Tuesday News – December 22, 2020

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Tuesday News will not be updated next week – watch for the next News on January 5, 2021! Enjoy the holidays – and be safe!
Do you have an upcoming 4-H event scheduled that you would like to publicize to members across the state? Submit your event information for inclusion on the Washington State 4-H Website!

Submit your event information to adell@wsu.edu for inclusion on the event calendar!

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**Highly Pathogenetic Avian Influenza (HPAI) Info Available for Poultry Project Youth**

Highly pathogenic avian influenza is very active right now around the globe. Outbreaks are presently occurring in North Korea, China, Netherlands, Sweden, Spain, Germany, Belgium, Italy, Iran, Poland, Norway, France, and Ukraine. Wild waterfowl are one of the main ways the virus moves around. A major migratory flight path for wild waterfowl includes Washington State; many waterfowl species (swans, ducks, geese) overwinter in the state as well. These birds can carry the avian influenza virus and spread it to chickens, in which it is much more deadly. Please refresh your knowledge of the biosecurity practices recommended to keep your birds safe and take these actions every day!

Here are some good resources:


Plea for 4-H Horse Project Youth to Vaccinate for Equine Influenza

Dr. Susan Kerr, WSDA Education and Outreach Coordinator

4-H horse project youth, your horse depends on YOU to keep him/her safe and healthy!

There were 33 confirmed cases of equine influenza in Washington State in 2020. There were an additional 29 suspected cases, and 25 more horses were exposed to the virus by infected horses. These cases were distributed throughout the state. Fortunately, none of these horses died, which is typical for this disease.

Part of influenza treatment involves strict rest, and some horses do not return to normal for six months! Can you imagine not being able to ride or exercise your sick horse for weeks or months? Horses infected with the influenza virus can develop secondary pneumonia, which can be much more serious and require antibiotic treatment.

If your horse is at risk of catching influenza from other horses, why not prevent this disease and all its complications by vaccinating him/her? The American Association of Equine Practitioners (AAEP) recommends horses at risk be vaccinated for influenza every six months.

Is your horse at risk of influenza? YES if he/she has contact with other horses “outside its bubble” at shows, trail rides, schooling, etc. Also YES if you keep your horse at a stable where other horses are coming and going and mixing with other horses. Even if your horse doesn’t go anywhere, another horse can bring the virus to him/her.

If your horse stays at your home barn with a steady “bubble” of barn mates and doesn’t have direct or indirect contact with other horses, he/she is at minimal risk of influenza.

A very good article with more details about equine influenza is available at https://www.equinediseasecc.org/disease-information.

For more information about equine vaccinations, see the AAEP’s recommendations at https://aaep.org/horse-owners/owner-guidelines/owner-vaccination-guidelines or speak with your veterinarian.

The foundation of animal welfare is preventing animal illness, pain, and suffering. Vaccinating against diseases of concern is a very simple and effective way to do this.
African Swine Fever (ASF) Info Available for Swine Project Youth

African swine fever (ASF) is now active in North Korea, South Africa, Ukraine, Romania, Russia, Moldova, Hungary and Germany.

As every country is now separated by only a few hours of travel, please encourage swine project youth to learn about ASF, including its signs and how to prevent it.

Here is a simple and quick animation to encourage youth to do their part, followed by a link to youth-friendly resources for additional info.

https://urldefense.com/v3/__https://trello-attachments.s3.amazonaws.com/5c501da3a4ba4c2c50ce308d/5c5c08314034361366464284/2c1f08d209049669080ccc551a131121/EN_GIF_PigFarmers.mp4__;!!JmPEgBY0HMszNaDT!-R7x3C4t-YWd2zNwl-hpbRDvrZuJLcDHG3uM8dVbxDTm-1njBwL3co1QYEIZ$

https://urldefense.com/v3/__https://www.canr.msu.edu/news/african-swine-fever-what-you-need-to-know__;!!JmPEgBY0HMszNaDT!-R7x3C4t-YWd2zNwl-hpbRDvrZuJLcDHG3uM8dVbxDTm-1njBwL3cla_RrRF$ (the biosecurity links focus on birds, but principles apply to all species).

