Tuesday News – October 6, 2020

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The Know Your Government Core Planning Team has been meeting and planning behind the scenes to create a virtual KYG for 2021. We are inviting KYG Coordinators and Adult Resources that are interested in how this will look to join us on a Zoom Meeting on October 6 at 7:00 PM. You will hear delivery plans, tentative schedules and meet the youth Conference Facilitators.

We are excited to share with you all!

Join from PC, Mac, Linux, iOS, or Android:
https://wsu.zoom.us/j/9051871258?pwd=d2V1U2UxUUpCVGdzeGVaMWdxG5sZz09

Meeting ID: 905 187 1258
Passcode: horse
Date & Time: Oct 6, 2020 07:00 PM Pacific Time (US and Canada)

Please refer to this guide on Joining WSU Zoom Meetings before trying to join the meeting.
https://confluence.esg.wsu.edu/display/KB/Zoom+-+Joining+Meetings+and+Best+Practices

Note: Zoom Account authentication is required to join this meeting.

Join from WSU Conference Room System (Polycom)
1. Using the touch panel, or remote control, select ’Place a Call’
2. Enter the IP Address including periods: 162.255.37.11
3. Press the pound key twice ‘##’
4. Enter the Meeting ID: 905 187 1258
5. Press ‘Call’
6. Enter Passcode: 550812

Join from Conference Room System with SIP
9051871258@zoomcrc.com
Share Screen/Content Wirelessly
Go to https://share.zoom.us and enter Meeting ID: 905 187 1258

Phone Call (long distance)
+1 253 215 8782
+12532158782,,9051871258# US (One Tap Mobile Call)

Find your international phone number: https://wsu.zoom.us/u/acvKkWkvPc
For technical support with WSU conference rooms, contact your local IT team

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**Mayyadah Zagelow Selected for National 4-H Award and Scholarship!**

Mayyadah Zagelow receives $5,000 scholarship and will serve as 4-H’s national youth spokesperson for Healthy Living

*Chevy Chase, MD (October 5, 2020) –* In celebration of National 4-H Week, National 4-H Council today announced that Mayyadah Zagelow, 18, of Seattle, Wash., is the winner of the 2021 4-H Youth in Action Pillar Award for Healthy Living. Zagelow will be recognized nationally for her commitment to provide equitable and inclusive opportunities for all young people. The 4-H Youth in Action Awards began in 2010 to recognize 4-H’ers who have used the knowledge they gained in 4-H to create a lasting impact in their communities.

Zagelow, a Washington State University Extension 4-H’er, is passionate about ensuring all young people have a place to belong: a place where youth feel not only accepted, but also valued and intentionally included. That’s why she launched the Washington State 4-H Teen Equity & Inclusion Task Force. The taskforce is designed to educate teens and adults alike about gender identities,
expression, orientation, and biological sex, as well as the challenges facing the LGBTQ+ community. Thus far, approximately 1,050 people have been engaged in her equity work, including youth, adults, and task force members.

In addition to outreach opportunities through workshops and grassroots efforts, Zagelow is also working to foster a safe community within the taskforce for teens to feel comfortable discussing their mental health and the unique challenges each person faces.

“So many health effects relate to belonging that we don’t think about,” Zagelow said. “When kids don’t have a support system of peers and adults, that sometimes leads to using things like drugs to cope. It’s so important to not only have the support of our peers, but to also have supportive adults who care about you and recognize you for your identity. My 4-H leaders have done that really well.”

Zagelow knows first-hand the difficulty of struggling with mental health. From a young age, she struggled with anxiety and selective mutism. Combined with bullying at school by those she once considered friends, Zagelow felt isolated and betrayed. When she joined 4-H, her journey to overcoming anxiety began.

Through 4-H, she learned to turn difficult experiences into empowering opportunities as she learned to speak up and speak out for herself and for others who feel voiceless. Now a seasoned public speaker, Zagelow has addressed more than 1000 people to advocate for equitable experiences for all.

