Tuesday News – December 1, 2020

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Chelan/Douglas County 4-H will be offering a STEM-focused online program over three days (December 19 through 22 and December 27 through 30). Registration includes materials and instruction for hands-on experiments for all youth ages 12-17. 4-H strives for programming to be open to all, so scholarships and translations are available upon request.

For more information, please refer to this link: [https://extension.wsu.edu/chelan-douglas/communities/ea/eaadventures/](https://extension.wsu.edu/chelan-douglas/communities/ea/eaadventures/)

### Thurston County 4-H Presents the Experience 4-H – Virtual Small Animal Series

Thurston County 4-H is offering a series of Small Animal Workshops, delivered via Zoom. The workshops are free, but Pre-Registration is required (click the zoom link to register for individual workshops).

Classes include: rabbits, cavies (guinea pigs), and poultry topics. Virtual workshops are open to youth ages 5 to 18. Parents must attend with youth age 9 and younger.

Here are the workshop topics, dates and times:

December 12, 1 p.m. PST – Rabbit Basics
[https://wsu.zoom.us/meeting/register/tJIuceuopz4vHdNyVO9Zx66Hu2NqzrphTs9H](https://wsu.zoom.us/meeting/register/tJIuceuopz4vHdNyVO9Zx66Hu2NqzrphTs9H)
January 2, 1 p.m. PST – Cavy Basics
https://wsu.zoom.us/meeting/register/tJIocepmpjMoHt0bWP8RtUz2g36_SypkjizZ

January 16, 1 p.m. PST – Rabbit Selection & Breeding
https://wsu.zoom.us/meeting/register/tJwsf-oqjJuGtC0isqFtiqwedGicuWLtwI


Questions? tc4h@co.thurston.wa.us
WASHINGTON 4-H RESULTS FROM THE ARABIAN HORSE YOUTH ASSOCIATION’S NATIONAL VIRTUAL HIPPOLOGY CONTEST

CONGRATULATIONS to the many 4-H members representing Washington State 4-H at the Arabian Horse Youth Association National Virtual Hippology Contest on November 7th, and a note of appreciation to their Coaches.

Snohomish County 4-H Team members were Hannah Kruchek, Tristan Krohn, Amelia Kim and Elaina Kunz, with Coach Rianan Livingston.

Thurston County 4-H Team members were Baeya Kardokus, Charlotte Pestinger, Katie Pestinger, Stella Harris, with Coach Molly Pestinger.

A Half Arabian Club of Washington Team also participated, comprised of Snohomish County 4-H Members Cosette Parker, Lily Nebeker, Mackenzie Ziegler and Savannah Schmidt, with Coach R-A Mazzola.

WRITTEN TEST PHASE – INDIVIDUAL PLACINGS

1st – Hannah Kruchek – Washington State 4-H Snohomish County
2nd – Lily Nebeker – Half Arabian Club of Washington
5th – Cosette Parker – Half Arabian Club of Washington

WRITTEN TEST PHASE – TEAM PLACINGS

1st – Half Arabian Club of Washington
3rd – Washington State 4-H Snohomish County
8th – Washington State 4-H Thurston County

STATIONS PHASE – INDIVIDUAL PLACINGS

4th – Hannah Kruchek – Washington State 4-H Snohomish County
7th – Eliana Kunz – Washington State 4-H Snohomish County

STATIONS PHASE – TEAM PLACINGS

3rd – Washington State 4-H Snohomish County
4th – Half Arabian Club of Washington

JUDGING PHASE – INDIVIDUAL PLACINGS

1st – Lily Nebeker – Half Arabian Club of Washington
2nd – Katie Pestinger – Washington State 4-H Thurston County
8th – Baeya Kardokus – Washington State 4-H Thurston County
Judging Phase – Team Placings
3rd – Washington State 4-H Thurston County
5th – Half Arabian Club of Washington

Team Problem Solving Phase Placings
1st – Washington State 4-H Snohomish County
3rd – Half Arabian Club of Washington
7th – Washington State 4-H Thurston County

Overall High Individual Placings
3rd – Hannah Kruchek with Washington State 4H Snohomish County
4th – Lily Nebeker with Half Arabian Club of Washington
8th – Cosette Parker with Half Arabian Club of Washington

Overall High Team Placings
2nd – Washington State 4-H Snohomish County
3rd – Half Arabian Club of Washington
7th – Washington State 4-H Thurston County

4-Hers Participate Virtually in the 2020 Washington State Junior Horse Show

The 2020 Washington State Junior Horse Show transitioned to a virtual format this past year using the FairEntry platform, and added a 4-H Virtual Showcase to their show. 4-H is about lifelong learning, so when it comes to changing to a virtual format; everyone has been learning new life skills, working on flexibility, and honing creative problem-solving abilities.

