

Tuesday News



**Thank You
4-H Volunteers for
Your Continued
Support**



Tuesday News – November 23, 2021

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4-H UPDATE – GOVERNOR INSLEE’S VACCINATION PROCLAMATION

Announcement Revised September 7, 2021

Governor Jay Inslee issued a health and safety proclamation on August 20, 2021, in response to a continued state of emergency that exists in all counties due to the Covid-19 pandemic. The health and safety proclamation, as ordered by the Governor, includes employees, contractors and volunteers engaged in activities with state agencies and in educational settings. **Therefore, WSU (including WSU Extension and the 4-H program) is required to comply with Governor Inslee’s recent vaccination proclamation directives.**

With regard to volunteers, below are a series of references, deadlines and explanations that provide further details.

- **The Proclamation (21-14.1) can be found [HERE](#).**
- **Deadline: All current WSU Volunteers are required to be fully vaccinated or exempted by October 18th.** Volunteers who are not fully vaccinated or who do not have an approved exemption on file by October 18 will be put on inactive status. They will not be able to engage in any volunteer activities

with WSU Extension until proof of full vaccination can be observed or until an exemption request has been reviewed.

- **Proof of vaccination:** Contact your local 4-H office for information on how to share proof of your vaccination status.
- **Exemption process:** The state-level exemption process (for religious or medical reasons) can be found at <https://extension.wsu.edu/volunteer-exemption/>

More information on WSU's Vaccination Policy is available on the web at <https://extension.wsu.edu/vaccination-policy/>.

Questions regarding WSU's Vaccination Policy can be directed via e-mail to extension.vaccinepolicy@wsu.edu

COVID-19 HEALTH AND SAFETY PROTOCOLS

All other protocols for health and safety remain in effect and should be followed. The Washington State 4-H Youth Development Program policy is referencing requirements set forth by the Washington State Department of Health's K-12 COVID-19 Requirements for Summer 2021 and the 2021-2022 School Year document. WHILE INDOORS, EVERYONE IS REQUIRED TO WEAR MASKS, REGARDLESS OF VACCINATION STATUS. This policy is required to protect the safety of all and to model the behavior for youth, who are still required to wear masks.

If an activity is conducted outdoors, it is now required that masks be worn in any outdoor setting involving 500 or more people. People should continue to practice physical distancing of at least six feet whenever possible.

Your county may have more protective protocols in place. County protocols supersede the information presented here. Please contact your local County Extension 4-H Office with any questions.

The Washington State Department of Health released a recap of recent COVID-19 news and updates on September 7, 2021. It is available by clicking [HERE](#).



During this week of Thanksgiving, we especially want to thank everyone, from those who choose to mentor our young people to those who keep us in compliance and moving forward. Please stop and think about how everyone has persevered, pivoted, and found new ways to work and new ways to engage our young people and their families. This effort has not been easy for everyone, and often times it is very time consuming and tremendously challenging. However, without our dedicated 4-H Volunteers, 4-H Professionals, and 4-H Community, we would not have a statewide 4-H Youth Development program. Because of your mentorship and skills, the young people in 4-H are learning important life skills such as resilience, belonging, generosity, caring for others, and many more. The life skills youths are learning in 4-H are more important now than ever.

It is an exciting time to be in 4-H! New partnerships are emerging, technology is creating new opportunities, and new organizations and donors are reaching out to us because they believe in the power of youth, our next generation of leaders. They believe in the “4-H Magic.”

May you all have a wonderful Thanksgiving holiday!

The WSU 4-H Youth Development Team

4-H Know-Your-Government



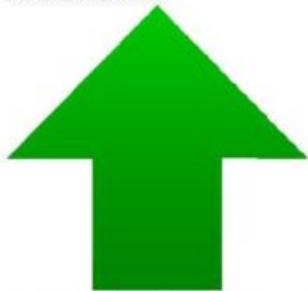
Conference has Leveled up!

The 2022 4-H Know-Your-Government Conference has leveled up!

Students across Washington state, whether they're a part of 4-H or not, can come together to learn about and participate in the legislative process through an interactive curriculum.



