Tuesday News – March 22, 2022

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State 4-H Ambassadors Present the 4-H Youth of the Month for March!

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

**4-H YOUTH OF THE MONTH**

**Dakota Ford**

**Favorite part about 4-H:** Her favorite parts of 4-H are the social interaction/talking with people, meeting new people, and hearing good stories.

**Biggest achievement in 4-H:** One of her biggest achievements in 4-H is qualifying for Round Robin every year, “Best Boer Goat Showman” at state, and “Best Dog Showman” at her county fair.

**Fun fact:** She was once a costume contestant as Red Riding Hood with her dog as the Big Bad Wolf.

**Current Projects:** Dakota is working on a 1979 GMC Jimmy to be her ride!

State 4-H Ambassadors Seek YOUR Virtual Monthly Teen Activity Ideas!

Washington State 4-H Ambassadors are planning to start hosting a monthly state-wide virtual teen activity, and we want your help! 4-H members, parents, leaders, and staff – all are encouraged to submit your suggestions and ideas regarding what types of topics and activities for teens you would like Ambassadors to include.

For more information and to submit your suggestions and ideas, use the Google form link [https://forms.gle/RRkeLR8A4Yc1cFTMA](https://forms.gle/RRkeLR8A4Yc1cFTMA)
Yakima Horse Project Series Continues on March 29th

The next class in the Yakima County 4-H Giddy Up & Go series will explore Hippology and Horse Judging on March 29 at 6pm at the Yakima County Extension Conference Room, 2403 S. 18th St., Union Gap, WA. We will also be making stick horses to use for practicing equitation patterns. **To participate in the stick horse craft, an RSVP by March 23rd is required using this form or email Sarah at sarah.boerum@co.yakima.wa.us.**

Available to all youth.

Happy Trails!
Hello, Washington 4-H Community!

Interested in joining the Washington State University Cougar family? Explore WSU Pullman at Spring Preview, Saturday, April 23, from 8 a.m. – 3 p.m. The event includes a resource fair, opportunities to learn about our majors, tours and open houses, and more!

Spring Preview is the perfect way to experience the unique atmosphere and energy of WSU while enjoying spring on the Palouse. During this visit, you’ll have the chance to attend an academic and student services fair, meet world-class faculty and students, and check out campus all in one day.

For more information and to register to participate, click the Spring Preview link above. See you there!
WSU College of Veterinary Medicine’s Teddy Bear Clinic and
Open House Return

Participants at a previous Veterinary Teaching Hospital open house event.

Children are encouraged to bring their favorite stuffed animal and assist veterinary
students with surgery at the Veterinary Teaching Hospital’s Teddy Bear Surgery Clinic
from 10 a.m. – 3 p.m. Saturday, April 2.

Read More

Ask Dr. Universe: Why do people have feelings like boredom,
happiness, sadness and love? – Sophia, 11, Utah
Dear Sophia,

You’re stuck inside on a rainy day when all of a sudden you start to feel a bit bored. Maybe you aren’t sure what to do with the feeling. Maybe you decide to read a book or bake some cookies and the feeling starts to fade.

Perhaps you then start feeling happiness from doing an activity you love. You know, pretty much everyone experiences a variety of different feelings every day.

My friend Elizabeth Weybright, an associate professor of human development at Washington State University, is really curious about emotions, especially boredom. She said that while we may have all kinds of feelings, they serve a similar purpose. “Feelings are really there to help us communicate to ourselves and to communicate things to others,” she said.

Get the full answer!
Agriculture Leader. Rural Champion. 4-H Supporter. Trailblazer. Dr. Carrie Castille is the first woman to serve as the director of USDA NIFA in a non-acting capacity. Read more of Dr. Castille’s story in a special 4-H Trailblazer feature.

READ MORE
At the National Youth Summit on Healthy Living, high school students develop the knowledge and skills to address issues surrounding nutrition, physical fitness, wellness, and emotional well-being. Working alongside professionals in family consumer science and healthy living, students will create community action plans. Register by April 4.

REGISTER NOW

THIS IS 4-H: WOMEN’S HISTORY MONTH
BRIANNA ATTEY MOUANJO

"I hope to continue making history by advocating for my peers through education and open conversations that will lead to positive actions"

— BRIANNA ATTEY MOUANJO

New York 4-H’er and 2022 Youth in Action Civic Engagement winner Brianna Attey Mouanjo isn’t afraid to have uncomfortable conversations to create freedom for self-expression, empathy and understanding for her peers. Hear directly from Brianna on how being vulnerable gave her freedom in this special Women’s History Month blog.

