Tuesday News – March 16, 2021

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ANNOUNCEMENT!
RESUMING 4-H IN-PERSON ACTIVITIES

On March 11, Governor Inslee announced that all counties will move to phase 3 on March 22. Please work with your local County Extension 4-H Office if you would like to hold a 4-H in-person meeting, activity or event. All new in-person plans must be approved by your local 4-H Staff/Faculty and local County Director.

We will be following the Governor’s Agricultural Events COVID19 Requirements for agricultural and animal events, and the Department of Health’s Youth Development guidance for other in-person 4-H activities. We also will follow recommendations by WSU Health and Safety. The Governor will re-examine the COVID-19 situation and may make changes on April 12.

For the 4-H Youth Development Program, WSU has expanded the group size from 5 to 15 youth participants plus two adults (Extension personnel and/or Certified Volunteer Leaders). If the event is anticipating larger numbers, please consider staggered participation or “shift” scheduling to stay within the limits. More information can be found here. As always, all safety protocols must be followed and any activity that can be accomplished at a distance should be.

IMPORTANT LINKS:

COVID19 Agricultural Events Guidance

In-Person Extension Activity Plan 4-H (03/12/2021)

DOH/OSPI/DYCF Schools/Child Care Guidance 2021

Reminder! Spring 4-H Continuing Volunteer Education Classes Set for March 20th!

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VIRTUAL VOLUNTEER EDUCATION 20TH
ALL ARE WELCOME! WE LOVE OUR VOLUNTEERS!

INFORMATION | REGISTRATION extension.wsu.edu/snohomish/4h

HOSTED BY SNOHOMISH COUNTY 4-H
Snohomish County 4-H will facilitate a series of Spring Continuing Volunteer Education Classes on Saturday, March 20, 2021. These classes are open to all Extension programs statewide. Classes to be offered are:

10:00 – 11:00 a.m. Group Basics
12:00 p.m. Group Agreements (Please join at 11:45 if you are not familiar with Zoom annotation tools).
1:00 – 2:30 p.m. Peer Consultation
3:00 – 5:00 p.m. Conflict Management
3:00 – 5:00 p.m. Delegation

For further information, including class descriptions, and to sign up for classes, click [this link!](#)

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28th Annual VIRTUAL Springtime Youth Calf Sale Coming This Saturday!!

**THE SALE CATALOG IS HERE!**
The 28th Annual Springtime Youth Calf Sale is this Saturday, March 20, 2021. The catalog for the sale can be found [here](https://extension.wsu.edu/4h/dairy-endowment-fund/program-activities/springtime-youth-calf-sale/).

Also find us on Facebook at Springtime Youth Calf Sale.

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**REMINDER! Livestock Field Days Coming in March and April!**

**YOUTH LIVESTOCK FIELD DAYS**

- **March 20, 2021**
  - 9 AM - 12 PM PST
- **March 27, 2021**
  - 9 AM - 12 PM PST
- **April 3, 2021**
  - 9 AM - 12 PM PST
- **April 10, 2021**
  - 9 AM - 12 PM PST

Cost: $5.00 per registration per session (scholarships available, request one at registration)

**To register visit:**

**For questions, please contact:**
- WSU Asotin County Extension: 509-243-2009
- UI Benewah County Extension: 208-245-2422
- UI Nez Perce County Extension: 208-799-3096
- WSU Whitman County Extension: 509-397-6290

Brought to you by:

- [University of Idaho Extension](https://extension.uidaho.edu)
- [4-H](https://4-h.org)

The University of Idaho and Washington State University do not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Anyone attending this program that requires auxiliary aids or services should contact UI Extension, Nez Perce County at 1239 Idaho Street, Lewiston, ID 83501 | 208-799-3096 | nezperce@uidaho.edu at least two weeks prior to the event.

Youth in 4-H, FFA or open class exhibitions are invited to join us for an exciting virtual youth market livestock field day series!

The University of Idaho Extension, Nez Perce county in partnership with the Washington State University Whitman and Asotin counties have hosted a popular and informative youth market livestock field day in the Lewis-Clark Valley for many years. In 2020 these events were cancelled due to COVID-19, and in 2021 they will be delivered virtually using Zoom, making it possible for us to invite more participants than ever to join in the fun and learning!
Sessions will be held from 9:00 am – 12:00 pm PST for Market Beef (March 20), Market Swine (March 27), Market Sheep (April 3) and Market Goat (April 10). Click on the session to see the flyer!