Friendly competition will encourage engagement with real bills, real legislators, and real civic-minded students across the state. As delegates complete challenges involving their local and state governments, they will have the opportunity for Zoom meetings with facilitators and other delegates to play games, hear from speakers, and have their achievements recognized. Plans are to have it all come together in a culminating event in central Washington on March 5th with activities, a speaker, and a celebration.



Thanks to the increased flexibility that this allows, we're opening up the curriculum for anyone 13 and older. If that is you, get ready to dive into the legislative process and go through Levels of learning! The cost is \$15. We can't wait to see how you all use your creativity to **Make the Best Better and You're your Government!**

This is where you go to get started :

<https://sites.google.com/view/kyg-2022>

New “Cook Outside the Box Series” Begins With Muffins!



Cook Outside the Box From Camp Panhandle

MUFFINS

From the kitchen at
Panhandle Lake 4-H Camp!



Camp Cook Linda will
teach you a basic
MUFFIN
recipe that may be
embellished from
sweet to savory.

November 28, 2021
@2:00PM PST
via Zoom

For more information,
contact Toni Gwin at tgwin@wsu.edu

Explore 4-H!



#Opportunity4All
#FindYourSpark



4-H



WASHINGTON STATE UNIVERSITY
EXTENSION

Cook Outside the Box Series Session One - Muffins

This is the first of a series of Cooking Outside the Box 4-H zoom meeting we will be hosting direct from the Panhandle Lake Camp kitchen.

Register in advance for this meeting:

<https://wsu.zoom.us/meeting/register/tJAlduhqT4gGdUTSfsku1I67gQEvrvcJX>

After registering, you will receive a confirmation email containing information about joining the meeting. Then you will receive a second email with a list of ingredients and tools required for cooking along. Wash your hands, put on an apron and bake along with Linda

WSU Extension programs, employment, and volunteer service are available to all without discrimination (See WSU Executive 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.

Live Registration Link [HERE!](#)

Come Knit With the Virtual 4-H Knitting Club on the First Saturday of the Month!



For more information, contact Toni Gwin at tgwin@wsu.edu

Virtual 4-H Knitting Club

eeeeeeeeeeeeee
Come Knit With Us!

The first Saturday
of each month
December 2021 - March 2022
@ 4:30 p.m. PST

Knitting together is much
more fun than knitting alone!

Together we share
encouragement, knowledge,
stories and opportunities.

We also celebrate
knitting successes.

Bring your knitting
and join us!

Basic knitting skills required

Explore 4-H!



#Opportunity4All
#FindYourSpark

Knit along with us! We share encouragement, knowledge, stories, opportunities and fun while we knit. We celebrate knitting successes. Don't knit alone, bring your knitting and join us! Open to all youth who are learning knitting skills.
You are invited to a Zoom meeting.

When:

December 4, 2021 04:30 PM Pacific Time (US and Canada)
January 1, 2022 04:30 PM Pacific Time (US and Canada)
February 5, 2022 04:30 PM Pacific Time (US and Canada)
March 5, 2022 04:30 PM Pacific Time (US and Canada)

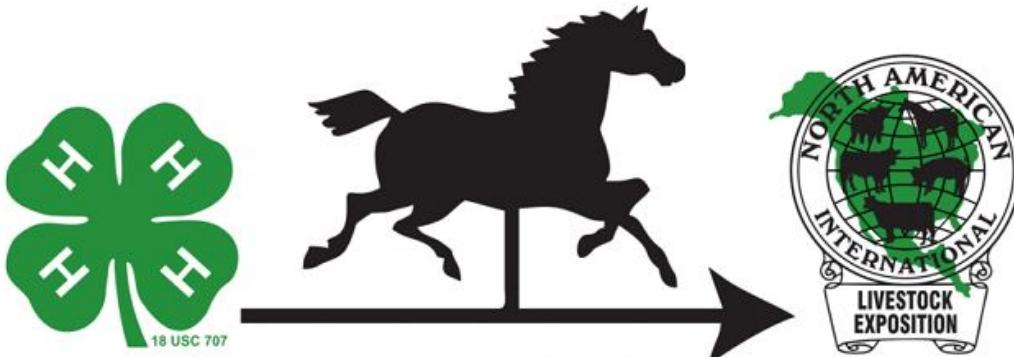
Register in advance for this meeting:

https://wsu.zoom.us/meeting/register/tJAoc-vqTIpGN3_qSyd446DRQv7qbC3GKDR

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

Questions? Contact Toni Gwin
Office: 360 875 9331
Email: tgwin@wsu.edu

Congratulations to the Washington State 4-H Delegation, Participants at the Eastern National 4-H Horse Roundup!



