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LIMITED RESUMPTION OF 4-H IN-PERSON ACTIVITIES
Announcement Revised May 5, 2021

On March 11, Governor Inslee announced that all counties would move to phase 3 on March 22. On April 12, the Governor moved Pierce, Cowlitz and Whitman counties back to phase 2. On May 4, the Governor announced a two-week pause on phases. Under the pause, every county will remain in its current phase. At the end of two weeks, each county will be re-evaluated. NOTE THAT CHANGES TO REQUIREMENTS MAY BECOME MORE OR LESS RESTRICTIVE, depending upon the course of the COVID-19 virus.

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 reference 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 are also following recommendations by WSU’s Department of Environmental Health and Safety.

If the 4-H Event IS NOT an agricultural event, WSU has expanded the group size from 5 (for phase 2) to 15 (for phase 3) youth participants plus at least two adults (Extension personnel and/or Certified 4-H Volunteers). If the event is anticipating larger numbers, please consider staggered participation or “shift” scheduling to stay within the limits. More information can be found on the 4-H In-Person Resources Page linked below.

If the event is an agricultural event, the 4-H Youth Development Program will be following the Governor’s COVID-19 Agricultural Events Guidance, linked below.

As always, all safety protocols must be followed and any activity that can be accomplished at a distance should be.

IMPORTANT LINKS:

4-H In-Person Resources Page
The purpose of the Washington State 4-H Teen Equity and Inclusion Task Force is to facilitate and support an inclusive 4-H youth organization. Using compassion and empathy, the task force strives to create an open and safe environment to celebrate and embrace our diversity. The next workshop in the Task Force series “A Culture of Inclusion” is June 2nd at 7:00 pm – all adults and teens.
are welcome to attend! Register for this and all remaining workshops in the series NOW at the task force’s webpage, https://wa4hteenequity.weebly.com/

Task Force members are also available to visit your 4-H group, adults or teens to present workshops. Link to current workshops at https://wa4hteenequity.weebly.com/workshops.html.

Link to other excellent resources on the task force website at https://wa4hteenequity.weebly.com/resources.html

**Cougs Talk Stock Podcast Team Introduce Animal Science Podcast Episodes!**
The Cougs Talk Stock Podcast Team is excited to announce that their first four episodes have been released! Their WSU Extension podcast focuses on science-based, relevant animal science topics for those interested in livestock production, those that raise livestock, and those that want to learn more about animal science topics, such as 4-H and FFA members. Each episode, an industry expert is interviewed by Cougs Talk Stock hosts Dr. Don Llewellyn, Hannah Brause, Natasha Moffitt-Hemmer, and Sarah Dreger. The team invites you to check out the first four episodes and tune-in every other Wednesday for new releases.

Links to the first four podcasts:

**Episode #1: Animals Support Mental Health of Youth During Pandemic**

**Episode #2: Locally Raised Beef- Marketing, Selling, and Buying**

**Episode #3: What Should I Feed My Pets? Tips From an Animal Nutritionist**

**Episode #4: Pasture Management and Grazing in the PNW**

The Cougs Talk Stock podcast website can be found at: https://soundcloud.com/cougstalkstock or on Apple Podcasts.

Please contact us with any questions, comments, or episode suggestions at cougstalkstock@wsu.edu.

The WSU Extension Cougs Talk Stock Podcast Team
Don Llewellyn, Hannah Brause, Natasha Moffitt-Hemmer, and Sarah Dreger
cougstalkstock@wsu.edu

New Experience 4-H! Zoom Workshops Are Dishing the Dirt!
Composting – It’s A Pile of Fun, and Soil – Part II
Composting is one way to help our garden soil. Learn about the importance and process of composting without getting your feet wet. Grays Harbor and Pacific Master Gardeners will start you out small and give you the knowledge to go big.

You don’t have to be currently enrolled in 4-H to register!

**When: June 5, 2021, 10:00 AM Pacific Time (US and Canada)**

**Register in advance for this meeting:**
[https://wsu.zoom.us/…/tJUkf-ytrDooGNZ3OYqyMG1MhV0oWaTkyBtM](https://wsu.zoom.us/…/tJUkf-ytrDooGNZ3OYqyMG1MhV0oWaTkyBtM)

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

At the first session we learned how precious soil is and how all living things depend on it. This time we are going to get into the touchy-feely side of soil. Join Grays Harbor and Pacific Master Gardeners to learn more.

You don’t have to be currently enrolled in 4-H to join.