The seventy show entries from eighteen exhibitors included riding videos and a variety of wonderful still life entries, including painting, origami, baskets made from recycled Capri-Sun packages, LEGO cars, knitted shawls, and clever promotional posters. What inventive minds our 4-H youths possess!
Kitsap, Klickitat, and Yakima Counties participated in this year’s horse show. Non-horse and still life entries included Public Presentations, Promotional Posters, Photography, Expressive Arts, and Family and Consumer Science – Food and Nutrition.

Horse entries via video included Dressage – Training Level 3, Fitting and Showing, Hunt Seat Equitation, Stock Seat Equitation, and Bareback Equitation. The Yakima County Horse Council President and Show Co-Chair, Kim Lansing, would like to thank everyone who participated in the Washington State Junior Horse Show virtual event. Yakima County 4-H would also like to thank the participants, their families, our judges, and all the staff, parents, and 4-H volunteers who helped with the virtual horse show and showcase process. Special thanks to Kim Lansing, who volunteered to lead this gargantuan task. Thanks to all for participating!
Thanks for Participating – First Ever Virtual Horse Bowl Fun Event!

Congratulations to the following youth who participated in the first-ever Virtual Horse Bowl Fun Event held this past weekend on Saturday and Sunday evening.

Eve Burns – Cloverbud – Grant County
Ruth Rausch – Intermediate – King County
Katelin Vance – Junior – Thurston County

The 4-H members not only did a great job in answering questions related to horse science and horsemanship, but they handled the technology of using two platforms….Factile to be able to “buzz in” and also Zoom to be physically present.

A big thank you also goes to Kim Baker, 4-H Program Coordinator in Snohomish County, as the moderator, and two key 4-H volunteers from Snohomish County, RA Mazzola and Erika Kapur, who also helped with both Factile and Zoom.

This event provided another great example of opportunities available to our 4-H members and leaders, opening up more avenues for state-wide participation, by using a “team approach.”

Jennifer Leach, Associate Professor
WSU Extension Faculty and State 4-H Equine Specialist

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2020 4-H Volunteer Recognition Event Honors Our 4-H Community!
The Washington State 4-H Youth Development Program is proud to honor the following members of our 4-H Community who were recognized during the Celebrating Volunteer Resiliency Presentation this past Saturday Evening:

**4-H Alumni Award**

Jon Gabelein (Island County)

Melissa Beard (Thurston County)
4-H Volunteer Staff Award

Brittany Briggs (Kittitas County)

Friend of 4-H

Avista/NWFCS

Salute to Excellence – Volunteer Lifetime Achievement Award

Mike Woodward (Klickitat County)

4-H Hall of Fame Inductees – Class of 2020

Sue Sanderlin Berry, Snohomish County
To hear their stories and view other parts of the presentation, including County Volunteer Leaders of the Year, a recording is now available on YouTube at https://youtu.be/gF8u5Cr8Kk8
Contribute to 4-H in Recognition of Linda Bailey’s Retirement!

Linda Bailey is retiring from CAHNRS Alumni & Development, and the 4-H Foundation would like to honor her time at WSU and 4-H!

To celebrate Linda and her service to WSU, the Foundation is encouraging contributions to the Asotin County 4-H Endowment, Inspired by the Spooner Family. The fund was established by Linda Bailey (formerly Spooner) and the rest of the Spooner family in support of 4-H Youth Development. Linda and her family have fond memories of their time at the fair in Asotin County while participating in 4-H events and activities. They are very proud of the impact 4-H has on its local families and community, and they would like to see 4-H continue to grow as a positive role model in the lives of underserved youth and families.

Please join the 4-H Foundation in honoring Linda’s time at WSU and help celebrate her retirement by clicking the link below and making a gift to Linda’s endowment. You may also select another 4-H fund to support in Linda’s honor by clicking the drop-down menu.

https://cougstarter.wsu.edu/bailey4h

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  O  RIFLE  O  ARCHERY  O  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_7KOfrU9T7Tm0Uewf7mxLuA

Sponsored by Washington State 4-H Shooting Sports

FREE

Questions?
dan.white@wsu.edu
a.hernandez-hall@wsu.edu

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.