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4-H National Hall of Fame Nominations Are Now Open

The National 4-H Hall of Fame Committee of the National Association of Extension 4-H Youth Development Professionals (NAE4-HYDP), in cooperation with National 4-H Council and 4-H National Headquarters (now the Division of 4-H and Youth/NIFA, USDA), is pleased to announce that nominations for the Class of 2021 are now being accepted.

The National 4-H Hall of Fame honors 4-H volunteers, extension professionals and staff employees, donors and others who have made a significant impact on the 4-H program and/or 4-H members through the contribution of time, energy, financial resources, etc. Current employees of 4-H, Cooperative Extension, the Federal Extension System or National 4-H Council and those with 4-H or Extension administrative responsibilities will not be considered until three years following retirement. The three-year rule also applies to deceased employees. Unsuccessful candidates must be re-nominated for future consideration. The induction ceremony is scheduled for Saturday, October 16, 2021 at the National 4-H Youth Conference Center in Chevy Chase, Maryland.

The goal is for NAE4-HYDP members, foundation/development professionals and 4-H faculty/staff at all levels to work together to select and nominate the most
deserving candidate of each Land-grant institution to the National 4-H Hall of Fame. The State 4-H Leader’s signature is required to confirm the Land-grant institution’s nomination. All land-grant institutions are encouraged to nominate an outstanding individual who has had a significant impact on the 4-H program.

Please visit the National 4-H Hall of Fame website at: [http://www.4-h-hof.com/](http://www.4-h-hof.com/) to view laureate photos, biographies and other interesting information from recent classes.

Nominations should be submitted to Tony Dell at [adell@wsu.edu](mailto:adell@wsu.edu), or Rachel George at [rachelgeorge11@hotmail.com](mailto:rachelgeorge11@hotmail.com) no later than February 10, 2021.

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**Join In 4-H Holiday Crafting Party Events!!**

Craft with us! Join 4-H for a Holiday Crafting Parties using supplies from your Holiday Grab & Go Kit or from around your home. Our first project will be Fabric Holiday Cards on December 22nd. On the 28th we'll work together to make our Tea Light Snowmen.

Register and learn more at [extension.wsu.edu/4h/events/](http://extension.wsu.edu/4h/events/).
In stressful times, how proactive are YOU about your mental health?

The 4-H Healthy Brain Pledge is based on neuroscientific research and is a quick and easy tool to help you identify where you have success in maintaining your mental health, and where you might benefit from improvement. This presentation is beneficial for teens and adults.

The Zoom is December 30th at 11:00 AM.

Register Here: [https://tinyurl.com/yaehlbon](https://tinyurl.com/yaehlbon)

A promo pdf can be found [here](https://example.com).

4-H Western Heritage Project to be Introduced in Nationwide Zoom Meeting on Monday, December 21st!!

The 4-H Western Heritage Project is a combination of 4-H Shooting Sports and a study of the American frontier from 1860-1900. Competitors shoot steel targets with Old West firearms for the fastest time.

In this Zoom meeting, learn the details of the 4-H Western Heritage Project:

- What the project is all about
- How to get started
- The age levels of participation
- The firearms used
- The shooting range layout
- Regional and national opportunities
- Volunteer training

A pdf document with zoom link and passcode can be found [here](https://example.com).
Leader Training for Running Zoom Meetings Set For January 5th!!

How can I make my zoom meetings more interesting for my members? This training is aimed at 4-H leaders to help give them more information on Zoom tools to use in their meetings and learn about running an effective 4-H club or project meeting using Zoom.

The Zoom session is scheduled for Tuesday, January 5, 2021. It will open at 6:40 pm for technical support and to learn about the Zoom annotation function. The main training will begin at 7:00 pm. Support material for this course can be found at [https://extension.wsu.edu/pierce/zoom-meeting-helps/](https://extension.wsu.edu/pierce/zoom-meeting-helps/).