Zagelow will receive a $5,000 scholarship for higher education and will serve as an advocate and spokesperson for 4-H Healthy Living programming. She is joined by three other 2021 Youth in Action Pillar Winners, Madelyn Zimmerman of Indiana (Agriculture), Elizabeth Weidner of Illinois (Civic Engagement) and Aidan Spencer of Oklahoma (STEM).

To learn more about 4-H Youth in Action and to view the other pillar winners from around the country, please visit: [www.4-h.org/youthinaction](http://www.4-h.org/youthinaction).

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Celebrate 4-H Youth – This Week Is National 4-H Week!
National 4-H Week is October 4 – 10: The theme is Opportunity4All

This important week provides a platform to highlight the remarkable 4-H youth in our communities and showcase the incredible experiences that 4-H offers young people!

Don’t forget! Wednesday, October 7, is National 4-H Week Spirit Day!

Ways to celebrate:

- Wear green or the 4-H clover. Have a 4-H mask? Be sure to wear it!
- Decorate an #Opportunity4All sign and share your pictures and captions of what opportunity means to you using the hashtag #Opportunity4All on social media.
- Use the National 4-H Week Zoom backgrounds on all your virtual meetings.
- Share these ideas and encourage other 4-H professionals and 4-H’ers to participate in Spirit Day!

“On Target Tuesdays” Update – Ninth Speaker Added – and Links!

A ninth speaker has been added to the webinar series! Here is the revised schedule!
October 6 and 13 Webinars

Register at this link:
https://wsu.zoom.us/webinar/register/WN_7KOfRul9TTm0Uewf7mxLuA

The above link, as well as biographies for all webinar presenters, can be found at https://extension.wsu.edu/pierce/4-h-on-target-tuesdays/

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Registration Open for 2020 Eastern National 4-H Horse Round Up
Virtual Horse Academy

The Eastern National 4-H Horse Round-up Management Team have committed to provide a replacement for the cancelled in-person competition, and will be offering a Virtual Horse Academy during the month of November. The educational Zoom sessions are open to 4-H youth ages 13 and up, coaches, volunteers, and
extension staff. The practice horse judging contest is open to youth over 13 years of age.

More information is available now and will be added over the next couple weeks via our website at [http://www.4hroundup.com/](http://www.4hroundup.com/)

Interested participants should register by Oct 12 at [https://utk.co1.qualtrics.com/jfe/form/SV_9FDaA03H2LsHc0Z](https://utk.co1.qualtrics.com/jfe/form/SV_9FDaA03H2LsHc0Z)

(Note: registrants will first fill out a Qualtrics survey, then be directed to the website for payment)

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**Dog Leaders Meeting Set For October 18 Via Zoom!**

A Washington State Dog Leaders’ Meeting is scheduled via Zoom for October 18, 2020 at 1:30 PM. Attendees will need a free Zoom account to participate.

Join from PC, Mac, Linux, iOS, or Android:

[https://wsu.zoom.us/j/2062631923?pwd=YUJ4ZzF1VVp3WlFqNHFZQ2g3cU5OUT09](https://wsu.zoom.us/j/2062631923?pwd=YUJ4ZzF1VVp3WlFqNHFZQ2g3cU5OUT09)

Meeting ID: 206 263 1923
Passcode: 980570
Date & Time: Oct 18, 2020 01:15 PM Pacific Time (US and Canada)

Phone Call (long distance)
+1 253 215 8782

Please contact Nancy Baskett at nbaskett@wsu.edu with questions or for additional information.

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**Join In! Experience 4-H Virtual Zoom Classes are Being Scheduled Now!!**

Experience 4-H is a monthly 40-minute introduction to 4-H programs and projects, offered to interested youth and families without obligation. Curriculum and instructors from many 4-H sources will be used. One or two sessions will be
offered per month; topics will vary. This is a great way to try something new!
Whether you are new to 4-H or a longtime member, you are invited to join
Washington 4-H and find your spark! FREE Zoom classes are open to ages 6 – 18,
unless otherwise specified. Parents must attend with youth under the age of 9.
Please pre-register. After registering, you will receive an email confirmation and
class supply list.