**When: June 12, 2021, 10:00 AM Pacific Time (US and Canada)**

**Register in advance for the zoom at:**
[https://wsu.zoom.us/…/tJUlcOCorj0sGdMVs0CEINq5SyVIF6_E4wCP](https://wsu.zoom.us/…/tJUlcOCorj0sGdMVs0CEINq5SyVIF6_E4wCP)

After registering, you will receive a confirmation email containing information about joining the meeting.
Disaster Preparedness Fact Sheets Available Here!

Agencies and knowledgeable personnel are already predicting that we could have a terrible fire season this year. Are you prepared for fire or other disasters? These publications will help you, your family, communities be prepared for whatever natural disaster may strike. Thanks to Drs. Craig McConnel and Dale Moore for sharing these materials.

Janet L. Schmidt, WSU Extension Whitman County Director and 4-H Youth Educator

To view and/or download the fact sheet, click on the title below:

- Ag Producer Safety During Wildfires
- Establishing and Operating Animal Shelters
- Establishing and Operating Disaster Information Centers
- Forming and Engaging County Ag Response Teams
- Disaster Go Bags
- Livestock Handling During Disasters
- Mitigating Impacts of Livestock Transportation Accidents
- Practical Livestock Evacuation

Rabbit Vaccine Clinic Coming to Lewis County!
Pre-Registration Closes June 4th at Noon!

Hosted by the WSU Extension 4-H Youth Development Program Small Animal Committee in partnership with the King County 4-H Association and the Thurston County 4-H Council. Cost is $35 per rabbit ($35 includes credit card processing fees). No exam fees required. This is a drive-thru event due to Covid-19 restrictions; please wear a mask. Rabbits will be vaccinated in your vehicle. Please
Bring rabbits in carriers or pet crates. **Please Note: All vaccines must be prepaid to reserve your spot in line.**

**Please read the facts about RHD before making a decision to vaccinate your rabbit or rabbits.** This event is being held to make it easier for 4-H and FFA youth to access the RHDV-2 vaccine as it is not yet widely available. **No day of event registrations.** For more information about RHDV-2 and to help families make an educated decision about whether or not to vaccinate, please visit the Washington State Department of Agriculture (WSDA) RHD webpage at [https://agr.wa.gov/departments/animals-livestock-and-pets/animal-health/animal-diseases/rabbit-disease](https://agr.wa.gov/departments/animals-livestock-and-pets/animal-health/animal-diseases/rabbit-disease) and the American Rabbit Breeders Association (ARBA) website at [https://arba.net/announcements/](https://arba.net/announcements/).

Other Information links:

**Factsheet: Rabbit Hemorrhagic Disease – USDA**

**Rabbit Hemorrhagic Disease Vaccine – FAQ**

**Rabbit Hemorrhagic Disease Vaccine Information Sheet**

**LEWIS COUNTY RHDV-2 DRIVE-THRU VACCINE CLINIC**
Sunday, June 6, 11 a.m. start
(deadline to pre-register 12:00 pm, June 4)
WSU Extension Lewis County Office
17 W Cascade Ave (new physical address), Chehalis, WA 98532
Pre-pay and sign-up for a timeslot at [https://forms.gle/oR6McuYyrMKVp9MU9](https://forms.gle/oR6McuYyrMKVp9MU9) – REGISTER BY NOON ON JUNE 4TH

**Questions? Contact** tc4h@co.thurston.wa.us
2021 4-H State Fair Update – Tom Gwin, 4-H State Fair Manager

With the possibility of the entire state moving into a full reopening on June 30, the Washington State 4-H Fair Board wanted to provide an update for this year’s fair.

The Washington State Fair is currently planning to open with a face-to-face fair this year. The dates are September 3-26, 2021. There may be some modifications to show schedules and activities.
The State 4-H Fair Board is currently planning for both a face-to-face fair and a virtual fair. A decision as to whether the fair is face-to-face, virtual format or a combination of both will be made after the proposed State of Washington reopening of June 30.

As some counties have already decided not to hold a face-to-face fair in 2021, we will be waiving the county qualifying requirement for all exhibits in 2021. It is still up to each county to determine who will represent their county at the state fair.

If we do have a face-to-face fair, we will continue with the allocation process for animals as we have in previous years. Again, the counties will each need to determine how their allocation is filled and by whom.

We hope to be able to provide answers to our 4-H exhibitors and their families as soon as we can once the final decision is made as to the format we will follow this year.

2021 4-H State Fair Patch Design Contest Open Now!
Your design could be here!

The 2021 Washington 4-H State Fair Patch Design Contest is now open to all Washington State 4-H members!

The winning patch design will be selected by members of the Washington State 4-H Fair Board, 4-H State Fair Manager, and a representative from the company that manufactures the patches. The creator of the winning patch design will receive a patch and a cash award.

Guidelines and General Rules for entering can be found here.