READ MORE
LAST CHANCE! APPLY FOR THE 2023 YOUTH IN ACTION AWARDS

The 4-H Youth in Action Program recognizes four confident young leaders with diverse backgrounds and unique perspectives in our core pillar areas. With only 1 WEEK LEFT to apply, what are you waiting for? Applications are due March 28. Spread the word!

APPLY NOW!
Join the 4-H Equity Challenge! Individuals or teams of 2-3 youth ages 13 – 19 will identify problems, define answers, and develop digital media projects that outline possible solutions, empowering teens to become effective change agents and equity leaders in their communities. Participants will present their project in a local or state 4-H Challenge event for an opportunity to win $500+.
INTERNET BASICS

How do you teach kids what data is? Show them. In the latest 4-H at Home activity, kids can learn exactly what the internet is with the help of augmented reality to visualize all those bits and bytes.

GET STARTED
Benton-Franklin 4-H Horse department Hosts “Out of the Saddle” Workshop on March 26th

“Out of the Saddle” Workshop
Making your best Public Presentation, Record Book and Informational Poster Better!

Details
In 2022 the Benton-Franklin 4-H Horse Department will be awarding a High Point Buckle in the “Out of the Saddle” category. To be eligible for the buckle exhibitors must participate in the following events at Fair:
- Public Presentation
- Record Book
- Informational Poster
- Horse Judging
*If needed Groom Squad will be the tie breaker

When: March 26, 2022
Where: WSU Benton County Extension
7102 W. Okanogan Place, Kennewick
Time: 9 am - Noon with lunch provided at Noon

Other: Free! Donations to the Benton Franklin 4-H Horse Department Trailer Fund gladly accepted.
Please RSVP to Sue Duffy at smarieduffy@gmail.com so sufficient lunch can be ordered.

To support project development, 4-H Alumni and Seniors will be presenting tips and tricks to take scores from good to great!
Benton-Franklin 4-H Horse Department Hosts Youth Trail, Reining and Showmanship Clinic on April 9th

Youth Trail, Reining and Showmanship Clinic
April 9, 2022 Franklin County Saddle Club 9 a.m. - 3 p.m.

Details & Registration

Clinicians:

Tim McFetridge (Trail)
Laurie Tufford (Reining)
Morgan Dobson (Showmanship)

Cost: Clinic $30; Haul in Fee $5, preregistration required.

Limited to 36 participants.

Registration will open 3/9/2022. To register, please email:
BentonFranklinHorseDept@gmail.com

Participants will be organized into 3 groups of 12, based on experience level and rotate every 90 minutes between disciplines. Youth are encouraged to bring judges comments from recent competitions to work on specific improvements.

A lunch break will be taken at approximately noon.

Proceeds to benefit the Benton-Franklin 4-H Horse Department.
Proposed 2022 Washington State 4-H Fair Equine Schedule Released

The 2022 Equine Schedule for the Washington State 4-H Fair in Puyallup is available by clicking HERE. Fair Manager Tom Gwin reports that there are major changes to the schedule. Please share this schedule with your 4-H equine members.

Greensleeves 4-H Club Hosts Spring Small Animal Show on March 26th

email dutch.rbts@gmail.com for more info!
hosted by Greensleeves 4-H Club
All Washington State 4-H youth are invited to come to the Spring Small Animal Show hosted by Greensleeves 4-H Club on Saturday, March 26th in Monroe, WA. The show will include rabbits and cavies with a cat show also happening on the same date. Greensleeves will also be collecting non-perishable food items for the Maltby Food Bank, hosting its annual fundraiser auction and drawing, and hosting a breed identification hunt in the barn during the show.

Registration forms can be found at https://extension.wsu.edu/snohomish/2022-spring-small-animal-show/

The Prairie Hatchers 4-H Club Presents:
The 22nd Annual Youth Invitational Poultry Show!

March 26th, 2022
Clark County Fairgrounds
Ridgefield, Washington
The Youth Invitational Poultry show is an annual event hosted by the Clark County Prairie Hatchers 4-H Club – the club’s largest fundraising event. In addition to the show, there will be a bird auction, a raffle that will be full of incredible stuff from our local businesses, and – of course – loads of fun.

It is put on by the kids for kids, and they have many events and activities for KIDS!