December Webinars

ALEXIS LANGAN
2020 Olympic Team Pistol

I've been shooting this style of sport for about six years. In that time, I've received several NRA National Titles, four USA National titles, a National Record, three Continental titles including winning my Olympic quota, and currently waiting for my Olympic debut in Tokyo 2020 (now Tokyo 2021)

4-H GROWS HERE

JON ZINNEL
Conservation & Youth Shooting Sports Manager, Federal & CCI Ammunition

Jon grew up in Iowa where he enjoyed being outside. He participated in 4-H Shooting Sports where he competed and was one of the first National 4-H Shooting Sports Team Ambassadors. It was there that he cultivated his passion for conservation programs and shooting sports. Jon currently manages relationships with many non-profit conservation organizations across the country and assists in countless 4-H programs to introduce our next generation to the outdoors and shooting sports activities on behalf of Federal & CCI Ammunition.

Register at this link:
https://wsu.zoom.us/webinar/register/WN_7KOfrU9T7Tm0Uewf7mxLuA
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 Krolikowski – https://www.youtube.com/watch?v=GPV50Juy5hI

#2 October 13 – Ashley Petersen – https://www.youtube.com/watch?v=Ze7Oavw4qGk&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=8Oxdfp08Jml&feature=emb_logo

#5 November 3 – Casey Kaufold
Unavailable

#6 November 10 – Keith Sekora
https://www.youtube.com/watch?v=C6l7wHqkxEU

#7 November 17 – Phillip Jungman
https://www.youtube.com/watch?v=iklPmB4BEak&t=65s

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.

Active Registration Links:

December 19 – Holiday Origami
https://wsu.zoom.us/meeting/register/tJYkdOghqzkvH9EKOnCTJGFjHxckKtNxOuc

Questions?
Contact Toni Gwin at tgwin@wsu.edu
Experience 4-H!

This is a great way to try something new! Whether you are new to 4-H or a long-time 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/meeting/register/tJocZo--GNgb3Q_qxT-NtS5VBnHd5z4o0
November 14, 2020 @ 1:00PM 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/meeting/register/tJocZo--GNgb3Q_qxT-NtS5VBnHd5z4o0
November 28, 2020 @ 1:00PM Pacific Time

**Holiday Origami**
Step-by-step instructions for holiday paper folding fun!
Register in advance for this activity:
https://wsu.zoom.us/meeting/register/tJocZo--GNgb3Q_qxT-NtS5VBnHd5z4o0
December 19, 2020 @ 3:30PM Pacific Time

Questions?
Contact Toni Gwin
tgwin@wsu.edu

Washington State University Extension
4-H Youth Development Program

Extension programs are available to all without discrimination. Evidence of non-discrimination may be reported through your local Extension office.
Save the Date!
Washington State 4-H
Know Your Government presents:
The Judicial System - Unmasked!
Opening Speaker February 12, 2021
Virtual Mock Trial February 13, 2021
VIP Attorneys
Act as a Juror
Star Witnesses
Open to Grades 7-12
Contact Your Local Extension Office if Interested

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation should contact dorothy.elsner@wsu.edu, 360-395-7360 or kim.belanger@wsu.edu, 509-243-2009 at least two weeks prior to the event.
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
Washington Department of Agriculture Seeks to Fill Vacancy on the Board of the Fairs Commission

The following is a message from Teresa Norman from the Washington Department of Agriculture:

We have a vacancy on the board of the Fairs Commission. The term is for three years and it’s an eastern Washington position. Those who are appointed to the board usually stay on for more than one term. We have another expiring term at the end of February 2021, which will also be an eastern Washington position. That current board member might decide to step down at the end of her term so we may have to recruit for two new commissioners.

Recruiting for the Fairs Commission is difficult and our board is becoming heavily weighted in terms of retired ag teachers. It would be nice to get other experience represented on the board, such as 4-H or other youth group, show, or fair experience.

Persons interested in serving on the Board of the Fair Commission are encouraged to contact Teresa, as follows.

Teresa Norman
Fairs and Commodity Commissions Programs Administrator
Washington State Department of Agriculture
PO Box 42560
Olympia, WA 98504
360-902-2043
Resource Illustrates Differences Between COVID-19, Flu, and Common Cold

As we enter cold/flu season at the same time as a very concerning covid-19 surge, WSU Klickitat County Extension and One Community Health have collaborated to create flyers that show some of the subtle differences between COVID-19, the flu, and a common cold.

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Avoid the increase of spreading COVID-19 by wearing masks correctly. If you are experiencing any symptoms please call One Community Health at 541-386-6380.

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Infograph courtesy of WSU Extension Klickitat County
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.

**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/

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

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

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.