The Official Entry Form can be found here.

THE DEADLINE FOR ENTRIES IS JUNE 15, 2021

For more information, contact:
Tom Gwin, WA State 4-H Fair Manager
Email: tagwin@wsu.edu

International Exchange Program Announcement:
The Global Exploration Series

Our State’s International Exchange Program has been hard at work planning a series of cultural events to keep youth connected, engaged, and excited about cultural exchange opportunities this summer. Below is information they have provided on an upcoming series of events. We hope to spread the word and generate interest until our in-person summer Exchange Program resumes again in 2022.

Sadie Williams
4-H Pierce County Office Coordinator
We are very excited to announce the launch of our Global Exploration Series for U.S. youth. This summer, in collaboration with our international partners we will be hosting **six free virtual events** that will highlight six different countries around the world. The virtual events will include cultural trivia, language intros, and hands-on craft and cooking activities. These events are created for youth ages 9 – 18, but other family members can attend as well!

We will be hosting two events each month from June – August, starting with the following countries:

- **Taiwan**: Wednesday, June 9 from 5:00 PM – 6:30 PM Pacific
- **Japan**: Friday, June 25 from 4:00 PM – 5:30 PM Pacific

Registration is now OPEN for our June events!! All interested youth/families can register for **either** June event using this link:

**Global Exploration Series: Taiwan & Japan Registration Link**
Project Supporting Rural Youth Experiencing Covid Stress Featured in WSU Insider Article

The article, by Lauren Paterson of CAHNRS, explores the partnership between WSU Extension’s Child and Family Research Unit (CAFRU) and Washington State 4-H to address Covid stress in rural youth.

A survey commissioned by the National 4-H Council found that 70% of youth in the U.S. are struggling with their mental health in the wake of COVID-19.

Rural areas in Washington often lack access to internet services, childcare, and medical services. The goal of the project is to support students in rural areas who have been isolated from their normal support system.

Kits with supplies like stress balls, fidgets, and noise cancelling headphones will be sent to 600 young people in rural Washington to use when they are stressed during remote learning. Along with the kits, 4-H county Extension staff are being trained on how stress and trauma disrupt learning, and how to promote emotion regulation at home.

To read the full article, click here.

REMINDER! Play It Safe Around Poultry!

There is an ongoing multi-state salmonella outbreak associated with backyard chickens. The story link is below, along with extracted CDC advice about how to stay healthy around chickens. ONLY KISS CHICKENS ON THEIR LIPS!

Susan Kerr, DVM, PhD
WA State Dept. of Ag Educational Outreach Specialist


The CDC has this advice for backyard flock owners:

- Always wash your hands with soap and water right after touching backyard poultry or anything in the area where they live and roam.
- Use hand sanitizer if soap and water are not available.
- Don’t let backyard poultry inside the house, especially in areas where food or drink is prepared, served or stored. Keep flock supplies outside the house.
• Set aside a pair of shoes to wear while taking care of poultry and keep those shoes outside of the house.
• Children younger than 5, adults over 65 and people with weakened immune systems shouldn’t handle or touch chicks, ducklings or other poultry.
• Don’t eat or drink where poultry live or roam.
• Don’t kiss backyard poultry or snuggle them and then touch your face or mouth.
• Stay outdoors when cleaning any equipment or materials used to raise or care for poultry, such as cages, or feed or water containers.

Here’s how to handle eggs safely:

• Collect eggs often, don’t let them sit the nest as they can become dirty or break.
• Throw away cracked eggs. Germs on the shell can more easily enter the egg though a cracked shell.
• Rub off dirt on eggs with fine sandpaper, a brush or a cloth. Don’t wash them because colder water can pull germs into the egg.
• Refrigerate eggs to keep them fresh and slow the growth of germs.
• Cook eggs until both the yolk and white are firm. Cook egg dishes to an internal temperature of 160 degrees to kill all germs.

Looking Back….
...Washington State 4-H Memories
This is a picture of the first home economics club in the state, and debatably the first 4-H club in the state (both this one and a Spokane club started in 1914). George Nelson, also shown in this picture, was the first Extension agent in the state, and likely the first west of the Mississippi. He arrived here in 1912. He attended a conference in Washington DC about steam canning and brought the information back to Wahkiakum County to share. He worked with the Seal River school teacher to start the club, organizing fundraisers for the equipment and supplies they needed. The girls took their canned goods to the Wahkiakum County fair by skiff that year.