Eastern National 4-H Horse Roundup

Kentucky Fair & Expo Center - Louisville, KY

The Washington 4-H horse program once again did an outstanding job at the Eastern National 4-H Horse Roundup (ENRU) held November 6th and 7th at the North American International Livestock Exposition (NAILE) in Louisville, Kentucky. This national 4-H equine event provides youth from all over the United States the opportunity to compete in horse bowl; Hippology; horse judging; public speaking; individual presentations; and team presentations.

The purpose and mission of this national event is to encourage teamwork, self-confidence, critical thinking and problem-solving skills, along with communication and time management skills – all within the 4-H mission mandates of science, technology, mathematics, healthy living, and citizenship.

Washington was represented by the following teams: Horse Bowl; Hippology; Horse Judging; and Communications.

The Horse Bowl and Hippology teams were selected at our state contest held in the spring, with Snohomish County being the top Horse Bowl team and also having the top Hippology team. The Horse Judging team is selected at the state horse judging contest held at the state fair, with the top four placing individuals. The communications team is also selected during state fair, and consists of individual presentation; team presentation; and public speaking.

The following members represented the Washington delegation:

Horse Bowl: Addison Kapur, Hannah Kruchek, Emma Harding, Tristan Krohn

Hippology: Savannah Schmidt, Elaina Kunz, Makenna Porter, Dylan Qureshi

**Horse Judging: Marissa Keltz, Vivian Rice, Charlotte Pestinger, Ashlyn Aven
(qualified but was unable to attend Nationals)**

**Communications: Mackenzie Ziegler, Katie Pestinger, Addie Hering and
Carissa Bruneau**

All of the coaches and support adults are very capable and involved 4-H volunteers from the respective counties. In addition, each member or team is supported for travel either by their respective county horse project committees, county 4-H councils, donors or personal family finances.

The success of the Washington delegation is really the result of the 4-H horse volunteers' dedication to prepare our Washington 4-H youth for this opportunity.

Following are the final results:

Hippology

Dylan Qureshi – High Individual Judging Phase: 5th place

Washington State – High Team Judging Phase, 2nd place

Washington State – Overall High Team, 11th place

Horse Bowl

Hannah Kruchek – High Individual – 8th place

Addison Kapur – High Individual, 9th place

Washington State – High Team Overall, 5th place

Horse Judging

High Individual Halter:

Vivian Rice, Snohomish County – 3rd place

Marissa Keltz, Spokane County – 9th place

Washington State – High Team Overall Conformation/Halter, 5th place

Washington State – High Team Overall – 10th place (very well done – considering the horse judging team only had three members)

Communications Team

Katie Pestinger, Thurston County – Public Speaking High Individual – 5th place

Addie Hering and Carissa Bruneau, Pierce County – Team Presentation-High Team – 2nd place

Washington State – High Team Overall – 3rd place

Complete results can be found
at https://drive.google.com/file/d/1_yPJyxEMSSedgivX-H_CvXuS9HqRv1gIY/view

Finally, kudos to Kim Baker, 4-H Program Coordinator, for organizing the trip and also coordinating the state Hippology contest; to Pat Pehling, 4-H volunteer-Snohomish County for coordinating the state Horse Judging and state Horse Bowl contest.

A big thank you also goes out to RA Mazzola, 4-H volunteer in Snohomish County, for his passion and effort to organize tours in Louisville and surrounding areas, both before and after the contest for all of the 4-H members and their families. It is a great opportunity for the Washington delegation to see parts of Kentucky, one of the strongest states for the horse industry.

The Washington 4-H horse program does amazingly well at the Eastern 4-H Horse Roundup as a volunteer-driven effort. If you would like more information on how you and/or your county can qualify for the Washington State and Eastern National Roundup, please contact Kim Baker at kim.baker@wsu.edu

A sincere thank you to all!

