Tuesday News – January 18, 2022

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Features

Explore 4-H! Presents The Quilted Heart Project!

The Quilted Heart Project

Craft a heart to spread joy and kindness to its finder!
Learn how to make an easy quilt-as-you-go heart. After you finish your heart, hide it to be found by a random stranger. They brighten the day of anyone who finds or hides one.

Join us
January 23, 2022
@11:00AM PST
via Zoom

For more information, contact Toni Gwin at tgwin@wsu.edu
Small, quilted hearts are being found around the globe. They brighten the day of anyone who finds or hides one. Join us to learn how to make an easy quilt-as-you-go heart. Instructions for both machine and hand sewing will be provided. We will provide a pattern but you are the boss of your own project. Learn the basics and create a heart. Those with less sewing skills will need an adult to help. This is a good beginner sewing project.

This Zoom is appropriate for all 4-H and non-4-H families.

**When:** Jan 23, 2022 11:00 AM Pacific Time (US and Canada)

**Register in advance for this meeting:**
https://wsu.zoom.us/meeting/register/tJ0td-6orjooGNz9ih2ZTrN9u9GVVlhcipS

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

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**Explore 4-H! Presents the Second Session of “Cooking Outside the Box From Camp Panhandle” – Making Homemade Noodles!**

From the kitchen at Panhandle Lake 4-H Camp!

Camp Cook Linda will teach you the basics of making homemade NOODLES.

Learn about different types of noodles, types of flour used, tools needed, and how to shape, cook and use different types of noodles & pasta.

**January 23, 2022**
**@1:00PM PST**
**via Zoom**

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

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#Opportunity4All
#FindYourSpark
Ever wondered how to make noodles at home? Do you know about the different types of flour used to make noodles and pasta? Do you have what it takes to shape the dough? Join Camp Cook Linda and learn all about these tasty treats. To cook along with her, you will need 2 cups of flour, 2 large eggs and \( \frac{1}{2} \) teaspoon fine salt.

This Zoom is appropriate for all 4-H and non-4-H families.

**When:** Jan 23, 2022 01:00 PM Pacific Time (US and Canada)

Register in advance for this meeting: [https://wsu.zoom.us/meeting/register/tJMqcuGrpz8oH9y4Yh6QDLhOAQC8ugmVN79](https://wsu.zoom.us/meeting/register/tJMqcuGrpz8oH9y4Yh6QDLhOAQC8ugmVN79)

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

*Let’s get our hands covered in flour!!*

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

The Washington State 4-H Ambassadors recognize the 4-H Youth of the Month honoree for January, Anna Hansen of Skagit County! The Ambassadors are proud to highlight 4-H youth monthly throughout the year!

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**Anna Hansen**

*What 4-H has taught you:* Responsibility, Anna feels a lot more organized because of 4-H

*Future Career:* Anna wants to have a career in genetics.

*Favorite 4-H Experience:* Anna remembers the older members in the program helping her, and now she is doing the same for younger members.

*Next Project:* Anna wants to raise a Dairy Cow because her neighbor owns a dairy farm.

*Best 4-H Achievement:* Anna was once featured in her local newspaper for winning Grand Champion and being an all around amazing kid.

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**4-H Youth of the Month**

Anna Hansen

*Senior*

Skagit County

*Washington State 4-H*

*PROJECT: Dog*
Hello, Washington 4-H Community!

In this week’s CAHNRS Corner, we present an article introducing our newest CAHNRS Ambassadors President, Madison Escobar. Madison shares thoughts on her interest in animals, a small college town experience, and more!

**From Oregon State Beaver to CAHNRS Ambassador President**

By Carmen Chandler, CAHNRS Academic Programs

A Corvallis, Ore. native and born and raised Beaver, Madison Escobar’s experiences as an ambassador at Washington State University’s College of Agricultural, Human, and Natural Resource Sciences (CAHNRS) drive her hopes and goals as the group’s newly elected president.

Deciding on what school to attend was not as easy as choosing her major, but WSU Pullman made a strong impression. By her senior year of high school, Madison knew that she wanted to go out of state for college, but she still searched for a town with the same feeling that she grew up with.

“Washington State University felt like home in the sense that it was a small-town community that I like, and I wanted to go somewhere new and have new experiences for my undergraduate education” she said.