There is a fee of $5 per registration per session to help pay for some of the associated costs of producing this event. For Northern Idaho and Eastern Washington youth, there are limited scholarships available.


Questions? Contact any of the individuals below:

UI Extension, Benewah County: 208-245-2422 | Gail Silkwood, gsilkwood@uidaho.edu
UI Extension, Nez Perce County: 208-790-3096 | Judy Floch, jfloch@uidaho.edu
WSU Extension, Asotin County: 509-243-2009 | Mark Heitstuman, heitstuman@wsu.edu
WSU Extension, Whitman County: 509-397-6290 | Janet Schmidt, schmidtj@wsu.edu

Facilitate the Awesome 2021 is Here!

Be an Amazing Resource to Teens:
Facilitate the Awesome!

Spring 2021 Workshop Options:
Sessions on Thursdays (starting either April 1 or April 15, 2021)
Sessions on Wednesdays (starting April 7, 2021)
Sessions on Mondays (starting April 12, 2021)

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

The 5 workshops will cover:
- The What and Why of Positive Youth Development
- Adolescent Development: Implications of Current Research
- Empowering Teens: Motivating Teens with Positive 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: https://tinyurl.com/yp8mk43a

Live Registration Link: https://tinyurl.com/yp8mk43a
Applications for National 4-H Dairy Conference are Now Open!

What happens at National 4-H Dairy Conference and how can I attend?

Almost every year, a few 4-H dairy youth travel to Madison, Wisconsin to attend National 4-H Dairy Conference. There is so much to do and experience in only six days! Delegates make ice cream using liquid nitrogen, put their hand inside a cow’s stomach, square dance, and see 125,000 frogs. They tour an organic dairy, methane digester, the Wisconsin State capitol, cheese plant, Hoard’s Dairymen, and ABS bull barns. On top of this, they spend the afternoon at World Dairy Expo, seeing the best dairy cows from around the globe. Then there is the opportunity to get to know other delegates from across the United States and Canada. This is only a small part of the experiences found at 4-H Dairy Conference. Sound interesting and fun? It is a wonderful trip – that you can attend, with most expenses covered by the 4-H Dairy Endowment! If you are interested in attending, fill out an application to be on this year’s team!

Applications are due April 1 and can be found at: https://extension.wsu.edu/4h/dairy-endowment-fund/program-activities/dairy-conference-team/

About the Dairy Endowment Fund

The Dairy 4-H Endowment Fund was established by a group of dairy youth advocates. The purpose of the Fund is to provide ongoing financial support for youth development, regardless of the economic climate of the dairy
industry. Dairy Cattle Judging, Dairy Quiz Bowl, and Dairy Conference are three of the state and national 4-H dairy events supported by the Fund. The fund also supports two scholarships for college and travel scholarships for youth to participate in national dairy-related educational events.

Want to know more about how you can take advantage of the national trips and scholarships? Check it out at: https://extension.wsu.edu/4h/dairy-endowment-fund/

State 4-H Advisory Board Meeting Minutes are Now Available

Advisory Board meeting minutes and summaries for October 24, 2020 [Minutes] [Summary] and January 23, 2021 [Minutes] [Summary] are now available.

Other minutes and information can be found at https://extension.wsu.edu/4h/state-advisory-board/

Apply for 2022 Youth In Action Awards!!

Do you know a 4-H teen (15-19 years old) that is making a difference in their community? Encourage them to apply for this opportunity! Applications are due by 11:59 p.m. PST on Monday, March 29th.

Each year, Youth in Action winners experience an exciting year of telling their 4-H story and celebrating their leadership. Winners receive:

- $5,000 higher education scholarship
- Promotional video showcasing their 4-H impact story
- All-expenses paid trip to Washington, D.C. for National 4-H Council’s Legacy Awards
- Networking opportunities with 4-H celebrities and other prominent alumni
- Recognition as the official 4-H youth spokesperson for their pillar

For more information, inspiration, and the application visit: https://4-h.org/parents/4-h-youth-in-action-awards/#!/overview

In addition, the 2021 Youth In Action winners put on a webinar about the process as well. Click here to view.
Presenting: Workshops on Raising Poultry and Rabbits for Home Use

The WSU Extension 4-H Youth Development Small Animal Committee is presenting the following workshops:

Raising Poultry for Home Use:

Have you been thinking about or have you just started raising poultry for your family? Raising Poultry for Home Use is an introduction to raising poultry for eggs and/or meat. This workshop will be informational with an opportunity to ask questions. Raising Poultry for Home Use is designed for adult 4-H volunteers, parents/guardians, and teens (such as Int./Sr. 4-H and FFA members). The information presented may not hold the attention of a younger audience.