The building does not have heat, so make sure you wear plenty of layers! It does get chilly in the building.

The 2022 Premium book can be downloaded [HERE](https://example.com). Entries are DUE March 12th.

We’ll see you at the show!

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**Change in 2022 – Washington 4-H State Livestock Judging Contest Moves**

It is time for change in 2022 and we are moving the state qualifying contest from Puyallup in September to the Grant County Fair Grounds the end of June. We are committed to making this event the cornerstone for recognition that youth deserve in Washington 4-H.

**When:**

*Saturday, June 25, 2022.* Although it is a challenge to identify the perfect date, the 25th of June seemed to be the one with the least amount of conflicts when communicating with the Grant County Fair Grounds, partner youth organizations such as FFA where 4-H members might have dual enrollment and with Extension professionals and volunteers that will be instrumental in executing the contest. The early contest date will also position teams to participate in other county regional fair contests and events as they prepare for their national trips in the fall and early winter.
**Where:**

*Ardell Pavilion, Grant County Fair Grounds, Moses Lake, WA.* As a central location in Washington State, Grant county offers access to quality and quantity of livestock. The contest committee feels confident that this contest will be the best Washington 4-H has hosted. Additionally, this location offers ease of access for Washington 4-H members, coaches, volunteers, and those who want to come and support the efforts of our youth.

**Why:**

Washington 4-H is hoping to elevate the exposure of livestock judging teams on the national stage. In order to do this we are creating an opportunity for local teams to participate in a national contest as a county team. Those team members are coached together by the same person or possibly a team of volunteers that will help guide them to success. In 2022 the transition offers the top 3 Senior teams’ eligibility to compete at national and regional contests representing Washington 4-H. With the contest positioned earlier in the year teams, will have more opportunities to engage in fundraising campaigns and local support to facilitate this travel.

*For information please go to our website:* [https://extension.wsu.edu/4h/events/](https://extension.wsu.edu/4h/events/) and you will be able to access information on June 25th on this statewide calendar. This is where you will find the “*Washington 4-H State Livestock Judging Contest – Rules and Guidelines*” pdf as well as the “*Washington 4-H State Livestock Judging – National Contest Team Travel*” pdf and the “*Schedule*” for the day. We are in the process of finalizing the entry form which once is complete we will post and also send out in Tuesday news. Again the Extension office will be required to be signed by your county Extension professional.

There will be more information and reminders in Tuesday news on the Washington 4-H website. *If there are questions that go beyond these two documents and the schedule, feel free to contact Paul Kuber at pskuber@wsu.edu or 509-477-2185.*
Thirty-four delegates congregated in Ellensburg on Saturday, March 5th to study the legislative process. Fun activities such as scavenger hunts and icebreakers were mixed with a program that included meetings and participation in interactive exercises and discussions about bills, legislators, and local and state government.

Former Clark County 4-H member Matthew Lubbers joined the conference as an in-person speaker. Soon to graduate from Central Washington University with a degree in Aviation, Matthew credits much of his success as a college student and young adult to 4-H, with emphasis on his participation in the KYG program and promoting himself and his market animal projects, public speaking and record keeping.

A highlight of the day’s activities was a Zoom call with Lieutenant Governor Denny Heck, who joined the group for a great conversation.

Next year, we hope to have a full in-person conference, when the topic will be media and civil discourse in government.
Register for “Facilitate the Awesome!” Sessions Scheduled for April!

Facilitate the Awesome! – Live Registration Link: https://tinyurl.com/Spring22FTA

April 20, 21, 27, 28 2022 • 1-3PM
WSU Extension 4-H Professional Development Zoom Series

Do you struggle with getting teens motivated?
Do you want your work with teens to be impactful?
Are you looking for knowledge and skills to improve your teen programs?

The WSU 4-H “Facilitate the Awesome” modules are designed to prepare adults to successfully guide teen-led projects.

This half day session includes these 4 modules:
• Adolescent Development: implications of current research
• Empowering Teens: motivating teens with positive youth development models
• Key Elements of Teen Programming: how to support strengths-based programming
• Creating Safe & Inclusive Programs for Teens: decision-making & risk management

This training includes a lot of experiential activities for different learning styles and lots of group discussion about building life skills and leadership in teen members.

Spaces are limited, register early!
https://tinyurl.com/Spring22FTA

Facilitate the Awesome! – Live Registration Link:
https://tinyurl.com/Spring22FTA
The Whatcom County Youth Fair Is Back!