Madison, a third-year Animal Sciences student on the pre-veterinary track, is applying to veterinary school this upcoming summer. Madison recalls that “animals have always been my passion from a very young age.” She said that studying animal sciences in college was a “perfect fit”, especially given her history of caring for family pets.
Madison Escobar with a heifer in her Dairy Cattle Management class.

Madison began working with the Ambassadors in April 2021 when she found out about the program through her Animal Sciences advisor. When she started, the Ambassadors operated differently – they were fully remote due to the Covid-19 pandemic. As WSU reopened its doors in August 2021, Madison didn’t know what to expect going into her first in-person semester as an ambassador. However, this year has brought the ambassador team closer together.

“One thing I love about our team is how connected we all are,” Madison explained. “We are all from different majors, backgrounds, and areas of study. We all have the commonality of being super passionate, driven, and excited about our respective areas of study.”

In-person classes have introduced Madison to a new experience as an ambassador.

“I love working with people who have the same mindset as me and working with students who are passionate about spreading awareness to prospective students and getting the CAHNRS name out there,” Madison said.

The ambassadors serve as a student leadership organization that provides a connection for prospective students to gain knowledge of CAHNRS academic programs. Ambassadors encourage higher education and create awareness of opportunities within the fields of study that the college provides.

Becoming the group’s president was not originally the plan for Madison. “I knew that I wanted to push my involvement more. We had election nominations coming
up and I knew I wanted to do something on the executive board, but I didn’t know what I wanted to do” she said.

Before elections, Madison said she was nominated by the current CAHNRS Ambassadors President.

“That felt really cool that he saw that potential in me,” she said. Madison officially took over as president in late December, and already has plans for the Ambassadors program.

With her experience at WSU, Madison has advice for students considering enrolling in a CAHNRS program. She recommends talking to an ambassador or a student who is in the program, in addition to researching online.

“We have great information on our websites about the majors” she said. “And talking to students is a great way to understand a student’s perspective of being in CAHNRS”.

For current WSU students interested in being an ambassador, Madison suggests attending recruitment events throughout the semester. To become an ambassador, there is an interview application process twice a year at the end of each semester. Further information about the ambassadors can be found on the CAHNRS website.

Register Now For Know Your Government 2022!
REGISTRATION FOR PARTICIPANTS CLOSES ON JANUARY 31ST

Live Link: https://sites.google.com/view/kyg-2022
The Power of Showing Livestock and Staying Positive
Grand Champion 4-H Livestock Showman Shares Her Inspirational Story

“Life will throw obstacles at you, but your positive mindset is what will get you through those lows,” said Staci Kmetz. (Courtesy Photo)

This article appeared in Morning Ag Clips, January 11, 2022

MARYSVILLE, KS. — Nineteen-year-old Staci Kmetz beams a smile for the camera, standing alongside her is grand champion heavyweight market lamb, Foxtrot, who had just sold for a record-breaking sum of $30,100 at the Fayette County Fair’s 4H Livestock Auction in Pennsylvania. The fair’s previous record-highest was $90 per pound; Foxtrot brought some $215 per pound, with more than 180 contributors across 15 states.

The road to this snapshot was paved with both trial and triumph. Her determination, love for 4H, and the support from her livestock family and friends helped see her through to this moment, a memory which she would hold in her heart forever.

Read the full article HERE

EPA Launches “Companies Crushing Pollution” Video Challenge for High School and College Students

The Environmental Protection Agency (EPA) has launched the “Companies Crushing Pollution” Video Challenge. EPA will award a total of $50,000 in prize money through the video challenge. The Challenge invites high school and college students and others including people who live near industrial facilities to create videos illustrating how businesses in the U.S. are reducing toxic chemical releases through innovative pollution prevention (P2) practices, and by having a
positive impact on the environment and communities. Participants have a chance to win up to $5,000. All videos must be submitted by March 1, 2022.