When: Wednesday, March 31, 2021, 6:30 to 8:30 PM Pacific Time

Register in advance for this meeting:
https://wsu.zoom.us/meeting/register/tJAudu2upjIqE9J3UORFqZTKeFPlAoLKdsIS

After registering, you will receive a confirmation email containing information about joining the meeting.

Raising Rabbits for Home Use:

Have you been thinking about or have you just started raising rabbits for your family? Raising Rabbits for Home Use is an introduction to raising rabbits for meat. This workshop will be informational with an opportunity to ask questions. Raising Rabbits for Home Use is designed for adult 4-H volunteers, parents/guardians, and teens (such as Int./Sr. 4-H and FFA members). The information presented may not hold the attention of a younger audience.
When: Wednesday, April 14, 2021, 06:30 to 8:30 PM Pacific Time
Register in advance for this meeting:
https://wsu.zoom.us/meeting/register/tJ0kd-qgrD4iHtPMBrq6JT4ll-1ZQo29gykF
After registering, you will receive a confirmation email containing information about joining the meeting.

The Experience 4-H Small Animal Series is Back!!

Don't miss all the fun!

Experience 4-H

PRE-REGISTRATION REQUIRED

QUESTIONS?
tc4h@co.thurston.wa.us

CLASSES INCLUDE:
RABBITS
CAVIES
(GUINEA PIGS)
CATS

VIRTUAL SMALL ANIMAL SERIES

April 3, 1 p.m. PST - Introduction to Showing Cats
https://wsu.zoom.us/meeting/register/tJwqcucGpsrDoE9lUrqoYjCicCYys1z4ZzWC

April 17, 1 p.m. PST - Cavy Basics
https://wsu.zoom.us/meeting/register/tJfzceGsqTkGdRue2ANVZ4kbcCVn8QjmeEq0

May 15, 1 p.m. PST - Introduction to Judging Contests for Rabbit & Cavy 4-H members
https://wsu.zoom.us/meeting/register/tJfYtd-iS0oMNpCC-qjyESHwoHoRMXIPS

Future Topics: Basic Poultry Handling, Rabbit/Cavy Trivia

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/4-H/

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, web: https://ccr.wsu.edu, email: ccr@wsu.edu, phone: 509-335-8288.

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.
The WSU Extension 4-H Youth Development Small Animal Committee will offer the following workshops in April and May:

**Introduction to Showing Cats:**

Join us for a Zoom workshop all about showing cats. This workshop is for 4-H youth in the cat project and anyone interested in learning about what it takes to show a cat. You do not need to own a cat to participate in this workshop.

**When:** April 3, 2021, 1:00 to 2:30 PM Pacific Time  
Register in advance for this meeting:  
https://wsu.zoom.us/meeting/register/tJwqcuGprDoiE9LUrqoY_kC1CYYks1z4ZsVC

After registering, you will receive a confirmation email containing information about joining the meeting.

**Cavy Basics (this workshop is a repeat of same workshop previously offered in January):**

Cavy Basics is a Zoom workshop covering introductory information for youth new to caring for and raising cavies. Youth do not need to own a cavy to participate in the Zoom. Topics covered will include feed, water, housing, and basic handling for safety (picking up a cavy, holding a cavy, posing a cavy on a table).

**When:** April 17, 2021, 1:00 to 2:30 PM Pacific Time  
Register in advance for this meeting:  
https://wsu.zoom.us/meeting/register/tJIvceGsqTkrGdRue2ANWVZ4cbCVn8QjmEqo

After registering, you will receive a confirmation email containing information about joining the meeting.

**Introduction to Judging Contests for Rabbit & Cavy 4-H Members:**

You get to be the judge! An introduction to judging contests and how to mark your scorecard. Judge a few practice classes from photographs of rabbits and cavies. Note to parents: This workshop may be challenging for younger 4-H members as understanding number patterns is part of participating in a Judging Contest. Youth age 9 and younger should have an adult helper present during the workshop.