Active Registration Links:

October 24 – Low-Cost Robotic Hand
https://wsu.zoom.us/meeting/register/tJIud–pqTksE9xMQh6ts6w3DN59xb3R0IXp
November 14 – Kids in the Kitchen – Bread in a Bag  
https://wsu.zoom.us/meeting/register/tJUpceyqqTouHNNE_NCKtu4xcMQfuqHrFus

November 28 – Kids in the Kitchen – Turkey Leftovers  
https://wsu.zoom.us/meeting/register/tJUpc-2oqzIoGNBiqya769lg7RFs6LZCUss

Questions?  
Contact Toni Gwin at tgwin@wsu.edu

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**Sign Up For Facilitate the Awesome Teen Advisor Modules Now!**

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**Teen Adviser Modules:**

**Facilitate the Awesome!**

FREE for new & continuing 4-H Volunteers!

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**Workshop options:**

- **Monday sessions** (starting Oct. 26, 2020),  
- **Wednesday sessions** (starting Oct. 28, 2020),  
- or **Thursday sessions** (starting Nov. 5, 2020)

**Facilitate the Awesome** is a series of four workshops intended to build important skills in adults who are helping teens achieve their highest potential.

Workshops include:

- Adolescent Development: Implications of Current Research
- Empowering Teens: Motivating Teens with Positive Youth Development Models
- Key Elements of Teen Programming: How to Support Strengths-based Programming

Training includes experiential activities for different learning styles and models for virtual engagement.

**Registration:**  

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Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your extension office. Reasonable accommodations will be made for persons with disabilities and special needs who contact the Whitman Extension office at least 2 weeks prior to the event.

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Live Registration Link:  
Remainig Youth Biosecurity Webinar Schedule

Dates for the remaining Youth Biosecurity Education webinars during October 2020 are below:

- October 8
- October 15
- October 22
- October 29

More information on upcoming webinars can be found by clicking on this link: Healthy Farms Healthy Agriculture biosecurity learning modules

Click here to register for future Youth Biosecurity Education webinars.

This work is/was supported by the USDA National Institute of Food and Agriculture (NIFA), under award number 2015-69004-23273. The contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA or NIFA.

Washington 4-H Horse Contest Results Are In!
4-H Youths Show They're Outstanding In Their Field – Virtually!!

2020 Virtual Horse Bowl

Congratulations to the 24 participants from five Counties who participated in the 2020 Washington State Virtual 4-H Horse Bowl Contest on August 29. It was a challenge to conduct a virtual contest; however, all participants, coaches and officials did a magnificent job!

Thank you to all the officials for their contributions with special appreciation to our Tech Support of RA Mazzola and Erika Kapur, who really made it possible. Ann Vonderau was the Senior Moderator, Kim Baker was the Intermediate Moderator, Katie Huston was the timer, and Jennifer Leach was the judge. Prior to the contest, there were multiple opportunities for coaches and team members to practice with the virtual format; again, thanks to our tech support and officials making time to provide this assistance. Thanks also to Pat Pehling, our statewide volunteer for Horse Bowl. It was all a team effort and a great example of equine science knowledge. Our state 4-H program leader, Dr. Nancy Deringer, was able to observe the contest and was very impressed with the level of knowledge of all the horse members that participated. This is what equine science is all about!!
**Horse Bowl Results:**

**Seniors:**
Champion Team – Skagit  
Reserve Champion Team – Snohomish  
Third Place Team – Thurston

**Top Ten Individuals**
1st with Gold Medal – Molly Greiner (Skagit)  
2nd with Silver Medal – Emma Harding (Snohomish)  
3rd with Bronze Medal – Julianne Sharpe (Skagit)  
4th Charlotte Pestinger (Thurston)  
5th Maddy Durkin (Skagit), Hannah Kruchek (Snohomish) and Tristan Krohn (Snohomish)  
6th Makenna Fransson (Skagit), Sadie Haworth (Snohomish) and Katie Pestinger (Thurston)

