Tuesday News – December 21, 2021

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Features

WSU 4-H wishes you a holiday season full of joy and good cheer!

Tuesday News will not be updated next week, due to WSU's December Holiday Reduced Operations Schedule – watch for the next News on January 4, 2022. Best wishes now and in the new year!

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

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for December, Brenna Keene of Asotin County! The Ambassadors are proud to highlight 4-H youth monthly throughout the year!
Hello, Washington 4-H Community!

Washington State University’s College of Agricultural, Human, and Natural Resource Sciences (CAHNRS) has a dedicated Recruitment and Retention Team available to meet with future CAHNRS Cougs, answer questions, and be a resource. Please feel free to reach out to us at cahnrs.ambassadors@wsu.edu with questions, as well as requests for presentations or visits. We love hearing from our 4-H community across Washington and beyond, and sharing information about our programs, scholarships, career paths, research and internship opportunities, and more!

This week we want to feature our three newest student employees, Madison Escobar, Carmen Chandler, and Florencio Ramirez.
Madison Escobar is a third-year WSU student majoring in Animal Science on the Pre-Veterinary Medicine track. Madison is an out-of-state student and calls Corvallis, Oregon home. When she’s not in the classroom, Madison can be found working at her local veterinary clinic, grabbing coffee with friends in downtown Pullman, or spending time outdoors (when it’s not too cold!). Madison is thrilled to represent the CAHNRS Ambassador team as President and cannot wait to grow with the program this year.

Carmen Chandler is a third-year business student at Washington State University, double majoring in marketing and business management, with a minor in business economics. Carmen is currently the President of the WSU Women’s Rugby Club and has been active within the organization for three years. Carmen has two years of experience working as a certified veterinary assistant in the state of Texas. She is currently the Recruitment and Retention Social Media Assistant for WSU CAHNRS.

Florencio Ramirez is a third-year student studying Food Science. He is excited to be a part of the team as a Recruitment and Retention Assistant and believes his past experiences will make a positive impact for future and current CAHNRS Cougs. In addition to this, he is involved as a CAHNRS Ambassador and serves as part of the executive team for WSU’s chapter of Minorities in Agriculture, Natural Resources, and Related Sciences (MANRRS). In his free time, Florencio enjoys hiking, road trips, and kayaking.
At just six years old, Kendall Rae Johnson is already making history as the youngest certified farmer in Georgia. She’s on a mission to create a space for other kids to learn about gardening and to help her community grow. She’s working with the University of Georgia and 4-H to charter her own 4-H Club to teach other kids how to grow their own food. Watch as Good Morning America surprises Kendall with the funds to achieve her goal of creating an outdoor Ag Science lab—her reaction is priceless!

WATCH NOW

REGISTER NOW FOR IN-PERSON HEALTHY LIVING AND AGRI-SCIENCE SUMMITS
National 4-H Council looks forward to hosting the 2022 National Youth Summit Series in person in Washington, D.C. at the Hyatt Regency Bethesda – and spots are filling fast!

The Healthy Living and Agriscience Youth Summits are immersive, four-day experiences where high-school aged youth dive into the issues, expand their career horizons and grow as leaders while working with and learning from other teens and experts with shared passions.

Registration is now open. Save $50 if you register by the priority deadline.

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<tr>
<th>Summit Date</th>
<th>Priority Registration Deadline (Save $50)</th>
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<td><strong>Healthy Living Summit</strong></td>
<td><strong>Feb 10 - 13, 2022</strong></td>
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Located in downtown Bethesda, Maryland, the Hyatt Regency Bethesda is adjacent to the Bethesda metro station, offering convenient and affordable access to many of Washington DC’s landmarks, along with shopping, dining and outdoor activities all within walking distance.

National 4-H Council is committed to the health and safety of all youth and adults participating in the National 4-H Youth Summit Series as we continue to experience the COVID-19 pandemic. Council continues to follow the latest CDC guidance regarding COVID-19. For more information, please download the Covid Protocols for the 2022 National Youth Summits.