**When:** May 15, 2021, 1:00 to 2:30 PM Pacific Time  
Register in advance for this meeting:  
https://wsu.zoom.us/meeting/register/tJYtd-irrD0vHNP_CC-ojyESIwcoHoRMXIPS

After registering, you will receive a confirmation email containing information about joining the meeting.
Super Saturday Workshops to be Presented by Walla Walla County 4-H

Check out this series of upcoming workshops!!

Register at https://forms.gle/LUWDCDmBySYKLM8b6 today!!
State Equine Contest Update!
2021 State Horse Bowl Registration Packet and Information Now Available!

The 2021 State Horse Bowl Packet is now available! Registration Deadline is April 10, 2021.

Registration information and forms can be found [here](#).
Horse Bowl Rules information can be found [here](#).

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Arabian Horse Association Offers Activities for Youth!

The Mini Hippology Contest has ended, but many more activities can be found at this link: [https://www.arabianhorses.org/youth/more-activities/](https://www.arabianhorses.org/youth/more-activities/)

Do you love the thrill of competing? Arabian Horse Youth Association has many opportunities and levels for you to compete at. Whether that is with your Arabian
horse or even if you do not have a horse, AHYA has opportunities for you. Check them out at: [https://www.arabianhorses.org/youth/competition/#RYTT](https://www.arabianhorses.org/youth/competition/#RYTT)

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**Shooting Sports Training Coming in April!**

Our good friends in Idaho are once again sharing their training opportunities with the “neighbors.” These classes will be small and held in Post Falls, Idaho (just across the state line from Spokane). If you want to attend, you are encouraged to apply **AS SOON AS POSSIBLE**.

For volunteers that intend to participate, **please make your county leadership and the state 4-H Leadership aware of your intention**, i.e., the discipline in which you will become certified. **Idaho and Washington share the same basic standards for certification.** Please note that your county may have additional county certification policies.

You will have your county 4-H leadership email; please also email our **State Shooting Sports Committee Lead: Ashley Hernandez-Hall** ([a.hernandez-hall@wsu.edu](mailto:a.hernandez-hall@wsu.edu)).

**Rifle Training is April 10, 2021** – The Information Packet link is [here](https://www.arabianhorses.org/youth/competition/#RYTT).

**Archery and Pistol Training is April 17, 2021** – The Information Packet is [here](https://www.arabianhorses.org/youth/competition/#RYTT).

The registration forms, etc. are included in the packets.

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**Revitalized HALTER Courses Now Available!**
Extension Horses HALTER courses are revitalized!

The revitalized Horse Adult Leader Training and Educational Resource program, called HALTER, is a progressive series of four lessons is designed to offer equine science information, student activities, and techniques to foster positive youth development. Each level builds on the previous one: once each level and the associated requirements are completed, participants will receive a certificate of completion. This is an excellent tool and program for anyone working with horses.

Topics in each level include:

**Halter Level 1**
- Keeping your horse at home
- Basic horse care and management
- Horse Power: Positive Youth Development and Horses

**Halter Level 2**
- Introduction to Horses and Horse Activities
- Understanding Bits for Horses
- Learning Styles and Riding Instruction
- Ages and Stages for Working with Youth

**Halter Level 3**
- Basics of Horse Ownership
- Equine Body Condition Scoring
- Top Ten Coaching Tips for Youth Riders

**Halter Level 4**
- Equine Pasture Management
- Effective Horse Training and Rider Development
Parenting Tips for Horse Shows

Cost is $10 per course. A 20% discount is provided with purchase of all four courses.

Enroll at: https://go.unl.edu/halter

Produced by Extension Horses (https://horses.extension.org/)

Applications Open for Legislative Youth Advisory Council

The Washington Legislative Youth Advisory Council (LYAC) is codified in law as the official nonpartisan youth advisory body to the state legislature, and is now accepting applications for the 2021-2023 cohort.