**Intermediates:**
Champion Team – Skagit  
Reserve Champion Team – Snohomish  
Third Place Team – Spokane

**Top Ten Individuals:**
1st with Gold Medal – Addison Kapur (Snohomish)  
2nd with Silver Medal – Elise Petermann (Snohomish)  
3rd with Bronze Medal – Katelyn Cockrum (Snohomish)  
4th Karina Lukner (Skagit)  
5th Audrey Smith (Skagit)  
6th Dakota Gruchalla (Snohomish)  
7th Saige Bosworth (Spokane)  
8th Morganne Wilson (Snohomish) and Makenna Wieck (Spokane)  
9th Rachel Greiner (Skagit) and Isabelle Pefley (Spokane)

Of course, the county coaches deserve recognition for their commitment to serving the youth in their counties to prepare them for and support them in this contest:

Skagit – Sharrie Nelson and Hannah Brown  
Snohomish – RA Mazzola and Erika Kapur  
Thurston – Molly Pestinger  
Spokane – Angie Bosworth

Submitted by Jennifer Leach, WSU Extension Faculty and Pat Pehling, Statewide Horse Bowl Volunteer Coordinator.
2020 Equine Presentation Contest

Congratulations to the senior 4-H members who participated in the virtual Equine Presentations Contest that was just completed on Saturday, September 19th. This was considered a State Fair activity, which will include ribbons and premiums from 4-H State Fair.

Equine Public Presentations are much different than other 4-H Public Presentations, as the topics/subject must pertain to the equine industry and each contest has very defined time constraints and penalties. Presentations not appropriately related to the equine industry can be disqualified at the discretion of the judges.

The *Equine Public Presentations* competition is comprised of three contests:

- Public Speaking
- Individual Presentation
- Team Presentation

**Public Speaking:** Speeches should be **7-10 minutes** in length. Three points will be deducted from the total score on each judge’s score sheet for every minute (or fraction of a minute) under 7 minutes or over 10 minutes.

**Individual Presentations** should be **9-12 minutes** in length. Three points will be deducted from the total score on each judge’s score sheet for every minute (or fraction of a minute) under 9 minutes or over 12 minutes.

**Team Presentations** should be **10-15 minutes** in length. Three points will be deducted from the total score on each judge’s score sheet for every minute (or fraction of a minute) under 10 minutes or over 15 minutes.

The respective 4-H members are judged against a standard and scoring rubric of 100 points related to presentation format; visual aids; knowledge of subject matter; delivery; credit/content; and ability to answer questions. As usual, the Danish system of ribbon placing will be used of blue, red, or white. Blue means “excellent”; red is “average”, and white “needs improvement.”

This contest is also very unique because three or four judges will be used and judges will score each entry independently and assign scores. After all presentations are presented and scores are tabulated, judges may confer and discuss evaluations. Each judge assigns his or her final scores. The top three judge’s cumulative final scores are tabulated to determine the final placings.

**Equine Presentation Results**

First Place Individual was Katie Pestinger from Thurston County with her presentation on “The History of Dressage: From the Battlefield to the Olympics”. Katie received a blue ribbon, champion rosette, and a gold medal.
Second Place Individual was Navi Islam-Zwart from Spokane County with her presentation—“Equine Ulcers”. Navi received a blue ribbon along with a reserve champion rosette and a silver medal.

Third Place Individual was Dakota Kent from Snohomish County with his presentation about “Equine Nutrition”.

In Team Presentations the blue ribbons went to Charlotte Pestinger and Baeya Kardokus for their presentation on “Horses in Film”. They received champion rosettes and gold medals.

All of these presentations were very well done, informative and reflective of the horse industry per the comments from the panel of three judges. For more information about Equine Presentations, please feel free to contact Jennifer Leach, WSU Extension Faculty at jleach@wsu.edu.