The recorded webinar that discusses challenge logistics and rules can be found at [https://youtu.be/mVoMxtQha4Y](https://youtu.be/mVoMxtQha4Y)

Challenge Website: [https://www.epa.gov/toxics-release-inventory-tri-program/companies-crushing-pollution-video-challenge](https://www.epa.gov/toxics-release-inventory-tri-program/companies-crushing-pollution-video-challenge)

TRI P2 Search Tool Website: [https://www3.epa.gov/enviro/facts/tri/p2.html](https://www3.epa.gov/enviro/facts/tri/p2.html)

Quick Facts on the Challenge:

**Eligibility**

- Students: high school (grades nine -12) or college/university
- Other members of the public (those living close to a TRI facility)
- Must live in the United States or U.S. Territories
- Participants may be an individual or a team

**Timing**

Submissions accepted: December 1, 2021 – March 1, 2022

Review of submissions: March – May 2022

Prizes awarded: Late May/Early June 2022

**Prizes**
EPA will award a total of $50,000 in prize money to multiple participants as outlined below:

<table>
<thead>
<tr>
<th></th>
<th>1st Place (1 award)</th>
<th>2nd Place (1 award)</th>
<th>3rd Place (2 awards)</th>
<th>Honorable Mentions 4-5 awards</th>
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<tr>
<td>High School</td>
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</tr>
<tr>
<td>College and University</td>
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<td>$3000</td>
<td>$2000</td>
<td>$1000</td>
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<tr>
<td>Open</td>
<td>$5000</td>
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</tr>
</tbody>
</table>

Animal Talk Tuesdays Continue With Second Session On January 25th!

PIERCE COUNTY 4-H & WSU ANIMAL SCIENCES PRESENT

ANIMAL TALK TUESDAYS

January 25th 6:00 PM
https://tinyurl.com/AnimalTalkTuesday2

Michael Phelps
WSU Associate Professor - Animal Sciences Program

Would you like a career working with Animals?
There are more options than Veterinarian School.
Did you know that WSU has an Animal Sciences program?
Join us and discover what an Animal Scientist does.

Animal Talk Tuesdays is a collaboration between Pierce County 4-H and the WSU Animal Sciences Program. This series features quarterly sessions with Staff, Professors and Grad Students from WSU Animal Sciences showing where they
work and what they are researching. We will also have questions and answer time so 4-H youth can ask the experts about their animals or what it is like to study Animal Sciences at WSU.

Our second session will be on January 25th from 6:00 to 7:00 pm with Michael Phelps, WSU Associate Professor. He will discuss what it is like to be an Animal Scientist. Please note that this session has been rescheduled from the original January 18th date.

Register now to get your Zoom link and to get access to the recorded program if you can’t attend the live sessions.

Registration link – [https://tinyurl.com/AnimalTalkTuesday2](https://tinyurl.com/AnimalTalkTuesday2)

Hope you can join us!

Upcoming Animal Talk Tuesdays

April – Date and speaker confirmation to be announced soon!

July 19th – WSU Animal Sciences – Graduate Student Roundtable. Learn about how WSU students chose their area of study and what they love about their work.

Save the Date! Spring Youth Calf Sale In Monroe On March 19th!

2022 Calf Scholarship and Grant Application Links Are Here!

Mark your calendars for the 29th annual Springtime Youth Calf Sale! The sale will be held on March 19, 2022. at 1:00 pm, in the Dairy Barn at the Evergreen State Fairgrounds in Monroe.
The link to the 2022 Calf Grant Application is [HERE](#). The due date for grant applications is **February 22, 2022**.

The link to the 2022 Calf Scholarship Application is [HERE](#). The due date for scholarship applications is **March 1, 2022**.

Questions? Please contact sale chairman, Liz Holtcamp at [sycs4h@gmail.com](mailto:sycs4h@gmail.com). For more information about the Springtime Youth Calf Sale please go to this link: [https://extension.wsu.edu/4h/dairy-endowment-fund/programactivities/springtime-youth-calf-sale/](https://extension.wsu.edu/4h/dairy-endowment-fund/programactivities/springtime-youth-calf-sale/).

Also find us on Facebook at Springtime Youth Calf Sale

The State Dairy Quiz Bowl contest will also be held on March 19, 2022 at the Evergreen State Fairgrounds, Monroe at 9:00 am in the Dairy Barn.

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**UPDATE! Date Change Announced for 2022 4-H Healthy Living Summit**
Please note the following update for the 2022 4-H Healthy Living Summit from Jennifer L. Sirangelo, President and CEO, National 4-H Council:

To:
Extension Directors and Administrators
State 4-H Program Leaders
Foundation Directors
ED&A Team
Healthy Living Summit Participants and Speakers

Dear Colleagues,

National 4-H Council is committed to the health and safety of all youth and adults participating in its National Positive Youth Development (PYD) Experiences during the COVID-19 pandemic. The current COVID-19 surge and Omicron variant has introduced new complexities in planning for and participating in the upcoming National 4-H Healthy Living Summit, scheduled for February 10-13, 2022.

