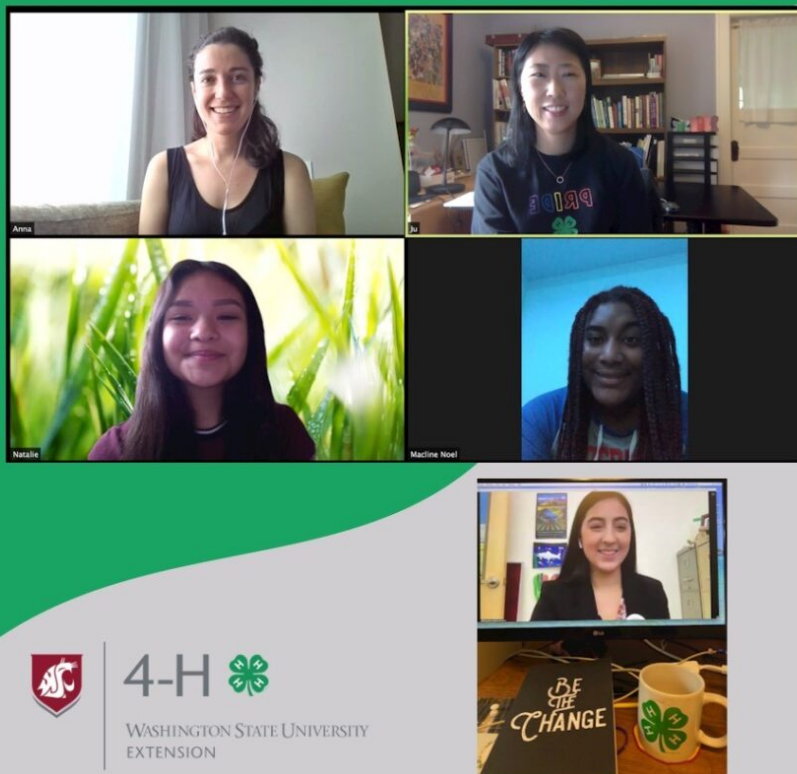
<https://extension.oregonstate.edu/animals-livestock/beef/animal-exposure-wildfire-smoke>

Washington State Team Participates In 4-H True Leaders in Equity Institute!

The 4-H National True Leaders in Equity Institute for 2020 went virtual September 11-13. A Washington State team of youth and adults was accepted to this year's institute. Youth attendees Macline Noel of King County (lower right, below) and Natalie Dick of Yakima County (lower left, below) were chosen as a team, alongside Ju Namkung (upper right, below), a 4-H volunteer leader, and Anna Kitchin (upper Left, below), King County Extension SNAP-Ed Coordinator.

Alongside over a dozen teams chosen from around the country, the Washington participants explored how diversity can be supported in the 4-H Youth organization. The team will continue their work throughout the 4-H year with the support of the National 4-H Council. The specific project they will develop and implement explores racial equity and inclusion in 4-H.

TRUE LEADERS IN EQUITY INSTITUTE 2020 WASHINGTON PARTICIPANTS



National True Leader in Equity Ambassador Mayyadah Zagelow of King County was also a guest speaker at the institute, presenting a youth TED talk on LGBTQ+ inclusion.

Congratulations to all our Washington Equity Change-makers!

The Washington State 4-H Teen Equity & Inclusion Task Force is Calling for New Members!

The Washington State 4-H Teen Equity & Inclusion Task Force has ongoing enrollment and is eager to welcome new interested youth! Upcoming fall events will be virtual and include: a teen retreat, leadership conference, guest speakers, Halloween movie night, community service project and a winter celebration. New this fall, we are offering expanded programming for intermediate 4-H youth as well as recent alumni.

Consider joining our community, invested in 4-H for ALL, and explore together how our youth organization can be a welcoming space for diverse youth participants. The same application through SurveyMonkey can be used for all. Apply by September 20th to join us for our Fall Teen Retreat on September 26th!

Apply at

<https://www.surveymonkey.com/r/QQPJ3JKfbclid=IwAR1hBJ0fC9mWBeMN5h6uLz8vi842WumVs2JVBpAVeaQQCHE-4lwPRndCTyI>

Questions? E-mail to: wa4hteenequity@gmail.com

Save The Date! Washington 4-H State Livestock Judging Contest!!



Save the date of October 3rd at 10:00 am for the Washington 4-H State Livestock Judging Contest! Each County is allowed up to ten (10) participants per age group, and the top three scores of Intermediate and Senior participants will be used as the team score for both age groups, in each county.

A save the date flyer for participants, as well as the rules and guidelines sheet for participation and all registration forms, can be found here:

<https://extension.wsu.edu/4h/events/2020-washington-4-h-state-livestock-judging-contest/>.

PLEASE NOTE! 4-H Staff/Faculty Signature REQUIRED!

“On Target Tuesdays” Workshops Coming – Starting In October!