*Thanks to Carrie Backman and Jennifer Leach for passing this along!*

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**Dairy Travel Grant Application Deadline Extended**

The deadline for 4-H dairy travel grant applications has been extended to June 1. The grant is designed to provide travel costs for 4-H youth to attend Dairy Programs. To qualify for funding through the Dairy Travel Fund, the applicant must have residency in Washington and be enrolled in middle school, high school, or college. A maximum of $500 will be awarded for each qualified application. Travel grants are supported by the 4-H Dairy Endowment Fund, which was established to provide financial support for Washington State 4-H dairy activities.

For more information and how to apply, Check it out at: [https://extension.wsu.edu/4h/dairy-endowment-fund/](https://extension.wsu.edu/4h/dairy-endowment-fund/)
Welcome to a new Experience 4-H! Activity!!

This project is a cross between quilting and dimensional sewing. You will be making a handy pocket travel pillow. This is a step up from the table runner. If you are comfortable with your sewing machine and can sew a straight seam, please join us.

This is a two-session activity. 22 May and 5 June 1:00 PM – 3:00PM. The first meeting will cover the nine-patch front of the pillow; the second meeting will follow with the pillow pocket back and finishing of the pillow.

To make this activity easier on participants, the Zoom is set up so everyone only needs to register once. On May 24th, participants will receive an email with the code to enter the meeting room on June 5th.
This workshop is hosted by the WSU 4-H Sewing and Textile Advisors of Cowlitz County.

Please register for this sewing activity. It is open for all to participate!

When: May 22, 2021 and June 5, 2021 01:00 PM Pacific Time (US and Canada)
Register in advance for this meeting: https://wsu.zoom.us/…/tJctce2upjkvH9YSw-QxZNQ7RlxGhv_nt4UE

After registering, you will receive a confirmation email containing information about joining the meeting and a follow-up email with material requirements.
Miss the Youth In Action Event on April 27th? View the Recordings Now!

Washington State 4-H celebrated Mayyadah Zagelow, recently named the Healthy Living Pillar winner, at the 2021 4-H Youth in Action Virtual Celebration on April 27th.

The event, carried live on Facebook and YouTube, featured appearances from several celebrity guests and 4-H alumni, including: Carla Hall, Avery Williamson, Lazarus Lynch, Bill Nye “the Science Guy,” and Dolly Parton.

If you missed the event, recordings are available for viewing on YouTube! Find the playlist at https://www.youtube.com/playlist?list=PLpKw1icDY_EGkFm4yfrkB41eKfxiVln4

Mayyadah Zagelow Interview featured on RFD-TV!
Following April 27th’s Youth In Action Celebration, the four Pillar winners were asked to participate in a follow-up interview with RFD-TV. RFD-TV is a rural-focused tv network – they’re great partners to 4-H and they streamed the Celebration live on their channels that evening.

A link to Mayyadah’s on-air interview download can be found by clicking here.

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### Volunteers Wanted for Military Teen Adventure Camp!

![Image of volunteers](image.png)

WSU Cascade Mountains Military Teen Adventure Camp is seeking volunteers to fill a variety of roles. The camp is hosted by WSU in partnership with GPI and 4-H; and funded through a grant to allow teens of military families an opportunity to attend camp with little to no out-of-pocket expense.
Although the above flyer is intended to recruit volunteers, it may also serve to pique interest in attending! If you know a teen who may be interested, please share this link with them:

**Military Teen Adventure Camp Webpage** (pre-registration is on this page)

**Military Teen Adventure Camp Volunteer Information**

**Military Teen Adventure Camp Recreation Internship Description**

**WSU Cascade Mountains Military Teen Adventure Camp Webpage**

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**Third Annual True Leaders In Equity Institute Application**
**Period Open Now**

From September 10-12 and on October 9, 2021 the True Leaders in Equity Institute will prepare up to 20 teams to be change agents within the Cooperative Extension System as we work to create more welcoming and inclusive environments. This training and leadership opportunity challenges participants to work together to ideate and champion equity-related projects that will grow 4-H in their communities.

4-H believes in youth and adults working together to leverage the strengths that each group brings to their communities and world.

**At the Institute, teams will:**

- Gain a deeper understanding of key principles and concepts related to equity and inclusion.
- Identify a particular equity indicator and/or issue to focus on for the next year.
- Develop their skills and competencies in equity leadership and make connections to people, organizations and tools that can be helpful for their projects.
- Create an overall framework for their project for the next year and a specific 90-day action plan to implement when they return home.
The 2021 True Leaders in Equity application is open now through June 30, 2021.

If you have questions, you may download Frequently Asked Questions or email Hayat Essa at HEssa@fourhcouncil.edu.

This program is supported by the W.K. Kellogg Foundation and the Robert Wood Johnson Foundation.

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 HPAI:
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.

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**COVID-19 RESOURCES**

**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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**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)