After consulting with Extension leadership and the Healthy Living Summit planning team, Council has decided to postpone the National 4-H Healthy Living Summit to April 21-24, 2022. Registration for the Summit has been extended to April 4, 2022. Any participant currently registered for the Summit who is unable to attend during the new April dates will receive a full refund.

We are monitoring and continue to follow the latest CDC guidelines as well as any new directives or guidance from federal, the District of Columbia, State of Maryland and/or Montgomery County as we plan for in-person National 4-H Healthy Living and Agri-Science Summits as well as Citizenship Washington Focus (CWF). This includes:

- This month, Maryland Governor Larry Hogan declared a 30-day state of emergency based on the recent surge of COVID-19 cases and hospitalizations across the state.
- The Hyatt Regency Bethesda, the host hotel for both Summits and CWF, is located in Montgomery County, MD, which is currently classified as an area of high COVID-19 transmission by the CDC.
- The District of Columbia also adopted a city-wide vaccination entry requirement that requires COVID-19 vaccination for those ages twelve and older to enter certain indoor facilities within the city.
- While this new requirement does not impact the activities currently planned for either Summit, the Montgomery County, MD Council is currently considering similar vaccination entry requirements. If these are adopted by the county, National 4-H Council and the Hyatt Regency Bethesda (the hotel hosting both Summits and CWF) will need to comply.
The dates for the National 4-H Agri-Science Summit as well as Citizenship Washington Focus (CWF) have not changed.

Below is the updated complete list:

<table>
<thead>
<tr>
<th>Event</th>
<th>Summit Dates</th>
<th>Registration Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Living Summit</td>
<td>April 21 – 24, 2022</td>
<td>April 4, 2022</td>
</tr>
<tr>
<td>Agri-Science Summit</td>
<td>March 10 – 13, 2022</td>
<td>February 1, 2022</td>
</tr>
<tr>
<td>Citizenship Washington Focus</td>
<td>June 5 – July 8, 2022</td>
<td>May 2, 2022</td>
</tr>
</tbody>
</table>

Current COVID protocols for all three national events have also been updated to require proof of vaccination or a negative COVID test within 48 hours (reduced from 72) of arrival in Bethesda, MD. These protocols may be further updated prior to or during the event(s), based on any new directives or guidance from federal, the District of Columbia, State of Maryland and/or Montgomery County governments. Review the complete protocols.

We hope that these proactive changes will provide additional time and flexibility for states to plan their travel and participation in these national experiences and for National 4-H Council to host you as safely as possible.

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

Sincerely,

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

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**More From National 4-H Council…**

THE OPPORTUNITY OF A LIFETIME
Applications are now open for the 2023 4-H Youth in Action Awards! Now is the chance for 4-Hers ages 15-19 to tell their 4-H story of impact, leadership, and purpose. Learn more about the application process and set your calendars to apply by March 28, 2022.

APPLY NOW!

SUPPORTING KIDS THROUGH COVID TRAUMA

From our friends at America’s Promise Alliance, The COVID Collaborative, MENTOR and Tuesday’s Children, comes an invitation for 4-H professionals and volunteers to join a briefing and discussion on January 12 from 3:30 – 4:30 PM ET to discuss the report, Hidden Pain: Children Who Lost a Parent or Caregiver to COVID-19 and What the Nation Can Do to Help Them, and plan of action. Learn more about the report in the New York Times here and register to attend.

REGISTER NOW
National 4-H Council needs your help to identify & nominate dynamic, proven leaders to serve on the Young Alumni Advisory Committee (YAAC). This group serves as a bridge to the young alumni community, informing Council’s Board of Trustees & working closely with Council associates to provide counsel, work on strategic initiatives and help grow our network of 4-H alumni. Applicants must be nominated by a 4-H professional or volunteer by February 28, and completed applications are due on March 28. Nominees should be between the ages of 18-22 as of July 1.
In this set of hands-on activities brought to you by University of Georgia Extension, we’ll explore how scientists study plants, grow them and change them to create new kinds of plants.

GET STARTED

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/](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](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.

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**4-H Scholarship Applications Open January 1**

![Scholarship Image]

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/](http://extension.wsu.edu/4h/youth/scholarship-opportunities/)

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