ENHANCE YOUR 4-H SHOOTING SPORTS CLUB AND PROJECT MEETINGS

ON TARGET TUESDAYS

Series of Shooting Sports Workshops featuring Olympic Athletes and USA Top Shooters

SHOTGUN ◦ RIFLE ◦ ARCHERY ◦ PISTOL

6:30-7:30 pm PST

OCT 6 **OCT 13** **OCT 20**
OCT 27 **NOV 3** **NOV 10**
NOV 17 **DEC 1**

Register for these webinars through your Zoom account:

wsu.zoom.us/webinar/register/WN_7KOfRuI9TTm0Uewf7mxLuA

Sponsored by Washington State 4-H Shooting Sports



The mission of 4-H is to empower youth to reach their full potential, working and learning in partnership with caring adults.

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



October 6 Webinar Features Jade Krolkowski National Junior Olympic Shooting Championships for Shotgun 2019 Junior Nationals Bronze Medalist

 **ON TARGET TUESDAYS**

October 6
6:30 - 7:30 pm PST



Register for this webinar
through your Zoom account:
<https://wsu.zoom.us/j/84458222222>



**JADE
KROLIKOWSKI**



National Junior Olympic Shooting Championships for Shotgun
2019 Junior Nationals Bronze Medalist

Learn about how Jade began her shotgun career, how she
trains physically and mentally for competitions, and the life lessons that she
has learned through Shooting Sports.

THE RESULTS ARE IN!!
ZOOM'S GOT TALENT – WEDNESDAY, SEPTEMBER 2!

ZOOM'S GOT TALENT!

A collection of your videos! Talent show on ZOOM!

THE RESULTS ARE IN!
The Winners of "Zoom's Got Talent!" - September 2, 2020

First Place
Colton Nussbaum, Pacific County
Music Mixing/Songwriting — Original Song, "Save Me"

Second Place
Lane Lloyd, Skagit County
Guitar Solo — "Living After Midnight," by Judas Priest

Third Place
Cassis Jakobsen, King County
Violin Solo — "Never Enough," by Lauren Alfred

Honorable Mentions
Raya Jakobsen, Snohomish County — Solo, "Rolling in the Deep," by Adele
Melissa Bineau, Ferry County — Original Poetry, "Memories"
Peyton Distad, Pend Oreille County — Original Art, "My Paintings"
That's Not All, Folks! More Zoom Talent to Come — Stay Tuned!



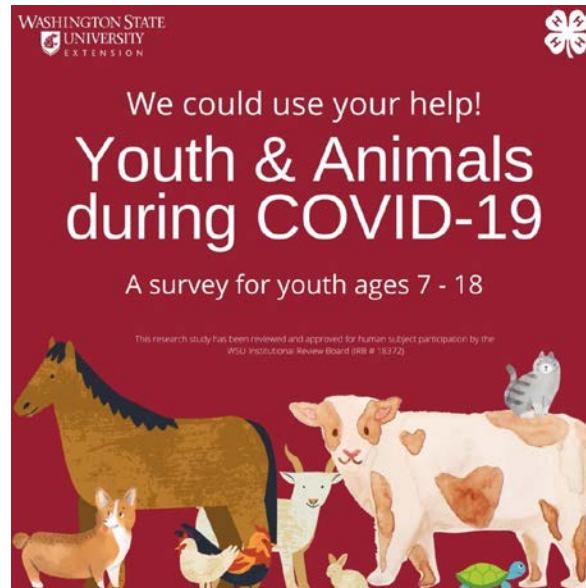
WSU Extension programs, employment, and volunteer service are available to all without discrimination (See WSU Executive Policy #15). Concerns regarding potential discrimination may be reported through your local Extension office or directly to the WSU Office of Civil Right Compliance & Investigation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

Youth Participation Requested!!

Survey of Youth and Animal Interaction During COVID-19

We want to know more about how young people are spending their time during social isolation from COVID-19, especially when it comes to youth and animals! Please consider asking youth age 7- 18 in your household to complete this brief survey.

https://wsu.co1.qualtrics.com/jfe/form/SV_8AD7icrMp6v9WMR



¡Queremos saber más sobre cómo los jóvenes pasan su tiempo durante el aislamiento social de COVID-19, especialmente cuando se trata de jóvenes y animales! Por favor considere pedirle a los jóvenes de 7 a 18 años en su hogar que completen esta breve encuesta.

https://wsu.co1.qualtrics.com/jfe/form/SV_8AD7icrMp6v9WMR



You're Invited to the 2020 Poultry Institute!

2020 Poultry Institute
Tuesday, October 27, 2020
8 a.m. to 4 p.m. (PDT)



The Avian Health and Food Safety Laboratory is excited to announce that the **2020 Poultry Institute** will be a web-based event. This conference is intended for veterinarians, veterinary technicians, and producers. We have an exciting group of speakers lined up, and a full schedule should be available shortly.

Registration opens **September 1** and will be **\$15 per person**. Continuing education credit has been approved for veterinarians and veterinary technicians.

Questions? Contact Dr. Laura Chen

Email: [**waddlahl@vetmed.wsu.edu**](mailto:waddlahl@vetmed.wsu.edu)

Phone: 253-445-4537



Veterinary Medicine Extension

WASHINGTON STATE UNIVERSITY

COVID-19 RESOURCES

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

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/>

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](#).

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>

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.