**Jennifer Leach, Associate Professor
Cowlitz County 4-H Youth and Family and 4-H State Equine Specialist (.25 FTE).**

States' 4-H International Exchange Program Update: Argentina!



Sadie Williams, Washington State 4-H International Exchange State Coordinator

I want to share more information on our summer Outbound States' 4-H International Exchange Program with you. We are excited about our new partnership with Argentina this year, and would love to grow the program!

Argentina 4-H is doing some amazing things for youth engagement. Delegates can take part in a group travel experience on June 29th, 2022. Youth can participate in making recycled instruments and playing them in a 4-H orchestra, learn Spanish, have fun playing soccer and enjoy group excursions that really immerse them in the culture of Argentina - such a wonderful and diverse opportunity for U.S. youth traveling as a group. **Youth must be between ages 15-18 to participate and the deadline for applications is January 1st.**

Please have any interested parties reach out to me directly for the application or they can visit [**States' 4-H International Exchange Programs \(states4hexchange.org\)**](http://States' 4-H International Exchange Programs (states4hexchange.org)) You can also follow and share our WA state Exchange FB page here: [**Washington 4-H International Exchange | Facebook**](https://www.facebook.com/WA4HInternationalExchange)

If you would like further information on other partnering countries, please reach out to me as I am happy to provide information.

Sadie Williams

4-H Pierce County Coordinator

Washington State 4-H International Exchange State Coordinator

Washington State University |Pierce County Extension

Office hrs. 9-4 PM Mon-Thurs

sadie.williams@wsu.edu

WSU CAHNRS Corner for Tuesday, November 16

New WSU CAHNRS Virtual Information Sessions Available!

Elizabeth Perez, Director, Recruitment and Retention, CAHNRS



Hello, Washington 4-H Community!

Washington State University's College of Agricultural, Human, and Natural Resource Sciences (CAHNRS) offers live, virtual information sessions for anyone interested in learning more about our majors and resources for future Cougs. We've added additional dates. We hope to see you there!

College of Agricultural, Human, and Natural Resource Sciences

— PRESENTS —

Virtual Information Sessions



Learn about majors,
financial aid opportunities,
and signature experiences
at Washington State
University's College of
Agricultural, Human,
and Natural Resource
Sciences

cahnrs.wsu.edu

Upcoming Dates & Times:

- Wed. 11/10 4:00–5:00 PM
- Mon. 11/22 3:00–4:00 PM
- Mon. 12/6 4:00–5:00 PM
- Tues. 12/14 4:00–5:00 PM
- Tues. 12/21 12:00–1:00 PM
- Tues. 1/4 4:00–5:00 PM
- Thur. 1/13 4:00–5:00 PM
- Mon. 1/24 4:00–5:00 PM

Register at:

[futurecoug.wsu.edu/portal/
departmental](http://futurecoug.wsu.edu/portal/departmental)



WASHINGTON STATE UNIVERSITY

College of Agricultural, Human,
and Natural Resource Sciences

From National 4-H Council....

NATIVE AMERICAN HERITAGE MONTH: A VOICE OF ANIMAL NATION



As a member of the Rosebud Sioux Tribe and a South Dakota 4-H'er, Tashina Red Hawk makes a difference for the animals and families living in her community every day. With the leadership skills and fearlessness gained through 4-H, she makes affordable pet and animal care accessible for those living on the Reservation. This Native American Heritage Month, learn more about the 4-H Youth in Action recipient and her passion for being the “voice of animal nation.”

[**READ MORE**](#)