We are VERY excited to be back!

Please visit our website www.Whatcomcountyyouthfair.org for more information on divisions, including two NEW divisions this year!

All exhibitors MUST preregister online by March 16th. Divisions will fill in the order entries are placed, so register soon to guarantee your spot! Cost is $15.00

To register, please go to https://whatco.fairwire.com

See y’all April 8-9, 2022!!
4-H Shooting Sports News

Updated With New Training Opportunities

SAVE THE DATE!

TRAINING OPPORTUNITIES IN APRIL!

We have a couple of training opportunities for 4-H volunteers! You must be 21 or older and currently enrolled in 4-H Online. Registration information is included below:
Dates: April 1st through 3rd

Disciplines: Archery, Rifle and Shotgun

Location: Kittitas Valley Event Center, 901 E. 7th Ave., Ellensburg, WA 98926

Cost: $65 paid by check or cash to the local hosting 4-H club (bring with you to training)

Times:
Friday, April 1st, all discipline classroom work: 1:00pm-6:00pm
Saturday, April 2nd, Archery discipline: 9:00am-3:00pm
Sunday, April 3rd, Rifle and Shotgun discipline: 9:00am-3:00pm (shotgun at a separate location a 30 min drive away).

Register here: https://wsu.co1.qualtrics.com/jfe/form/SV_29P4dO6sABV5sN0

Dates: April 9th and 10th: (Registration Deadline is March 18!)
Disciplines: Archery & Pistol; Rifle & Shotgun

Location: Post Falls/Hayden Idaho

Cost: $90 for 1 discipline, $120 for 2 disciplines

Times:
Saturday – Archery & Pistol – 8am – 5:15pm
Sunday – Rifle & Shotgun – 8am – 5:15pm

Find out how to register by clicking this link:
Registration Information flyer

LEVEL 2 TRAINING OPPORTUNITY IN MAY!

We have an opportunity to send Level 1 shooting sports volunteers to a Level 2 training in May! Please look at the training details below. If you are interested, please contact your county staff for an application. We have a tight turnaround for this, and as of now, training will have to be self-funded by the volunteers and staff wishing to attend.
Level 2 Training Details

Location: Winton, CA

Date: May 2nd – May 5th  
Cost: $200, meals included.

Additional details: You must be currently enrolled as a 4-H Shooting Sports volunteer and have 2-years of leadership experience to qualify for national training. Lodging and travel is not provided. Motel and hotel costs range between $59 and $119 per night for single occupancy.

Please email Ashley at a.hernandez-hall@wsu.edu with any questions.

WASHINGTON STATE TEAM TRAVELS TO 4-H NATIONAL CHAMPIONSHIPS!

We have a team of youths heading to the National Championships in Grand Island Nebraska June 25th! We are very proud to support these seven youths from four Washington counties!! They are currently working hard on travel plans and fundraising. If you are interested in donating to this team, please contact Ashley Hernandez-Hall at a.hernandez-hall@wsu.edu for information.
University of Wisconsin-Madison Extension invites you to an upcoming Scientists Live Virtual Career Series – episodes for youth (grades 8-12), their parents, and teachers. Scientists Live is
designed to grow participants’ knowledge about and spark their interest in science-related careers.

Scientists Live will be happening live via Zoom every Wednesday in March (starting March 2nd) from 12:00-12:30 p.m. CT (10:00-10:30 a.m. PT); recordings of each episode will be available shortly after their live date. This year’s series will feature five scientists representing unique careers in the field of agriculture.

Register at: https://forms.gle/XAKDh4vMNo4obL2P9

Thirty-two previously recorded episodes are available from 2020 and 2021. A huge range of careers were covered—everything from electrician to marine biologist! Learn more about available recordings and how to access them for free at: https://forms.gle/Kw3gXtct7991Vnra6.

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State Horse Bowl Contest is April 30th

REGISTRATION PACKET IS NOW AVAILABLE!

NEW! VIRTUAL CONTEST PROCEDURES AND RULES!

![Horse Bowl Logo](Horse_Bowl_Logo.png)

This year’s Horse Bowl will be a virtual contest once again, using Zoom and Factile, as we have for the past two years.

The Registration Packet Is available [HERE](#).

Download the Procedures and Rules Document [HERE](#).
Save the Date – State 4-H Dog Committee Meeting!

