

Tuesday News



Tuesday News – November 3, 2020

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FEATURES

2020 4-H Volunteer Recognition Event This Saturday!



Join us this Saturday, November 7 at 6:00 P.M. for a virtual event celebrating and recognizing our volunteers!

A Zoom link will be available for those that wish to watch the event “live.” For those that cannot “attend” during the scheduled Zoom viewing, a recording will be available on YouTube.

The Event Link will be posted at:

<https://extension.wsu.edu/4h/for-volunteers/wastate-volunteer-recognition/>

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.

“On Target Tuesdays” Upcoming Webinars and Links to Recorded Sessions Here!

ENHANCE YOUR 4-H SHOOTING SPORTS CLUB AND PROJECT MEETINGS

ON TARGET TUESDAYS

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

SHOTGUN ○ RIFLE ○ ARCHERY ○ PISTOL

6:30-7:30 pm PST

OCT 6, 13, 20 & 27 NOV 3, 10 & 17 DEC 1 & 8

Register for these webinars through your Zoom account:
https://wsu.zoom.us/webinar/register/WN_7KOfRuI9TTm0Uewf7mxLuA

Sponsored by Washington State 4-H Shooting Sports

FREE

SHOOTING  SPORTS
LEARN BY DOING

Questions?
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The mission of 4-H is to empower youth to reach their full potential, working and learning in partnership with caring adults. Extension programs are open to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.

November 3rd and 10th Webinars

ON TARGET TUESDAYS

November 3
6:30 - 7:30 pm

Register for this webinar through your Zoom account:
<https://wsu.zoom.us/j/81562822222>



CASEY KAUFOLD
International Competitor - Recurve Archery

Casey has competed in the United States, France, Luxemburg, Peru, Japan, the Netherlands, Turkey, China, and Columbia.

SHOOTING SPORTS
LEARN BY DOING

4-H GROWS HERE

ON TARGET TUESDAYS

November 10
6:30 - 7:30 pm

Register for this FREE webinar through your Zoom account:
<https://wsu.zoom.us/j/81562822222>



KEITH SEKORA
Para-Archery Advocate

As a 2021 USA National Archery Team Para-Olympic hopeful, and 4-H certified volunteer, Keith is passionate about making archery accessible to all.

4-H GROWS HERE

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/>

Recorded Webinar Links!

#1 October 6 – Jade Krolkowski – <https://www.youtube.com/watch?v=GPV50Juy5hI>

#2 October 13 – Ashley Petersen
– <https://www.youtube.com/watch?v=Ze70avw4qGk&feature=youtu.be>

#3 October 20 – Anna Weilbacher – <https://www.youtube.com/watch?v=q-1AmRa9lKw&feature=youtu.be>

#4 October 27 – Todd Knecht/Hornaday Ammunition
– https://www.youtube.com/watch?v=80xdfp08JmI&feature=emb_logo

Join In! Register for Experience 4-H Virtual Zoom Classes! December Class Added!

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.

Experience 4-H!

Virtual
Classes

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.

Kids in the Kitchen - Bread in a Bag

Learn this simple way to make homemade bread.

Register in advance for this activity:

<https://wsu.zoom.us/j/7502121212>

November 14, 2020 @ 3:30PM Pacific Time



Kids in the Kitchen - Turkey Leftovers

Great ideas for what to do with all those turkey leftovers.

Register in advance for this activity:

<https://wsu.zoom.us/j/7502121212>

November 28, 2020 @ 3:30PM Pacific Time

Holiday Origami

Step-by-step instructions for holiday paper folding fun!

Register in advance for this activity:

<https://wsu.zoom.us/j/7502121212>

December 19, 2020 @ 3:30PM Pacific Time



Questions?
Contact Toni Gwin
tgwin@wsu.edu



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



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>

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.](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.

Jana S. Ferris
Associate Professor
Volunteer Specialist, WSU Extension
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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

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.

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.