REGISTRATION NOW OPEN FOR HEALTHY LIVING AND AGRI-SCIENCE SUMMITS

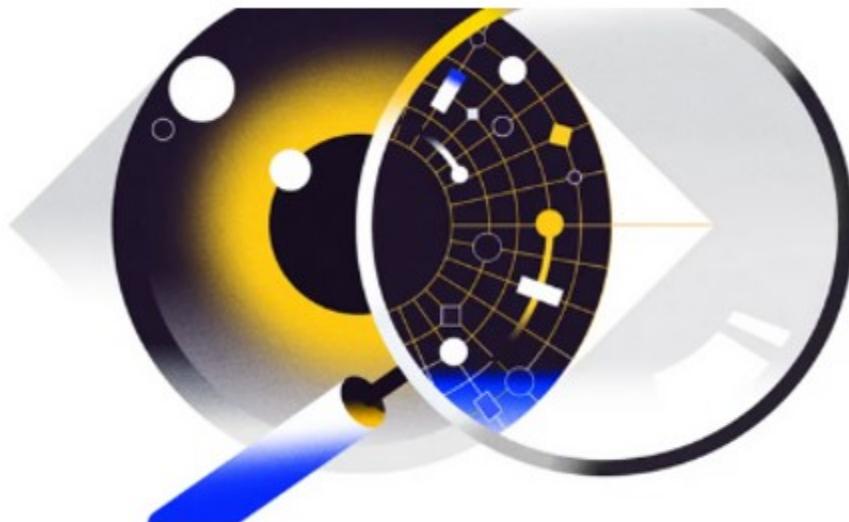


The National Youth Summit Series are immersive, three-day experiences where you dive into the issues, expand your career horizons and grow as a leader while working with and learning from other teens and experts with shared passions. The 2022 Healthy Living and Agri-Science Youth Summits are now open for registration and will take place in-person in the Washington, D.C. area.

REGISTER NOW



PROTOCOL'S BRAINTRUST



Check out Protocol Media's Braintrust to learn how Land O'Lakes Inc, Microsoft, Tractor Supply Company and Verizon are working with National 4-H Council and the 4-H Tech Changemakers to close the digital divide.

LEARN MORE



CELEBRATING 4-H COMPUTER SCIENCE EDUCATION



Join us in celebrating 4-H Computer Science during CS Education Week on Wednesday, December 8 at 1:00 PM EST. During this special webinar, you'll learn best practices as we share what worked well in reaching over 1.4 million youth with CS education through the 4-H CS Pathway. Join to explore the new resource, Click2ComputerScience.org, learn how to develop training and skills to engage youth in CS learning and build confidence and competence for staff to teach CS. It would not be a celebration without gifts, register now to join!

[**REGISTER NOW**](#)



CELEBRATE THE SEASON WITH 4-H



Explore new hands-on activities to spark curiosity for the kids in your family, and learn how you can pay it forward to more kids waiting to unlock their potential.

GET STARTED



4-H at HOME



Scavenger Hunt

Turn grocery shopping into a food system scavenger hunt.

[GET STARTED](#)



Plant Person

Perfect holiday break activity: grow a plant person.

[GET STARTED](#)



Emotional Wellness

Learn healthy ways to fend off the winter blues.

[GET STARTED](#)

4-H Creates a Positive Future for Washington Youth

By Vicki McCracken, Nancy Deringer and Mike Gaffney

Special to the Spokane Spokesman-Review; November 7, 2021

Washington State University 4-H has a long and impactful history in Washington.

Formed originally to provide high-quality, research-based, positive youth development, 4-H has never strayed from that mission. The number and types of opportunities for engagement and access to positive youth development programming have expanded significantly over the years. That expansion took place to reflect changes in technology and scientific developments, and to provide a greater variety of opportunities for youth, wherever they might live.

4-H is the largest youth development program in the world. Created nationally in 1914, 4-H is delivered through a federally recognized partnership between U.S. land-grant universities, Cooperative Extension, National 4-H Council, states, counties, and the U.S. Department of Agriculture. The multilevel value of 4-H is well-recognized statewide among the organization's members, volunteers, leaders, alumni and all who've had contact with and connection to the program.

In Washington, the WSU Extension 4-H Youth Development Program delivers a wide array of educational, research-based programs focused on small and large animal care, agriculture, engineering and technology, leadership, public speaking, creative arts, photography, horsemanship, livestock production, shooting sports, music, sewing, robotics and consumer sciences for youth in rural, urban and suburban communities.

4-H is intentionally accessible for all youth. Under our federal sponsor's auspices, and faithful to our land-grant mission, 4-H is a nondiscriminatory program that is a home for youth from all walks of life wanting to be connected and involved.

We make impacts at the individual and the county levels because we're supported by faculty and staff who bring the knowledge base and administrative support of WSU to our program. WSU Extension 4-H uses a large force of dedicated volunteers to bring research-based knowledge to youth and adults.