This training is being presented to support club leaders:

- Run a 4-H club meeting virtually.
- Keep kids attention and engaged.
- Tips on virtual meetings.
- By providing a selection of activities to pick from.
- By showing some key Zoom functions.
- Showing the connection to the essential elements.

Contact [mike.seiber@wsu.edu](mailto:mike.seiber@wsu.edu) for more information and the zoom link.

For 4-Hers...

**College and Career Compass Can Help You Navigate Life After High School**

You've probably been thinking about what the current public health and economic crisis means for your future. While the present is uncertain, one thing is clear: education beyond high school is more important than ever.

Continuing your education after high school gives you more options. Research shows college graduates earn more and are less likely to be unemployed. Luckily, there's a great tool available to help you prepare and plan for the future—and it's free!

Check out Washington's [College & Career Compass](https://compass.wa.gov):

- Explore educational programs that match your career interests.
- Learn more about the value of college and how financial aid can help you pay for a certificate, apprenticeship, or degree.
- Connect directly with a campus to get additional support.

Don't be discouraged. Stay motivated, get ready, and focus on the future. College & Career Compass makes it easy. Learn more at [compass.wa.gov](https://compass.wa.gov).

**Washington Student Achievement Council**

977 Lakerridge Way SW
P.O. Box 45430
Olympia, WA 98502
(360) 725-7806
[www.wsac.wa.gov](http://www.wsac.wa.gov)

A pdf document with clickable links can be found [here](https://www.wsac.wa.gov).
Join In! Register for Experience 4-H Virtual Zoom Classes!
NEW! JANUARY 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.
Chelan/Douglas County 4-H Offers Winter Program Opportunities

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/

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:
January 2, 1 p.m. PST – Cavy Basics
https://wsu.zoom.us/meeting/register/tJlocemprjMoHt0bWP8RtUz2g36_SypkjizZ

January 16, 1 p.m. PST – Rabbit Selection & Breeding
https://wsu.zoom.us/meeting/register/tJwsf-oqJluGtC0isqFtiqwedGicuWLtwI1


Questions? tc4h@co.thurston.wa.us

Don't miss all the fun!

It's FREE

Experience 4-H

WASHINGTON STATE UNIVERSITY EXTENSION

VIRTUAL SMALL ANIMAL SERIES

December 12, 1 p.m. PST - Rabbit Basics
https://wsu.zoom.us/meeting/register/tJjlocemPrjMoHt0bWP8RtUz2g36_SypkjizZ

January 2, 1 p.m. PST - Cavy Basics
https://wsu.zoom.us/meeting/register/tJlocemprjMoHt0bWP8RtUz2g36_SypkjizZ

January 16, 1 p.m. PST - Rabbit Selection & Breeding
https://wsu.zoom.us/meeting/register/tJwsf-oqJluGtC0isqFtiqwedGicuWLtwI1


Open to youth ages 5 to 18. Parents must attend with youth age 9 and younger. Click the Zoom link above to pre-register.

CONTACT US:
360-867-2157
tc4h@co.thurston.wa.us

To learn more about 4-H, visit https://extension.wsu.edu/4h/.

WSU Extension programs, employment and volunteer service are available to all without discrimination (see WSU Extension Policy #15). Concerns regarding potential discrimination may be reported through your local WSU Extension office or directly to the WSU Compliance and Civil Rights (CCR) office, see https://ccr.wsu.edu, email: ccr@wsu.edu, phone: 509-335-2888.

Persons with disabilities who require alternative means for communication of program information or other reasonable accommodation should contact Thurston County 4-H at 3054 Carpenter Rd SE, Olympia, 98503, 360-867-2157, tc4h@co.thurston.wa.us at least two weeks prior to the event.
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, 360-395-2360 or kim.belanger@wsu.edu, 509-243-2009 at least two weeks prior to the event.
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
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.

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.
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

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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/](https://extension.wsu.edu/covid-19/)

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**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/](https://4-h.org/media/new-survey-finds-7-in-10-teens-are-struggling-with-mental-health/)

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**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](https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0039.pdf)
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.