Overseen by the Office of the Lieutenant Governor and Washington State Leadership Board, LYAC is composed of 22 student members from a wide variety of geographic, political, and socioeconomic backgrounds. Some of LYAC’s several projects include:

- Meeting with senators and representatives to advocate for policies relevant to youth priorities
- Testifying before the state legislature in support of legislation
- Advising government officials, policymakers, and leaders in various fields
- Collaborating with nearly 200 community organizations to promote statewide change
- Hosting events around the state with hundreds of youth attendees
- Talking with media outlets such as the Associated Press, Teen Vogue, and KING-5 about student voice
- Partnering with government agencies such as the Attorney General’s Office and the Department of Health to provide your perspective; and
- Writing, lobbying for, and passing actual laws.

LYAC members each serve a two-year term, during which they will be at the forefront of civic engagement and governmental progress. To learn more, visit walyac.org.

Applicants must:

- Be entering 9th, 10th, or 11th grade in Fall 2021
- Have consent of their parent or guardian
- Live in Washington State

The application page can be found at walyac.org. All applications must be submitted by March 31, 2021 at 11:59 PM.

Direct any questions to lyacwashington@gmail.com or Yubi Mamiya at yubimamiya@gmail.com.
Virginia 4-H Invites all to a FREE 4-H Volunteer Leader Conference, March 20, 9:00 am – 3:00 pm Eastern Time

Ruth Wallace and Daniel Hale of Virginia 4-H have been leading 4-H volunteers from the Central District, and they have planned a virtual Spring Conference for the Virginia Association of Adult 4-H Volunteer Leaders! The conference theme is “4-H: Big Enough for Everyone!”

The conference will take place from 9:00 AM – 3:00 PM (Eastern Time) on Saturday, March 20, 2021. Registration is FREE and open to everyone. There are fourteen great workshops divided into three concurrent sessions from which to choose. In addition, the conference will feature an opening keynote from Meriel Martinez, Professional Development Coordinator from the Virginia Center for Inclusive Communities, and a closing capnote with Ethel Reeves, Director of Equity & Community Relations for Lynchburg, VA City Schools.

To register for the conference, go to: https://forms.gle/CJENcC25dRRL1Jv88

Also, please check out the conference homepage, which contains detailed descriptions of each session and a complete schedule:

https://sites.google.com/vt.edu/vaspringconference21/home

As in the past, all sessions will be recorded. All conference registrants will be provided links to view the recordings of each session. That way, anyone can see a session they missed or that may have had a time conflict with another session they wanted to attend.

There is absolutely something for everyone! Thank you for your support of VAA4-HVL, and for all that you do to keep making the best better in 4-H!

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Invitation from Santa Barbara 4-H: Career Spark Interviews for Youth Age Thirteen and Up!

Are you interested in politics, public service, and/or community activism?

Join us for our March Career Sparks Interviews, every Thursday night at 5:30PM PDT / 8:30PM EST – a weekly webinar series where youth ages 13 and up can meet young professionals making waves in their careers and industries.
Individual Posts:

**Rita Casaverde:**
On March 18 at 5:30PM PDT / 8:30PM EST, join us for a Career Sparks Interview with Rita Casaverde. She is a District Representative for Congressman Salud Carbajal. As an activist, Rita has advocated for issues of immigration, climate and women’s rights. Youth ages 13 and up are invited to learn about Rita’s work and how she got into this career. Sign up at [ucanr.edu/career_spark_interviews](ucanr.edu/career_spark_interviews).

**Lorenzo Olvera:**
On March 25 at 5:30PM PDT / 8:30PM EST, join us for a Career Sparks Interview with Lorenzo Olvera. He serves as the Director of the Senate Diversity Initiative in the Democratic leadership office of Senator Chuck Schumer. Lorenzo served in the Obama Administration as Deputy White House Liaison and Director of Leadership and Development at the U.S. Department of Energy (DOE). Youth ages 13 and up are invited to learn about Lorenzo’s work and how he got into this career. Sign up at [ucanr.edu/career_spark_interviews](ucanr.edu/career_spark_interviews).

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:


More Information on HPIA:
Washington State Veterinarian News: Batten Down the Hatches Against Avian Influenza

Outbreaks of highly pathogenic avian influenza are happening in several countries around the globe now. Please share this important info with 4-H members, commercial poultry owners, and any other stakeholders who would be affected by an outbreak in the U.S. We do NOT want this disease to get a foothold here! Thanks.

Link to the WSDA document here.

Susan Kerr, DVM, PhD
WSDA Education and Outreach Specialist
skerr@agr.wa.gov

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

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)