In each of Washington's 39 counties and two tribal communities, the local WSU Extension office coordinates 4-H programming along with a spectrum of other activities and programs, which collectively bring as much as a 3-to-1 return on the investment of county funds contributed to support our offices. Other support comes from WSU state funds, from Federal Smith-Lever (USDA) funding, from grants, and from donations from our many alumni and supporters.

4-H's many positive effects include individual benefits and positive societal impacts as well. As verified by national studies, 4-H youth are twice as likely to participate in STEM activities and make healthier choices, and are four times more likely to be involved and give back to their communities. Girls in 4-H are three times as likely to take part in science programs, compared to girls in other out-of-school activities. 4-H participants are more likely to become productive members of society and are less likely to interact with the criminal justice system.

4-H has a remarkable list of successful alumni including more than 80 members of Congress, four first ladies and six astronauts. Four current Washington members of the U.S. House of Representatives, including Cathy McMorris Rodgers and Dan Newhouse, are 4-H alumni.

4-H members learn how to set goals, manage time, keep records, and run a meeting. They learn about scientific processes to further their understanding and make better decisions on how to use technology, how to care for an animal, and to care for their own minds, bodies, and communities. When a 15-yearold girl

successfully raises and sells a pig, or a 10-year-old boy experiences a team win in a national robotics competition, they realize that they can succeed.

Since 2018, 4-H members in Central Washington have led digital skills training for adults in their community through the 4-H Tech Changemakers project. Their project boosted intergenerational connection while helping teach valuable digital tools that adults need to pay bills, visit a school portal, or find needed services. Participating teens realize that they can make a difference.

Similarly, 4-H teens in Spokane County and other areas of the state this year helped their peers learn about the opioid crisis in partnership with WSU's Center for Rural Opioid Prevention, Treatment, and Recovery (CROP+TR). Youth interviewed experts and first responders, and shared their research with the wider community.

"I'm going to keep doing my part by helping people learn to be more compassionate and give that helping hand," one participant shared.

We're proud of Washington State 4-H, and of the sheer volume of positive impact it has on youth and communities across the state. If you are interested in learning more about 4-H, contact your local county Extension office to be put in touch with a program coordinator or county director.

Vicki McCracken is associate dean and director of WSU Extension. Nancy Deringer is director and state program leader for 4-H Positive Youth Development. Mike Gaffney is assistant director of WSU Extension.

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Click here to see this page in the eEdition: (Login Required)

State 4-H Ambassadors Announce 4-H Youth of the Month for November!

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for November, Madeline Squibb from Skagit County! The Ambassadors are proud to highlight various youth monthly throughout the year!



4-H YOUTH OF THE MONTH



Washington State 4-H

**Madeline
Squibb**

*Senior
Skagit
County*

**PROJECT:
Dog**

Madeline Squibb

Favorite part about 4-H: Hanging out with Animals & Friends.

Why should people join 4-H: 4-H has helped Madeline with her public speaking skills and social skills. 4-H is almost a second family for her.

What do You do outside of 4-H: Madeline plays Basketball and Volleyball.

Favorite 4-H experience: The first time Madeline and her dog won Grand Champion at their County Fair.

What she wants to be when she grows up: Madeline wants to be a small animal vet.

Washington State Fair Foundation Scholarship Applications Open November 1!



The Washington State Fair Foundation is pleased to present scholarship opportunities to local students for continuing education. 4-H member students may be eligible for some of these opportunities.