Please direct any questions to Freeman Thompson, Director of Educational Programs.

Sincerely,

Jennifer L. Sirangelo
President and CEO
National 4-H Council

REGISTER NOW
CODE YOUR COMMUNICATION

In our newest STEM activity from HughesNet, kids will learn the basics of binary code and put their learning into action by making a beaded bracelet featuring their coded initials.

GET STARTED

LEARN TO CODE
Learn to code with this fun activity from our partners at Microsoft. Kids will play the “Collect the Clovers” online game, collecting as many 4-leaf clovers as they can while avoiding the bees! Using a Microsoft Arcade tutorial, they’ll learn how to code their own version of the game!

GET STARTED

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
FREE ACTIVITY GUIDES

Share the 4-H at Home Activity Guides with your network to provide fun, free learning activities for the whole family.

GET STARTED

ExtensionHorses.org Offers New Hippology Short Courses!

Looking for that holiday gift for your equestrian friends? Or for yourself? Check out these two short courses on Horse Health and Horse Nutrition from Extension Horses. They are available from December 15 to May 15. You can start at any time, and each course has six lessons from University and industry experts from around the country. At $50 per course, that is less than $10 per lesson.

Click here to enroll:
https://catalog.extension.org/?category=6&keyword=Hippology+Shortcourse&cond=advand&searchcategory=
Register Now For Know Your Government 2022!

Learn how bills are created
Learn how to be a positive contributing citizen
Explore new ideas and perspectives

Know Your Government
HAS LEVELED UP!

Students across Washington are invited to come together and learn about the legislative process through interactive programming!

Friendly competition will encourage engagement with real bills, real legislators and real civic-minded students across the state.

Participate in Zoom meetings with facilitators & delegates, hear from speakers and participate in challenges involving local & State governments!

Open to ALL 13 years old and up
Cost is $15 per participant
Get Started here:
https://sites.google.com/view/kyg-2022

Live Link: https://sites.google.com/view/kyg-2022
4-H Scholarship Applications Open January 1

Attention 12th grade 4-Hers!

The WSU 4-H Scholarship Applications will open on January 1, 2022. There are a variety of scholarship available! The deadline to apply is March 15, 2022.

Like last year, the scholarships are available to all approved 12th grade 4-Hers who have accumulated at least 2 years of 4-H participation. An applicant must have an approved 4-H enrollment prior to the application deadline.

Please note that the supplemental documents required for the application (resume, essay, letters of recommendation, and academic transcripts) must be combined into a single PDF file before uploading to 4-H Online. The scholarship requirements as well as instructions on how to apply can be found at http://extension.wsu.edu/4h/youth/scholarship-opportunities/

Questions regarding the requirements or scholarships themselves, should be directed to Britta Nitcy (nitcy@wsu.edu).

Colville Reservation 4-H Extension Glows in NIFA’s Native American Heritage Month Spotlight

Kristina Taylor
Assistant to the Associate Dean/Director of WSU Extension
Original Release – Thursday, November 18, 2021
By Rachel Dotson, Public Affairs Specialist (Social Media), NIFA
The Colville Reservation Extension in Nespelem, Washington is one of two Federally Recognized Tribes Extension Program (FRTEP) in the state and is dedicated to ensuring the youth residents of the reservation have the necessary resources to prepare them for their future.

As the longest running FRTEP, the Colville Reservation 4-H provides diverse programs for members to gain and develop new skills, while expanding their knowledge in new subjects. Educational topics range from advancing science and technology to enhancing health and well-being and improving natural resources. Members can also enroll in traditional 4-H clubs where they develop life skills through their hands-on participation projects.

CLICK HERE TO READ THE FULL ARTICLE!

Congratulations to the Washington State 4-H Delegation, Participants at the 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_yPjyxEMSedgivX-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) You can also follow and share our WA state Exchange FB page here: Washington 4-H International Exchange | Facebook

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

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-year-old 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._

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.

COVID-19 RESOURCES

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.

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