Hold the date for the State Dog Committee meeting on Sunday, April 10th at 3:00 pm. Each county can have one enrolled 4-H leader and one enrolled 4-H member as a voting delegate. A zoom link and agenda will be provided at a later date.

2022 State Equine Zoom Series Starts March 2nd!

This statewide Equine Science and Horsemanship Series is for everyone – whether you have a horse or not; whether you ever decide to try horse knowledge contests, or not – if you want to learn more about horses, this series is for you!

If you do happen to participate in horse bowl or hippology, this series will help you prepare. We will be delivering content from the approved sources for the state and national contests, so the information you are receiving is current and valuable for contest study.

Register here: https://wsu.zoom.us/meeting/register/tJIucuygrjspH90RF8ONL3PQcmMIQoXJcxuH and join us every week – or whenever you can!

Questions? Contact kim.baker@wsu.edu.
Practice Horse Judging Contest Now Available!

Aged Geldings  
Performance Mares  
Hunter Under Saddle  
Trail  
Western Horsemanship  
Ranch Riding

$20/person, available starting January 15
Do you coach, or participate in, competitive Horse Judging or Hippology? Are you looking for classes to practice? Check out this opportunity. Register for this course and you will have access to 6 classes to judge, along with the official placings, and an official critique, to learn why the classes were placed the way they were. The course becomes available January 15, and closes on July 15. You can access as many times as you want in that time period, and can join anytime. This is completely self-directed, so go at your own pace, whenever you wish.

Go to: https://catalog.extension.org/product?catalog=HorseJudgingContest

Washington State AgrAbility Project Announces Webinar Series!

So you've had a farm injury? What next.

Washington State AgrAbility Project is pleased to announce a series of webinars focused on the resources and services available if you’ve experienced a farm injury or otherwise acquired a disability.

Fridays at 1 pm PST - March 2022

AgrAbility
What is it? What does it do and can it help me?
4 March 2022

Assistive Technology
What’s available, How to choose it, How to fund it
11 March 2022

Medical Debt and Charity Care
Income-Eligible Programs for Emergency Medical Care Expenses
18 March 2022

Applying for Social Security Disability
Eligibility, Application process, Cash and health benefits, and Returning to farming
25 March 2022

Register Today!

Join us for all webinars or choose the sessions that look most interesting!

Register Today! The live link is https://bit.ly/Agrability2022
Washington State University has adopted the Governor’s updated mask policy which is effective March 12, 2022. This policy eliminates the general masking requirement in both indoor and outdoor situations, unless specifically required for a particular location for health reasons (such as clinics). Also eliminated is the general requirement for social distancing among vaccinated individuals. WSU has extended the relaxation of the masking and distancing requirements to those employees who have exemptions from the vaccine requirement (for religious or medical reasons) and have approved accommodations at their workplace.

**WSU Extension has therefore adopted the following:**

**Vaccination Requirements Continue**

The vaccine mandate for WSU employees and volunteers remains in place. WSU employees and volunteers must be fully vaccinated or have an approved exemption with an accommodation on file to engage in work with WSU Extension.

**Masking Policy Changes**

WSU Extension has adopted the Governor's mask policy effective March 12, 2022. This policy eliminates the general masking requirement in both indoor and outdoor situations, unless specifically required for a particular location such as health care settings and public transportation. This extends to individuals who have an approved accommodation based on a medical or religious exemption, who no longer are required to wear a mask as a condition of that accommodation.

**Social Distancing Changes**

WSU Extension applies the relaxation of social distancing requirements to those volunteers who are fully vaccinated or have an approved exemption with an accommodation (for religious or medical reasons) on file at their workplace or county office.
PLEASE NOTE – individual offices and locations may continue to require masking and/or distancing at the office level for all office programs in light of local risks and conditions.

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
A Reminder: COVID-19 Resources Available from WSU Extension

The WSU Extension COVID-19 Updates and Resources page is updated as new information becomes available. The Link to the page is [https://extension.wsu.edu/covid-19/](https://extension.wsu.edu/covid-19/)

WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19

The Washington State Department of Children, Youth and Families has created a resource for parents during COVID-19. The WASHINGTON STATE RESOURCE GUIDE FOR PARENTS AND CAREGIVERS: Caring for Your Family During COVID-19 was developed to help parents and their families navigate the pandemic and the days to follow.

The publication is available at [https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0039.pdf](https://www.dcyf.wa.gov/sites/default/files/pubs/FS_0039.pdf)