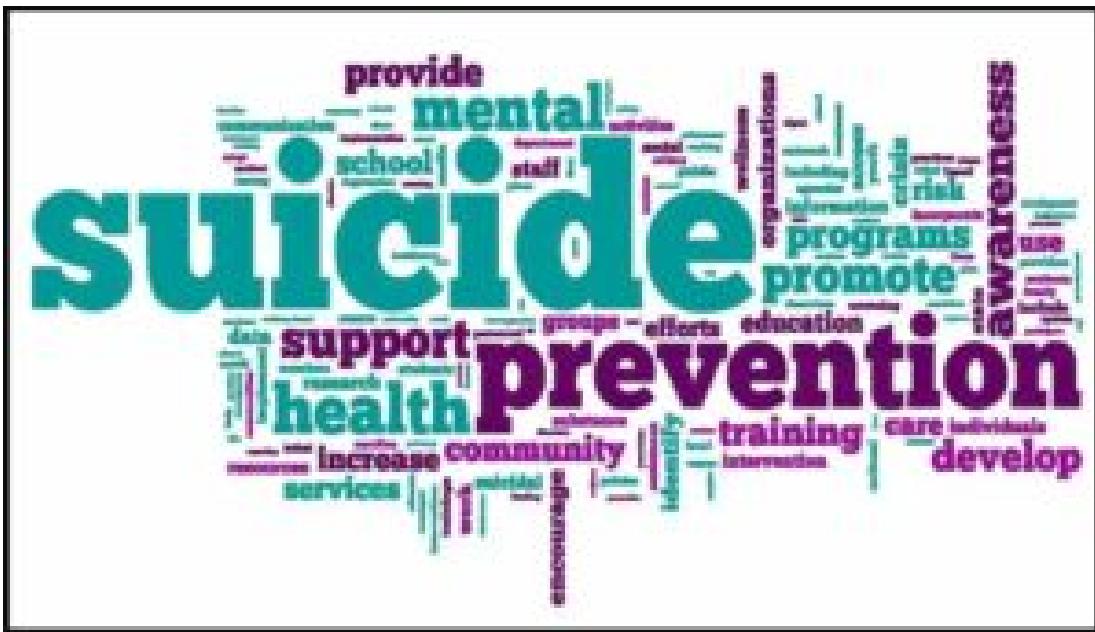
BLUE RIBBON SCHOLARSHIP APPLICATIONS FOR 2022 WILL BE OPEN NOVEMBER. 1, 2021 THROUGH JANUARY 21, 2022.

Go to <https://www.thefair.com/foundation/scholarships/> and click any of the scholarships listed to see specific qualifications, or apply directly at: <https://thefairfoundation.awardspring.com>.

Students only need to submit one application for all scholarships offered online. The application system will automatically apply students for the scholarships they qualify for.

For any Scholarship questions, please email kima@thefair.com.

Teen Advocates Needed for Suicide Prevention Task Force!



Are you a teen interested in becoming an advocate for suicide prevention? Join our WSU 4-H teen task force!

See the flyer linked below for details. All 4-H youth aged 13-18 are welcome to apply. If you are interested in applying to the task force, you can do so [here](https://wsu.co1.qualtrics.com/jfe/form/SV_bCratMSux2hfmxE) (https://wsu.co1.qualtrics.com/jfe/form/SV_bCratMSux2hfmxE)

[Suicide Prevention Taskforce Flyer Link](#)

Join the 4-H Fair Board! Apply by December 1!!

It was a warm Sunday afternoon with a slight breeze. The public presentation about how to clean a saddle had just ended and the annual 4-H Fashion Revue was about to begin. You could hear the sheep bleating in the distance and the cows mooing. Record times were being displayed as the horse gamers completed their runs.



These are just a few of the activities put together by the State 4-H Fair Board under the leadership of Tom Gwin, 4-H Fair Manager. The State 4-H Fair operates within the Washington State Fair in Puyallup every year during the month of September. The fair board works all year to provide our youth a venue to showcase the results of their year-long efforts and hard work with their 4-H projects.

The Fair Board's goal is to provide a memorable and positive experience for all our state 4-H youth. Putting on a successful fair is a huge undertaking, and this year was particularly challenging with COVID and the constantly changing policies to keep our youth safe. But seeing them reach their goals and feel the reward of achievement made it all worthwhile!

If this kind of challenge and undertaking sounds interesting to you as a volunteer or leader, consider joining our board either as a one-year appointee or a full three-year member. Applications may be found on our WSU 4-H website. Applications are due by December 1 to the Washington State 4-H Fair, PO Box 1225, Puyallup WA 98371.

Join the State 4-H Advisory Board!

The State Advisory Board is a place to share ideas in the 4-H world. Adult and teen positions are available in all four districts around the state.

Applications for appointment to the board are accepted through December 1st.

Applications can be found here: <https://extension.wsu.edu/4h/state-advisory-board/>

APPLY TODAY!

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/>

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