2020 Washington State 4-H Horse Judging Contest

Congratulations to the 65 participants from nine counties who competed September 12th in the Washington 4-H Horse “Virtual Judging Contest” hosted by Purdue University. Thank you to the coaches who helped prepare their county 4-H members and to Kim Baker, Snohomish County Extension Staff, who handled registration and assisted members in creating accounts and navigating the actual contest! Thanks also to Pat Pehling, Volunteer State Horse Judging Coordinator, for being part of the “Virtual Implementation Team”. Pat helped in aspects of securing awards and getting awards distributed, and also the decision making in support of the contest. It is another great example of the work of volunteers that provide the energy and passion to our Washington State 4-H Horse Program! For awards, the top three teams will receive Patches, Top Ten Individuals and Top Reasons will receive rosettes, Top three Individuals will receive medals, all of which will be mailed to coaches or County Offices for distribution. Medals are sponsored by the Snohomish County 4-H Horse Program; other awards were made possible by entry fees.

Equine Judging Results:

Senior Teams:
Champion – Thurston County with 3 members
Reserve Champion – Kitsap County with 3 members
3rd – Snohomish County with 10 members

Senior Top Ten Individuals: (Ties broken by Question Score)

<table>
<thead>
<tr>
<th>Placing</th>
<th>County</th>
<th>Name</th>
<th>Total</th>
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<tr>
<td>1st</td>
<td>Thurston</td>
<td>Baeya Kardokus</td>
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<tr>
<td>2nd</td>
<td>Thurston</td>
<td>Katie Pestinger</td>
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<tr>
<td>3rd</td>
<td>Snohomish</td>
<td>Emma Harding</td>
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<tr>
<td>Placing</td>
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<tr>
<td>1st</td>
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<td>2nd</td>
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<td>3rd</td>
<td>Kitsap</td>
<td>Siara Mosby</td>
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<tr>
<td>4th</td>
<td>King</td>
<td>Ella Wax</td>
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<td>5th</td>
<td>Snohomish</td>
<td>Makena Porter</td>
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<td>6th</td>
<td>Clark</td>
<td>Cami Sundstrom</td>
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<td>7th</td>
<td>Spokane</td>
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<td>8th</td>
<td>Snohomish</td>
<td>Madison Erickson-Corp</td>
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<td>9th</td>
<td>Snohomish</td>
<td>Amanda Curtis</td>
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<tr>
<td>10th</td>
<td>Snohomish</td>
<td>Elise Petermann</td>
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</table>

Intermediate Top Reasons (Question totals) – Emma Harding – Snohomish County – 90 points

Intermediate Teams:
Champion – Clark with 3 members
Reserve Champion – Snohomish with 10 members

Intermediate Top Ten Individuals:
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<th>Name</th>
<th>Total Score</th>
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<tr>
<td>2nd</td>
<td>Spokane</td>
<td>Jason Dodge</td>
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<td>3rd</td>
<td>Snohomish</td>
<td>Case Friesen</td>
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<td>4th</td>
<td>Snohomish</td>
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<td>5th</td>
<td>Clark</td>
<td>Wyatt Wheeler</td>
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<td>6th</td>
<td>Thurston</td>
<td>Miles Pestinger</td>
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</tr>
<tr>
<td>7th</td>
<td>Spokane</td>
<td>Annika Warren</td>
<td>229</td>
</tr>
</tbody>
</table>
This was truly a state team effort – thank you to Pat and Kim for your efforts. This could not have been done without Volunteer (Pat) and County 4-H Coordinator support (Kim).

Submitted by Jennifer Leach, WSU Extension 4-H Faculty and Pat Pehling, State Horse Judging Coordinator (volunteer).

2020 State 4-H Hippology Contest

A full six months after the initial contest date that was not once, but twice rescheduled (first due to COVID-19; then due to technical difficulties), on September 12th eighteen youths representing four counties were finally able to exhibit their horse knowledge and compete in the 2020 Washington State 4-H Hippology Contest. In a time where we face challenges keeping youth involved in virtual activities, these contestants and their coaches willingly continued to dedicate themselves to study, albeit far longer than they originally anticipated! We are so proud of their efforts and accomplishments! Thank you, coaches, for hanging in there and continuing to provide the support our youth needed to have this opportunity.

Congratulations to all contestants and their coaches!

Hippology Contest Results:

Senior State Champions: Thurston County (Coach Molly Pestinger)
- Baeya Kardokus – Silver Medal, High Point Judging
- Stella Harris – Bronze Medal, High Point ID Stations
- Charlotte Pestinger – 5th Place Overall
- Katie Pestinger – 6th Place Overall

Senior Reserve State Champions: Snohomish County (Coach Rianan Livingston)
- Jaeden Kapur – 4th Place Overall, High Point Exam
- Savannah Schmidt – 7th Place Overall
- Elaina Kunz – 8th Place Overall
- Mary Sanders – 10th Place Overall

Third Place Team: Kittitas County (Coach Pauline Clyburn)
- Adele Caron – Gold Medal
- Chloe Clyburn – 9th Place Overall
- Raylene Olea – 11th Place Overall

Intermediate State Champions: Snohomish County (Coach Rianan Livingston)
- Amelia Kim – Gold Medal, High Point Exam
• Addison Kapur – Silver Medal, High Point ID Stations
• Madison Erickson-Corp – 4th Place Overall
• Breanna Parks – 6th Place Overall, High Point Judging

Intermediate Reserve State Champions: Spokane County (Coach Angie Bosworth)
• Jacqueline Reedy – Bronze Medal
• Saige Bosworth – 5th Place Overall
• Sadie Fouts – 7th Place Overall

Many thanks to Dr. Colleen Brady at Purdue University and her team for creating, facilitating, and hosting the Washington State 4-H Hippology Contest on their Hippology Academy campus.extension platform.

Finally, a most appreciative thank you to Kim Baker, Snohomish County 4-H Program Coordinator, for her strong leadership and organizational skills in implementing this virtual contest and for pursuing this opportunity. it is the efforts of our volunteers and key staff that ensures the success of this virtual horse contest. This a great example of collaboration and planning.

For more information about planning and implementing your own county contest- please reach out to Kim Baker at kim.baker@wsu.edu.

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

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

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  
Phone: 253-445-4537

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**COVID-19 RESOURCES**

**Operations Contingency Plan Templates for Horse Farms in the Event of Covid-19 and Other Emergencies Now Available From the University of Minnesota Extension**

The University of Minnesota Extension Livestock Team has released a set of customizable forms that can be used to create an operations contingency plan for livestock owner’s farms. The contingency forms are meant to provide livestock owners a starting point to outline essential livestock care if they and/or their managers become sick with COVID-19 or another emergency occurs. In these situations, care would likely need to be administered by a non-household member. The contingency plan is meant to cover short-term (e.g. 30 days), essential care only and is not meant to serve as a comprehensive care plan. The intended use of these forms is for emergency planning purposes.

Operations contingency plan templates for both privately owned horse farms and boarding or training horse farms are available on the Extension Horse Website https://extension.umn.edu/horse/horse-ownership#horse-operations-contingency-plans-1599014.

Forms (fillable PDFs) must be first downloaded and saved to a computer, and then can be completed and printed. Templates are also available for dairy, beef, swine, poultry, honeybee, and small ruminant operations on the Extension website: https://extension.umn.edu/livestock-operations/preparing-livestock-emergencies.
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.

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A Reminder: COVID-19 Resources Available from WSU Extension

The WSU Extension COVID-19 Updates and Resources page is updated as new information becomes available. The Link to the page is https://extension.wsu.edu/covid-19/

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/
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

WSU Extension 4-H Steps Up to State Of Washington Lieutenant Governor’s Office’s Mask Making 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.
**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.


**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.